

Year-End Newsletter

HOSPITAL FOLLOW-UP

January 1, 2025



Here's what has happened this year and a peek at what's to come!

Welcome to the Year-End Newsletter!

We are excited to share the incredible progress and key milestones from the past few months that continue to advance the mission of the Division of Community, Population, and Public Mental Health (CPP): improving mental health outcomes for Coloradans and beyond.

This year, the Hospital Follow-Up Program (HFUP), part of the Department of Psychiatry at the University of Colorado Anschutz Medical Campus, reached a major milestone. The program officially launched on September 24th with an initial two-site soft launch. Since then, it has rapidly expanded to over 70 hospital sites across Colorado, making a meaningful impact on patient care statewide.

On behalf of the CPP-HFUP, we extend our heartfelt gratitude to

the dedicated providers at these hospital partners. Your unwavering commitment to delivering exceptional care to patients every day is instrumental in improving mental health outcomes throughout the state. Thank you for your incredible efforts and support!

The ongoing collaboration between the sites and HFUP ensures that patients receive the critical follow-up care they need after their hospital visit. Without your referrals and the foundation of care you establish during their hospital visit, our work simply wouldn't be possible.

It is a privilege to partner with such dedicated professionals and we look forward to continuing our collective efforts to make a real difference in the lives of those who need it most. Happy New Year, and we hope you enjoy the newsletter!

With Gratitude,

NS Brathwaite

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Program Manager

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Program Eligibility

(Colorado Department of Public Health and Environment, n.d.)

Facility eligibility: All Colorado Emergency Departments are eligible to participate.

Client eligibility: Initially, the FUP served clients experiencing suicidality. With increased funding, eligibility expanded to patients presenting with:

- Suicidal ideation
- Suicidal behavior or attempt
- Self-harm
- Substance use
- Opioid use
- Overdose, regardless of intent



Follow-Up Services

Each patient you refer receives individualized follow-up support services that are most important to them and their unique situation. Since the launch, the HFU team conducted approximately 3000 outgoing calls, with approximately 1880 resulting in a live contact or voicemail. Experienced follow-up specialists offer caring contacts and support through:

- Crisis intervention and de-escalation
- Safety assessment
- Safety planning
- Motivational interviewing
- Harm reduction
- Resource linkage
- Problem solving
- Collaborative goal setting
- Counseling on means restriction

Referral Reminders

- If unsure about a referral, have questions about a specific patient, or want to complete the referral over the phone, the follow-up team is available by phone and email.
 - Patients must provide verbal consent to receive follow-up calls from the team.
 - Follow-Up services are not available 24/7, however the referral form is accessible 24/7.
 - When possible, obtain an email address. When the phone number is not working/incorrect, or the mailbox is full, we still attempt to provide a caring contact via email.
 - We do not currently have bilingual specialists. However, obtaining an email address, or providing contact information for someone over the age of 18 that can translate, allows us to provide caring contacts to your patients who are Spanish speaking.
 - Whenever possible, please include 2-3 sentences regarding the reason for referral and treatment recommendations.
 - We aim to conduct initial outreaches occur between 12-48 hours post-discharge, whenever possible, please submit the referral prior to or on the date of discharge rather than days after.
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Our Growing Impact

Early Success of the HFUP in Colorado

We are excited to share the early success of the Hospital Follow-Up Program (HFUP) in its first nine weeks. Since launching, we've received 848 referrals from 153 providers at 44 participating sites across Colorado, showcasing the critical need for accessible follow-up support and mental health services statewide.

Building Trust Across Differences

At the University of Colorado and the Department of Psychiatry, our mission is to bridge gaps in care by honoring diversity in race, ethnicity, sexual orientation, age, gender, ability status, religion, political beliefs, and other factors influenced by systemic oppression. We are committed to providing compassionate care that recognizes and celebrates these differences, fostering an environment of trust and understanding.

Diverse and Wide-Reaching Services

HFUP has been a lifeline for Coloradans, offering services to individuals aged 6 to 84, with an average age of 32 years. A notable statistic from our early referrals is that nearly one-third of patients (approximately 33%) are youth between the ages of 10 and 19. This emphasizes the importance of our collaboration with the Second Wind Fund (SWF), which focuses on providing mental health support to youth at risk for suicide. Additionally, 42% of our referrals have come from individuals aged 24 or younger, further highlighting the urgent need for mental health services for young people across the state.

Supporting Gender Diversity

Gender representation in our referrals reflects a broad spectrum of identities: 50% of referrals identified as female, 45% as male, and 5% identified as transgender, gender non-conforming, or "other." This diversity speaks to our commitment to providing inclusive and affirming care to individuals of all gender identities.

