

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

CU Medicine Psychiatry – Outpatient Clinic

Anschutz Health Sciences Building
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Medicine