

Come Join us for our Wellness Groups

If You...

- Have Medicaid
- Receive Mental Health Services
- Live in BHI or ABC's Service Area
- Enjoy Making New Friends And Being Part Of A Community
- Need A Place To Work on Your Goals, and Learn New Methods to Improve Your Health

...then Our Classes are for
You

BHI

155 Inverness Drive West
Suite 201
Englewood, CO 80112

Phone: (720) 490-4470

Email a Wellness Liaison:
rleslie@bhiinc.org

Fax: (720) 490-4395

Community Connections
Drop-in Center
10004 E Colfax
Aurora CO
Phone 303-739-9631

Rainbow Drop-in Center
2140 East 88th Ave.
Thornton, CO
303-287-2902



Behavioral Healthcare, Inc.
155 Inverness Dr. West
Englewood, CO 80112
720 490-4400

BHI Member Wellness Program



*Helping you
to make the
healthy changes
you want
in your life.*



Main Phone Line: (720) 490-4400
Wellness Liaison number:
(720) 490-4470
Fax: (720) 720-4395
Email: rleslie@bhiinc.org

BHI Wellness Program

*Making a difference,
one step at a time.*

Our Approach

The BHI wellness team takes a relational approach to reaching our members. We work to help people reach their own wellness goals by finding small manageable steps they can take and feel successful.

We meet member needs in the following manner:

- Lunch and Learns (One-time events to get information on particular wellness topics).
- Wellness presentations through RISE Academy
- Peer run wellness support and education groups
- Survey and Focus groups to collect member feedback on wellness needs.
- Annual Wellness Competitions For Prizes
- Wellness Committees at our Drop-in Centers

Group Services/Activities:

- Wellness Outings with BHI Staff (Check your drop in Center Calendar)
- Various Fitness Groups (Sit and be Fit, Fun and Fitness, Wii Active Group, etc.)
- Healthy Eating
- Smoking Cessation Support
- Laughing for Wellness
- Wellness Programming for NHOPE (Nursing Home Outreach Program)
- Wellness Training For Peer Specialists

Wellness Committees:

Open to members and staff, there are wellness committees at both Community Connections and Rainbow Center Drop-in Centers as well as a committee for BHI overall. The BHI Wellness Committee meets quarterly on the third Wednesday of the month to discuss efforts on how to improve the lives of those we serve through wellness. Contact us if you are interested in joining.

R.I.S.E. Academy:

The BHI wellness team also offers one time classes and events through R.I.S.E Academy, an educational program sponsored by BHI for members.

What else do I need to know?

Involvement in our Wellness Program is free for BHI and ABC members receiving mental health services. Registration may be required.

Wellness Program Information:

We run groups Monday through Friday at various locations (Rainbow Center, Community Connections, New Directions, CHARG, etc.) with occasional weekend events/outings. See contact information on the reverse side for more info.

