



youthzone
Connect and Grow

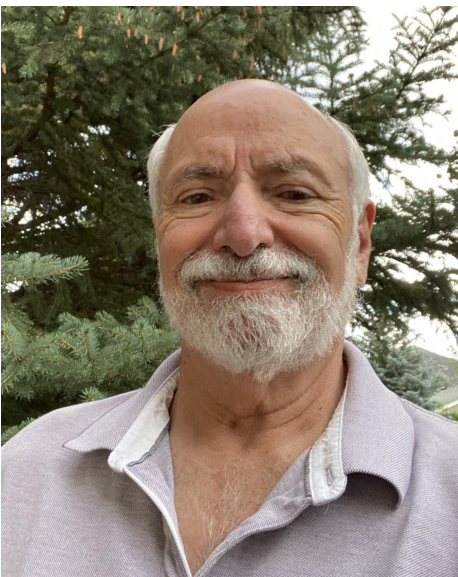
July 2022



Youth Substance Use and Mental Health is a Community Issue

Michelle Lopez and Carmen Iacino discuss the growing concern of mental health and wellbeing of Colorado's youth.

"... the mental health of middle and high school students in the Eagle, Garfield, Grand, Pitkin and Summit Counties had an overall increase in self harm, feelings of hopelessness, and suicidal thoughts and/or attempts from 2019 to 2021... [these youth] have a greater tendency to have substance use addictions and serious mental and/or physical illness in adulthood."



"But, through youth education, community support, and adults leading by example, we can strengthen and empower our youth to build a healthier and happier community for future generations."

Don't miss this educational read in July's YouthZone Post Independent article.

[Read Full Article](#)

The YouthZone Team Says Hello!



Meet our team: Keith Berglund, Michelle Lopez, Sharla Salinas, Courtney Dunn, Airen Goodman, Carol Wolff, Mary Bess Bolling, Tania Beltran, and Chelsea Protz. Not pictured - Jami Hayes and Linda Green.

YouthZone has office locations in Parachute, Rifle, Glenwood Springs, Carbondale, and Aspen. Our team is dedicated and ready to help families and youth in these communities and beyond.

Join the YouthZone Team and Make a Difference

It is our mission at YouthZone to provide comprehensive assessment and advocacy that inspires healthy relationships between youth, families, and communities.

Every day, our staff make a significant difference by supporting the growth and development of the next generation. We are a team of passionate, creative, and hard-working optimists who are as committed to each other as we are to the young people we serve. Join the YouthZone Team and become the change our community needs.



[Career Opportunities](#)

Save the Date:

Ascent Youth Film Festival Watch Party

September 30



Our Youth Filmmakers are hard at work creating inspiration and moving films for the this year's Ascent Youth Film Festival.

Tickets for the Watch Party and silent auction will go on sale soon! We are excited to have The Orchard in Carbondale, CO hosting the event with The Rolling Fork catering the event.

Additional tickets will be available to watch these films from home at your leisure as well.



Thank you Alpine Bank for being the 2022 Premier Sponsor!



Would you or your business like to support local youth and families? Donate an item or service to the film festival silent auction or become an event sponsor.

Click below to email Carol Wolff at cwolff@youthzone.com.

Email Carol Wolff

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Must Read Article in Psychology Today

New Research Finds Coaching to Be on Par with Therapy:
Coaching is comparable to therapy in patient relationships and outcomes.

"Many people need support with their



[Read Psychology Today Article](#)

mental health but their symptoms don't require clinical-level care. Certified coaches trained in evidence-based mental health approaches can help fill the gap."



Your Support Matters to the Families of Our Community!

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It is with humble gratitude that we thank all of our volunteers, donors, board members, supporters, and sponsors. Your continued support and commitment to YouthZone creates positively impacts in the lives of youth and families in our communities. You make change possible.

Thank you!

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Carbondale and Aspen (by appointment)

