



Women's Brain Health Matters.

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

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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

We're thrilled to welcome you to the very first 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 created this newsletter with you in mind—to strengthen our collaboration, share clinical updates, and provide valuable resources to support you and your patients.

You might be wondering, “Who exactly is Women's Behavioral Health and Wellness, and what do they do?” Let us introduce ourselves!

We are a dedicated and passionate team within the Department of Psychiatry, committed to advancing mental health care for women. Our team includes 26 faculty members supported by three 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 highlight our services, reflect on key milestones from the past year, and share details about upcoming events. In future newsletters, you can look forward to updates from our service lines, the latest research, and resources tailored for you and your patients.

Thank you for your partnership—
we look forward to continuing this journey together.

Warmly,
The Colorado Women's Behavioral Health and Wellness Team

LAST YEAR IN REVIEW

First and foremost, we extend our heartfelt gratitude to all our referring providers for your invaluable support over the past year! Thanks to your efforts, we were able to serve 1,590 unique patients and facilitated over 5,800 encounters this past year, with projections to double that in 2025.

Last year, we have concentrated on strengthening our care coordination efforts to help guide each referral into the most appropriate service based on patients' unique needs and hopes for treatment. In the calendar year 2024, our dedicated care coordinators have successfully assisted over 1,300 patients to find the support they need. Over the last year we have increased the percentage of new patients scheduled within 14 days jump by 20%. Big thank you to our care coordination team!

Our WBHW care coordinators are pictured below: Alea Pinch LCSW, Grace Newberry, BS, Sonali Kovoov-Misra LSW and Kristin Heil LCSW



FEATURED SERVICES

Along with our wide variety of services offered at Women's Behavioral Health and Wellness, we have launched two new initiatives in this past year to better serve our patients and our partnering providers.

Perinatal Intensive Outpatient Program



In March 2024, we opened the first Perinatal Intensive Outpatient Program in Colorado!

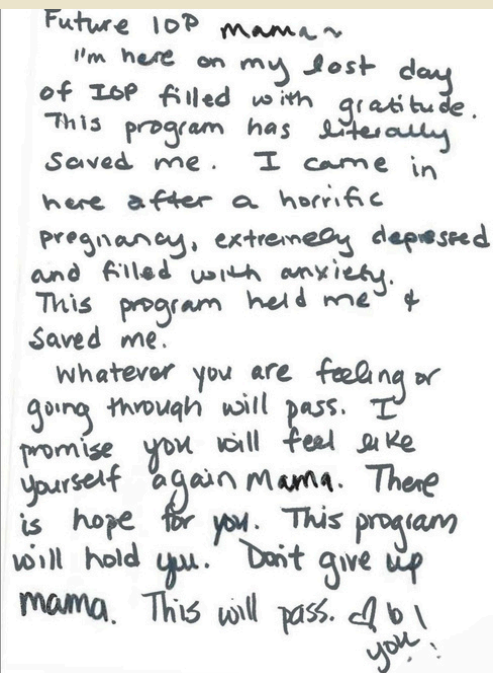
Intensive Outpatient Programs (IOP) provide care for individuals who would benefit from more therapeutic support than what is typically provided in a general outpatient level of care. They are designed to help individuals start the path to recovery quickly and to lay the foundation for long-term success in their treatment.

The Healthy Expectations IOP is the first and only perinatal specific IOP 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.

[Learn more by watching this video.](#)

FEATURED SERVICES

As part of our commitment to fostering hope and connection, we want to share a letter written by one of our IOP graduates to future participants. Their words offer encouragement and insight into their transformative journey while in the IOP:



Future IOP mama~
I'm here on my last day of IOP filled with gratitude. This program has literally saved me. I came in here after a horrific pregnancy, extremely depressed and filled with anxiety. This program held me & saved me.
Whatever you are feeling or going through will pass. I promise you will feel like yourself again mama. There is hope for you. This program will hold you. Don't give up mama. This will pass. *of b!*
you!

Colorado PROSPER: Perinatal Mental Health & Substance use consulting + access program

IN JULY 2024 THE LINES OPENED FOR COLORADO PROSPER!

