

RMHP Behavioral Health Skills Training 2023

Jeff Reiter, PhD, ABPP



Jeff Reiter, PhD, ABPP, is an internationally recognized expert in the integration of behavioral health into primary care. Since 2002, he has worked in integrated care as a clinician, administrator, trainer, and consultant in the community health, commercial and government healthcare sectors. He has helped hundreds of primary care systems, clinics and individuals in their integration efforts, both throughout the U.S. and internationally; publishes and speaks regularly on the topic of integration; and is on the faculty of Arizona State University's integrated care training program. Dr. Reiter has received numerous awards and advised many organizations through Board and advisory committee membership. He also co-authored (with Patricia Robinson, PhD) two of the leading "how-to" books on integrated care.

Christine Runyan, PhD, ABPP



Christine Runyan is a clinical health psychologist, the Co-Founder of Tend Health, and Professor in the Department of Family Medicine and Community Health at the University of Massachusetts Medical School. After starting her career as a psychologist in the US Air Force, she focused her research, clinical service, and teaching on promoting models of integrated primary care and behavioral science in family medicine as well as. Dr. Runyan is also a mindfulness teacher at the University of Massachusetts Center for Mindfulness. At the height of the pandemic, recognizing the undeniable need for expert mental health services for healthcare professionals, she launched Tend Health. Tend Health provides specialized, private, and accessible mental health care and education to healthcare professionals and consultation to healthcare organizations willing to invest in their most precious resource. You can read and hear more about her perspective on COVID and mental health here:

<https://onbeing.org/programs/christine-runyan>

<https://www.cnn.com/videos>

<https://www.youtube.com>

<https://hbr.org/podcast/2021/05/back-to-work-calm-body-calm-mind>

<https://blog.dropbox.com/topics/work-culture/advice-to-the-anxious-for-eventually-meeting-in-person-again>

<https://www.pri-med.com/online-education/Podcast/frankly-speaking-cme-223>

JJ Abbott, BA, MSW Candidate



JJ is a concentration-year, first-generation graduate student in health and wellness at the University of Denver Graduate School of Social Work. JJ earned her Bachelor of Arts in both Sociology and English Literature from Purdue University in 2020. She has four years of experience working in a variety of settings from child advocacy centers to residential youth treatment facilities. She enjoys working with children, adolescents, and families. JJ spends her free time in queer spaces, hiking with her rescue, Leo, and weightlifting.

Sara Barrett, LCSW

Sara Barrett is a behavioral health professional at St. Mary's Family Medicine. She enjoys the dynamic work of primary care and the added opportunity to train and provide education to social workers, residents and other caregivers. Sara received her bachelor's degree in History from Colorado State University and returned to CSU several years later to complete her Masters in Social Work. Sara has spent her career working in rural areas and with multidisciplinary teams- first with youth in the juvenile justice system and then integrated primary care. While she came to integrated care by happenstance, it has felt like the best career path she could have imagined.

Stephanie Baughman, LPC



Stephanie Baughman graduated with a Bachelor of Science degree from the University of Colorado, and then completed her Master of Clinical Mental Health Counseling from Adams State University in 2016. She completed a clinical fellowship in integrated behavioral healthcare at Primary Care Partners alongside Rachel McCarthy. She is a Licensed Professional Counselor and continues to work as an integrated behavioral health clinician with Family Physicians of Western Colorado.

Lori Bowman



Lori Bowman owns Ray of Hope Consulting, LLC, an independent consulting group which provides Revenue Cycle Management for FQHC's and Private Practices in several states. Lori has been in Billing and Coding for 20 years, and provides Revenue Cycle, Billing, Data Compilation, Financial Reporting and Forecasting, Provider Training, and a variety of other services for her clients. She also works with several payors in both claims adjudication and data to assist with areas of improvement to capture all services and gaps in care on claims and in EMR data to show the true health and care provided for patients of the clinics she works with.

Travis A. Cos, PhD



Travis A. Cos, PhD is a licensed clinical psychologist and integrated primary care behavioral health provider at the Cpl. Michael J. Crescenz VA Medical Center in Philadelphia, PA. Dr. Cos has over a decade of direct integrated care experience, as well as providing consultation, training, and network development via his prior role as the Lead Network Clinician at the Philadelphia Integrated Care Network, operated by the Health Federation of Philadelphia. Dr. Cos has been a proponent of increasing the awareness, accessibility, and application of behavioral health interventions for health conditions, via clinical practice, research, and consultation. In addition to these duties, he has served as an adjunct instructor at La Salle, Temple, Drexel, and West Chester Universities, and has taught cognitive behavioral therapy in Prague, Czech Republic. Dr. Cos has presented clinic-based research at national and international conferences, and has published in peer-reviewed articles and contributed to several psychology books.

