

La Plata County Resource Guide

For more resources visit <https://swcahec.org/la-plata-archuleta-resource-guide/>

Notes:

This document includes information about resources for: Therapy and Counseling (page 1-2), Crisis and Emergency Care (page 2), Medical Care (page 3-4) Food Resources (page 5), and Children and Youth Services (page 6-7)

It's best to check with the provider directly about insurance and payment.

Self-pay Sliding scale = The price you pay will depend on your income. If you have less income, you might pay less. You will work this out with the provider.

Therapy and Counseling

Name	Location	Phone	Location	Web Address
Judy Austin, LPC	Grief, Loss, Trauma, Anxiety, Attachment Bonds	970-764-7142	2243 N Main Ave Durango 81301Ste 4F	
Cole Awdish, LPC	Individual and couple's therapy	970-403-5488	Durango Office 777 Main Ave Ste 215	https://coleawdish.com/
Rowan Blaisdel	Parent Groups, LGBTQ Family support	970-422-3831	1911 Main Ave Ste #260 Durango, CO 81301	http://www.durangopsychotherapy.com/
Amie Bryant, LCSW, CAC III	Individual therapy	970-946-8004	Four Corners Counseling, LLC 2243 Main Ave.	http://fourcornerscounseling.com/
Jo Ellen Bourg, LPC	Parenting, Trauma, Anxiety, Depression	970-903-4078	Optimum Counseling 1911 Main Ave Ste #234 Durango, CO 81302	

Durango Family Therapy Brent Dixon, LPC Renee Dixon , LSW Jane Dally LPC	Couples, Trauma, Depression, Anxiety, Grief, Play Therapy	970-422-7334	2243 Main Ave Ste 3F	https://durangofamilytherapy.com/
AXIS Health System	Psychiatric Evaluations, Medication Management	(970) 247-5245	Durango, Pagosa, Cortez	https://www.axishealthsystem.org/
Jessaca Cassady LCSW, LAC Clarity Coaching & Counseling	Addictions, Stress, Life Transitions	(970) 903-3354	Bayfield, Durango & Ignacio	https://www.claritycounseling.solutions/
Joel Berdie, LSW	Bilingual Licensed Social Worker	(970) 444-5117	Durango	Website/Sitio Web: https://joelberdie.wixsite.com/sol-community-salud

Crisis and Emergency Services

Name	Services	Phone	Location
Suicide Prevention Hotline	Crisis counselors to talk to free of charge	988 1-800-SUICIDE 1-800-784-2433 1-800-273-TALK	Phone only
Colorado Crisis Services	Crisis counselors to talk to free of charge.	844-293-8255 Text TALK to 38255	Phone only
Axis Health Systems Crisis	Psychiatric evaluations, Medication Management Mobile Crisis response	970-247-5245	Crossroads Center 1125 Three Springs Blvd.
Safe to Tell	Anonymous reporting for any concern or threat to yourself or others. Bullies, suicidal behavior, anyone hurting or struggling	1-877-542-7233	www.safe2tell.org
Emergency Services	Don't be afraid to go straight to the ER or call 911 in a physical or mental health emergency.	911	Mercy ER

Medical Care

Provider	Description / Service	Phone Number	Physical Address	Web Address
La Plata Integrated Healthcare	Community Health Center offering Primary care; Behavioral healthcare; Oral healthcare; Nutrition counseling; Insurance enrollment; Help getting back to work and care coordination for housing, transportation, food & other basic needs	970-335-2288	1970 E Third Ave Durango, CO 81301	https://www.axishealthsystem.org/locations/durango/la-plata-integrated-healthcare
San Juan Basin Public Health	Care Coordination for Children with Special Healthcare Needs; Children's Specialty Clinics, Sexual Health Clinic	(970)-247-5702	281 Sawyer Dr. Durango, CO 81303 970-247-5702;	https://sjbpublichealth.org
Mercy Regional Medical Center	Hospital, all types of medical care	970-247-4311	1010 Three Springs Blvd Durango, CO 81303	https://www.centura.org/locations/mercy-regional-medical-center
Animas Urgent Care	Walk in treatment for minor injuries and illness, labs, x-ray, vaccines, physicals, referrals for follow up care, work injuries and medical supplies	(970) 385-2388	450 S Camino Del Rio #106, Durango, CO 81301	https://www.animassurgical.com/services/urgent-care
Animas Surgical Hospital	Hospital with surgical services, diagnostic imaging, emergency services, urgent care, internal medicine and occupational medicine	970 247-3537	575 Rivergate Lane, Durango, CO	https://www.animassurgical.com
Southern Ute Health Center	Full service medical care	970) 563-4581	69 Capote Dr, Ignacio, CO 81137	https://www.southernute-nsn.gov/tribal-health/health-center

