

Canine Partners of the Rockies

Volunteer Welfare & Wellbeing Policy:

At **Canine Partners of the Rockies (CPOTR)**, our volunteers are essential to our mission — and your wellbeing matters to us. This policy outlines how we support you, keep you safe, and make sure your experience is positive and rewarding.

Our Commitment to You

We promise to:

- Provide training so you feel ready for your role.
- Keep your volunteer environment safe, respectful, and inclusive.
- Offer regular check-ins to support your wellbeing.
- Encourage you to set boundaries and speak up if you need a break.
- Supply resources and support when needed, ensuring you have what you require to succeed in your role.

Your Wellbeing Comes First

- We want you to enjoy volunteering, not feel overwhelmed.
- You can always ask for adjustments to your role or schedule if needed.
- We're here to listen if you have concerns — big or small.

Need to Raise a Concern?

Contact:

Jessie Lausé (they / them)

Puppy Program Coordinator

859.285.8270 · jessie@cpotr.org

Backup Contact:

Kyle Lephart

Executive Director

303.364.9040 · kyle@cpotr.org

All concerns are handled confidentially and with care.

We Appreciate You

We love celebrating our volunteers and welcome your feedback anytime. Together, we're changing lives — thank you for being part of the CPOTR family.

MENTAL HEALTH FIRST AID RESOURCES

COMMUNITY MENTAL HEALTH CENTERS

Mental Health Center of Denver mhcd.org
303-504-7900

Case management, outpatient therapy, child and family, suicide prevention programs, medication, housing services, residential treatment

All Health Network (Arapahoe and Douglas County) AllHealthNetwork.org
303-730-8858, 24/7 Crisis Intervention 303-730-3303
Adult counseling, child and family therapy, medication, walk in crisis center, criminal justice rehabilitation, substance use, primary care

Aurora Mental Health aumhc.org
303-617-2300
Individual, group and family therapy, medication, residential services, respite care, vocational services, refugee wellness center

Community Reach Center (Adams County) CommunityReachCenter.org
303-853-3500
Child, youth and family services, outpatient counseling, case management, substance use, crisis services, housing, vocational services

Denver Health denverhealth.org
303-602-4357
Substance use, outpatient and inpatient services, child and family, neuropsych, 24/7 mobile crisis

Jefferson Center for Mental Health (Jefferson, Clear Creek and Gilpin Counties)
JCMH.org
303-425-0300
Mental health counseling, substance use treatment services, 24 hour crisis line

Mental Health Partners (Boulder and Broomfield Counties) MHPColorado.org
303-443-8500
Outpatient, family services, substance use, community integration and rehabilitation, trauma, crisis services

CRISIS SERVICES

If there is a life threatening emergency dial 911

Colorado Crisis Services coloradocrisiservices.org
1-844-493-8255 or Text "TALK" to 38255
24/7 free hotline, text and online chat services for crisis help, information and referrals, free emergency walk-in locations

Suicide Prevention Lifeline suicidepreventionlifeline.org
1-800-273-TALK (8255); Spanish hotline 1-888-628-9454
If concerns about suicide arise for yourself or someone you care about, call, or chat online

Crisis Text Line crisistextline.org
Text HELLO to 741741
Text a trained Crisis Counselor

Denver Health Emergency Mental Health Services
303-602-7221
24/7 onsite/phone evaluations, crisis stabilization and treatment for psychiatric or substance emergencies, information and referrals

National Domestic Violence 24 Hour Hotline thehotline.org
1-800-799-7233
Speak confidentially if experiencing domestic violence, seeking resources, or questioning unhealthy relationships

National Human Trafficking Resource Center humantraffickinghotline.org
1-888-373-7888
Reach an Anti-Trafficking Hotline Advocate for 24/7 support in more than 200 languages

Rape Assistance and Awareness Program thebluebench.org
24-hour hotline 303-322-7273, 24-hour Spanish hotline 303-329-0031
Case management, counseling and support through medical and legal logistics

The Center for Trauma and Resilience 24 Hour Hotline traumahealth.org
24-hour hotline 303-894-8000, 24-hour Spanish hotline 303-718-8289
Youth and families program, trauma sensitive yoga, elderly and disabled program, legal assistance to immigrants, resources and directories

SUICIDE PREVENTION

Colorado Crisis Services coloradocrisiservices.org
1-844-493-8255 or Text "TALK" to 38255
24/7 free hotline, text and online chat services for crisis help, information, and referrals, free emergency walk-in locations

Suicide Prevention Lifeline suicidepreventionlifeline.org
1-800-273-TALK (8255); Spanish hotline 1-888-628-9454
If concerns about suicide arise for yourself or someone you care about, call, or chat online

American Association for Suicidology suicidology.org
National resources and information about suicide

American Foundation for Suicide Prevention afsp.org
Group and community engagement through education and prevention programs

Live Through This LiveThroughThis.org
A collection of portraits and stories of suicide attempt survivors



Mental Health Center of Denver

mhcd.org |   