



Inpatient Hospitalization - Adolescents Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

This list includes information for inpatient hospitalization programs, partial hospitalization programs (PHP) and intensive outpatient programs (IOP). If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Please keep in mind that most of these programs require an admission directly from an emergency department. Admissions are usually coordinated through hospital emergency departments through an admissions triage process.

Need Help Now?

24/7 Emergency Assistance 1-844-493-8255

Jefferson Center for Mental Health
The Crisis & Recovery Center
4643 Wadsworth Blvd. Wheat Ridge, CO 80033

Cedar Springs Hospital

719-633-4114
2135 Southgate Road, Colorado Springs, CO 80906
<https://cedarspringsbhs.com/treatment-services/child-adolescent-programs/>

Cedar Springs Hospital's treatment continuum includes programs for children (ages 2 to 11) and adolescents (ages 12 to 17) who struggle with an assortment of psychiatric, behavioral and emotional problems. These programs are offered at various levels of care to meet every patient's treatment needs and accurately address the severity of their condition.

- Child & Adolescent Program Continuum:
 - Inpatient acute care
 - Psychiatric residential
 - Half-day program

Centennial Peaks

303-673-9990
2255 S. 88th Street
Louisville, CO 80027
<https://centennialpeaks.com/>

For patients ages 13 to 17. Our team works with each patient to provide an individualized treatment plan that focuses on relieving symptoms of emotional crisis so they can regain control of their life. We offer adolescents a range of program options so patients can benefit from the most appropriate level of care.

- Acute Inpatient Program
 - Psychiatric stabilization and 24-hour nursing care for patients experiencing critical symptoms, such as suicidal ideation, homicidal ideation, and/or psychotic features.
- Partial Hospitalization Program (PHP)
 - Provides the structured programming of our inpatient program while allowing the patient to return home in the evening.
- Mental Health Intensive Outpatient Program (MH-IOP)
 - Focuses on the development of interpersonal skills, coping skills, relaxation skills, management of symptoms, and mood stabilization.

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Children's Hospital Colorado – Inpatient Psychiatry Unit

720-777-6200

<https://www.childrenscolorado.org/doctors-and-departments/departments/psych/programs/inpatient-services/>

- Children aged 3 to 12 years who require psychiatric hospitalization are treated on the Child Psychiatric Unit (CPU); adolescents aged 13 to 17 are treated on the Adolescent Psychiatric Unit (APU).
- The Intensive Services Program provides a supportive, structured program, including individual and family therapy, group therapy, behavioral approaches, medication management and creative arts therapy. Our psychiatric practices are based on best evidence and evaluated against research on a regular basis.
- Admission to the Intensive Services Program is accessed through Children's Colorado's Emergency Department or the Children's Colorado Psychiatry Consult/Liaison Team. After the evaluation, the Emergency Department will inform the family and patient of their recommendation. Insurance authorization will also be obtained, if possible, prior to admission.
- Lengths of stay vary from 3 to 10 days for inpatient treatment, based on individual patient needs and treatment plans.

Denver Health – Adolescent Inpatient Mental Health Services

303-602-3920

723 Delaware St, Denver, CO 80204

<https://www.denverhealth.org/services/behavioral-health/mental-health-services/adolescent-and-child-inpatient-mental-health-services>

- The Inpatient Psychiatric department at Denver Health has 21 beds for children and teens, ages 6 to 17 years, with significant emotional and mental health issues. Our approach to treatment is based on current medical research showing what works best for children, teens and families in crisis. Once intensive, inpatient therapy is complete, care continues in the outpatient setting with customized treatment plans.

Denver Springs

720-594-4264

8835 American Way

Englewood, CO 80112

<https://denversprings.com/child-adolescent/>

We offer help to children and teens ages 12-18. At our treatment center, kids participate in programs designed specifically for them. They're cared for by a team of mental health professionals who are trained in working with children and teens. All of our programs include an educational component so that kids can keep up with their schoolwork.

- Inpatient Treatment
 - We offer 24-hour medical monitoring for children or teenagers who are emotionally unstable. Inpatient treatment also provides a variety of therapeutic activities, as well as medication management.
- Outpatient Treatment
 - Our child and adolescent mental health services provide outpatient treatment through two formats. In our Partial Hospitalization Program (PHP), kids take part in individual, group, and family therapy, as well as holistic, activity-based therapy like art, music, and yoga. Our Intensive Outpatient Program (IOP) meets less frequently but also offers talk therapy, recreational therapy, and medication management.

