



Community Resource Guide

for

CEC Families and Community Members

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Resources for CECFC Students and Families

About this Guide

This guide has been designed to provide the CEC community with information on the various resources available to them in the community. These are public services available within our geographic area, CEC does not endorse or recommend one company over another. This guide has been broken down into the following areas of need:

1. Financial Resources and Information
2. Mental Health: Supporting Yourself and Others
3. Medical and Other Basic Needs
4. Enrichment Opportunities

Financial Resources and Information

1. Home Internet Options

- <https://www.internetessentials.com/covid19>
- <https://www.highspeedinternet.com/resources/internet-guide-during-coronavirus-outbreak>

2. Childcare

- **Colorado Emergency Childcare Collaborative** -Full tuition credit childcare for essential workers <https://covidchildcarecolorado.com/>

3. Public Assistance Benefits

- **Colorado Peak** - While Larimer County Human Services Fort Collins and Loveland office remain open, they ask that anyone needing assistance, please apply online at the PEAK link below or email. If you need to apply for public assistance benefits or unemployment benefits, you can apply here: <https://coloradopeak.secure.force.com/>
- **Temporary Assistance for Needy Families (TANF)** - Colorado Works/Temporary Assistance to Needy Families (TANF) is a federal program that provides cash assistance to qualifying families of at least one parent and one child while they are preparing for, looking for and/or maintaining employment. Grandparents or other relatives may qualify to receive TANF cash assistance for children under their care. Apply for TANF: www.coloradopeak.secure.force.com

- **Larimer County Human Services Public Benefits** – Help with cash assistance for specific reasons
 - Email: benefits@co.larimer.co.us
 - Phone: 970-498-6300
 - Larimer County Human Services Website: www.larimer.org/humanservices/public-benefits/cash-assistance-programs

4. Utilities

- The **City of Fort Collins** will not disconnect service to customers until further notice for non-payment. If you are having difficulty paying your bills, contact 970-212-2900 to receive assistance or make a payment arrangement. Learn more from the City of Fort Collins Utilities here: [Utilities Affordability Portfolio](#).
- **Payment Assistance:** You may also request payment assistance by calling:
 - Catholic Charities Larimer County, 970-484-5010
 - La Familia/The Family Center, 970-221-1615
- **Apply for LEAP (Low income Energy Assistance Program, Nov-April)** to then be eligible for [Income Qualified Assistance Program \(IQAP\)](#) at the City of Fort Collins to lower your utility bill.
 - For more information about LEAP - [online](#), 1-866-432-8435, email leaphelp@discovermygoodwill.org
 - For more information about IQAP - [online](#), 970-212-2900, email utilitiesaffordability@fcgov.com
- **Water Services:**
 - ELCO Water District serves parts of Timnath and some of Fort Collins. If you receive ELCO (East Larimer County Water District) water, Call for payment options: 970.493.2044
 - Fort Collins-Loveland Water District and South Fort Collins Sanitation District: FCLWD serves residents in part of Fort Collins, Timnath, Loveland, and Windsor. View the FCLWD service map by clicking [here](#). If any customers have questions, concerns, or would like to request payment arrangements, call 970-226-3104 or email billing@fclwd.com. Website: <https://fclwd.com/>

5. Housing

- **Neighbor to Neighbor** (A great housing resource) Apply online for rental assistance by visiting <https://www.n2n.org/rent-assistance/> (application available in Spanish as well) or call 970-488-2382. Need a photo ID and current lease agreement (for home in Larimer County), you do not need a social security card.

- **Homelessness Prevention Programming** continues to be offered via phone. All Homelessness/Eviction Prevention calls should be directed to 970-488-2383 for phone intake and services.
- **Housing Search Assistance** resources are available online at: <https://www.n2n.org/rental-options/housing-search-assistance/> Additional community resources are available on N2N's website at: <https://www.n2n.org/rental-options/>
- **N2N's Homeownership** services, including HomeShare and Foreclosure services, continue with remote coordination. Specific program contacts are listed below.
 - Homeownership – Miranda Minton: 970-488-2374
 - Homeshare – Heather Domko: 970-488-2363
 - Foreclosure prevention – Alea Rodriguez: 970-488-2382
 - N2N can help pay lot rent in a mobile home park (does not apply to lots located in an RV Park) if the homeowner can pay their mortgage. Call Morgan 970-488-2383 to set up an appointment.
- **Salvation Army** - Rent assistance provided remotely through Connection Center - People affected by Covid-19 can receive help with rent and mortgage assistance by calling the Connection Center at 855-768-7977, you'll be assigned a case manager.

Mental Health: Supporting Yourself and Others

1. Crisis Services

If you or someone you know is in crisis, contact one of these organizations immediately.

