

**For Immediate Release****November 5, 2025****Contact:**

Katie Klossner, 970-252-2513

[kklossner@montrosehealth.com](mailto:kklossner@montrosehealth.com)**MRH CEO Jeff Mengenhausen Featured on National Leadership and Wellness Podcasts**

Discussions explore Navy SEAL training, leadership, and advancing healthcare excellence

MONTROSE, Colo. (November 5, 2025) – Montrose Regional Health (MRH) Chief Executive Officer Jeff Mengenhausen was recently featured on two national podcasts, the LeadUp Podcast and the Crackin' Backs Podcast, to discuss leadership, resilience, and the lessons he carried from his Navy SEAL training into healthcare administration.

The LeadUp Podcast, hosted by Mike Harbour, president of Harbour Resources and founder of Developer of Leaders, features leaders in business, healthcare, and public service who share practical strategies for building stronger teams and organizations.

The Crackin' Backs Podcast, hosted by chiropractors Dr. Terry Weyman and Dr. Spencer Baron, focuses on physical, mental, and nutritional well-being, featuring insights from medical and performance professionals around the world.

"It's like chess," Mengenhausen said during his LeadUp interview. "You start strategizing. You have to drive forward, and I think it's that mentality that we're going to do this and we're going to get it done. It's a 20-mile march. If you're sprinting, you're going to burn out. It's small, incremental changes that grow into greatness, consistency, and driving for that vision."

In both podcast appearances, Mengenhausen reflects on his journey from Navy SEAL training to leading a regional health system. He shares how the discipline, teamwork, and accountability of military life shape his approach to leadership and patient-centered care. Mengenhausen also discusses challenges facing healthcare organizations today and how Montrose Regional Health is setting a new standard for rural hospitals nationwide.

Episode 460 of the LeadUp Podcast featuring Jeff Mengenhausen is available at [tinyurl.com/yrb9xbmt](https://tinyurl.com/yrb9xbmt).

Episode 244 of the Crackin' Backs Podcast can be heard at [tinyurl.com/47jezaaa](https://tinyurl.com/47jezaaa).

For more information on Montrose Regional Health, visit [MontroseHealth.com](https://MontroseHealth.com).

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**About Montrose Regional Health ([montrosehealth.com](https://montrosehealth.com))**

Montrose Regional Health (MRH) is a nonprofit 501(c)(3) healthcare system serving Montrose, San Miguel, Ouray, Gunnison, Delta, Hinsdale, and San Juan counties. Licensed for 75 beds, MRH offers a wide range of inpatient and outpatient services, including cardiology, oncology, minimally invasive surgery, laboratory services, medical imaging, Mountain View Therapy, a Level III Trauma Center, an Acute Rehabilitation Unit, a Spine and Pain Center, advanced respiratory and pulmonary care, and a family birthing center. Known for adopting advanced technologies such as robotic-assisted surgery and UVC disinfection, MRH is the second-largest employer in Montrose County, with more than 950

employees and over 188 providers representing 32 medical specialties. MRH is recognized for its warm, personalized care and lives its tagline: “Caring for you like family.”



Photo caption: Jeff Mengenhause, CEO of Montrose Regional Health, discusses leadership and lessons from his Navy SEAL experience on national podcasts.