

## INSIDE THE MAY ISSUE

### PG. 1

**May is Children’s Mental Health Awareness Month.** Read about how Solvista and their Early Childhood Mental Health Specialists are striving to make their services easily accessible to families in need. Also, Colorado Crisis Services are responding statewide to mental health, substance abuse and emotional crises. All on Page 1.

### PG. 2

CCKC Highlight, Kim Philia, is the Executive Director of Colorado Family Guidance. Take a look at her role in community mental health and in CCKC on page 2.

### PG. 3

When a dad’s mental health is untreated, the whole family can suffer. Learn about what the Family Resource Center is doing to help our Fathers in need on page 3.



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## SOLVISTA: EARLY CHILDHOOD MENTAL HEALTH & FAMILY SERVICES

Solvista Health is a healthcare provider with six locations throughout Colorado, including Westcliffe. They are a patient-centered provider that work with community resources to help support their patients. One of the services they provide within their Child & Family Services and parallels with May’s Children’s Mental Health Awareness Month is their Early Childhood Mental Health Program. The goal of the Program is to provide mental health services to young children, birth through 8 years old, along with mothers who may be experiencing signs and or symptoms of post-partum depression. Solvista takes an individualized approach to each child and family’s needs with the development of a unique treatment plan that is in close partnership with each parent/guardian. Services that are available within the program include:

- Screening and assessment to determine what needs may be present in a young child’s life.
- In home and school-based outreach to parents and families who would prefer to be seen in the child’s natural learning environment.
- Connecting families to area resources and opportunities
- Working closely with the schools and/or primary care physicians depending on the need of the family.
- Providing support to new mothers who may be experiencing "baby blues" or signs and symptoms of post-partum depression.

For more information about Solvista’s Early Childhood Mental Health Program or to find out about other services they provide through their Child & Family Services got to [www.solvistahealth.org](http://www.solvistahealth.org). For information about the Solvista Health Westcliffe location please call 719-783-0566, located at 511 W. Main Street, Westcliffe CO 81252.



## COLORADO CRISIS SERVICES

Colorado Crisis Services is the statewide behavioral health crisis response system offering residents mental health, substance use or emotional crisis help, information and referrals. Its mission is to strengthen Colorado’s mental health system by providing Coloradans with greater access to crisis services wherever they are at 24/7/365 regardless of ability to pay. If you don’t know where to begin getting help with a mental health, substance use or emotional concern—for you, or for someone you know—start here. They’re crisis counselors will listen and care. They’re dedicated to offering guidance, no matter what the issue.

Get help Now! 1.844.493.TALK (8255) OR Text TALK to 38255

# CCKC HIGHLIGHT



## **KIM PHILIA: EXECUTIVE DIRECTOR OF COLORADO FAMILY GUIDANCE; LPC**

Kim Philia is our May CCKC highlight, the newest CCKC council member and we are excited to have her and her organization as an additional resource to offer their mental health expertise and services for our community and Families. Kim founded Defy Gravity Youth Development Center in Grand Junction, CO in January of 2009, out of love and need for the local children. At that time, Grand Junction did not have a recreational center which captured all aspects of youth development (physical, social, psychological, spiritual, and education). Children develop their self-concept through playful interactions with other children. While engaging in play, they develop friendships, learn to emotionally regulate, learn to compromise, learn interpersonal skills and develop their own sense of identity and self-esteem. Using gymnastics and parkour classes, the children learned to praise the process to increase their own perception of themselves.

After spending several years working alongside key leaders of that area, Kim Philia decided to provide needed services through their own efforts. The need to provide mental health in addition to physical and spiritual health became apparent due to the emotional need of the children they were working with. Thus in 2011, Colorado Family Guidance was birthed to address the plethora of needs they were encountering.

Kim Philia has worked in community mental health, the correctional facility, and wilderness therapy. Through all these years, Kim has learned the most important aspect is for one to feel like they are supported and have solid connections. She feels that we ultimately have the choice when an unwelcome life event enters our life, to develop a fear response or to learn how to care for our internal self and how to care for others. Kim Philia is a Licensed Professional Counselor who recently purchased 600 E Main Street in Silver Cliff. She feels blessed to be your neighbor and looking forward to serving our community's children and families as she works in collaboration with other professionals here in Custer County.

For more information about Colorado Family Guidance or to find out about other services they provide through got to [www.coloradofamilyguidance.wordpress.com](http://www.coloradofamilyguidance.wordpress.com) or email Kim Philia at [kimphilia@coloradofamilyguidance.org](mailto:kimphilia@coloradofamilyguidance.org).

