



Inpatient Hospitalization - Seniors 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

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. Individuals age 65 and older may participate in programming if they can manage their activities of daily living, are medically stable and can benefit from our therapeutic services.

- 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.

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Centura – St. Elizabeth Hospital

1000 Lincoln Street
Ft. Morgan, CO 80701
970-867-3391

<https://www.centura.org/care-and-health/behavioral-health>

- Our geriatric psychiatric unit provides compassionate psychiatric hospitalization services to those who are 65 years of age and older. People can be treated for any number of acute or chronic psychiatric conditions, including severe depression/suicidality, anxiety, psychosis and bipolar disorder.
- Our acute care unit provides psychiatric hospitalization for adults with severe mental health conditions such as schizophrenia, major depression and anxiety disorders.
- Hospitalization includes an active treatment program using behavioral therapy groups, occupational and recreational therapy groups, nursing groups and one-on-one counseling. Each individual has a social worker who coordinates care and a psychiatrist who regularly consults on medication and all aspects of care. The average length of stay for most people is five to six days, depending on medical needs. Acute care hospitalization is offered at Porter Adventist Hospital.
- Knowing that many of our older patients will have chronic, and at times complex, medical problems, Porter Adventist Hospital medical staff will provide initial admitting history and physical admission and concurrent medical coverage, as needed, during the hospital stay.

Porter Adventist Hospital

2525 S Downing
Denver, Colorado 80210
303-765-6969

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

Porter Senior Psychiatric unit is dedicated to providing psychiatric hospitalization to those over 60 years of age.

- Patients can be treated for any one of a number of acute or chronic psychiatric conditions, including but not limited to: severe depression/suicidality, anxiety, psychosis, and bi-polar disorder.
- Knowing that many of our older patients will have chronic, and at times complex, medical problems, Porter Adventist Hospital's medical staff will provide initial admitting history and physical admission and concurrent medical coverage, as needed, during the hospital stay.

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/senior-care/>

Senior Behavioral Health is an inpatient psychiatry program designed to address the often-complex mental health and medical needs of older patients, 65 and older.

- We provide a complete psychiatric evaluation and medical exam to determine a diagnostic and treatment options. Each patient is assigned a psychiatrist who leads a team in providing compassionate care, treatment and assists in planning for a fulfilling life after leaving the program.
- The typical length of stay is 12-14 days.
- Most Senior Behavioral Health patients will be admitted directly from a hospital emergency department. These transfers are coordinated by our team at West Pines. We also welcome referrals from private physicians, long-term care facilities, law enforcement professionals, and clinicians in the community.

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The Medical Center of Aurora

303-360-3736

700 Potomac Street

Aurora, CO 80011

<https://auroramed.com/specialties/senior-mental-health/>

Older adults 55 years old and older can receive the benefits of our inpatient program, partial hospitalization program, intensive outpatient program and electroconvulsive therapy (ECT). The Behavioral Health and Wellness Center at The Medical Center of Aurora (TMCA) offers a comprehensive older adult and senior mental health program. We deliver individualized treatment strategies for older adults with emotional health stressors or symptoms that cannot be safely and adequately addressed on an outpatient basis.

Intensive outpatient program

- **Inpatient Program**
 - Upon admission to the program, patients undergo a comprehensive psychiatric and physical assessment. After the initial assessments, an individual behavioral health treatment plan is developed. These often include one or more of our therapy services (group, physical, recreational and occupational), as well as family counseling, nutritional counseling, medication and relapse prevention.
- **Intensive Outpatient Program (IOP)**
 - Designed to support and maintain mental and emotional health while providing our senior patients with the necessary tools to achieve mental well-being in an outpatient setting. IOP empowers you or a loved one to explore individual growth and heal within a group setting by participating in treatment during the day and returning home each afternoon.
- **Partial Hospitalization Program (PHP)**
 - Our partial hospitalization program provides an intense, structured setting for seniors who have difficulty maintaining current daily routines due to depression, anxiety or other mental health symptoms, and who could benefit from intensive, immediate, outpatient support and an evaluation by a psychiatrist.
 - This patient-centered treatment program provides flexible treatment options that are less intensive than an inpatient hospitalization while being more supportive than outpatient therapy alone.