

Behavioral Medicine

St. Mary's Medical Center Family Medicine Residency

Behavioral Medicine Faculty



Michael Olson, PhD, LMFT

I'm Mike Olson, the Director of Behavioral Medicine Education. I completed my undergraduate and master's degrees at Brigham Young University, earned my Ph.D. at Kansas State University, and then completed a post-doctoral fellowship in behavioral medicine at the University of Texas. I'm married and have five children. Outside of work, I enjoy playing the piano, creating art, hiking, and skiing with my family.

Prior to joining the team at St. Mary's, I directed the behavioral medicine program at the University of Texas. I have also worked at the University of Nebraska Medical Center in Omaha, co-directing their behavioral medicine program and helping develop a Ph.D. program in medical family therapy.



Randall Reitz, PhD, LMFT

Since 2008, I've been the Director of Behavioral Medicine at the residency. In this role, I focus on resident wellness and narrative medicine, direct our behavioral health training program, and supervise our integrated behavioral health services.

My scholarly interests include narrative medicine, professional identity development, mentorship, and transdisciplinary training. I love languages and speak Portuguese, Spanish, and French. Outside the residency, I was elected to Grand Junction's City Council, am married with three children, and love trail running, mountain biking, card games, and baking. We live at the heart of downtown Grand Junction in a 115-year-old church that we're converting into a home.



Sara Barrett, MSW, LCSW

I was raised in St. Paul, Minnesota but have spent the last 20 years in Colorado, beginning with my undergraduate studies in History at Colorado State University in Fort Collins. After moving between urban and rural areas in Colorado, I returned to Colorado State to complete my Masters in Social Work in 2013. Currently, I am a Licensed Clinical Social Worker with nearly a decade of experience working in Integrated Behavioral Health. I am passionate about reaching patients in creative and low barrier ways to provide supportive and strength-based mental health services. Additionally, I coordinate the MSW training program at St. Mary's Family Medicine, offering supervision and training to student interns seeking a graduate degree in Social Work as they ready for a career in the field Integrated Behavioral health. In my free time I love to explore the river, desert and mountains with my family.



Maya Obstfeld, MS, LMFT

I am a licensed Marriage and Family Therapist with a Master's of Science from Colorado State University and an Advanced Certification in Medical Family Therapy. At St. Mary's Family Medicine, I created and implemented the IMPAC program; a service that delivers equitable wrap-around mental health services for medically complex and high-risk patients on Medicaid in order to lower ER utilization. Through this program we work with our most vulnerable populations, while also training Master of Social Work (MSW) students to administer hospital based therapeutic interventions to bridge inpatient and outpatient care. I am also Adjunct Faculty at Colorado Mesa University, where I love to teach and learn alongside students in the MSW program. After work you can find me most days on the mountain bike trails chasing sunsets, sniffing out wildflowers with my dog Yuki, or curled up with a book

Behavioral Health Trainees



Areesha Azam, Doctoral Fellow

Hey all! My name is Areesha and I am super excited to be part of the team at St. Mary's. I received my undergraduate degree in Psychology, my master's in Couple, Marriage, and Family Therapy, and will receive my PhD in 2026 (hopefully) in the same field. All my education is within Texas, so I am excited to spend some time in the mountains.

When I have some free time, I love riding horses, reading books, and watching true crime. I cannot wait to work with the fantastic team at St. Mary's!

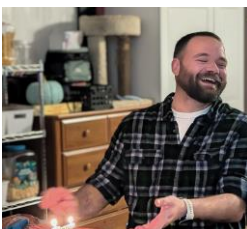


Brooke Mecham, Masters of Social Work Student Intern

I'm Brooke Mecham, a Master of Social Work candidate at Colorado Mesa University. I earned my bachelor's degree in biology with a concentration in field and organismal studies from Berea College in Berea, Kentucky. My professional journey began with the National Forest Service, and I've held various roles in Denali National Park, Alaska.

Eventually, I found my true calling in Social Work—a field I'm deeply passionate about. I've worked in Child Welfare with the Department of Human Services and am excited to continue my path in Integrated Health.

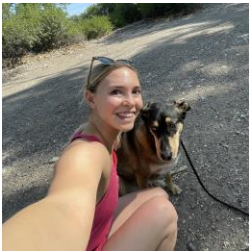
Although I was raised in Berea, Kentucky, I now call the Western Slope of Colorado home. I love exploring the mountains and deserts through skiing, trail running, and climbing with my husband and our dog.



