



Prevention Programs

Parent groups, school-based programs and community education.

The Incredible Years Parenting Group is a 14-week parenting group that targets the reduction in aggression and behavioral issues of children aged 2-8 years. The program focuses on increasing the child's social competence and attachment with parents and caregivers at home and school through play and interactive parenting skills. Childcare is provided during the parent group.

The Incredible Years - Dinosaur School is a classroom-based curriculum focused on building the social and emotional health of young children that aligns with the school calendar. The class meets for 30 minutes twice a week in school and childcare settings. The program covers topics related to pro-social skill building, anger management, and feelings identification.

Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis until appropriate professional treatment is received or until the crisis resolves by a trained first aider. AspenPointe certifies first aiders by delivering a 12-hour Mental Health First Aid course, manual and certification of mental health first aid competence.

After Hours Child and Family Clinical Support Line: (719) 237-2347