

## Mission and Vision Statement

RMBH promotes health and safe lifestyles and choices which assure respect, dignity, and appreciation of the uniqueness of individuals, families, and groups within our communities.

RMBH provides services for the changing needs of society and has received outstanding recognition..

A young person can enter the program at any time.

Give children the gift of recovery too. Enroll them in the Children's Program at the same time as parents, guardians, and other family members are receiving treatment.

For Information and registration call or visit:



Call Today;  
(719)-275-7650

Rocky Mountain  
Behavioral Health, Inc.



*Serving the needs of families  
in our community*

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Rocky Mountain Behavioral  
Health, Inc.



## Children's Program



3239 Independence Rd.  
Canon City, CO 81212

Tel: 719-275-7650

## Children Count Too!

Growing up in a home where there is alcohol and drug addiction can be a special challenge for a child. Our program provides both fun and education and includes age-appropriate games, role-playing, films, and group discussions.

The Program Topics Consists of:

- Addiction
- Feelings
- Problem Solving
- Treatment and Recovery
- Safe People
- Coping

Children and youth have a program designed specifically for them—a safe place where they can learn:

- How to develop positive feelings about themselves
- How to cope with problems safely
- About the disease of addiction and whether to use alcohol or drugs
- How alcoholism and drug addiction affects the family
- How to make safe decisions
- How to get help, stay safe, and have fun



## Alcohol and Drug Abuse Hurts *EVERYONE* in the Family...



It doesn't have to be that way

### Things You Should Know

Addiction to alcohol or drugs affects all members of the family, even if only one person has this disease. As a child...

Nothing you have done has ever caused anyone else to drink too much or use drugs. It's not your fault. You need and deserve help for yourself.

You didn't **CAUSE** it

You can't **CURE** it

You can't **CONTROL** it

But you can

Take better **CARE** of yourself by

**COMMUNICATING** your feelings

Making healthy **CHOICES** and

**CELEBRATING** yourself



## Children's Domestic Abuse Program

We have learned that children who are growing up in violent home feel **POWERLESS** because they can't stop the violence; **CONFUSED** because it doesn't make sense; **ANGRY** because it shouldn't be happening; **GUILTY** because they think they've done something wrong; **SAD** because it is a loss; **AFRAID** because they may be hurt or they may lose something they love or that others may find out; and **ALONE** because they think it's happening only to them.

The Children's Domestic Abuse Program is designed so that children will have the opportunity to:

- Learn ways to express feelings honestly and directly;
- Improve their self-esteem;
- Be familiar with the four types of abuse (physical, verbal, emotional, and sexual);
- Learn they are not responsible for violence in the home nor can they stop it from happening;
- Develop a personal protection plan against all forms of abuse;
- Learn a non-violent problem-solving approach and understand others have had experiences similar to their own.

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