Ignacio Family Medicine	Family Medicine Clinic (part of Centura Health)	970-563-9388	115 Cedar St Ignacio, CO 81137	
Durango Family Healthcare	Full service medical clinic.	(970) 475-4300	691 County Road 233 Unit A3, Durango, CO 81301	https://www.durangofhc.com
Durango Urgent Care	Walk-in, certified urgent care clinic for any non-life-threatening illness or injury. Also offer diagnostic lab, x-rays, drug & alcohol testing, work site injury treatment	(970) 247-8382	2577 Main Ave, Durango, CO 81301	http://www.durangourgentcare.com
Pediatric Partners of the SW	Care for children	970-375-0100	1970 E Third Ave Ste 102 Durango, CO 81301	https://www.ppswdurango.com
Mercy Family Medicine	3 Locations offering Primary Care & Family Medicine for all ages	970-385-9850; 970-764-1790	810 E 3rd St #301, Durango, CO 81301	https://www.centura.org/locations/mercy-regional-medical-center/medical-services#family-medicine-%2f-primary-care

Food Resources

Agency	Description / Service	Phone	Address	Website
Durango Food Bank	Monthly Food Boxes, USDA Commodities (TEFAP), USDA Senior Program, Surplus Food Distribution, SNAP application assistance	(970) 565-6424	25 1/2 S Elm Street, Cortez 30 N. Beech St, Cortez (Pantry location)	http://durangoareafoodbank.org

Manna Soup Kitchen	Serving hot meals, other programs include Social Enterprise (Catering for a Cause), Take Home Backpack Program, Culinary Program, SNAP Assistance & Outreach, Manna Garden	(970) 565-7865	110 West North St, Cortez	https://www.mannasoupkitchen.org/
La Plata County Human Services	Food Assistance (SNAP/EBT) benefit application and eligibility	(970) 565-3002	515 N Park St, Cortez	http://www.co.laplata.co.us/government/human_services
San Juan Basin Public Health	Women, Infant, Children (WIC) provides nutrition & breastfeeding info and debit card for healthy food purchases	(970) 564-4100	106 West Main Street STE 170 Cortez	https://sjbpublichealth.org/wic
La Plata Family Centers Coalition	Food Assistance (SNAP/EBT) benefit application assistance, emergency food boxes	http://www.lpfcc.org		http://www.lpfcc.org
SW Center for Independence	Food assistance/SNAP application. SW Rides offers weekly transport to Food Bank	(970) 564-9884	320 North Harrison, Cortez, CO 81321 (food delivery & pick-up)	https://swindependence.org

Children and Youth Services

Agency	Description / Service	Phone Number	Physical Address	Web Address
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Division of Vocational Rehab	Help for individuals with disabilities to prepare for, obtain, advance in and maintain employment. Offering Youth Transition services which includes Project SEARCH, School to Work Alliance Program and Aspire	970-247-3161	160 Rock Point Drive Ste A Durango, CO	https://www.colorado.gov/pacific/dvr/youth-and-transition-services
SW Center for Independence	Programs include Youth Services, supporting youth with disabilities as they transition to adult life	970-259-1672.	3473 Main Ave #23 Durango, CO	https://swindependence.org/youth-services/
San Juan Boces	Support Exceptional Student Services for children and youth with disabilities in their school environment. Program categories; Inspire Innovation, E School, Early Childhood, Grant Work, Professional Learning, SWAP, Specialized Services, Events	970-247-3261	62 Stewart St suite A, Durango, CO 81303	https://www.sjboces.org/
La Plata Youth Services	Services for at-risk youth and their families. Programs include: Diversion Program, Collaborative Management Program, Restorative Justice Program	(970) 385-4440	2490 Main Ave Durango, CO 81301	http://lpys.org/la-plata-youth-services
La Plata County Human Services	Child Protective Services; TANF; Child Care Assistance; Child & Family; Child Support; Foster Care & Adoption	970-382-6150	Tech Center Plaza 10 Burnett Ct Durango, CO 81301	http://www.co.laplata.co.us/government/human_services
La Plata Family Centers Coalition	Health insurance assistance, Family Support Services, Early Childhood Education, Parenting Education (Parents as Teachers and Love & Logic), Bayfield Afterschool & Summer Program, School Readiness at Ft Lewis Mesa Family Center, Colorado Community Response (CCR), Emergency Food bags	970-385-4747	150 Tech Center Dr, #A Durango, CO 81301	http://www.lpfcc.org

Early Childhood Council	Provides trainings for childcare providers, links to many resources, referral forms for other child related programs	970-247-0760	701 Camino del Rio Ste 209 Durango, CO	https://ecclaplata.org
Tri-County Headstart	Early childhood development programs in preparation for school & life success. Services include: Healthcare, Mental Health & Disability, Family Involvement	970-247-5960	1315 Main Ave #124, Durango, CO	http://www.tchs4c.org
Alternative Horizons	Domestic violence prevention curriculums designed for middle school, high school and young adults	970-247-4374	PO Box 503 Durango, CO	http://www.alternativehorizons.org/index.cfm/services/prevention-education-and-outreach-to-the-community
Big Brothers/Big Sisters	Youth mentoring organization matching volunteer adult mentors with children facing challenges in their personal, social or academic life	970-247-3720	175 Mercado St. Suite 109 Durango, CO	https://bbig.org
San Juan Basin Public Health	Care Coordination for Children with Special Healthcare Needs (HCP), Pediatric specialty clinics, WIC, Safecare	970-247-5702	281 Sawyer Dr, Durango, CO	https://sjbpublichealth.org
Joel Berdie, LSW	Bilingual Licensed Social Worker	(970) 444-5117	Durango	Website/Sitio Web: https://joelberdie.wixsite.com/sol-community-salud