

I Matter Program - Colorado

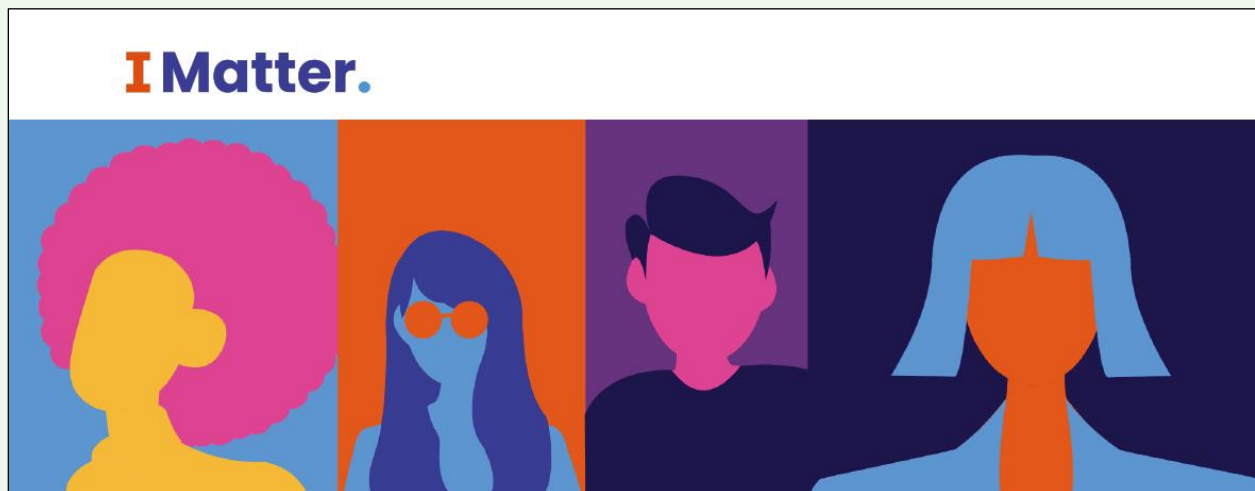
NATIONAL JUDICIAL TASK FORCE TO EXAMINE STATE COURTS' RESPONSE TO MENTAL ILLNESS

Mental health challenges in children and adolescents across Colorado are real and widespread. Even before the pandemic, an unacceptable number of young people were having a hard time recovering from current or past trauma and coping with feelings such as sadness and hopelessness that can be difficult to talk about out loud.

We are all navigating through unprecedented times and changes since the COVID-19 pandemic began. These changes have impacted youth in multiple ways including living with heightened stress, anxiety, and fear; transitions to and from online classes and school closings; and changes in how they interact and connect with others.

– Joseph Homlar, Director, Division of Child Welfare, Colorado Department of Human Services,
National Judicial Task Force Member

To address the mental health crisis, the State of Colorado launched the I Matter program to provide access to at least three free therapy sessions for youth in Colorado.



- The program is open to youth 18 years of age or younger or 21 years of age or younger if receiving special education services.
- Youth and their parents can visit the platform at IMatterColorado.org to take a confidential online survey about their mental health and schedule sessions with a licensed behavioral health clinician, primarily via telehealth.
- A Spanish language version of the program can be found at YoImportoColorado.org, and the program has clinicians who can provide sessions in Spanish.

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I Matter Program Goal: Provide free mental health sessions for every Colorado youth

The Colorado Legislature charged the Office of Behavioral Health with creating a temporary mental health services program. The I Matter program provides youth three or more free mental health sessions with a licensed provider. The program serves youth 18 and younger as well as people 21 and younger who are receiving special education services.

Statewide Public Awareness and Outreach Campaign

The Office of Behavioral Health implemented a statewide public [awareness and outreach](#) campaign informed by youth feedback.



Visit the Website - IMatterColorado.org

I Matter.

I want to understand my feelings because I matter

The I Matter program can connect you with a therapist for up to 6 free virtual counseling sessions (some in-person appointments available, too) that are completely confidential. Talking with someone can make you feel better. To start, click on "Youth" below to take a short survey. Be as honest as possible: your answers will help match you with the right therapist.

If you're 11 or younger, your parent or guardian must fill out the survey with you.

Parents, seeking support for your child is not a sign of failure —it's a sign of strength. Start with the survey below.

Parents Youth

Home About I Matter Accessibility Statement Spanish version

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COLORADO Behavioral Health Administration

COLORADO CRISIS SERVICES | 844-489-TALK (8255) | OR VISIT TALK TO US255



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Important Data Points and Additional Information

Telehealth appointments are generally available immediately. The program has more than 100 appointment slots still available over a two-week period. All appointments listed through the I Matter platform are within 2 weeks. We do have a waitlist of youth we've been unable to schedule due to language needs, availability of therapists, timeframe alignment or another reason. The program has three care navigators who provide outreach to every youth on the waitlist multiple times.

The program served 652 clients in the first three months. From late February to May 2022, 1,563 new clients were served. The program can pay for more than six sessions upon the recommendation of the provider and available funds.

The possible modes of therapy include Telehealth (through the I Matter platform) and in person. Therapists were recruited through outreach to all professionals licensed in the state of Colorado as well as all community mental health centers in the state.

For additional information, contact Joseph Homlar at joseph.homlar@state.co.us

