

COLORADO INTEGRATED BEHAVIORAL HEALTH⁺

Supporting Your Whole Health—Mind and Body

Department of Family Medicine
Department of Psychiatry

WHAT IS INTEGRATED BEHAVIORAL HEALTH?

Integrated Behavioral Health combines physical and mental health care in one location as a team with your primary care provider to ensure you receive comprehensive support for your overall well-being.

HOW CAN CIBH+ BENEFIT YOU?

We provide:

- Focused, episodic therapy with a Psychologist
- Consultation with a Psychiatrist
- Coordination of Care between your PCP and Mental Health Providers
- Team-based care
- Personalized health plans
- Improved overall health outcomes

Examples of how we help patients:

- | | |
|-------------------------------------|-----------------|
| • Diagnostic testing | • Sleep changes |
| • Stress management | • Grief |
| • Diabetes Management | • Chronic Pain |
| • Anxiety and Depression | • Adjustment |
| • Coping with Chronic Illness | • Concerns |
| • Substance Use Concerns | |
| • Psychiatric Medication Management | |



WHERE IS CIBH+ AVAILABLE

- AF Williams Family Medicine Clinic
- Westminster Family Medicine Clinic
- Boulder Family Medicine Clinic
- Lone Tree Family Medicine Clinic
- Louisville Family Medicine Clinic
- Landmark Family Medicine Clinic
- Centennial Family Medicine Clinic
- Aurora Wellness Community Health Clinic



University of Colorado
Anschutz Medical Campus

**If interested, talk to your PCP
about how you can receive care**

COLORADO INTEGRATED BEHAVIORAL HEALTH+: YOUR WHOLE HEALTH, OUR PRIORITY

- Our psychologists and psychiatrists provide an initial evaluation and short-term treatment while working closely with you and your PCP to improve your overall health.
- Psychiatric Medication Management can be provided.
- Services are tailored to your needs.
- Behavioral health visits are part of your comprehensive care plan, like your physical health checkups.

WHAT OTHERS SAY ABOUT OUR PROGRAM:

97% of patients report their beliefs about health and wellbeing were considered as part of the care they received.

97% of patients report they agree or strongly agree that having behavioral health as part of primary care doctors office makes it easier for people to receive care

“It’s a little inconvenient outside of this setting for people to find access to mental health care, and so I think the convenience of it is what drew me into it.”



SOURCE: GURFINKEL ET AL., JOURNAL OF PATIENT EXPERIENCE (2024).

Most Insurances Accepted
* including Medicaid

Referral from PCP required

**CONTACT US
FOR MORE
INFORMATION:**