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The Medical Center of Aurora

303-360-3736

700 Potomac Street

Aurora, CO 80011

<https://auroramed.com/specialties/adolescent-behavioral-health>

The Medical Center of Aurora has designed a behavioral health and mental wellness program specifically for adolescents between 11 and 17 years old. Our program offers 24/7 treatment for adolescents experiencing mental health and behavioral challenges.

- The Summit Program
 - Provides comprehensive outpatient treatment for adolescents who are 11 to 17 years old. It assists those who have acute behavioral health symptoms and co-occurring substance use disorders.
- Partial Hospitalization Program (PHP)
 - Our PHP provides an intensive, structured setting for individuals who have difficulty maintaining current daily routines due to mental health symptoms. This patient-centered treatment program provides flexible treatment options and is more supportive than outpatient therapy alone.
- Intensive Outpatient Program (IOP)
 - Our IOP is designed to support and maintain mental and emotional health while providing our patients with the necessary tools to achieve mental well-being in an outpatient setting. IOP empowers you in a group setting by participating in treatment during the day and returning home each afternoon.

Rocky Mountain Human Services – Momentum Program

303-636-5600

9900 E. Iliff Ave.

Denver, CO 80231

<https://www.rmhumanservices.org/momentum-referrals>

Program that supports children and adults under age 20 who are transitioning from inpatient mental health institutes, hospitals, home, or other care settings to community living.

- Services include Care Managers who can provide intensive support to individual and families as well as Peer Bridgers who provide support to clients based on their own personal experience.
- Eligibility criteria for children and adolescents include the following:
 - Psychiatric admissions greater than two weeks, or three or more psychiatric hospitalizations within the last year.
 - Psychiatric hospitalizations of three weeks or more with multiple-system involvement (e.g. juvenile justice, child welfare, school detention/suspensions, IEP) within the last year.

Rocky Mountain Human Services – Transition Specialist Program

303-636-5766

9900 E. Iliff Ave.

Denver, CO 80231

<https://www.rmhumanservices.org/tsp-referrals>

- Programs supports the transition of children and adults from behavioral health and substance use treatment settings to community living.
- See website for eligibility requirements and how to submit a referral.

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Peakview Behavioral Health

719-444-8484

7353 Sisters Grove

Colorado Springs, CO 80923

<https://peakviewbh.com/>

- Mental health services are available at Peak View in both inpatient and outpatient settings for children as young as 7. Led by our highly-trained psychiatrist, our team consists of master's level therapists, nurses, and mental health technicians. Following initial assessments, children in a program will begin a treatment plan that includes medication management, a therapeutic living environment, and smooth transition to less intensive levels of care.
- Outpatient services are available for children who have graduated from the inpatient program or who do not need the level of care of an inpatient program.

Highlands Behavioral Health

720-348-2800

8565 South Poplar Way

Littleton, CO 80130

<https://highlandsbhs.com/programs-and-services/adolescent-programs/>

Offers treatment programs to treat depression, anxiety, hallucinations and delusions, suicidal and homicidal ideation and co-occurring substance abuse issues

- Acute Stabilization (Inpatient Hospitalization)
 - Provides crisis stabilization and helps patients and families develop healthy coping skills needed to navigate life challenges. Through the discharge planning process from all levels of care, the treatment team helps patients find external care providers for continued recovery after discharge.
- Partial Hospitalization Program (PHP)
 - This program is for adolescents and serves individuals dealing with mental and emotional disorders. It may be an alternate option when conventional outpatient therapy is not sufficient or for those transitioning out of inpatient care. Summit allows patients to receive structured treatment during the day through several hours of therapy and skill building groups. Treatment includes cognitive-behavioral therapy and development of coping strategies in a supportive recovery environment.
- Intensive Outpatient Program (IOP)
 - Altitude, Highlands Behavioral Health System's intensive outpatient program (IOP) for adolescents, is for struggling teens that need more support than a once-a-week therapy appointment can offer, but who are higher functioning and able to maintain their daily activities and academics. Altitude is conducted in a group setting in which patients can find acceptance and develop strong, healthy behaviors through cognitive-behavioral therapy, communication skills, boundary setting, experiential therapy, team building and self-esteem building. Treatment includes group therapy; development of interpersonal, coping and relaxation skills; symptom management and focus on self-actualization.
- Summer Enrichment Camp
 - For students ages 11 through 18 in the Denver metro area. Treatment includes group therapy, multi-family groups, medication management and experiential therapy. In addition to treatment, adolescents partake in fun activities such as pizza parties, karaoke and visits from special guests.