



Women's Behavioral Health Matters.

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

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

To our valued partners,

Happy Holidays!

We're excited to bring you the third edition of the Colorado Women's Behavioral Health and Wellness newsletter, a publication from the Department of Psychiatry at the University of Colorado School of Medicine. Our goal remains the same as when we launched last year: to strengthen collaboration, share clinical updates, and provide resources to support you and your patients.

If you're new to our community—or missed our earlier editions—we'd like to (re)introduce ourselves.

Our dedicated team within the Department of Psychiatry is committed to advancing mental health care for women. We have 32 faculty members supported by four research staff, two care coordinators, four administrative staff, and ten trainees. Together, we provide comprehensive, collaborative care through licensed clinical social workers, psychologists, advanced practice providers, and psychiatrists.

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

In this issue, you'll find program updates, local highlights, and resources for providers. We hope it continues to serve as a valuable bridge 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

WOMEN'S BEHAVIORAL HEALTH AND WELLNESS PROGRAM NEWSLETTER

2025 - What a Year!

We want to extend our heartfelt thank you to all our referring providers for your ongoing partnership and support. **Since July 2025, we've served over 1,368 unique patients and received over 600 referrals.** Our team has provided **4,478 psychotherapy and medication management visits**, reaching patients across **33 counties in Colorado.**

Your referrals and confidence in our care make a lasting impact. Together, we're expanding access to high quality-mental health services for women across Colorado, and we're proud to grow alongside you.

Patient Stories: Voices of Healing

We are continually inspired by the strength and resilience of the individuals and families we serve. Their stories underscore the importance of compassionate, accessible mental health care during life's most vulnerable transitions.

From postpartum depression and high-risk pregnancies to grief, loss, and the journey through menopause, our patients consistently describe our mental health services as transformative:

*"This program was **beyond powerful** for [my] own mental health throughout my health journey."*

*"This is a lifeline. I feel **heard and understood, guided and helped.**"*

*"The Women's Behavioral Health program has been incredible! This program is **vital for women to access mental healthcare care** in a timely manner without significant barriers."*

Our patient satisfaction surveys reflect this commitment:

97% were likely to recommend WBHW

95% reported satisfaction with their psychotherapy clinician

100% reported satisfaction with their medical management physician

For more patient experiences, please visit our new webpage [here](#). Their voices highlight the healing process and offer encouragement to others navigating similar paths.

FEATURED SERVICES

In August, we renamed our Healthy Expectations Perinatal Intensive Outpatient Program to **PIPER – short for Parent Infant Program for Emotional Resilience** –and launched a virtual version.



Healthy Expectations PIPER team.

Patients across the state can now access specialized care tailored to pregnancy and the postpartum period. PIPER offers structured, multidisciplinary, evidence-based support for individuals who may need more intensive care than traditional outpatient treatment. PIPER is the **first and only perinatal specific program based in 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, **44 patients have graduated** from the program with meaningful improvements in their mental health, reflected by **overall decreases in PHQ-9 and GAD-7 scores**.

Patient reflections:

"I have no words, this program literally saved my life. It was the best thing I ever did for myself and I am beyond grateful. I wish every mom could take this course."

"[PIPER] was life-changing. The therapists are very knowledgeable, and the playroom was a huge help for a mom with severe OCD."

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.

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Clinical Services Spotlight

At 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.

Integrated Behavioral Health Services

We provide consultation and treatment within women's healthcare settings, collaborating directly with your team to deliver same-day, integrated behavioral health care. Sessions are typically brief (6-8 visits) and are designed to support patients efficiently while complementing ongoing medical care.

Behavioral health services are available at:
UCHealth Women's Integrated Services in Health (WISH)
CU Medicine OBGYN East Denver
CU Medicine OBGYN Central Park
Select UCHealth and CU Medicine Gynecology Services

To refer a patient, simply contact our team. We work alongside you to ensure seamless, patient-centered care.

[Menopause Journey Workshop](#)

In April we launched the first cohort of our Menopause Journey Workshop, led by our experts! 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 other month on Tuesdays from 12:00 to 1:00 pm. The \$100 fee covers all four sessions in the series.

*"I feel more confident to talk to my doctor about symptoms and more knowledgeable about long-term health going into this phase of life."
"Very informative! My comfort level of discussing [menopause] with others has increased significantly!"*

Clinical Services Spotlight

[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. 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 celebrate the achievements of two of our outstanding faculty members this year! Their promotions reflect their dedication, expertise, and the growth of WBHW.