Colorado PROSPER is a FREE state-wide perinatal psychiatry telephone provider-to-provider and e-consultation program with a goal to expand the capacity of front-line healthcare providers to implement universal screening, assessment and treatment of perinatal mental health and substance use conditions within routine obstetric and primary care. PROSPER offers a variety of services including provider-to-provider consultations, education and training programs.



[Learn more here.](#)

Contact: 1-888-910-0153 (Monday - Friday, 9 a.m - 5:00 p.m.)
PROSPER@UCDenver.edu

UPCOMING EVENTS & CHANGES

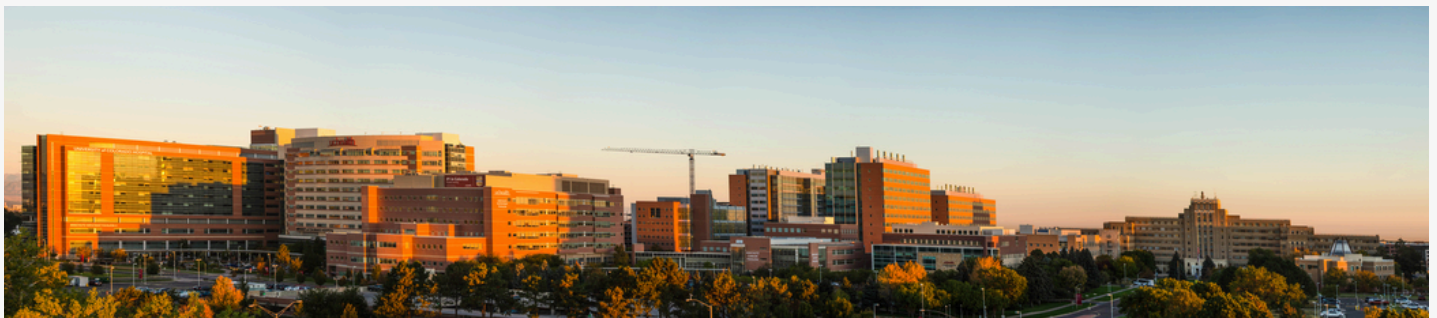
Our **website** has undergone a revamp!

1. We have added a **Resources for Patients and Families** tab that creates a one stop shop for additional resources according to patient concern and interest.
2. We have added a **Resources for Providers** tab that reviews all our current services, descriptions, and availability. We will keep this information up to date so referring providers can anticipate how quickly patients may access the care they need, ensuring timely support and a smooth referral process. We also want to highlight our additional partners and programs that can be an additional avenue for our partners.

[Check out our new website here!](#)

We are excited to announce our **first annual fundraiser** coming in May 2025. This event will support the growth of our clinical programs, staff and faculty development, and more. Be on the lookout for more details as we get closer- we can't wait to share this opportunity with you!

Lastly, in collaboration with Department of Obstetrics and Gynecology, we are launching a **Menopause Workshop Series** February 2025. This monthly group will be four educational sessions via telehealth led by Dr. Dana Beall-Brown and Dr. Christina Metcalf. Ways to register and more information coming soon!



PROVIDER SPOTLIGHT

We have grown tremendously over the last year and want to introduce a few of our new providers who are available for new patients!



LINDSAY STANDEVEN, MD

Dr. Lindsay R. Standeven is a Clinical Associate Professor in the Department of Psychiatry and a member of Women's Behavioral Health at the University of Colorado School of Medicine. Originally from New York City, Dr. Standeven earned her BA in Neuroscience from Oberlin College in Ohio. She completed her psychiatry residency at Johns Hopkins Hospital, followed by a two-year research and clinical fellowship specializing in reproductive psychiatry.

During her tenure at Johns Hopkins, Dr. Standeven served as the Clinical and Education Director for the Johns Hopkins Reproductive Mental Health Center, where she supervised clinical staff and trained psychiatry residents in reproductive psychiatry. She is deeply committed to teaching and advocacy in women's mental health and is a member of the National Curriculum in Reproductive Psychiatry, where she played a key role in developing a national training program in women's mental health for psychiatrists.

