



Women's Behavioral Health Matters.

*A NEWSLETTER FROM COLORADO WOMEN'S
BEHAVIORAL HEALTH AND WELLNESS*

CONTACT US: [303.724.1646] | [WBHW@CUANSCHUTZ.EDU] | [[WEBSITE](#)]



Brain and Behavior Innovation Center
UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**



BRAIN HEALTH for all, for life.

WOMEN'S BEHAVIORAL HEALTH AND WELLNESS PROGRAM NEWSLETTER

To our valued partners,

Happy Summer! We're excited to share the second edition of our newsletter for Colorado Women's Behavioral Health and Wellness, part of the Department of Psychiatry at the University of Colorado School of Medicine. We launched this newsletter in December with a simple goal: To strengthen our collaboration, share clinical updates, and provide valuable resources to support you and your patients.

If you're new to us or missed our first issue, allow us to (re)introduce ourselves!

We are a dedicated and passionate team within the University of Colorado School of Medicine Department of Psychiatry, committed to advancing mental health care for women. Our team includes 32 faculty members supported by six research staff, two care coordinators, and four administrative staff. Together, we bring an interdisciplinary approach to women's mental health, combining the expertise of licensed clinical social workers, psychologists, advanced practice providers, and psychiatrists.

Our services address a wide range of needs, including perinatal and postpartum care, gynecologic health, and menopause-related mental health concerns. From individual therapy and group sessions to medication management, we offer personalized care designed to meet women where they are—whether in-person or through virtual visits. At the heart of our work is a shared mission: to provide compassionate, evidence-based care that supports women's mental health across every stage of life.

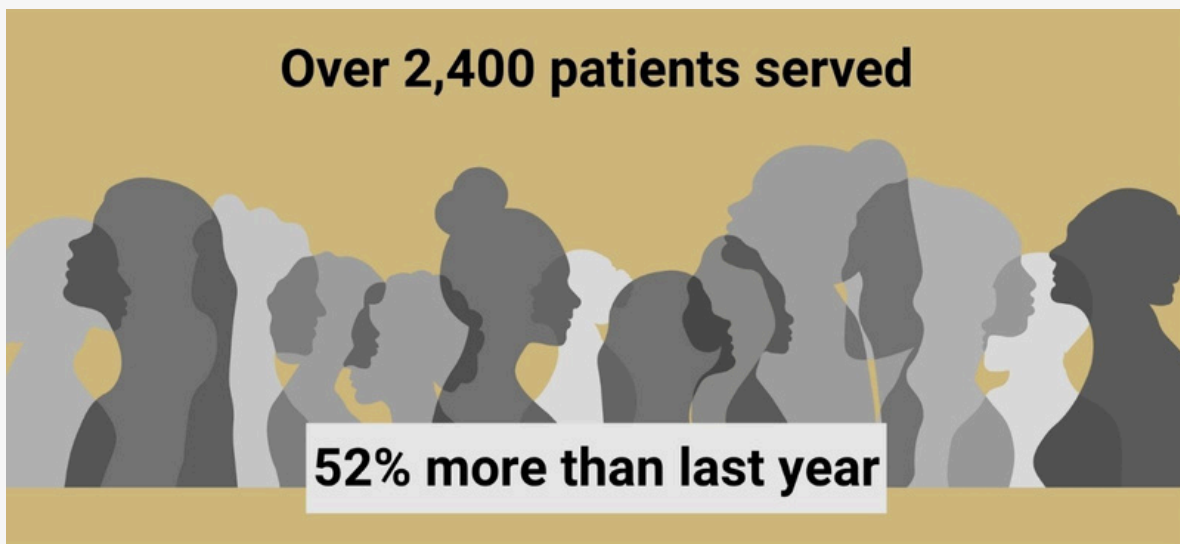
In this issue, we'll share updates from our programs, spotlight local features, and highlight resources for providers. We hope this newsletter continues to be a helpful connection point between our team and yours.

Thank you for your continued partnership. We look forward to growing together!

