



Inpatient Hospitalization - Adults 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/adult-programs/inpatient-acute-care/>

- Inpatient Acute Care
 - This program is for 18-year-olds and older with psychiatric or substance abuse issues so severe they require intensive 24-hour care. This is a short-term option individuals experiencing mental health crises or severe addiction problems.
 - Criteria for Admission: Patients appropriate for admission to our inpatient acute program exhibit significant impairment in functioning at home, work, school or in the community. This may include danger to self or others, serious impairment in judgment, poor reality testing, substance abuse
- Inpatient Rehabilitation
 - The New Choices treatment program aims to improve quality of life for individuals struggling with substance abuse that may co-occur with a psychiatric disorder such as bipolar disorder, depression, anxiety, or post-traumatic stress.
 - Patients participate in a structured 7-day-a-week schedule which includes physical exercise, Master's led therapy groups and individual therapy, equine-assisted therapy, AA/NA/CA/SMART and psycho-education groups. We also incorporate community outings each weekend such as hiking, bowling, fishing, and trips to the zoo. Visitation is offered daily. In-network with most insurance.
- Partial Hospitalization (PHP)
 - This is a transitional stage where a patient spends part of the time at the hospital learning to cope with mental illness or addiction in the outside world.
- Intensive Outpatient Program (IOP)
 - Each weekday, a patient comes to our hospital to reinforce what they have learned and apply it to living in the real world. At this stage of the program, we work with patients to avoid relapsing into addiction and define coping skills to maintain safety.

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Centennial Peaks

303-673-9990
2255 S. 88th Street
Louisville, CO 80027

<https://centennialpeaks.com/>

- Acute Inpatient Program
 - Patients who are experiencing critical symptoms such as suicidal ideation, homicidal ideation, or psychotic features are provided with psychiatric stabilization and continuous nursing care.
- Intensive Outpatient Programs (IOP)
 - We offer two programs for adults who have mental health or substance abuse issues but do not require inpatient care, or who may not meet the criteria for hospitalization. These programs are Mental Health Intensive Outpatient Program and Chemical Dependency Intensive Outpatient Program.

Colorado Mental Health Institute at Fort Logan

303-866-7066
3520 W. Oxford Ave.
Denver, CO 80236

<https://www.colorado.gov/pacific/cdhs/colorado-mental-health-institute-fort-logan>

The Colorado Mental Health Institute at Fort Logan (CMHIFL) is a 94-bed hospital that provides inpatient behavioral health treatment services to adult patients.

- Medical services, occupational therapy, neuropsychological-rehabilitation services, and trauma-informed care services are available for all clients throughout the hospital.

Denver Health – Adult Inpatient Mental Health Services

303-602-6890
777 Bannock Street, Denver, CO 80204

<https://www.denverhealth.org/services/behavioral-health/mental-health-services/adult-inpatient-mental-health-services>

The inpatient unit at Denver Health has 45 beds and serves adult patients experiencing behavioral problems or those having difficulty meeting basic living needs due to a combination of mental, physical or substance abuse problems.

- Adult Inpatient Mental Health
 - Upon admission to the unit, our team will conduct an evaluation to learn about the patient's health history, current symptoms and strengths. Each patient is encouraged to participate in his/her treatment plan and design strategies to improve the situation. Hospitalization is usually short-term, and we encourage patients to continue with follow-up care in the community to ensure overall good health.

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

Denver Springs

720-594-4264

8835 American Way

Englewood, CO 80112

<https://denversprings.com/>

Assessments may be scheduled by calling, walking in, or through our website.

- Inpatient Mental Health Treatment
 - Before beginning treatment at our facility, you'll be given a no-obligation, comprehensive psychiatric and physical evaluation from our team of health professionals. Among other things, we'll assess your safety and stability.
- Partial Hospitalization Program (PHP)
 - PHP is an important next step for those who have completed inpatient treatment for mental health stabilization or substance use detoxification and no longer require 24-hour medical or safety monitoring. Medication management, evidence-based therapy, and holistic therapies are important elements of the program as part of your journey to better health.
- Intensive Outpatient Program (IOP)
 - Our Intensive Outpatient Programs (IOP) treat mental health and addiction concerns when symptoms require greater therapeutic support than can be achieved in the individual outpatient counseling setting. IOP is also recommended as the next step on your healing path when you have completed more extensive stabilization or detoxification treatment, such as inpatient care, a Partial Hospitalization Program (PHP), or a Residential Treatment Program (RTP).

