



Dear Parent,

Jefferson Center for Mental Health and Jefferson County Public Schools have partnered for over 20 years to provide support to children and families in the district. The School Based Prevention Program is an innovative collaboration between Jefferson Center and Jeffco with the primary goal of increasing student's skills in areas such as self-management, self-awareness, responsible decision making, relationship skills and social awareness. We are excited to extend this partnership into the summer with our summer series **My Best Self**. During the month of June we will be presenting lessons at your child's summer program.

The School Based Team is made up of master's level professionals dedicated to providing meaningful learning to students. During their time with the students, they will teach lessons on topics that have been found by The Collaborative for Academic, Social, and Emotional Learning (CASEL) to help increase positive and safe behaviors in children. The summer series will be focusing on Relationship Building & Teamwork, Impulse Control, Identifying Emotions, and Self-Confidence & Recognizing Strengths by using direct instruction and both large and small group activities including skits, music, crafts, and games!

If you have any questions or do not wish for your child to participate please contact Laura Nichols, School Based Prevention Coordinator, at 720-390-1019 or [lauran@jcmh.org](mailto:lauran@jcmh.org). In order to provide this service free to students, we do collect the names and birthdates of students who receive services to check for Medicaid eligibility, which is our funding source.

In addition to the school based team, Jefferson Center has a wide variety of programs and services for other members of our community. Information about these services is available on our website at [www.jcmh.org](http://www.jcmh.org) or call us at 303-425-0300. While we can refer for more in-depth services, our time with the students is strictly educational.

Sincerely,

Your School Based Team