Ryan McKissen, Masters of Social Work Student Intern

I was born and raised in Grand Junction. After finishing high school, I went to college at Northern State University in Aberdeen, South Dakota where I graduated with a degree in education. I developed a passion for teaching reading. For the past ten years, I have been a third grade teacher with the Mesa County School District where I spent an abundant amount of time working with kids and their families.

Recently, I have developed an interest in family therapy and behavioral interventions for students. I aspire to be an asset to the community in new ways outside of the classroom. In my free time, I like to read, hike, be outdoors, play with my dogs, and spend time with family.



Aurora O'Connor, Post-Masters Intern

My name is Aurora, and I was born in Colorado and was raised across the United States before coming back for High School and College. I received both my bachelor's and master's degrees in social work from Colorado Mesa University.

I'm passionate about supporting the whole individual and view therapy from a whole person and systems perspective. My passion lies in the impact of trauma and life events on the brain and development. I approach therapy with warmth, curiosity, and a commitment to creating a space where clients feel safe, seen, and genuinely supported. My background includes clinical training in integrated behavioral health settings, and I'm currently completing my post-master's residency as I work toward licensure in social work. I'm particularly interested in trauma-informed care, and the intersection of mental health and health equity.

What drew me to this residency was the opportunity to learn from an interdisciplinary team and deepen my work in medical and community-based settings. I love the sense of connection and collaboration here. Outside of work, I enjoy hiking, barre classes, early morning coffee, and exploring the beauty of Western Colorado—Grand Junction has truly surprised me with its warmth, community, and endless trails.



Rylee Zitterkopf, Masters of Social Work Student Intern

Hi, my name is Rylee Zitterkopf! I completed my undergrad at Colorado State University and am currently pursuing my Master of Social Work (MSW) degree at Colorado Mesa University. Prior to my experience with St. Mary's Family Medicine Clinic, I worked as a special educator, where I learned the value of patience, empathy, and individualized care.

Through active listening and tailored support, I strive to create a space where people feel valued and heard. Outside of my professional life, you would likely find me paddleboarding, cuddling my corgi and two cats, or watching supercross/motocross. I am honored to be a part of the team and embark on this new journey!

Administrative Staff

St. Mary's Regional Hospital Family Medicine Residency



Joan Cox, Program Manager

I joined the residency in June 2001, and over the years, my role has grown from Coordinator to Manager. I was born and raised in Albuquerque, New Mexico, but I've called Grand Junction home since 1985. I have a deep passion for the culinary arts and absolutely love to travel whenever I get the chance. I'm also a proud mom to one son and share my home with two wonderful dogs.



Ashley Miller, Program Coordinator

I am originally from Phoenix, AZ but have lived in Colorado long enough to consider it my home state. Oldest of eight children auntie of six, and mom of a four-legged, furry demon named Diego, I'm used to wrangling chaos--a skill that comes in handy as the residency's Program Coordinator. Before joining the residency, I earned my Bachelor's degree in Counseling Psychology, then decided grad school wasn't for me. Since a fair number of my family members work in healthcare, I decided to give that a try and I've never looked back. Outside of work, I'm a published author with at least one novel in the works at any given time, and I may or may not be a hoarder of unfinished craft projects.



Jami Mier, Administrative Assistant

I am a Colorado Native, I joined St Mary's Family Medicine Team in 2014 as a phone scheduler, I have enjoyed many years forming connections with patient's and clinic staff to help provide the best care possible. I am excited to have transitioned my role as Program Administrative Coordinator with the residency. In my free time I enjoy cheering on my Granddaughters on with their sports, and spending time outdoors.



Abby Ketchum, Administrative Assistant

I grew up in a small town in Northwest Colorado called Craig. I attended Fort Lewis College in Durango, Colorado for a few years, then graduated from Metropolitan State University in Denver, Colorado with a BA in English Literature and Philosophy. Throughout my career, I've worked in various areas of healthcare and education. Working at the Residency is a good fit for me because it combines these two fields. When I'm not working, I love soaking up the sunshine in Fruita, where I reside with my husband and three kids. We also spend a lot of time with our church family, serving and enjoying fellowship.