

# Summit Intensive Outpatient Program



Psychiatry

UNIVERSITY OF COLORADO MEDICINE

The Summit Intensive Outpatient Program (IOP) is an evidence-based mental health treatment program caring for adults ages 18+. Participants in the Summit IOP will learn, practice and implement skills to decrease mental health symptoms and increase life and relationship satisfaction. Medication management will be offered during their 6-week enrollment with a follow-up treatment plan provided at discharge.

This program can serve as a step-down from more structured inpatient care, or as an increased level of care for individuals needing more support than traditional outpatient visits have been able to provide.

## WHAT WE OFFER

Our 6-week program meets 3 times a week for 3 hours a day and includes:

- Intensive therapeutic support based on Cognitive Behavioral Therapy (CBT)
- Group therapy
- Therapeutic skills training
- Medication evaluation and management with a psychiatric prescriber

## WHO IS ELIGIBLE

- Adults 18 years old and older
- Individuals experiencing general psychiatric or psychosocial challenges
- Able to attend 9 hours per week for 6 weeks in an in-person group therapy setting at the University of Colorado Anschutz Medical Campus in Aurora, Colorado

## LOCATION

In person at the CU Medicine Psychiatry – Outpatient Clinic  
CU Anschutz Medical Campus, Aurora, CO

## SCHEDULE

Mondays, Tuesdays, Thursdays  
9:00 am – 12:00 pm

New patients begin on Mondays with orientation at 8:30 am

## INSURANCES ACCEPTED

- Anthem – Blue Cross Blue Shield • Aetna
- Cigna • Colorado Access – Medicaid
- Colorado Community Health Alliance – Medicaid
- Medicare • UnitedHealthcare • TRICARE

Summit IOP works toward reducing cost as a barrier to care. To inquire about receiving care using an insurance plan not listed above please call our Insurance Specialist, Lydean Collins, at 303-724-9485 to discuss further.

## HOW TO ENROLL

Call Summit IOP Director, Matt Desrosiers, LCSW to schedule a Summit IOP Intake: 303-724-2080

## HOW TO REFER

- Patients eligible for this program include adults 18+ with a clearly defined psychiatric diagnosis and demonstrated need for a higher level of mental health treatment in an in-person setting
- Exclusionary criteria include individuals with a diagnosis of Traumatic Brain Injury (TBI), neurocognitive disorder, or substance use disorder
- Epic users: to refer a patient to Summit IOP, please send an Epic Inbasket Message using the smartphrase .PSYSIOPREFERRAL to Matthew Desrosiers, LCSW

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## CU Medicine Psychiatry – Outpatient Clinic

Anschutz Health Sciences Building  
1890 N Revere Ct., Suite 4020 4th Floor • Aurora, CO 80045



Medicine