



Behavioral Health & Wellness Program

University of Colorado Anschutz Medical Campus
School of Medicine



The mission of the Behavioral Health and Wellness Program is to improve quality of life by facilitating evidence-based health behavior change for communities, organizations, and individuals.

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The Behavioral Health and Wellness Program (BHWP) offers training, consultation, and program evaluation to organizations, administrators, healthcare providers, and peer specialists. We have worked in over 25 states and provided services internationally. Our offerings include:

Training Programs and Workshops

We provide comprehensive training and education for administrators, healthcare providers, and peer specialists to build awareness and knowledge, enhance motivation, facilitate wellness groups, and create positive social networks. Training participants learn to facilitate their own wellness while increasing their ability to build, administer, and sustain effective wellness interventions. We developed multiple evidence-based training curricula to increase health and wellness for the general population as well as many at-risk priority populations. Programs include:

- DIMENSIONS: Peer Specialist Program
Core and specialized skills for peer specialists
- DIMENSIONS: Tobacco Free Program
Tobacco cessation and tobacco-free policy
- DIMENSIONS: Well Body Program
Physical health and well-being
- DIMENSIONS: Work & Well-Being for Physicians
Interventions and strategies for promoting physician wellness
- Motivational Interventions for Behavior Change
Increasing motivation to change
- Rocky Mountain Tobacco Treatment Specialist Certification Program
ATTUD-accredited TTS certification program

Organizational Wellness

We assist organizations and their employees to create, implement, and maintain wellness programming. We offer education regarding the importance of maintaining overall wellness and evidence-based strategies for improving individual and workplace well-being. We provide comprehensive feedback and recommendations to support implementation of pragmatic and case-specific wellness solutions.

Program Evaluation and Technical Assistance

We provide consultation and technical assistance to organizations across the nation. We work with organizations to help them evaluate their current programming, define new goals, and implement effective wellness solutions. Our goal is to build the capacity for positive change through our ongoing, creative partnerships.

Policy Initiatives

We work with communities, healthcare organizations, and government agencies to develop wellness policy initiatives that meet local needs. We have proven expertise in aligning policies and procedures with federal and state legislation on topics such as tobacco-free policy and workplace wellness initiatives.

Resource Development

We develop evidence-based materials to assist those working in health-related fields. Our resources focus on information about health behavior change, health risks of certain behaviors, enhancing motivation to change, and strategies and solutions to support movement through the change process. We develop resources for the general population as well as for priority populations who face health disparities or have specialized healthcare needs, including behavioral health conditions, criminal justice involvement, low-income populations, youth, and pregnant/postpartum women, among others.