

I Matter.



COLORADO

Department of Human Services

House Bill 21-1258

Goal: Provide free mental health sessions for any Colorado youth.

- House Bill 21-1258 charged the Office of Behavioral Health with creating a temporary youth mental health services program.
- The program provides youth free mental health sessions with a licensed provider. Providers are paid a competitive rate for the provided services.
- The program serves youth 18 and younger and people 21 and younger who are receiving special education services.
- The program is thought to be the first of its kind in the nation.

House Bill 21-1258

Goal: Provide free mental health sessions for Colorado youth.

- The Office of Behavioral Health is also required to implement a statewide public awareness and outreach campaign that will include digital ads on platforms such as TikTok and Snapchat, and on-the-ground outreach to schools and youth organizations.
- Both the public awareness campaign and the website itself were informed by youth feedback.
- Youth helped choose the name I Matter.

I Matter.



I want to understand my feelings because I matter

If you've ever said, "I'm struggling. I want help," you are in the right place. The purpose of I Matter is to promote youth emotional and mental health. To begin, you will need to take a survey. Try to be honest as possible: your answers are completely confidential and will help match you with a clinician who can best support you. No matter your responses, you will be eligible for 3 free counseling sessions.

Get started below. If you're 11 or younger, your parent or guardian will have to fill out the survey with you.

Parents, if you feel your child is struggling and needs help, you are in the right place to talk to a mental health professional for free. Seeking support for your child is not a sign of failure—it's a sign of strength. Start by filling out the survey below.

[Parents](#) [Youth](#)

[Home](#) [About I Matter](#)

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Parent Survey

This survey will help you understand your child's emotional health and help connect you with resources and 3 free therapy sessions for your child. You must complete the survey to schedule therapy sessions.

Is your child in crisis now?

The Colorado Crisis Services hotline has counselors available to talk 24 hours a day, seven days a week at 1-844-493-TALK (8255) or text TALK to 38255. Or visit the [Colorado Crisis Services website](#) to learn more about how to speak with a counselor.

Please click Next to complete the survey and schedule therapy sessions.

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Next



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Would you like to complete a mental health screening for your child?

☒ Yes ☐ No

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About your child's emotional or behavioral health or substance use.

How old is your child?

15 ▼

Is your child receiving special education services?

☐ Yes ☒ No

Is your child currently enrolled in therapy services?

☐ Yes ☒ No

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This survey will help you understand your child's emotional health and help connect you with resources and 3 free therapy sessions for your child. You must complete the survey to schedule therapy sessions.

Pediatric Symptom Checklist (PSC)

Please identify the response that indicates how often your child ...

1. Fidgety, unable to sit still

☐ Never ☐ Sometimes ☐ Often

3. Daydreams too much

☐ Never ☐ Sometimes ☐ Often

5. Does not understand other people's feelings

☐ Never ☐ Sometimes ☐ Often

7. Has trouble concentrating

☐ Never ☐ Sometimes ☐ Often

9. Down on Self

☐ Never ☐ Sometimes ☐ Often

11. Seems to be having less fun

☐ Never ☐ Sometimes ☐ Often

13. Act as if driven by a motor

☐ Never ☐ Sometimes ☐ Often

15. Worries a lot

☐ Never ☐ Sometimes ☐ Often

17. Distracts easily

☐ Never ☐ Sometimes ☐ Often

2. Feels sad, unhappy

☐ Never ☐ Sometimes ☐ Often

4. Refuses to share

☐ Never ☐ Sometimes ☐ Often

6. Feels hopeless

☐ Never ☐ Sometimes ☐ Often

8. Fights with other kids

☐ Never ☐ Sometimes ☐ Often

10. Blames others for their troubles

☐ Never ☐ Sometimes ☐ Often

12. Does not listen to rules

☐ Never ☐ Sometimes ☐ Often

14. Teases others

☐ Never ☐ Sometimes ☐ Often

16. Takes things that do not belong to them

☐ Never ☐ Sometimes ☐ Often

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Life Needs (Social Determinants of Health)

1. In the past year, have you or any family members you live with been unable to get any of the following when it was really needed?

- ☐ Food
- ☐ Clothing
- ☐ Utilities
- ☐ Child care
- ☐ Medicine or any health care
- ☐ No
- ☐ I choose not to answer this question

2. Has lack of transportation kept you from medical appointments, meetings, work, or from getting things needed for daily living?

