



COLORADO: Organizations across Colorado Are Integrating Physical and Mental Health Services

October 25, 2019

News Type: Weekly Spark, Weekly Spark News

State: Colorado

[9 News](#) [1]

Health care organizations in Colorado are offering physical and mental health services side by side. Through a federally funded statewide program, more than 300 primary care facilities have begun to integrate their medical and mental health services. For example, Boulder Community Health has added behavioral health specialists to some of its sites so that primary care patients can easily connect with mental health support. "Having it embedded in primary care takes away a lot of [prejudice] that I think still exists," said Dr. Elizabeth Cruz, medical director for ambulatory services. "It's easier to come to your primary care doctor to access counseling, and there is less of a barrier there."

Spark Extra! Learn more about [integrated health solutions](#) [2].

Links within this resource

[1] <https://www.9news.com/article/news/local/next/changing-treatment-to-include-more-mental-health-resources/73-0b7233f2-4e0a-48a9-af20-20dd708ccf83>

[2] <https://www.integration.samhsa.gov/>

Printed on 05/26/2020 from <http://www.sprc.org/news/colorado-organizations-across-colorado-are-integrating-physical-mental-health-services>

The Suicide Prevention Resource Center at EDC is supported by a grant from the U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS), under Grant No. 5U79SM062297.

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