Alicia Gutierrez, LCSW

Alicia Gutierrez was the first person in her family to finish High School. Today, she is the HIV Grants Program Manager at the Western Colorado HIV Specialty Care Clinic. Her work is as much administrative as it is clinical. Alicia graduated from Colorado Mesa University with a bachelor's degree in counseling psychology and went on to complete a master's degree at the University of Denver's Graduate School of Social Work. Her career has thus far been devoted to underserved populations. Before completing higher education, she worked as a medical assistant in a farmworker clinic, then a health educator. Alicia has found a calling in working to close the healthcare gaps for underserved and marginalized populations.

Rickelle Hicks, LMFT



Rickelle Hicks is a Licensed Marriage and Family Therapist practicing in the valley since 2007 when she graduated from Bethel Seminary in San Diego, CA. Her undergraduate was spent at Colorado State University where she graduated with a bachelors degree in Human Development and Family Studies. She is trained in Eye Movement Desensitization, Trauma Focused Cognitive Behavioral Therapy, and Circles of Security, among many other modalities. Rickelle started the Integrated Behavioral Health program at Altitude Pediatrics in March of 2022 with 8 years prior experience in embedded practice. She is passionate about helping patients within a medical home and collaborating care with providers to treat the mind and

body in tandem. She sees children across developmental stages and has years of experience treating a wide variety of diagnoses. Her passion is to make individuals and families feel heard and safe exploring their mental health challenges.

Rickelle was born and raised in Monument, CO but has found her home in Palisade with her three sons and husband. When not working she can be found at home or on the river.

Jen Johns LCSW, CACII, EMDR Trained Clinician



Jen is a Licensed Clinical Social Worker working in a resident training and primary care setting in Fort Collins. The Behavioral Health team at Family Medicine Center is integrated into the clinic, covering a myriad of roles; teaching and training residents, addressing behavioral health needs of patients, carrying caseloads of case management and therapy patients. Other important roles that are specific to Jen include managing our MAT clinic, developing an IPV screening and training curriculum for residents, and IPV presentations in the community. She has a BFA, that curiously lead to obtaining a Master's Degree in Social Work.

Rachel McCarthy, MSW, MPH, CYT



Rachel McCarthy graduated with a Bachelor of Science degree from Creighton University, and then completed a dual Master of Social Work/Master of Public Health Degree from the University of Nebraska at Omaha. After moving to Grand Junction in 2016, she completed her clinical social work fellowship in integrated behavioral healthcare at Primary Care Partners alongside Stephanie Baughman. She currently continues to work as an Integrated Behavioral Health Clinician at PCP.



Jamie Moats, Colorado Mesa University

Jamie Moats is an MSW student at Colorado Mesa University. She has extensive experience in career planning, advising students, and professional networking.

Natalie Mohan, PsyD



Dr. Natalie Mohan is a Licensed Psychologist currently working at Denver Jewish Day School. Dr. Mohan earned her Doctorate in Clinical Psychology from University of Denver's Graduate School of Professional Psychology in 2013. She completed a 2-year post-doctoral fellowship in early childhood mental health at Children's Hospital Los Angeles. Her hometown was calling her name and she moved back to Denver and served as the Behavior Health Clinician and Healthy Steps Specialist at Rocky Mountain Health Centers Pediatrics working collaboratively with pediatricians. Simultaneously, she provided therapy and assessment services at Birch Psychology, a private practice in Denver.

Mary Peter, MA



Mary Peter is a lead medical assistant at St. Mary's Family Medicine. She has worked with Family Medicine for almost 3 years but has been in healthcare for about 16 years. She is very passionate about helping others and giving back to the community.

Bethany Price, DO



Bethany Price attended medical school at Oklahoma State University and completed her Family Medicine Residency training at St. Joseph Hospital in Denver. Since that time, she has worked in primary care offices that utilize an integrated model for care which aims to provide multiple services to patients in one central location.

Audrey Reich Loy, LCSW, LAC



Audrey Reich Loy, LCSW, LAC, is a graduate of the University of Denver GSSW in 2010. Audrey's work history in social work includes both clinical and administrative roles in the fields of child welfare, trauma, and healthcare. She has also taught for the University of Denver on a variety of subjects, including integrated healthcare, for the past 4 years. Her particular interest is in providing accessible, integrated healthcare to rural Colorado. Her background includes providing integrated behavioral health within the primary care setting, along with extensive program development, project management, and system administration in the healthcare field. Audrey has been working on the forefront of medical integration for the past 12 years regarding workflow design, policy advocacy, and strategic planning. She understands the nuances and challenges with the day-to-day role of behavioral health within the care team and is excited to share how to effectively

make it work in a live setting.