Reflecting Colorado's Racial and Ethnic Diversity

The racial and ethnic composition of our referrals mirrors the diversity of Colorado itself. 68% of referrals identified as White, 18% as Hispanic/Latino, and 7.8% as Black, which is slightly lower than the state's population percentage. The remaining 6.5% included patients identifying as Asian, Middle Eastern or North African, Native Hawaiian or Pacific Islander, and "Other," underscoring our inclusive approach to care that serves every community.



Stories of Impact: words from “JT” - a HFUP client.

“I was in a bit of a mental crisis not knowing where else to turn after calling several psychologist and psychiatrist from Google and other platforms. A last resort was to go to the hospital. I was informed that they don’t make any appointments there at the front desk, but a very kind lady recommended visiting the emergency room.

I decided to visit the local emergency department, I’m so glad I did. The ladies at the front desk showed genuine concern and care. Even my nurse Jane (names have been changed) was kind and informative.

I’ve got to say, I give genuine praise to Sarah, the caseworker who worked with me the majority of the time. I feel she has natural instincts and intuition, when she asked me when the last time I ate was. She helped order me food, set up appointments, find resources and more. I felt cared for and listened to. Thank you so much for all your help.”

JT’s story is a powerful reminder that every action you take—big or small—has a lasting impact on those you serve. Messages of care and concern, whether conveyed directly or through your actions, can spark the beginning of healing and recovery.

The HFUP is designed to provide the critical support and services that build upon the care patients receive during a mental health crisis. Its mission is to bridge the gap between emergency services and community-based recovery, ensuring no one faces these challenges alone.

By fostering safe and equitable environments free from judgment and stigma, we can empower individuals struggling with their mental health to feel heard, supported, and hopeful about their future. Together, we can create a foundation for healing and lasting change.

Quick Links to Useful Information

Program website: <https://medschool.cuanschutz.edu/psychiatry/programs-centers/hospital-follow-up-program>

Referral Form: <https://redcap.ucdenver.edu/surveys/?s=4L8CC8CW478N8WWM>

Staff Training Video:

<https://redcap.ucdenver.edu/surveys/?s=7HRE7XKFFRL4MTTL>

Data Webinar:

View the recording at this link: [Data Reporting Webinar](#) (Passcode: CPPHFU2024!)

Data Reporting:

Please submit your December data for each site by January 10 here: [Submit Site Data](#)

CDPHE Follow-Up Project Site: <https://cdphe.colorado.gov/suicide-prevention/the-follow-up-project>

Second Wind Fund: thesecondwindfund.org.

Gratitude for Community Partners and Support

It's often said that words can't fully express the depth of appreciation one feels for a community's support—but we feel it is essential to at least attempt to recognize the incredible contributions of the people, programs, and organizations that have helped bring the CPP-HFUP to life.

The re-launch of this program would not have been possible without the unwavering commitment and dedication of our partners. From healthcare providers to community organizations, your efforts have been integral in enabling us to expand our reach and provide critical follow-up services to individuals across the state.

- Jazmin Murguia
 - Conlin Bass
 - Tate Steidley
 - Michael Allen
 - Sheena Binder
 - Stephanie Ash
 - Benjamin Jutson
 - Tennyson Dahlman
 - Chandra Brojde
 - Emily Roberts
 - Steve Diamond
 - Kristin Owens
 - Robin Schawe
 - Jennifer Place
 - Tyler Coyle
 - Klinik Medical
 - HFUP Hospital Partners and Providers
 - Colorado Department of Public Health and Environment Office of Suicide Prevention
 - Behavioral Health Administration
 - Substance Abuse and Mental Health Services Administration
 - Second Wind Fund
 - AllHealth Assessment Center
 - Charlie Health
 - Colorado Hospital Association
 - University of Colorado Anschutz Medical Campus
 - Johnson Depression Center
 - University Outpatient Psychiatry Clinic
 - Pediatric Mental Health Institute
 - Zero Suicide Subcommittee
 - Colorado Consortium for Prescription Drug Abuse Prevention
 - Center for Prescription Drug Abuse Prevention
 - Guidelight Health
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Thank you for reading!

We are deeply grateful for each of you who has been part of this journey. While we can't adequately express the full extent of our thanks, please know that your partnership and support are recognized, valued, and celebrated. Together, we are making a real difference in the lives of Coloradans. Thank you for being such an essential part of our work.

HOSPITAL FOLLOW-UP HOURS: MONDAY THROUGH FRIDAY 7AM- 8PM., SATURDAY 10A.M.-3P.M.	PHONE: 303.724.7026
EMAIL: dop-cuhospitalfollowup@cuanschutz.edu	

The Hospital Follow Up Team

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