## COMMUNITY CALENDAR OF EVENTS

### MAY

- 5<sup>TH</sup> LIBRARY PLAYGROUP STARTS AGAIN!!
- 20<sup>TH</sup> PRESCHOOL LAST DAY
- 23<sup>RD</sup> MIDDLE SCHOOL BASEBALL PROGRAM FUNDRAISER
- 27<sup>TH</sup> K-12 LAST DAY SCHOOL

### JUNE

- 2<sup>ND</sup> 9AM WESTCLIFFE FARMERS MARKET STARTS AGAIN!!
- 7<sup>TH</sup> FIRST DAY CUSTER COUNTY SUMMER SCHOOL
- 14<sup>TH</sup>-17<sup>TH</sup>: BAPTIST CHURCH CAMP
- 14<sup>TH</sup>-18<sup>TH</sup>: SAG ART CAMP
- 21<sup>ST</sup>-25<sup>TH</sup>: SAG ART CAMP
- 27<sup>TH</sup> 11AM FAMILY FUN DAY

### JULY

- 1<sup>ST</sup> LAST DAY OF CUSTER COUNTY SUMMER SCHOOL

### REOCCURRING

- **LIBRARY PLAYGROUP:** EVERY WEDNESDAY @ 10AM IN LIBRARY COMMUNITY ROOM
- **SUMMER READING PROGRAM:** EVERY FRIDAY JUNE 4<sup>TH</sup> – JULY 16<sup>TH</sup> (REGISTER @ WEST CUSTER COUNTY LIBRARY OR [WWW.WESTCUSTERLIBRARY.ORG](http://WWW.WESTCUSTERLIBRARY.ORG))
- **WESTCLIFFE FARMERS MARKET:** EVERY WEDNESDAY 9AM INTERESTED IN VENDOR SPACE? CALL ANNA WEB @ 859-667-9871

IF YOU WOULD LIKE TO HAVE YOUR ONE TIME OR REOCCURRING EVENT ADDED TO THE CCKC NEWSLETTER CALENDAR, PLEASE CONTACT STACY TERRILL OR ANNA POWELL @ [custercountyecc@gmail.com](mailto:custercountyecc@gmail.com)



## COLORADO FATHERHOOD NETWORK NEWS \*FAMILY RESOURCE CENTER E-NEWSLETTER \*

The Colorado Fatherhood Network News E-newsletter, that began in January of this year from the Family Resource Center Association (FRCA), was implemented in part because of the Colorado Fatherhood Initiative Research Report and Recommendations that FRCA initiated in January of 2020. The newsletter is a collaborative effort of information on job opportunities, funding opportunities, upcoming programs and community events, upcoming training and webinars, father success stories and any news to share about Fatherhood programming and support across Colorado for Fathers. One such article that is particularly pertinent to the COVID-19 pandemic and Fatherhood, and that we've decided to include below in this month's CCKC Newsletter to highlight mental health awareness, specifically in our Fatherhood community that all should read, comes from the latest edition of the "Colorado Fatherhood Network News E-Newsletter":

"After over one year of the COVID-19 pandemic, discussion around mental health is becoming more prominent. The mental health needs of men have historically been under represented, leading to years of low help-seeking behaviors from men. Statistically, men are *four times* more likely to die by suicide than women. Emerging data shows that up to 25% of dads will experience some degree of postpartum depression and 18% of new dads will develop a significant anxiety disorder during pregnancy or within the first year of parenthood. Recognizing when a father's mental health is suffering can be difficult, and men may mask their symptoms through anger, irritability, isolation, and increased substance use.

Both the **National Fatherhood Initiative** and the **National Institute for Children's Health Quality** have found that promoting self-efficacy can mitigate depression symptoms among fathers. *Self-efficacy* describes a parent's confidence in their ability to successfully raise their children, and can result in increased closeness and decreased conflict with their children. Building a father's self-efficacy will ultimately support both his mental health and his child's development.

Tips to build self-efficacy:

- Support fathers in doing as much as possible with their child – the more activities fathers do with their newborn, the more comfortable they will feel.
- Give dads concrete information about babies and children's developmental milestones and strategies to support development. This is also known as scaffolding.
- Connect fathers with a support network to meet social needs and support relationship building and confidence.

When a dad's mental health is untreated, the whole family can suffer. As a dad's mental health improves, so will the health of the whole family."

For more information about the Colorado Fatherhood Network, through the Family Resource Center Association, call 303-388-1001 or go to their website at [www.cofamilycenters.org/fatherhood-initiative/](http://www.cofamilycenters.org/fatherhood-initiative/). If you'd like to sign-up to receive the Colorado Fatherhood Network E-newsletter, email the Family Resource Center Association at [info@cofamilycenters.org](mailto:info@cofamilycenters.org).

