UNIVERSITY OF DENVER

INTEGRATED BEHAVIORAL HEALTH
Training Consortium
Resources
Context

The need for clinicians, who are appropriately trained to work in integrated care, continues to grow as more and more primary care practices opt to integrate behavioral health clinicians into their practice (Blount & Miller, 2009).

Training programs that prepare clinicians for work in integrated primary care are critical, as the lack of a trained workforce is often cited as one of the main barriers to scaling integrated primary care efforts (Kathol et al., 2010).

In the state of Colorado, the State Innovation Model (SIM) focuses on integration of behavioral health into hundreds of primary care practices in the state (colorado.gov/healthinnovation), creating a pronounced need for integrating training programs.

COLORADO-BASED TRAINING FOR INTEGRATED HEALTH PROVIDERS

A list of training opportunities in the state of Colorado was compiled by the University of Denver's Center for Professional Development and Graduate School of Social Work and shared at the Integrated Behavioral Health Training Consortium on November 4, 2016. These data were collected from a statewide Integrated Behavioral Health training survey, conducted by the Center for Professional Development at the University of Denver and sponsored by the Colorado Health Foundation. Information was collected from a total of thirty-six training opportunities.

*The Eugene S. Farley, Jr. Health Policy Center has not vetted the training opportunities and cannot attest to the quality of the programs or the accuracy of provided programmatic information.
Categories

Data from the Integrated Behavioral Health training survey resulted in a list of varying training opportunities available across the state of Colorado. These training opportunities can be classified into four main categories:

IN-PERSON TRAINING

In-person training opportunities for individuals looking for resources, consulting, or training in integrated primary care to enhance their practice.

ONLINE TRAINING

Various online training opportunities and resources available to individuals without having to travel anywhere.

AVAILABLE ONLY TO EMPLOYEES

Several Colorado-based organization offer various trainings or resources for employees only.

AVAILABLE TO TRAINEES

Various training sites throughout the state of Colorado for behavioral health, social work, or medical trainees at all levels of training, from practicum to internship to post-grad/prelicensure, in integrated primary care.

Colorado-based training opportunities are listed on the following pages by category.
In-Person Trainings

**Axis Health**
Corporate Office
185 Suttle St.
Durango, CO 81303

Pam Wise Romero
pwise@axishealthsystem.org
970-335-2202

**COURSE TITLES**

**Axis Model of Integration** – Presentations on the framework developed by Axis Health Care.

**Incorporating the Integrated Practice Assessment Tool (IPAT)** into integrated settings.

**Levels of Integration** – Axis Model of Integration presented through tours and presentations to individuals who are interested in coming to Axis clinics and learning about the model.

**Colorado is Expanding Access to Rural Team-based Healthcare (CO-EARTH)**
2698 Patterson Road
Grand Junction, CO 81506

Michael Olson, PhD
michael.olson@sclhs.net
970-640-9019

**COURSE TITLE**

**CO-EARTH** – CO-EARTH is a grant funded initiative that provides curriculum and on-site training to small (<6 providers if urban) rural medical practices on the western slope and throughout western Colorado. It is designed to provide curriculum and resources to both medical and behavioral providers as well as address systems (HR, EHR, Organizational, etc.) in practice.

**Jefferson Center for Mental Health**
4851 Independence St.
Wheat Ridge, CO 80033

Jeanette Waxmonsky, PhD
Director of Research Innovation
JeanetteW@jcmh.org
303-432-5012

**COURSE TITLE**

**Customized consultation, training and technical assistance** – Jefferson Center’s Office of Healthcare Transformation offers customized consultation, training and technical assistance to community mental health providers, primary care providers, health plans and other systems/providers. Tailored to meet the individual practice needs, training may address some combination of the following: managing change, organizational culture, workflow development, benefits of integration, maximizing behavioral health professionals, team based care, best practices, measuring clinical operations, financial outcomes and processes for health integration.
In-Person Trainings

**Colorado Behavioral Healthcare Council (CBHC)**
1580 Logan Street, Suite 400
Denver, CO 80203

Brian Turner
bturner@cbhc.org

**Denver Health**
660 Bannock Street
Denver, CO 80204

Jeremy Vogt, PhD
jeremy.vogt@dhha.org

http://www.denverhealth.org/for-professionals/clinical-specialties/mental-health/integrated-behavioral-health-academy#ClassroomTrainings

**COURSE TITLE**

**CBHC Annual Training Conference** – Each year, the Colorado Behavioral Healthcare Council hosts healthcare clinicians, agency administration, government partners, and others to a multi-day conference that includes workshops and other educational/training opportunities delivered by local and national experts - many of which target the development, delivery, financing, and management of integrated care. Continuing Education Units are available.