Warmly,
Women's Behavioral Health and Wellness team

A SNAPSHOT OF THE PAST YEAR

First and foremost, thank you to all our referring providers for your continued partnership and support. Because of your collaboration, we were able to serve over 2,400 patients in Fiscal Year 2025 – about a 52% increase from the previous year.



Your referrals and trust in our services make a meaningful difference, and we are proud to grow together in expanding access to high-quality mental health care across Colorado.

FEATURED SERVICES

It's hard to believe it's been just over a year since we launched **Colorado's Perinatal Mental Health Intensive Outpatient Program (IOP)**. We're excited to announce a major next step:

Starting this August, the program will also be offered virtually and is now renamed as the Parent Infant Program for Emotional Resilience (PIPER)!

This expansion means that patients across Colorado, regardless of where they live, can now access specialized care tailored to the unique needs of pregnancy and the postpartum period. We encourage you to consider **referring patients who may benefit from a higher level of care but are unable to access in-person treatment**. The virtual program will maintain the same high-quality care, now with the added flexibility families need.

FEATURED SERVICES

Healthy Expectations Parent Infant Program for Emotional Resilience (PIPER) is a perinatal IOP designed for individuals who want the support of a structured, multidisciplinary, and evidence-based program. With more intensive therapeutic support than traditional outpatient care, the program helps participants gain momentum early in their treatment and build a strong foundation for long-term well-being.



Healthy Expectations PIPER care team.

Healthy Expectations PIPER is the **first and only perinatal specific program** in the state of Colorado. It is designed to help individuals who are pregnant or up to one year postpartum who are experiencing anxiety, depression, and mood challenges. Since opening, more than 30 patients have graduated from the program – and we've seen meaningful improvements in their mental health.

Here's what some of our patients have shared about their experience:

"I'm truly grateful for everyone that was a part of my journey during this very hard time in my life... I cannot thank my IOP team enough for helping me carry on the true meaning of what it is that I want for my children and future generations to see and feel. THANK YOU."

"After giving birth I felt so alone and confused... To find a space to share openly about my struggles and find care and support without judgement has helped me immensely... The shared community of other mothers was invaluable. To hold space for them in their struggles and to also feel seen by them and held by them is unbelievable powerful. Thank you all for this program, it is absolutely changing women's experiences with postpartum."

If you are unsure if a patient is appropriate, don't hesitate to refer. Our clinicians will determine if this program is right and work with the care coordinators to find a treatment option that fits their needs.

Patient Stories: Voices of Healing

We are continually inspired by the courage and resilience of the individuals and families we serve. Their stories remind us why this work matters and how powerful connection, support, and compassionate care can be in challenging moments and transitions.

Whether navigating postpartum depression, high-risk pregnancies, grief and loss, or the transitions of menopause, our patients consistently tell us that our mental health support has been life changing.

These personal reflections shed light on the healing process and importance of mental health care that meets people where they are. Here's what some of our patients had to say:

"This program has been the only way I could move forward and provide myself and my baby the life we deserve."

"It's been a lifeline during my pregnancy journey. I wish I had gotten connected to it sooner...The group offers hope, empathy, and companionship during a time that's been extremely isolating for me. Each session is a powerful reminder that I am not alone."

Our patients consistently report high satisfaction with their care:

- 98% reported being extremely or moderately satisfied with their clinician*
- 94% said they were extremely or moderately likely to recommend WBHW to friends and family*

We're so grateful to the individuals and families who have generously shared their experiences with us. Their stories offer encouragement and hope to others on similar journeys.



CLINICAL SERVICES SPOTLIGHT

At Colorado WBHW, we are committed to meeting women and families where they are, **offering all our services in both in-person and virtual formats** to ensure accessibility of care.

Menopause Journey Workshop

In April we launched the first cohort of our **Menopause Journey Workshop**, led by two of our experts, Dr. Christina Metcalf and Dr. Lindsay Lebin! This four-week series is designed to support women as they navigate the physical, emotional, and mental changes that come with perimenopause and menopause. Participants gain valuable knowledge, practical strategies, and a sense of community as they move through this important life transition. The Menopause Journey Workshop is offered virtually every month on Tuesdays from 12:00 to 1:00 pm. The \$100 fee covers all four sessions in the series.