DR. KELLY GLAZE

**DR. NOY
PHIMPHASONE-BRADY**

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DR. KELLY GLAZE

Dr. Kelly Glaze, PsyD was recently promoted to Associate Professor in the Department of Psychiatry at the University of Colorado School of Medicine (CUSOM). Dr. Glaze is a clinical psychologist specializing in perinatal, infant, and early childhood mental health (PIECMH). She earned her doctorate from the University of Denver and completed a fellowship with the Harris Program in Child Development and Infant Mental Health at CUSOM. She is currently the Director of Outpatient Perinatal Services in the Colorado Women's Behavioral Health and Wellness and provides clinical care for individuals and families in the perinatal period. Dr. Glaze also directs the Harris Community Fellowship Program, which provides intensive training in PIECMH for providers across Colorado to address the workforce shortage in our state. Dr. Glaze is passionate about caring for families, including her own. She is a mother of two and spends much of her free time outside with her family and unruly chocolate lab, Parker.



**DR. NOY
PHIMPHASONE-BRADY**

Dr. Phoutdavone “Noy” Phimphasone-Brady is an Associate Professor with Colorado Women’s Behavioral Health and Wellness in the Department of Psychiatry at the University of Colorado Anschutz Medical Campus. She also co-founded and co-directs the CU Anschutz Multidisciplinary PCOS Program. As a licensed clinical health psychologist, her expertise is in the mental and behavioral health care of female-specific and endocrine and metabolic conditions (e.g., polycystic ovary syndrome, type 2 diabetes, menopause) delivered in healthcare settings. As an implementation scientist, her research program evaluates: 1) sex and gender and racial/ethnic differences in the development of mental illness in chronic medical conditions, and 2) individual, system, and cultural level determinants to the implementation and sustainability of interventions and programs to promote equitable healthcare access.



WBHW in the News

Dr. Andrew Novick's expertise in hormonal and mental health research has been highlighted in two recent media features. In a [CU Anschutz Q&A](#) titled "Sex Hormones Drive Differences in Mental Health Disorders", he discusses how hormonal fluctuations influence brain function and emotional well-being throughout the lifespan. He was also featured in [The Independent's lifestyle article](#), "Cycle Syncing: Should Women Really Be Adapting Work Around Their Menstrual Phases?" where he cautioned against the oversimplification of hormonal changes often promoted online. He emphasizes the importance of informed, balanced discussions about women's health.

CU Medicine recently featured our perinatal mental health services in an article and video highlighting the importance of supporting emotional well-being during pregnancy and postpartum. The piece emphasized our program's comprehensive approach to care, including group therapy, individual support, and education tailored to the unique needs of expectant and new parents. It also sheds light on the ongoing need to reduce stigma and expand access to compassionate, evidence-based mental health services across Colorado. We're grateful for the opportunity to share the meaningful work our team is doing to promote maternal mental health and support families through every stage of the perinatal journey. Read the full article and watch the video [here](#).

Dr. Winnie Hunter was recently featured in a CU Anschutz Q&A titled "Sex and Menopause: How to Keep the Romance Alive". In the interview, Dr. Hunter offers valuable insights on navigating the physical and emotional changes that come with menopause, emphasizing open communication, self-compassion, and evidence-based care. Her expertise highlights the importance of addressing sexual health as an integral part of overall well-being, empowering women to embrace this stage of life with confidence and connection. Read the full Q&A [here](#).

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Drs. Lindsay Lebin and Sarah Nagle-Yang have been key voices helping the public understand the science behind perinatal mental health treatment. Their insights were featured across several outlets. [Psychiatric News](#) highlighted Dr. Nagle-Yang's perspective on how clinical evidence should guide decisions about SSRI use during pregnancy. In an in-depth [UCHealth Today](#) article, she helped break down what patients often misunderstood about medication safety and why individualized care is essential. Dr. Lebin also contributed to an [NBC News report](#) examining how misinformation about SSRIs can spread rapidly when expert nuance is lost in public conversations. Both clinicians emphasized the importance of clear communication, context, and compassion when supporting pregnant patients navigating mental health decisions.

Drs. Noy Phimphasone-Brady and Kait Ross recently participated in the Polycystic Ovary Syndrome (PCOS) Community Education Event and helped develop a wide range of new PCOS resources for our patients and community.

Thanks to their work, WBHW now offers a comprehensive PCOS resource hub featuring connections to the CU Anschutz Adult and Children's Hospital Colorado Multidisciplinary PCOS Programs, along with trusted national organizations like the Society for Women's Health Research and PCOS Challenge. The updated page also includes tools and information on fertility, body image, mental health, nutrition, and lifestyle – reflecting our commitment to holistic, accessible care for individuals living with PCOS. See the resource hub [here](#).



PCOS Community Education Event 2025

WOMEN'S BEHAVIORAL HEALTH AND WELLNESS PROGRAM NEWSLETTER

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 [click here](#).

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.

Form: Fill out our [referral form here](#).

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