

LOCAL NEWS

Guidelight Health launching virtual mental health care across Colorado

Get intensive outpatient group therapy in your own home



Guidelight

(Courtesy graphic)

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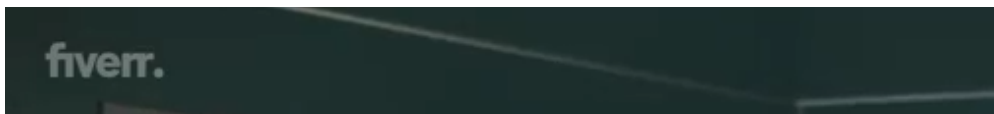
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Those looking for mental health help now have a new resource. Guidelight Health, which has clinics in Denver and Colorado Springs, has launched a new virtual counseling program allowing residents across Colorado, including Northeast Colorado, to get intensive outpatient group therapy in their own home.

Guidelight Health has built both in-person and virtual day programming for adolescents all the way to older people.

“Most people have kiddos and sometimes a kid gets sick, sometimes people live in rural areas and can’t afford to live in the city, some people can’t drive an hour to the nearest clinic and sometimes they’re barely holding a job together. So, driving to a program five days a week isn’t always realistic and that shouldn’t stop you from being able to get extraordinary mental health care,” Dr. Andy Cruz, Co-Founder and Chief Medical Officer for Guidelight Health, said. “So, we built this amazing program in-person and now kind of the next iteration of it is expanding our virtual care so that anyone who needs care can access it.”

He describes Guidelight’s high-quality intensive outpatient program, which has been recognized by national providers, as hospital level intensity but without the bed “so you get to go home to your family, to your bed.” While a lot of virtual mental health is apps, chatbots and unlicensed clinicians, Guidelight has master’s level clinicians delivering the program.





“The goal is that it’s for everybody, so we also take all lines of insurance which I think is a really powerful differentiator in addition to our excellent clinical outcomes,” Dr. Cruz said.

Those enrolled in the outpatient program log-in online five days a week for three hours a day, meeting with the same clinicians and most of the same people, though clients do stay different amounts of time so some faces may change depending on how long a person is in the program. During the sessions clients learn skills that they can take home and practice.

Guidelight also provides individual one-on-one therapy and medication management, providing structure in what otherwise might be a chaotic time.

Asked who they hope will take advantage of Guidelight’s new virtual health program Dr. Cruz explained while it’s open to a wide array, they are really hoping to reach anyone stuck in the middle.

“The most dangerous gap in mental health care is between inpatient and outpatient, when weekly therapy isn’t enough but they don’t need a hospital. This gap is where so many people fall through, so that’s who we’re built for,” he said, adding “We broadly treat people in crisis, so we see people on some of the worst days of their lives and we hold the line and get them back going. We hope parents in rural areas, caregivers, people with jobs they can’t step away from will utilize this program option.”

Guidelight is what’s known as transdiagnostic, meaning they don’t discriminate based on diagnosis and can treat across diagnosis or outcomes.

“We treat people with depression, anxiety, trauma, mood disorders, bipolar disorders, OCD,” Dr. Cruz said.

They also manage people that have substance abuse issues but substance use can't be the person's primary reason for coming to them and if substance use makes you unable to participate in groups, you need detox first. Plus, they treat many with comorbid eating disorders but if that's the primary driver, maybe you're neurocognitive impaired and can't participate in a group, they would refer you to get treatment for that first and then you could come back to Guidelight.

Once you are out of the crisis and get back into community, if there's a specialized type of care or an interventional type of care that would be helpful for you they will refer you there.

"We have tons of amazing partners in Colorado if that is an appropriate next step, if there's some other modality you need," Dr. Cruz said.

Guidelight takes most commercial insurances, Medicare and all Medicais except one and they are working on taking that fourth one. In Massachusetts, which is their longest running market (Colorado is second), they are over 99% in-network and they have the same goal for Colorado.

"Whenever someone has a complicated situation we sit down with them and we try to figure it out. Cost should never be the reason someone doesn't get care at Guidelight," Dr. Cruz said.

If you are interested in Guidelight's services, go to <http://guidelighthealth.com/> and submit a form or call 888-681-2730.

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"The website is super easy to navigate and we will take your referral from yourself or from your therapist or anyone in the way you want to give it to us. We really want to lower the barrier," Dr. Cruz said.



Logan County Historical Society to resume meetings Sept. 14

Wednesday, September 2



Haxtun artist to display work at The Orphanage

Monday, August 31



Featured artist transforms junk into art

Friday, August 28



Fleming School Board approves policy revisions

Wednesday, August 26



Recorder's Notes: Make a plan to vote this November

Wednesday, September 2



5-year sunset for Sterling streets sales tax gets nod

Saturday, August 20



Succulent Workshop: Learn the art of propagation in a hands-on workshop

Thursday, August 27



Colorado Tea set for Sept. 30 at Overland Trail Museum

Wednesday, August 26



Chamber Member of the Week: Sugar Beet Days

Tuesday, September 1



Logan County Sheriff's Office makes arrests for driving under the influence, drug possession

Wednesday, September 2



Sterling woman faces DUI charge after driving wrong way on I-76

Monday, August 31



Big change for Colorado income tax makes ballot, which is now all but set for November

2026 >
September >
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