Black Mamas Circle

In other exciting news, we are excited to announce that our group, **Black Mamas Circle, is now available in person!** Black Mamas Circle is a free peer-to-peer support group designed specifically for pregnant and postpartum Black-identifying mothers. This group provides a space to connect, share experiences, and enhance well-being through community support. In addition to our virtual meetings on Thursdays from 5:30 to 6:30pm, we're now offering an in-person option on Mondays from 1:30 to 2:30pm on the Anschutz campus. We're excited to create a space where these mothers can come together, share their journeys, and build resilience in their mental health and well-being.



CLINICAL SERVICES SPOTLIGHT

Connections Program

The Connections Program for High-Risk Infants and Families provides family-centered behavioral health services from conception through kindergarten for infants born with medical complications and their families.

We support:

- Women with high-risk pregnancies who have an unborn baby with medical complications
 - Parents of newborns with medical complications
 - Families coping with the loss of a baby
- Babies and young children born with medical complications

While our services focus on promoting the best outcomes for the child, they are designed to support the mental health and well-being of the whole family.

Services include individual therapy for parents, group therapy for women during high-risk pregnancies, mothers with babies in the NICU and after NICU discharge, and support for those who have experienced pregnancy (second or third trimester) or neonatal loss. Our CHILD Connections Clinic also provides developmental assessments for children up to 5 years old who are at increased risk for developmental-behavioral disorders due to prematurity or complex medical conditions, along with therapy or parenting support if needed.

PROVIDER SPOTLIGHT

We are thrilled to introduce our three new providers who are available for new patients!

KRISTIN DEMMERT,
PMHNP, WHNP

KELLY DEVINE ARCH,
DNP, CNM, CLC

CATE CAMPISI,
MSN, RN, PMHNP-BC

PROVIDER SPOTLIGHT



KRISTIN DEMMERT,
PMHNP, WHNP

Kristin Demmert is Women's Health and Psychiatric Mental Health Nurse Practitioner. She began her healthcare career as a labor and delivery nurse and then became a women's health nurse practitioner. After seeing a need for psychiatry in women across the reproductive lifespan, she returned to school to add psychiatry to her practice. She seeks to understand the intersection of hormones and mental health through menstrual cycles, pregnancy, postpartum, and the menopausal transition. She works in the outpatient setting with individuals experiencing a wide range of mental health concerns including perinatal or postpartum depression or anxiety, premenstrual dysphoric disorder, and menopausal concerns, as well as consulting on the inpatient obstetrics units. Outside of work, Kristin enjoys time with her family, reading on the porch and spending time in beautiful Colorado.



KELLY DEVINE ARCH,
DNP, CNM, CLC

Dr. Kelly Devine Arch is a Psychiatric Mental Health Nurse Practitioner and a Certified Nurse Midwife. She specializes in reproductive psychiatry and perinatal mental health, providing outpatient care for individuals experiencing perinatal mood and anxiety disorders, reproductive transitions, and psychiatric medication management during the perinatal period. Dr. Devine Arch earned her doctorate in nursing practice from the University of Colorado College of Nursing and completed her postgraduate psychiatry training through the University of Colorado Department of Psychiatry. She brings nearly two decades of diverse clinical experience, with the past decade focused on obstetric and women's health care, and is passionate about integrating mental health services into obstetric settings. When she's not practicing psychiatry or catching babies, Kelly is a dedicated mom, an avid reader of historical fiction, a lover of all kinds of music, and someone who enjoys cooking elaborate (and often very messy) meals — ideally with someone else on dish duty.

