



# Colorado Statewide Anger & Conflict Management Resource Guide

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## About This Guide

This guide highlights anger and conflict management resources available across Colorado, with emphasis on accessibility for residents outside the Denver Metro area. It includes telehealth, regional, and statewide programs for emotional regulation, neurodiversity (ADHD, autism, and related conditions), and alcohol or substance-use challenges. Information is current as of October 2025 and based on verified community and state listings.

## 1. Statewide & Online Programs

- Schroeder Counseling  
Statewide/Online | [schroedercounseling.com](https://schroedercounseling.com)  
Court-approved online anger management classes via Zoom. Offers flexibility for rural residents.
- AVP Colorado (Alternatives to Violence Project)  
Statewide | [avpcolorado.org](https://avpcolorado.org)  
Workshops teaching interpersonal conflict resolution and nonviolent communication.
- Colorado State University Global – 'Disagree Better' Course  
Online | [csuglobal.edu](https://csuglobal.edu)  
Free online course offering practical communication and conflict-resolution tools.
- The Conflict Center (Virtual)  
Statewide | [conflictcenter.org](https://conflictcenter.org)  
Virtual classes teaching conflict and anger management skills available statewide.

## 2. Statewide Behavioral Health Infrastructure & Support

- Behavioral Health Administration (BHA)  
[bha.colorado.gov](https://bha.colorado.gov)  
Coordinates access to mental health and substance-use disorder services across all Colorado counties.

- Colorado Crisis Services  
1-844-493-8255 | Text TALK to 38255 | [coloradocrisiservices.org](https://coloradocrisiservices.org)  
24/7 statewide mental health and substance-use crisis line.
- Community Prevention & Early Intervention (CPEI)  
[cdphe.colorado.gov](https://cdphe.colorado.gov)  
Supports community prevention programs for mental health and substance-use across rural areas.

### **3. Programs Supporting Neurodiversity (ADHD, Autism, and Related Conditions)**

- Rocky Mountain Counseling Collective  
Telehealth available | [rmcchealth.com](https://rmcchealth.com) | (720) 252-0345  
CBT-, ACT-, and DBT-based therapy for anger, frustration tolerance, and executive-function regulation in ADHD and autism.
- Radiant Minds LLC  
Statewide Telehealth | [radiantminds.pro](https://radiantminds.pro) | (720) 507-1658  
Counseling for adults with ADHD, autism, and related conditions addressing anger and emotional regulation.
- Denver Counseling Group  
Telehealth available | [denvercounselinggroup.com](https://denvercounselinggroup.com) | (303) 495-1769  
ADHD-informed anger and conflict management integrating CBT, DBT, and executive-function coaching.

### **4. Programs Supporting Alcohol or Substance-Use Recovery + Anger & Conflict Management**

- Community Reinforcement and Family Training (CRAFT)  
Statewide | [bha.colorado.gov](https://bha.colorado.gov)  
Evidence-based program teaching communication and conflict skills to families affected by substance use.
- Strategic Individualized Remediation Treatment (STIRT)  
Statewide | [bha.colorado.gov](https://bha.colorado.gov)  
Supports behavioral change and anger management for justice-involved adults; integrates substance-use treatment.

- **Health Solutions**  
Rural Colorado | [health.solutions](http://health.solutions)  
Provides anger management and substance-use recovery services in rural and frontier communities.
- **AngerClassOnline**  
Online | [angerclassonline.com](http://angerclassonline.com)  
Self-paced anger management courses recognized by courts across Colorado; accessible for rural residents.
- **ColoradoSupport.org**  
Statewide directory | [coloradosupport.org](http://coloradosupport.org)  
Comprehensive resource directory for behavioral health, autism, and substance-use services across Colorado.
- **211 Colorado**  
Statewide | [211colorado.org](http://211colorado.org)  
Call 2-1-1 or visit website to locate local anger management, therapy, and recovery programs in any county.

## 5. Youth & Family Programs

- **The Conflict Center (Virtual Youth Program)**  
Statewide | [conflictcenter.org](http://conflictcenter.org)  
5-week course for youth ages 11–18; includes parental participation and emotional-regulation skill-building.
- **Resolving Conflict Creatively Program (RCCP)**  
Statewide | [cde.state.co.us](http://cde.state.co.us)  
School-based curriculum for K–8 supporting emotion regulation and communication in families and classrooms.

## 6. Best Practices Checklist

When selecting a program or therapist, look for the following indicators of quality:

- Uses structured curriculum (CBT, DBT, or similar evidence-based methods)
- Encourages self-awareness, accountability, and skill practice
- Offers measurable progress goals or completion certificates
- Includes culturally responsive and trauma-informed care
- Provides telehealth or rural-access options
- Integrates support for co-occurring conditions (ADHD, substance use, etc.)

## **Why Evidence-Based and Best Practices Matter**

Evidence-Based Practice (EBP) is a systematic, research-informed approach integrating:

1. Best available research evidence — results from well-designed studies, including randomized controlled trials (RCTs).
2. Clinical expertise — the provider's professional judgment and skill.
3. Patient characteristics — preferences, culture, and personal goals.

Examples include Cognitive-Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Eye Movement Desensitization and Reprocessing (EMDR). These have proven results for improving emotion regulation and reducing conflict.

Best Practices are methods widely recognized as effective and ethical, even if research is still emerging. They often reflect strong professional consensus or innovative adaptation for unique populations.

Difference from EBP: The distinction lies mainly in the amount of research evidence, not in the effectiveness of the approach itself.

Learn more:

- American Psychological Association – Evidence-Based Practice in Psychology:  
<https://www.apa.org/practice/resources/evidence>
- SAMHSA Evidence-Based Practices Resource Center: <https://www.samhsa.gov/resource-search/ebp>
- National Institute of Mental Health – Psychotherapies:  
<https://www.nimh.nih.gov/health/topics/psychotherapies>

## **7. Recommended Books & Self-Help Tools**

- Anger: Wisdom for Cooling the Flames — Thich Nhat Hanh
- The Anger Trap — Les Carter
- The Dance of Anger — Harriet Lerner
- Anger Is a Choice — Tim LaHaye & Bob Phillips
- Crucial Conversations — Patterson et al.

## **8. Crisis & Immediate Support**

- Colorado Crisis Services: 1-844-493-8255 or text TALK to 38255
- SAMHSA National Helpline: 1-800-662-HELP (24/7, free and confidential)
- 211 Colorado: Dial 2-1-1 for local behavioral health and social services
- National Suicide Prevention Lifeline: 988 (24/7 crisis support)