

How to access DIMENSIONS training materials on the BHWP website

Step One:

Go to <https://www.bhwellness.org> and click "Login" on the main toolbar.

Behavioral Health & Wellness Program
University of Colorado Anschutz Medical Campus
School of Medicine

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Welcome.

Our mission is to improve quality of life by facilitating evidence-based health behavior change for communities, organizations, and individuals. As experts on health behavior change, we believe passionately in the power of education and awareness - by increasing the knowledge base, skills, and mindfulness of individuals or organizations, we can purposefully and effectively bring about positive change.

Subscribe to BHWP's monthly newsletter:
Your email address

Wellness
Tip of the Week


Challenge yourself by stepping outside your comfort zone and pursuing something you've always had an interest in.

Wellness News

May 2, 2016
New Study Shows Obese Bodies that Lose Weight May Have Slower Metabolism

The New York Times reported on a new study in the journal *Obesity* that looked at the metabolism of

Dimensions

 **Awake!**
Cindy Morris, *Clinical Director*

In recent years, I have been particularly attuned to language, both verbal and written. While I value precision in language, what's

Spotlight

Watch the Latest Build A Clinic Webinar on Motivational Interviewing for Tobacco Cessation

Through our Build A Clinic program, we're hosting free-

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Step Two:

Use the email address you registered with and your chosen password to login.

- If you have forgotten your password, click “Lost your password?” And follow the steps.
- If you don’t remember your username, contact bh.wellness@ucdenver.edu.
- **If you’ve never registered on our website before, you’ll have to do that first. To register, go to: <https://www.bhwellness.org/register>

BHWP will be notified of your registration and will verify your attendance at our training(s) before providing access.

You will receive a confirmation email with instructions for accessing materials within 48-72 hours of registering.

Behavioral Health & Wellness Program
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Username or Email

Password

Remember Me

Log In

Lost your password?

← Back to Behavioral Health and Wellness Program

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Step Three:

Upon logging in, the website will take you back to the homepage (and it may not be apparent that you're logged in). From here, hover over "Materials" in the main toolbar and choose which training and which version you have access to.

[Please note: You will only have access to materials that you have been trained on. If you have a question about which materials you have access to, refer to the email sent from BHWP confirming your access.]

The screenshot displays the homepage of the Behavioral Health & Wellness Program. The header includes the program name, university affiliation (University of Colorado Anschutz Medical Campus School of Medicine), and navigation links (Contact Us, Location, Frequently Asked Questions) along with social media icons. The main navigation bar contains links for Home, About Us, Programs, Services, Resources, Materials (highlighted with a red circle), and Login. A dropdown menu for "Materials" is open, listing categories such as Advanced Techniques Tobacco Free, Advanced Techniques Well Body, Fundamentals Tobacco Policy, Fundamentals Tobacco Free, Fundamentals Well Body, Build a Clinic Materials, and Difficulties Logging In?. A red arrow points to the "Materials" link in the navigation bar. Below the navigation bar, there is a "Welcome" message, a newsletter subscription form, and three content sections: "Wellness News" (dated May 2, 2016, featuring a study on obesity and metabolism), "Dimensions" (featuring a quote from Cindy Morris, Clinical Director, about the word "Fine"), and "Spotlight" (promoting a webinar on Motivational Interviewing for Tobacco Cessation).

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Step Four:

Once on this page, you are viewing all available materials. By clicking on the first link (e.g., “DIMENSIONS: Tobacco Free Advanced Techniques Behavioral Health Complete Materials”), you can conveniently download all the materials to your computer via a zipped folder. Or you can download individually the materials you need by clicking on the associated link.

[Please note: BHWP highly recommends downloading all the materials via this link so that in the future, you won't need to login to the website to access the materials you need.]

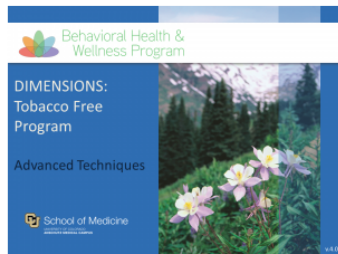


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Discussion Forums

On this page you will find electronic copies of all of the curriculum materials. You may download them individually via the links below, or all the materials at once as a zipped file at the following link:

DIMENSIONS: Tobacco Free Advanced Techniques Behavioral Health Complete Materials



Watch the online video training presented by BHWP team members

Video developed by Cindy Morris, PsyD; Sara Mumby, BA; Emma Maki Gianani, RN; Patrece Hairston, PsyD; Shawn Smith, MA, MBA; & Chad Morris, PhD

Individual Print Materials

Presentation
Trainer Manual
Group Facilitator Manual

Personal Progress Form - [Spanish Version]
Motivational Intervention
Certificate of Completion

Still having difficulty? Visit our troubleshooting page here:

<https://www.bhwellness.org/materials/logging-in>