- ☐ Yes, it has kept me from medical appointments
- ☐ Yes, it has kept me from non-medical meetings, appointments, work, or from getting things that I need
- ☐ No
- ☐ I choose not to answer this question

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Your child's score is: 17

This suggests that your child is at risk for emotional or behavioral difficulties. This is a good time to let your child know that you want to support them and to initiate a discussion about their stress, feelings or behaviors.

While this screening provides a snapshot of current challenges, it is not intended to diagnose a mental health problem. Only a trained professional is able to diagnose mental health conditions.

Would you like to proceed with finding a counselor to provide 3 free counseling sessions?

☒ Yes ☐ No

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Proceed

Registration

First Name*	MI	Last Name*
<input type="text"/>	<input type="text"/>	<input type="text"/>
Date of birth*	Gender*	Pronouns*
<input type="text"/>	<input type="text"/>	<input type="text"/>
Email*	Phone*	
<input type="text"/>	<input type="text"/>	
Parent Name	Parent Phone	
<input type="text"/>	<input type="text"/>	
Parent Email		
<input type="text"/>		
Address*	County*	
<input type="text"/>	<input type="text"/>	
City, State*	Zip*	
<input type="text"/>	<input type="text"/>	

Cancel

Next



Tell us more!

Please tell us more information about yourself to help us find the right counselor. Providing your parent or guardian's name and contact information is optional if you are 12 or older.

Registration

Language*

Service*

- ☐ I would prefer my session in person
- ☐ I would prefer my session online

Special Requests (ex: no video, low light, quiet or calm voice)

Area of need*

If you know and are willing to share what health insurance you have, please select it below. Your insurance will not be billed or contacted for the 3 free sessions.

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Next



Tell us your preferences!

Please tell us what special requests you have for your counselor.

Review provider options/bios and select one to view available appointments

I Matter.

Scheduling



Victoria Wisdom Telehealth

I have lots of experience listening and helping with many concerns. Relationship problems, peer group issues, communication challenges with adults, anxious feelings or feeling depressed are things I can help you with. I like Art, horseback riding and traveling. I have 2 sisters and 4 brothers. I have a Doctorate in Psychology, Masters in Counseling and a Bachelors in Criminal Justice. I am a Licensed Practical Nurse and an Air Force Veteran. I look forward to helping you with your concerns.



Jasmine Savoy Telehealth

My name is Jasmine and I am a licensed clinical social worker. I have 4 years of experience in providing therapy to school aged youth and adolescents. I am passionate about decreasing the stigma on mental health and promoting a healthy social/emotional wellbeing, especially among youth and young adults in underserved communities.



Jessica Cox Telehealth

Hi I'm Jessica! I just moved to Florida with my family. I have 2 daughters ages 3 and 9 months. We like to be outdoors and spend time at the beach.



Troy Schimek Telehealth

Troy is an experienced counselor working for the past 16 years in schools in Colorado, Wisconsin and Wyoming. Troy has a BA in Education from the University of Wyoming and a Masters in Guidance and Counseling from the University of Wisconsin-Stout. Troy has experience working with Adults, Teens and Children in all areas of life and experiences.



Megan Hightower Telehealth

I help clients find a "life worth living," using primarily Dialectical Behavioral Therapy (DBT) to address intense emotions, relationship trouble, suicidal ideations, and self-harm. Previously, I taught third grade and trained teachers to reach at-risk students. I am passionate about addressing issues early. I believe clients are capable of change and that, even when challenging, the effort is worth it. I am happy to work with any client who is motivated and willing to try something different.



Andrew Pierce In-person and Telehealth

It takes courage to reach out and seek support. Lets invite change into your life by focusing on the process. There is no tomorrow and let today be the day you decide to invest in yourself. If you can be the person who isn't afraid of hard work, your problems will naturally change your life but someone also around you. Become a Champion. We are located at



Meet your provider matches!


Read through our counselor bios, select one of them to see their available appointments, and pick a time slot to schedule a counseling session.

If sessions are unavailable from this list, click "Back" and choose "online" for the session on the previous screen.

Then, select an appointment slot from the chosen provider's availability.

I Matter.

motivated and willing to try something different.