- **Colorado Crisis Services** - This organization is open 24/7/365., and you will be connected to a trained professional who will provide free, confidential support, and who can connect you to further resources if needed.
 - <https://coloradocrisisservices.org/>
 - Call 844-493-TALK (8255)
 - Text TALK to 38255
- **SummitStone Crisis Line**
 - <https://www.summitstonehealth.org/services/crisis-services/>
 - Call 970-494-4200
 - Or walk in at this address: 1217 Riverside Ave, Fort Collins 8am-Midnight.
- **Safe 2 Tell**
 - [Safe2Tell Website](#)
 - 1-877-542-7233
 - Submit an anonymous report to help someone who is hurting or in need.

- **SAVA Center (Sexual Assault Victim Advocacy Center)**
 - The Sexual Assault Victim Advocate (SAVA) Center provides crisis intervention, advocacy and counseling for all those affected by sexual violence in Northern Colorado while also providing prevention programs through community outreach and education.
 - <https://savacenter.org/>
 - 24 Hour Hotline: 970-472-4200

- **The Hub**
 - Hub Intake Specialists are certified by the state to receive reports of both child/adult abuse or neglect. Second, the Hub serves as Larimer County's Juvenile Assessment Center to provide resources and intervention for youth (ages 0-17) and families struggling with a variety of circumstances. Situations that could result in community utilization of Hub services include: concern about child safety or neglect, concern about adult abuse or neglect, early intervention and referrals for service if a child has run away from home or is engaging in behaviors that place themselves at risk, family mediation and intake by law enforcement for youth receiving a new, detainable charge(s) or outstanding warrant(s) and law enforcement is requesting detention
 - <https://www.larimer.org/humanservices/cvf/hub>
 - Child Protection Hotline: 970-498-6990 (answered 24/7)
 - Adult Protection Hotline: 970-498-7770 (answered 24/7)

2. Mental Health Services

Sometimes we need help from a therapist, counselor, psychologist, or psychiatrist. Here are some good resources in our community.

- **CAYAC (Child, Adolescent, and Young Adult Services) up to age 24**
 - CAYAC is a service of the Connections program. The goal is the early identification and treatment of mental health and substance use disorders that affect health, happiness, family and school. The CAYAC team can help identify areas of concern and personally guide youth and their families to appropriate options, including support, further assessment, counseling or other treatment. The CAYAC team also offers support and hope from people who understand what families are going through.
 - <https://www.healthdistrict.org/cayac>
 - 970-221-3308

- **Connections (Adult Services)**
 - Connections Behavioral Health Specialists are available 7 days a week by phone or videoconferencing. COVID support services are available at no charge. They are also still available to help with other mental health or substance use concerns you may have. Connections offers answers, options and support that help you take the next step—the right step—toward mental health and freedom from substance misuse or addiction.
 - 970-221-5551
 - <https://www.healthdistrict.org/services/connections-adult-services>

- **SummitStone Health Partners**
 - SummitStone offers counseling and family support services focused on mental and behavioral health issues and concerns. They accept Medicaid insurance for therapeutic services. You can call or walk in to either location from 9am-5pm.
 - <https://www.summitstonehealth.org/>
 - 970-494-4200
 - Fort Collins: 114 Bristlecone Drive
 - Loveland: 1250 N Wilson Avenue

- **Turning Point Center**
 - Turning Point offers a broad range of treatment options for youth behavior, substance abuse and mental health issues. Turning point clinicians utilize trauma-informed framework throughout the assessment and treatment process. The services for youth and families range from in-home individual and family therapy to 24-hour care in one of their residential treatment homes.
 - <https://turningpnt.org/>
 - 970-221-0999

- **Center for Family and Couple Therapy**
 - The center is dedicated to empowering families, couples, and individuals to strengthen their relationships, resolve troubling issues, and achieve personal well-being.
 - <https://www.chhs.colostate.edu/cfct/>
 - Colorado State University
 - 502 West Lake Street
 - (970) 491-5991
 - Email: cfct@colostate.edu.

- **The Center for Family Outreach**
 - The Center for Family Outreach has a long, successful tradition of excellence with providing education, prevention, and early intervention programming for youth and their families. They focus on strengthening family relationships, promoting positive communication and enhancing the ability to solve problems together as a family. Their goal is to help youth and families sustain long term, positive changes within the family unit.
 - <http://www.tcffo.org/>
 - 212 W Mountain Avenue
 - 970-495-0084

- **Heart-Centered Counseling – 2 locations**
 - Heart Centered Counselors provides caring support for the people of Colorado. They counsel people to get them through the hard times, through the broken hearts, and through the painful emotions. They are a growing team of counselors who've come together to provide a comprehensive therapy practice. They work with all ages and diverse populations.
 - 320 W. Olive Street heartcenteredcounselors.com/location/fort-collins/?utm_source=gmb&utm_medium=organic
 - 1525 Riverside Ave. heartcenteredcounselors.com/location/fort-collins-west-olive-street/?utm_source=gmb&utm_medium=organic
 - 970-310-3406

- **UC Health Mountain Crest Behavioral Health Center**
 - UCHealth Mountain Crest Behavioral Health Center helps adults and adolescents with mental health issues and substance abuse issues achieve a balanced life and a high level of health and well-being. Mountain Crest offers thorough mental health assessments and treatment programs for adolescents, adults, senior citizens, and families. Inpatient and outpatient programs are available.
 - www.uchealth.org/locations/uchealth-mountain-crest-behavioral-health-center/
 - 4601 Corbett Drive
 - 970-207-4800

- **SAMHSA Disaster Distress Helpline**
 - Get support regarding your anxiety or stress by speaking to a trained counselor
 - Call: 1-800-985-5990
 - Text: TalkWithUS 66746.

