



## Behavioral Health & Wellness Program

University of Colorado Anschutz Medical Campus  
School of Medicine



## Training Programs and Workshops

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

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ANSCHUTZ MEDICAL CAMPUS

We offer trainings for administrators, healthcare providers, and peer specialists on a variety of wellness topics. These programs can be tailored towards working with priority populations who face health disparities or have specialized healthcare needs, including persons with behavioral health conditions, persons with criminal justice involvement, low-income populations, pregnant/postpartum women, and youth, among others.

### **DIMENSIONS: Peer Specialist Program**

This comprehensive training provides education on peer-led services across healthcare settings and includes practical instruction on professional conduct, motivational and health behavior change strategies, communication, interpersonal skills, self-care, and health literacy.

### **DIMENSIONS: Tobacco Free Program**

This program offers multiple trainings designed to teach the necessary skills to facilitate tobacco-free living. Innovative trainings provide instruction on effective community education, tobacco cessation services for individuals and groups as well as training on how to promote positive behavior change in individuals interested in tobacco cessation. Instruction on the step-by-step process of implementing and maintaining tobacco-free policies is also offered.

### **DIMENSIONS: Well Body Program**

This program offers multiple trainings intended to teach the necessary skills to promote physical health and well-being. Innovative trainings provide instruction on effective community education, nutrition and weight management services for individuals and groups, and ways to promote positive behavior change through motivational engagement and behavior change strategies.

### **DIMENSIONS: Work & Well-Being for Physicians**

Designed for physicians, their employers and their peers, this training provides education regarding the importance of maintaining overall wellness for physicians and evidence-based strategies for improving physicians' individual and workplace well-being.

### **Motivational Interventions for Behavior Change**

Trainees gain both the knowledge and skills to increase motivation, to move individuals through the stages of change, and to work with individuals who are not necessarily ready to change by using a Motivational Interviewing (MI) approach. Participants have the opportunity to hone their skills through practice and coaching.

### **Rocky Mountain Tobacco Treatment Specialist Certification (RMTTS-C) Program**

This ATTUD-accredited certification program trains interdisciplinary healthcare providers as well as community and public health professionals to become Certified Tobacco Treatment Specialists. The RMTTS-C Program is an interactive, 4-day program focused on providing the knowledge, clinical skills, and evidence-based treatment strategies to effectively treat tobacco dependence.

Please contact us so we can work with you to develop a training that best meets your organization's needs.