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## **Y** Public Service Announcement from Bloom Wellness Supporting Safe, Connected Families

As therapists committed to the emotional wellbeing of youth, we at Bloom Wellness want to help parents and caregivers understand important legal guidelines that impact therapy with minors. We know parenting a teen can be complicated, especially when it comes to mental health, privacy, and safety. This message is meant to clarify how we work within Colorado law—always with compassion and respect for your family.

# **Understanding Child Abuse Reporting in Colorado**

Colorado law requires therapists and other professionals to serve as mandatory reporters. This means that if we have reasonable cause to suspect that a child under 18 has been abused or neglected, we are legally required to make a report to child protective services.

This includes physical abuse, sexual abuse, emotional abuse, neglect, and situations where a child may be at risk of harm. Our top priority is always the safety and wellbeing of the child.

## Age of Consent for Mental Health Treatment in Colorado

In Colorado, youth who are 12 years of age or older have the legal right to consent to their own mental health treatment without permission from a parent or caregiver.

#### This means:

- A 12-17-year-old can choose to begin therapy on their own.
- They have the right to privacy in treatment.
- Therapists cannot share information about their sessions without the youth's written consent, unless safety concerns arise.

At Bloom Wellness, we deeply value family involvement in a child's healing process. We encourage youth to sign a Release of Information (ROI) that allows us to include caregivers in meaningful ways during

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treatment. However, under the law, this decision belongs to the youth. We honor their autonomy while gently encouraging connection and collaboration whenever possible.

#### **Solution** Keeping the Door Open at Home

While teens may seek more independence, they still need deep emotional connection with their caregivers. To support ongoing trust and communication, we recommend the following attachment-based resources:

- Hold On to Your Kids by Dr. Gordon Neufeld & Dr. Gabor Maté
- Circle of Security Parenting (www.circleofsecurityinternational.com)
- The Whole-Brain Child by Dr. Dan Siegel & Dr. Tina Payne Bryson

These tools can help strengthen your relationship and create a safe space for your teen to keep turning to you—even when they have the option not to.

If you have questions or concerns, we're here to support you. At Bloom Wellness, we believe in protecting youth, partnering with families, and building strong foundations of trust and healing.

**Bloom Wellness**