Dr. Standeven's research focuses on the role of neurosteroid changes in perinatal mood and anxiety disorders. She has also received NIH funding to study neurosteroids in relation to psychiatric symptoms in women with Polycystic Ovary Syndrome. Clinically, she specializes in managing mood-related changes associated with pregnancy, postpartum, infertility, reproductive loss, Polycystic Ovary Syndrome, premenstrual syndrome, and perimenopause.

Outside of work, Dr. Standeven enjoys spending time with her family, including her two energetic sons, hiking with her German Shorthair Pointer, walking with friends, knitting, and staying active through exercise.

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REBECCA RESENDIZ, PHD

Dr. Resendiz is a Clinical Psychologist with over 20 years of experience serving minority and underinsured populations across various settings, including hospitals, prisons, community mental health centers, federally qualified health centers, and school-based medical clinics. With a strong background in primary care and a minor in women and gender studies, Dr. Resendiz brings expertise and passion to Women's Behavioral Health and Wellness outpatient setting and the within the Department of General Internal Medicine's Women's Integrated Services for Health (WISH) clinic. Additionally, Dr. Resendiz has a special interest in the sexual health of Hispanic women.

Outside of work, Dr. Resendiz enjoys listening to audiobooks during commutes and reading to family, with the Harry Potter series being a favorite. At home, a beloved and plump cat often curls up by the fireplace, adding to the cozy atmosphere. Dr. Resendiz and family love exploring their surroundings by trying new restaurants, visiting nearby cities, attending festivals, exploring museums, and hiking. They are currently on a quest to find a hot chocolate shop that rivals Katherine Ann's Confectionary in Chicago.

PROVIDER SPOTLIGHT

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EMILY MCCANN, PHD

Dr. Emily McCann is a psychologist in the Connections Program for High-Risk Infants and Families, part of the Women's Behavioral Health and Wellness Service in the Department of Psychiatry. Her expertise lies in health psychology, with subspecialties in women's health and chronic pain. Dr. McCann provides outpatient clinical services to individuals, couples, and families facing a wide range of behavioral health concerns, including perinatal mood disorders, medical complexities, and pregnancy and neonatal loss.

Dr. McCann completed her pre-doctoral internship at Colorado State University Health Network, where she focused on behavioral health and women's health. She pursued her postdoctoral fellowship at the VA Eastern Colorado Health Care System, gaining specialized training in pain psychology and women's health. During her fellowship, she established the first postdoctoral rotation in obstetrics and gynecology.

Outside of her professional work, Dr. McCann is an avid reader, a devoted dog mom, and unapologetically not outdoorsy.



RESEARCH SPOTLIGHT

Advancing Treatment for Cognitive Complaints After Risk-Reducing Salpingo-Oophorectomy

A recently published article, “New-onset cognitive complaints after risk-reducing salpingo-oophorectomy: A randomized controlled crossover trial of lisdexamfetamine,” highlights groundbreaking research conducted by the WBHW team.

The study, led by Dr. Neill Epperson, the Robert Freedman Professor and Chair of Psychiatry, as the Principal Investigator and senior author, was authored by Dr. Christina Metcalf as the first author. Funded by the National Cancer Institute (NCI), it addresses the prevalence of new-onset cognitive symptoms after risk-reducing salpingo-oophorectomy (RRSO), which negatively impact quality of life but often lack effective treatment options.

In this randomized controlled crossover trial, the psychostimulant lisdexamfetamine significantly improved both subjective and objective cognitive difficulties post-RRSO among 69 women genetically at risk for female cancers. This research represents an important step forward in providing alternative therapeutic options for women facing cognitive challenges after this life-saving procedure.

[Read the publication here.](#)

WOMEN'S BEHAVIORAL HEALTH AND WELLNESS PROGRAM NEWSLETTER

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.

External Providers

For providers who are not in the 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.

Wishing you a wonderful 2025!

Women's Behavioral Health and Wellness team