Highlands Behavioral Health

720-348-2800

8565 South Poplar Way

Littleton, CO 80130

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

Offers treatment programs to treat depression, anxiety, bipolar symptoms, 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 adults 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. Ascent 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)
 - Elevate is Highlands Behavioral Health System's intensive outpatient program (IOP) for adults who struggle with their mental and emotional health. The program is designed for individuals that need more support than conventional outpatient therapy, but are higher functioning and able to maintain their daily activities.

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

The Medical Center of Aurora

303-360-3736

700 Potomac Street

Aurora, CO 80011

<https://auroramed.com/about/hospital-campuses/behavioral-health-services.dot>

The adult inpatient Behavioral Health Unit is a 40-bed psychiatric treatment unit for persons ages 18-54 who are experiencing a behavioral health crisis and can benefit from short-term intensive treatment.

- Admission guidelines and inquiries
 - No walk-ins are accepted. Admissions are coordinated through hospital emergency departments through an admissions triage process.
- Partial Hospitalization Program (PHP)
 - Our PHP provides an intensive, structured setting for individuals who have difficulty maintaining daily routines because of mental health conditions. It is less intensive than hospitalization while being more supportive than outpatient therapy alone and includes flexible treatment options, such as:
- Intensive Outpatient Program (IOP)
 - Our IOP is designed to support and maintain mental and emotional health while providing the tools you need to achieve mental well-being as an outpatient. It empowers you to explore individual growth and healing within a group setting through participation in treatment during the day and returning home each afternoon.

Porter Adventist Hospital

303-715-2300

2465 S Downing St

Denver, Colorado 80210

<https://www.centura.org/locations/porter-adventist-hospital/medical-services/behavioral-health-services>

- Psychiatric Inpatient Unit
 - The acute care unit at Porter Adventist Hospital provides psychiatric hospitalization for adult patients with severe mental health conditions such as: schizophrenia, major depression and anxiety disorders.
 - Hospitalization includes an active treatment program utilizing behavioral therapy groups, occupational and recreational therapy groups, nursing groups, and one-on-one counseling. Each patient has a social worker who coordinates care, and a psychiatrist who regularly consults on medication and all aspects of their care. The average length of stay for most patients is five to six days, although, this may vary depending upon medical needs.
- Mental Health Intensive Outpatient Program (IOP)
 - A partial day treatment program that consists of specialized group therapy sessions led by clinical therapists. This is a skills-based program, emphasizing the use of Dialectical Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT).

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West Pines

303-467-4080

3400 N Lutheran Parkway

Wheat Ridge, CO 80033

<https://www.sclhealth.org/locations/west-pines/services/psychiatric-care-services-and-treatments/inpatient-care/>

- Inpatient Care Program
 - Provides a stable place for people with serious mental health needs. Each patient is assigned a psychiatrist who leads a collaborative team in providing treatment while at West Pines, and help plan for your future.
 - How to Begin: Patients are admitted directly from an emergency department or as a step up from a less restrictive level of care. Patients receive a complete psychiatric evaluation and medical exam to determine diagnostic information and psychiatric treatment options.
- Partial Hospitalization (PHP)
 - Designed for patients stepping down from a higher level of care or who are suffering from significant emotional or mental distress that makes it difficult for them to manage their life in a work, school, or home setting. Partial hospitalization offers the benefits of inpatient care without the overnight stay.
 - How to Begin: Each patient will receive an initial evaluation to determine their appropriateness for the program. Referrals can be made by individuals seeking treatment, physicians, therapists, or other health care professionals. Call 303-467-4080 (9)
- Intensive Outpatient Program (IOP)
 - Designed for individuals who are experiencing behavioral or emotional difficulties and do not require (or no longer require) the intense level of psychiatric care provided in an inpatient or partial hospitalization program. This eight week group therapy program focuses on improving daily coping skills, establishing safety, and enhancing individual self-respect.
 - How to Begin: Prospective patients will receive an initial evaluation to determine their appropriateness for the program. Referrals can be made by individuals seeking treatment, physicians, therapists, or other health care professionals.
 - Patients should not be in crisis, or pose a risk to themselves or others. Patients with dementia, organic brain injury or visual/auditory hallucinations are not appropriate for this program. We also do not accept patients who have sexual addictions, or current criminal charges for violence.

Rocky Mountain Human Services

303-636-5766

9900 E. Iliff Ave.

Denver, CO 80231

- **Transition Specialist Program**
 - <https://www.rmhumanservices.org/tsp-referrals>
 - Programs supports the transition of adults from behavioral health and substance use treatment settings to community living.
- **Momentum Program**
 - <https://www.rmhumanservices.org/momentum-referrals>
 - Program that supports adults 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.