**COURSE TITLES**

**Integrated Behavioral Health Academy Specialty Courses** – The IBH Academy specialty courses are each four hours and are tailored to behavioral health clinicians already comfortable with IBH. Primary care providers who are interested in learning the nuances of IBH intervention are also welcome in many of the courses. These courses are stand-alone and can be completed regardless of prior participation in the Foundations course. Although the topics for these courses are yet to be confirmed, it is likely they will include:
- Treatment of trauma in IBH
- Interdisciplinary chronic pain management
- Psychopharmacology for the non-prescribing clinician
- Multicultural adaptations to IBH care delivery
- Management of high risk patients
- Pediatric IBH fundamentals

**Integrated Behavioral Health Foundations for the Behavioral Health Provider**
– Topics covered include professional acculturation, principles of population based care, rapid diagnosis, brief session duration and treatment episodes, medical case presentation structure, management of high risk patients, psychopharmacology, and ethical issues. Through this course, participants will acquire knowledge and skills consistent with the IBH core competencies developed as part of Colorado SIM. Individuals must also attend Integrated Behavioral Health Foundations for the Care Team.

**Integrated Behavioral Health Foundations for the Care Team** – Clinics are encouraged to send as many team members as possible, who will leave with new shared language and interlocking skills. However, if an individual wished to attend independently, for example a behavioral health clinician seeking a job in IBH, they would be welcomed as well. Topics covered include a brief review of IBH outcomes, team-based communication and treatment planning, motivational interviewing to engage patients in their IBH care, and problem-solving common barriers.
In-Person Trainings

Jefferson Center for Mental Health
4851 Independence St.
Wheat Ridge, CO 80033

Jeanette Waxmonsky, PhD
Director of Research Innovation
JeanetteW@jcmh.org
303-432-5012

COURSE TITLE

Achieving Integration; Chronic Disease Self Management; Chronic Pain Management; Perinatal Mental Health – In addition to specific content in column to the left, JCMH offers content related to Integrated Care 101, including the following: why it's important, what it means, the different levels of integration, how it is different from other areas of practice, best practices, role of the team, challenges, and getting started.

Online Trainings

Colorado Department of Human Services / Office of Behavioral Health (CDHS/OBH)

Online - TBA

MacLean Zehler
maclean.zehler@state.co.us

COURSE TITLES

Colorado Guidelines for Psychotropic Medication Use for Children and Adolescents – State guidelines for psychotropic medication use with children to all medical practices involved in child welfare, particularly those serving a Medicaid population; https://www.youtube.com/watch?v=rX_Mmdh8kjk

Senior Behavioral Health Issues and Interventions – Introduce and provide overview of the symptoms of, and treatment options for age-specific behavioral health disorders, including best practices.

Substance Use Disorders – Introduce and provide overview of substance use disorders, motivational interviewing, and medication-assisted treatment of opioid abuse.

Trauma and Trauma-Related Issues – Conduct a focus group with medical practices to determine the best format and content orientation for this trauma education.
COURSE TITLE

Perinatal Mood and Anxiety Disorder Provider Education Module –
The training is intended to increase provider use of standard guidelines for identification and screening of perinatal mood disorders, increase provider knowledge of evidence based treatments for perinatal mood disorders, develop provider skills to increase self-efficacy and intent to manage perinatal mood disorders, and increase provider use of standard screening assessment tools, in-house counseling and referral for perinatal mood disorders.

COURSE TITLE

Integrated Behavioral Health Behavioral Health Provider Training –
Covers basic concepts in integrated care; how integrated care service delivery differs from traditional mental health; review of common modalities utilized in brief care; overview of key chronic diseases and the behavioral health interventions common to them; workflow; consultation and warm handoff skills.

COURSE TITLES

Introduction to Behavioral Health Integration – This module describes approaches and evidence for supporting behavioral health and primary care integration. Administrators, clinicians and staff are invited to complete module activities alongside or with the Quality Improvement Coach. http://sim.pcmhelearning.com

Depression, Anxiety and Distress: What Primary Care Practices Need to Know – http://sim.pcmhelearning.com

BHP and the Care Team – http://sim.pcmhelearning.com

Integrated Care Workflows – http://sim.pcmhelearning.com

Patient Engagement and Behavioral Health – http://sim.pcmhelearning.com

Adverse Childhood Experiences – http://sim.pcmhelearning.com
Available Only to Employees

**Jefferson Center for Mental Health**  
4851 Independence St.  
Wheat Ridge, CO 80033

*Jeanette Waxmonksy, PhD*  
Director of Research Innovation  
JeanetteW@jcmh.org  
303-432-5012

**COURSE TITLE**

*Whole Health* – This is part of employee orientation and offers an integration 101 of sorts.

