

Behavioral Health Services

Health Solutions is a comprehensive, non-profit community behavioral treatment center with centers in Pueblo, Huerfano and Las Animas counties. Health Solutions is licensed by the State of Colorado, and governed by a citizens' board of directors. Our mission is to make available a comprehensive range of affordable and quality community-based behavioral health services.

Those we serve:

- Adults
- Couples
- Families
- Children & Adolescents
- Older Adults



Services we provide:

- Diagnostic Evaluations
- Individual and Couples Therapy
- Group Therapy
- Family Therapy
- Medications
- Substance Use/DUI
- Crestone Residential Treatment Services
- Activity Therapy
- Crisis Evaluations 24/7/365
- Crisis Living Room
- School-based Interventions
- Early Childhood Services
- Home-Based Services
- Mobile Early Intervention



Other On-Site Health Solutions Services:

- Pharmacy
- Career Horizon Services
- Health Solutions Medical Center
- Medication Assisted Recovery Center (MARC)

Our Mission:

Health Solutions exists to assist those in need of healthcare services who require expert care to support recovery and to successfully achieve their healthcare goals. Health Solutions is committed to offering exceptional quality services that set the standard for healthcare in Colorado. This care is provided through service excellence, innovation, compassion, and promotion of self-determination.

Our Values

We believe that individuals in need of our services are our highest priority. They are the reason why Health Solutions exists.

We believe in the preservation of human dignity, self respect, and individual rights in a caring environment that results in enabling individuals to live, work, and contribute in their chosen community.

We believe in the person-centered approach to care in which the total healthcare needs of the individual are addressed. We encourage families to become involved in their loved one's treatment efforts.

We believe our employees are our most valuable asset and we promote a healthy work environment, open communications, teamwork, trust, honesty, and ethical behavior which allows us to be accountable to each other, to the individuals we serve, and to our community.

We believe that Health Solutions should be responsive to the healthcare needs of its communities and should direct its resources to meet those needs in a cost effective manner.

We believe in being a good corporate citizen of the community, maintaining communications with the various publics we serve, and participating actively in community affairs, particularly those related to healthcare.



719-545-2746

Health Solutions provides behavioral health services at no cost to Health First Colorado members.

These members may be charged a co-pay for medical services. Please ask our support staff for more details.



Adult Services
1304 Chinook Ln
Pueblo, CO 81001

Crestone Substance Abuse
41 Montebello Rd
Pueblo, CO 81001

Youth & Family Services
1012 W Abriendo Ave
Pueblo, CO 81004

Health Solutions Family Center
1591 Toas Rd
Pueblo, CO 81006



www.Health.Solutions

Our Behavioral Health Services



Behavioral Health Services

Adult Services

Our clinical providers offer strength-focused, evidence-based and culturally-sensitive treatment to adults and families. Our providers have diverse backgrounds and are experienced in the areas of cognitive behavioral therapy, art therapy, trauma recovery treatment, brief solution-focused therapy, specialty care for those experiencing thoughts of suicide, motivational interviewing and co-occurring conditions, e.g., mental health and medical conditions, mental health conditions and substance use disorders, mental health conditions and developmental disabilities.

Our case managers are skilled in providing a wide range of behavioral health support. They help individuals and families to identify their specific needs and locate the appropriate resources to meet those needs.

Youth and Family Behavioral Health

Our programs at Youth and Family Services encourage healthy development through a variety of individualized services geared to meet the specific needs of children and their families. Our clinicians, case managers and behavioral health care providers work together to provide services for children between birth and 18 years of age. They utilize best practices that focus on the strengths of the child and their family or caretakers, thus promoting strong relationship and healthy futures for each child engaged in services. Health Solutions Youth and Family Services provides innovative programs such as Early Childhood Services, School-Based Services, Home-Based Services, Multisystemic Therapy (MST), Intensive Outpatient Services (IOP) and Adolescent Drug and Alcohol Services.

Substance Abuse & DUI Services

The Health Solutions substance use and co-occurring disorder specialty program is called Crestone Recovery Services. We have inpatient and outpatient programs to assist clients however best fits their needs. Every individual is unique, so our customized treatment services are able to meet specific needs of each client and we work with our clients to develop a plan everyone is agreeable to. Our outpatient substance use and co-occurring disorder recovery program treats mental health

and substance use concerns at the same time, for the best outcomes. Crestone Recovery Service's clinical staff is comprised of licensed and certified behavioral health professionals, case managers and peer specialists. We also offer psychiatric evaluations and medication treatment services to those who are interested in incorporating medications into their recovery plan.

Crestone Recovery also offers comprehensive and affordable DUI services that are licensed by the Colorado Division of Behavioral Health (DBH). Classes and therapy are available at a variety of times and days for convenience.

Crestone Residential Treatment Services (CRTS) offers an eight-bed inpatient substance use and co-occurring disorder treatment center located at 41 Montebello Road. The program is a 30-60 day residential treatment program that provides intensive and holistic treatment for individuals who are dealing with substance use disorders. The program provides treatment, nutritious meals, safety and support. Essential areas for successful recovery are stressed including: education, therapy, physical fitness, drug free recreational activities, vocational services, relapse prevention planning, medication management, physical healthcare, family therapy and family education.

Crestone Residential Treatment Services does not offer a detox program and clients must be fully detoxed before they are admitted into the program. Please contact our admission coordinator for more information including funding options at 719.423.1120 or crestonesadmit@health.solutions.

Crisis Services

When you are in an emotional or mental health crisis, you can either call or stop by our facility at 1310 Chinook Lane in Pueblo. You will be evaluated by one of our clinicians who will work with you to determine what options you have to assist you on the road to wellness. Unlike emergency rooms, Health Solutions Crisis Services offers immediate care with minimal or no waiting. We are open 24 hours a day, 7 days per week, 365 days per year. Individuals do not need an appointment to visit our center. Our Crisis Services includes our Living Room, Respite Services and Mobile Services.

The Health Solutions Crisis Living Room offers guests a non-clinical, calm and safe environment for adults experiencing a crisis situation in their life. This person-centered facility is open 24 hours a day, seven days a week. Staffed by those with personal experience in managing the challenges of daily living, raising a family, workplace issues, medical conditions and more. The Crisis Living Room allows individuals to receive counseling, support and mentoring.

Health Solutions Respite Care Services can provide short-term intervention and stabilization for behavioral health clients that need a safe, secure environment. This program can help clients with problematic issues in their living situation, learn skills to better manage their illness and connect them with community resources for both themselves and their caregivers. Respite services allows for behavioral health clients to be temporarily relocated from their living environment while gaining support for their illness and learning new coping skills. In addition, the service also allows caregivers a temporary break from the stress associated with caring for someone else.

Acute Treatment Unit (ATU)

The Acute Treatment Unit (ATU) is a 15-bed inpatient facility for men and women 18 years of age or older who are in an emotional crisis or have a psychiatric need. The ATU provides a safe and secure environment for individuals who do not require hospitalization or an extended length of stay. Staff can work closely with each individual, providing Dialectical Behavior Therapy (DBT) skills groups, individual and family meetings, and, if indicated, medication evaluation and management. Each person collaborates with staff to create a treatment plan and that is updated throughout their stay.

Behavioral Health Centers