Melissa Festa Telehealth

Hi! My name is Melissa Festa. I am a Licensed Clinical Social Worker. I have worked with children as a school social worker and counselor for 20+ years. I have experience treating depression, anxiety, trauma, ADHD, and eating disorders. I use coping strategies such as breathing, mindfulness, emotion regulation and distress tolerance. The main treatment approach I use is cognitive behavioral therapy. Most importantly, my super power happens to be my listening skills! What's yours?!

15/Nov(Mon) 4PM-4:45PM 5PM-5:45PM

16/Nov(Tue) 9AM-9:45AM

17/Nov(Wed) 4PM-4:45PM 5PM-5:45PM

18/Nov(Thu) 5PM-5:45PM

19/Nov(Fri) 8AM-8:45AM

22/Nov(Mon) 4PM-4:45PM 5PM-5:45PM

23/Nov(Tue) 9AM-9:45AM

24/Nov(Wed) 4PM-4:45PM 5PM-5:45PM

25/Nov(Thu) 4PM-4:45PM 5PM-5:45PM

26/Nov(Fri) 8AM-8:45AM 10AM-10:45AM

29/Nov(Mon) 4PM-4:45PM 5PM-5:45PM

Once you hit “Submit” you’ll be taken directly to a confirmation page, and you’ll also receive an email with appointment details.

I Matter.

Hi **Your session has been confirmed.**

We will send a confirmation email with all the information you need for your appointment shortly.

If you need to cancel or make changes to your appointment, please contact support@imattercolorado.org

If you need to speak to someone right away before the appointment, Colorado Crisis Services hotline has counselors available to talk 24 hours a day, seven days a week at 1-844-493-TALK (8255) or text **TALK** to 38255. Or visit the [Colorado Crisis Services](https://cdhs.colorado.gov/behavioral-health) website to learn more about how to speak with a counselor.

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Hi your next session has been scheduled for 3PM-3:45PM MT on 11-29-2021 at with

When it is time for your session, you can access your telehealth appointment by clicking the link below.

Please remain in the virtual waiting room until your provider joins. In some cases, your provider may be running behind. We encourage you to stay connected for at least 15 minutes after your scheduled visit time.

If you get disconnected during the visit, you can reconnect up to 30 minutes past the start time.

If you haven't connected by your visit time, our staff will call the number you provided to see if you need help. If they can't reach you and you haven't joined by 15 minutes past the scheduled visit time, we will cancel the visit and contact you to reschedule.

[Click Here](#)

If you need to cancel or make changes to your appointment, please contact support@imattercolorado.org

If you need to speak to someone right away before your appointment, Colorado Crisis Services has counselors available by telephone or text message 24 hours a day/7 days a week. Call **(844) 493-8255** or Text **TALK** to **38255**

We're here to help!

Colorado Department of Human Services, Office of Behavioral Health
<https://cdhs.colorado.gov/behavioral-health>



I Matter Campaign

Goal: Reach youth and parents statewide to encourage youth to sign up for free sessions.

- Campaign strategies: Posters; streaming audio (Spotify and Pandora); streaming TV; in-app (gaming) video; paid social and influencer (TikTok, Snapchat, Instagram for youth; Facebook and Instagram for adults); paid search; partner toolkit
- Audiences: Youth and trusted adults/parents
- Geography: Statewide reach with digital ads; posters will target areas with priority populations, including Black, Latinx and LGBTQ+ Coloradans.

Youth Served So far

- 5,286 sessions scheduled or delivered since Oct. 27, including 887 sessions scheduled for the next two weeks.
- 1,414 youth have received at least one session; more than 400 have received three or more.
- 127 licensed therapists participating.
- Services are available in English and Spanish and we're working to add providers with a specialty in serving immigrant and refugee populations.

Timeline

- Paid advertisements launched November 1.
- Spanish site launched in December: www.yoimportocolorado.org/
- Youth influencer strategy implemented in Jan. 2022.
- Now: Serve as many youth as we can!
- On or before June 30, 2022, submit the final report to Legislature on the number of youth who received services and the services provided.
- Funding currently expires June 30, 2022.
- Extension of the program for two years is in House Bill 22-1243.

IMatterColorado.org

Contact Laura.Gabbay@state.co.us
with questions or call 720-498-9469.