**Mind Springs Health**  
515 28 3/4 Road, Bldg. A  
Grand Junction, CO 81501

*Amy Gallagher, PsyD*  
agallagher@wholehealthmanagement.org  
970-683-7078

**COURSE TITLE**

*Integrated Care* – 1.5 day course developed internally whose purpose is to train Behavioral Health Specialists and their supervisors in a variety of integrated care topics (e.g., working in primary care, screenings, health information, motivational interviewing, behavioral intervention, etc.).

Available to Trainees (practicum, internship, fellowship, residency)

**University of Colorado - School of Medicine and Children’s Hospital Colorado**  
13123 E 16th Ave.  
Aurora, CO 80045

*Ayelet Talmi*  
ayelet.talmi@ucdenver.edu  
720-777-6670

**COURSE TITLE**

*Project CLIMB and BHIPP:0-5* – We offer year-long externship (practicum), internship, and postdoctoral fellowship training opportunities in integrated behavioral health. In addition, we train community based primary care practices to engage in integrated behavioral health for pediatric populations. Lastly, we train health professionals in behavior, development, and mental health in the context of a pediatric residency training clinic.
Harris Program, Infant and Early Childhood Mental Health Program

Harris Program
Building 500, Level 4
13001 E. 17th Place
Mail Stop F546
Aurora, 80045

Karen Frankel
karen.frankel@ucdenver.edu

COURSE TITLE
Consultation in Early Childhood Mental Health – ACADEMIC TRAINING PROGRAM FOR POST-DOCTORAL FELLOWS: Provides an introduction to the concepts of mental health consultation for early childhood settings (i.e., childcare, primary care, developmental early intervention programs and early childhood education settings). Includes training and readings on reflective supervision.

Metro Community Provider Network

3701 South Broadway St
Englewood, CO 80113

Dr. Athena Y. Baca-Chieza
athena.baca-chieza@mcpn.org
www.co-pic.org

COURSE TITLES
Predoctoral Psychology Internship, Postdoctoral Psychology Fellowship – Training positions in integrated primary care at a federally qualified health center.

Psychology Postdoctoral Fellowship – Postdoctoral fellowship in integrated primary care.

Salud Family Health Centers

6255 N. Quebec Parkway
Commerce City, CO 80022

Jonathan Muther
jmuther@saludclinic.org
303-820-4725

COURSE TITLE
Integrated Primary Care – Integrated Primary Care
Brief assessment & conceptualization
Brief interventions & short-term therapy
Behavioral medicine
Motivational Interviewing
Health policy.

St. Mary’s Family Medicine Residency

2698 Patterson Road
Grand Junction, CO 81506

Randall Reitz
randall.reitz@sclhs.net
970-406-1974

COURSE TITLES
Family Medicine Residency – Medical Residency Training Program

Medical Family Therapy Fellowship – This is a year-long training program that is co-sponsored by University of Colorado. It is either a pre-doc internship or post-doc fellowship.
**COURSE TITLE**

**Settings and Context of Practice: Clinical Geropsychology I** – Challenges and opportunities for Geropsychology practice and research in services contexts including primary care, long term care, legal and social services.

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**COURSE TITLE**

**Advanced Social Work Practice in Integrated Health Care** – This course is designed to explore and develop advanced social work knowledge and skills in order to practice social work in diverse health care settings. It includes examination of the social work role on interdisciplinary teams, health care terminology, setting-specific assessment and interventions and comprehensive social work services for acute and chronically ill patients. It emphasizes social work values and ethics in relation to health care practice.

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**COURSE TITLE**

**Service Learning in Integrated Primary Care** – This course will be a clinical and didactic seminar for students who are involved in service-learning projects in integrated primary care clinics in the community. Students will participate in service-learning, clinical rotations, and administrative and consultation roles. The course format will include time for clinical supervision of community cases, didactic training on topics of relevance to integrated primary care settings, and lectures from inter-professional community preceptors.

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**COURSE TITLE**

**Patient-Centered Culturally Sensitive Health Care (PC-CSHC) Training**

- Patient-centered, culturally sensitive health care (PC-CSHC)
- Specific knowledge and skills that can foster PC-CSHC in providers
- Patient perspectives regarding cultural sensitivity indicators in the delivery of health care, including a patient panel
- Strategies for patient empowerment to promote PC-CSHC
- Tools to assess and customize PC-CSHC at clinics

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**Available to Trainees (practicum, internship, fellowship, residency)**

**University of Colorado-**

**Colorado Springs**

Aging Center

1420 Austin Bluffs Pkwy

Colorado Springs, CO 80918

Sara Honn Qualls

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**University of Denver**

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