Randall Reitz, PhD, LMFT



Randall Reitz is the Director of Behavioral Medicine at St Mary's Family Medicine Residency. He has worked his entire career in integrated primary care clinics for the under-served people of Western Colorado. He was previously the CEO of Summit Community Care Clinic and of the Collaborative Family Healthcare Association. He completed his PhD in Family Therapy at Brigham Young University in 2001. He was elected to serve on the Grand Junction City Council in 2021.

Michael Talamantes, LCSW



Michael Talamantes, LCSW, has been a clinical associate professor at the Graduate School of Social Work since 2013. Talamantes is the coordinator of the health and wellness concentration and the dual MSW/MPH program. He was a field instructor for over 20 years and a clinical social worker at the University of Colorado Hospital on the liver transplant team for 21 years. He is the co-PI of the HRSA's Behavioral Health Workforce Education and Training grant, awarded to GSSW in 2017. He was the co-chair of the Colorado's State Innovation Model (SIM) workforce workgroup and active across Colorado regarding workforces and the integration of health and behavioral health.

Talamantes is a Disparities Scholar from the National Institutes of Health Translational Health Disparities Conference (2014) and a Behavioral Health Training Fellow from the National Institute on Alcohol Abuse & Alcoholism (NIAAA) (2017). He is an active member of the Council of Social Work Education (CSWE), the Society for Social Work Leadership in Health Care (SSWLHC), the Collaborative Family Healthcare Association (CFHA) and the National Association of Social Workers (NASW). Talamantes received the Excellence in Teaching Award for Appointed Faculty, Graduate School of Social Work, in 2014. He teaches in both the foundation and concentration curriculum.

Meg Taylor



Meg Taylor serves as Vice President of Community Integration for Rocky Mountain Health Plans (RMHP) in Colorado. Meg leads Medicaid, behavioral health, human services and whole person health strategies for RMHP. In addition to clinical behavioral health and child welfare experience, Meg has extensive expertise with practice-based quality improvement, care coordination, and public programs. Prior to joining RMHP, Meg worked and provided leadership in a diverse variety of settings—as an independent clinician, in provider-led managed care and community mental health settings, as well as major private payer organizations, fulfilling care coordination and behavioral health objectives. Meg is committed to helping all individuals access high-quality health care and services that contribute to and support overall well-being.

Cheryl Young, MA, LMFT and J. Christopher Young, PhD



Cheryl Young, M.A. is a licensed Marriage & Family Therapist, who received her master's degree in 1984 from United States International University in San Diego, CA (1984). She has a bachelor's degree from Colorado State University in Social Work (1981), with an emphasis in child development. Cheryl and her husband founded Behavioral Health & Wellness, LLC in 1991. She specialized in the assessment and treatment of children and families, utilizing both behavioral and systemic approaches. Currently she limits her practice to establishing Integrated Care models working within primary care offices and is the Director of the Integrated Care Fellowship Program with BHW and PCP. She was certified in EMDR in 1996 by Francine Shapiro, Ph.D., and was an adjunct instructor at Colorado Mesa University from 1997-2008. She served on the Colorado Board of MFT Examiners

1998-2006. Cheryl provides forensic services to the courts in terms of court appointed evaluations, forensic interviews, and expert witness testimony in civil and criminal courts related to child maltreatment.

J. Christopher Young, Ph.D., is a licensed Clinical Psychologist, who received his doctoral degree in 1984 from the United States International University. He obtained pre-doctoral training in Marriage & Family therapy at the USIU Psychology clinic in San Diego, CA and post-doctoral training in Medical Psychology at the National Naval Medical Center in Bethesda, MD. He completed two years of post-doctoral training in integrated care at Beaufort Naval Hospital in Beaufort, SC. Since 1988, Dr. Young has practiced psychology independently in clinic and hospital settings, establishing Behavioral Health & Wellness, LLC in 1991. He was certified in EMDR in 1996 by Francine Shapiro, Ph.D. and was adjunct psychology instructor at Colorado Mesa University 1997-2008. He specializes in the assessment and treatment of a wide variety of disorders utilizing behavioral and systemic approaches. He currently limits his practice to neuropsychological evaluations, police psychology, and supervising the Doctoral Fellowship at BHW.