PROVIDER SPOTLIGHT



CATE CAMPISI,
MSN, RN, PMHNP-BC

Cate Campisi is a Psychiatric Mental Health Nurse Practitioner. She provides integrated behavioral healthcare services in the Department of General Internal Medicine's Women's Integrated Services in Health (WISH) clinic, psychiatric consultation through the PROSPER Perinatal Mental Health and Substance Use Access Program, and partners with the Fairbanks Native Association in Alaska to provide telepsychiatry services. She has been at the University of Colorado since 2014 as an educator, clinician, and researcher in psychiatry, bioethics and interprofessional practice. She currently conducts qualitative research focused on healthcare provider decision-making and assessments of decisional capacity. She completed her PMHNP training at the University of California San Francisco and is currently a doctoral candidate in the University of Colorado Denver's Health and Behavioral Sciences program. Outside of clinical work, she loves all things outside and is often planning her next camping or long-distance backpacking trip, swimming in lakes, snowboarding, or exploring new hot springs to soak in.

WBHW Updates

In February, we kicked off our **monthly blog series** and we're thrilled to continue sharing valuable information with our community! Each post dives into a different aspect of women's behavioral health to offer support and education. In February, we focused on perinatal loss – an incredibly important and sensitive topic. March brought our attention to polycystic ovary syndrome (PCOS) and explored its impact on women's health. We encourage you to explore these past blog posts and more on our website under the "Resources for Patients and Families" section. We're always looking for new topics to cover, so if there's something you'd like us to cover, please don't hesitate to suggest something. We're committed to empowering our patients through knowledge and conversation! Read our past blog posts [here](#).



WBHW in the News

We're honored to share that Colorado WBHW was featured in 5280 Magazine's May 2025 article, "*How Local Organizations Are Helping Combat Postpartum Depression*". The piece highlights our efforts to address mental health challenges across Colorado, including our Healthy Expectations Perinatal Intensive Outpatient Program- the first of its kind in the state. Dr. Sarah Nagle-Yang, our Executive Director, also shared insights on the importance of increasing awareness and early diagnosis to reduce stigma and improve care. We're grateful for the opportunity to spotlight this critical work and continue supporting women and families statewide. Read the article [here](#).

We're also proud to celebrate Dr. Shaleah Dardar, one of our exceptional providers, who was recognized in the *Women Who Have Shaped Denver* feature by the Denver Center for the Performing Arts. Dr. Dardar was honored for her leadership and advocacy in addressing maternal mental health disparities within the Black/African American community. As program director and co-facilitator of Black Mama's Circle, Dr. Dardar is creating a safe, inclusive space for Black mothers during pregnancy and postpartum. We are so proud to support this impactful work. Read the article [here](#).

To mark Maternal Mental Health Day on May 7th, KVDR featured Dr. Sarah Nagle-Yang in a news segment highlighting the importance of prioritizing mental health during the perinatal period. The piece emphasized the growing need for accessible and compassionate care for mothers across Colorado and shed light on barriers such as stigma, resource limitations, and inequities in access. The segment also recognized the meaningful work being done through our group therapy options to address these challenges. We're very thankful for the opportunity to raise awareness and advocate for maternal mental health on such an important day. Read the article [here](#).

How to Refer

A quick refresher on how to refer to our service:

Internal providers:

Place EPIC Referral to our service.

Instructions on how to do so are on our website or flyer here:

<https://medschool.cuanschutz.edu/psychiatry/PatientCare/colorado-center-for-women's-behavioral-health-wellness/resources-for-healthcare-providers#ac-internal-providers-0>

External Providers

For providers who are not in the UC Health EPIC system, referrals to Colorado Women's Behavioral Health and Wellness can be made by:

Phone: Call us directly at 303-724-1646 to discuss the referral.

Email: Send referral details to WBHW@cuanschutz.edu.

Any questions regarding your referral or to connect with our care coordination team please reach out to wbhw@cuanschutz.edu or call at 303.724.1646

Thank You for Your Partnership!

We appreciate your continued collaboration in providing the best care for our patients. If you have any feedback or suggestions for future newsletter topics, please don't hesitate to reach out.

Warm regards,
Women's Behavioral Health and Wellness team