Medical and Other Basic Needs:

1. Medical Needs

- **Salud Family Health Center**
 - Screening for stressors and immediate support and/or referrals as necessary. Mobile health unit provides comprehensive medical services. Also provides outreach to migrant school age children with immunization, dental care, and medical services.
 - <https://www.saludclinic.org/>
 - There are 2 Fort Collins locations:
1635 Blue Spruce Drive and 1830 LaPorte Ave.
 - (303) 697-2583 - call to make a phone or video visit appt

- **Family Dental Clinic**
 - The Health District Family Dental Clinic in Fort Collins provides quality free and low-cost dental care to people in northern Larimer County who do not have dental insurance. They take Medicaid and CHP+. They offer low sliding fees to those who qualify. Affordable dental insurance for seniors may also be available.
 - 202 Bristlecone Drive
 - 970-416-5331
 - <https://www.healthdistrict.org/services/family-dental-clinic>

2. Substance Abuse

- **Larimer County Department of Health & Environment**
 - Information and resources about tobacco education, prevention, policy, and cessation for youth and adult populations. Free and sliding scale fees. Bilingual services available.
 - <https://www.larimer.org/health/chronic-disease-and-injury-prevention/tobacco-SOCIAL>
 - Location: 1525 Blue Spruce Drive
 - Phone: 970-498-6700

- **UC Health Mountain Crest Behavioral Health Center**
 - Chemical dependency intensive outpatient program, which focuses on education, prevention of relapse, and effective ways to deal with life stress. Emergency assessments are available 24 hours a day.
 - <https://www.uchealth.org/services/addiction-treatment/>
 - Phone: 970-207-4800
 - Location: 4601 Corbett Drive

- **Narcotics Anonymous**
 - <https://nacolorado.org/meetings/> - See website for meeting locations and information.
 - Phone: 970-282-8079
 - Services Provided: Support groups for individuals with narcotics related problems.

- **The Center for Family Outreach**
 - Substance abuse prevention classes for youth, and education, intervention, and support for families who are challenged by the adolescent years. Free and sliding scale fees. Bilingual services available.
 - <http://www.tcffo.org/>
 - 212 W Mountain Avenue
 - 970-495-0084

- **Turning Point Center**
 - Turning Point offers a broad range of treatment options for substance abuse and mental health issues.
 - <https://turningpnt.org/>
 - 970-221-0999

3. Additional resources and opportunities

- **Matthew's House**
 - Offers a variety of programs to help families and youth including a Youth Empowerment program for homeless and foster youth, parenting support and coaching programs, mentoring and tutoring programs for youth.
 - <https://thematthewshouse.org/>

- **Partners Mentoring program**
 - Pairs up youth and volunteer mentors. Referrals for a mentor are completed by community agencies or schools.
 - <https://poweredbypartners.org/>

- **Girls in the Spotlight**
 - Seeks to empower girls through a variety of group programs and parent resources.
 - <https://www.girlsinthespotlight.org/>

Enrichment Opportunities

1. Courses and Supplemental Materials

- CSU Courses: <https://courses.online.colostate.edu/>
- Webinars for Parents: <https://www.beststrongfamilies.org/covid-19-support>
- Questionnaires for self-reflection and goal setting: <https://www.authentic happiness.sas.upenn.edu/testcenter>
- Free online tutoring: <https://www.nypl.org/about/remote-resources/kids-and-teens/homework-help-brainfuse>
- Videos to get you thinking covering literature to biochemistry: <https://complexly.com/>
- Free access to PBS documentaries: <https://www.pbssocial.org/uncategorized/179-history-documentaries-you-can-watch-right-now-no-membership-required/>
- Star Wars Coding: <https://code.org/starwars>
- Photography classes (with Olympus cameras): <https://learnandsupport.getolympus.com/home-with-olympus-sessions>

2. Apps for Kids to use for Time Management/Goal Setting

- Forest: Stay focused, be present (\$1.99) - <https://www.forestapp.cc/>
- Flipd: Focus and study timer (free) - <http://www.flipdapp.co/flipd-making-productivity-social>
- Bear in Mind App: To Do list, reminder, tasks, timers, alarms (\$1.99) - <https://www.bearinmind-app.com/en/>
- Streaks – a to-do list app that helps you form good habits (\$4.99) - <https://streaksapp.com/>
- Woop – an app to make positive changes in your life and create better habits (free) - <https://woopmylife.org/en/home>