

## our services by the numbers

**4,246**

Patients served by our Dental Services staff (in 11,322 visits)

**1,692**

People who received blood pressure checks

**1,520**

People who received cholesterol tests

**1,057**

Step Free from Tobacco counseling sessions held

**2,917**

People who received mental health or substance use help from Mental Health Connections and our Integrated Primary Care/ Mental Health Program

**2,062**

People who received help finding new, reduced-cost insurance options from Larimer Health Connect

**533**

People whom the Health District and its partners assisted in completing their advance care planning documents

**\$604,754**

Value of grants received for dental services, youth mental health services, health insurance enrollment support, and other projects

**11,601**

Total number of individuals who received dental or health care, or connections to care from Health District staff

## board of directors

The Health District is governed by a publicly elected board of directors.

**Michael D. Liggett**  
President

**Tracy xNelson**  
Vice President

**Tess Heffernan**  
Liaison to PVHS Board

**Deirdre Sullivan**  
Secretary

**Faraz Naqvi, M.D.**  
Treasurer

# Health District

OF NORTHERN LARIMER COUNTY

## 2016 Annual Report

### Family Health Matters at Every Stage of Life



"You know, all that really matters is that the people you love are happy and healthy. Everything else is just sprinkles on the sundae."

~ Paul Walker

*In this crazy jigsaw puzzle of life, two of the very most important pieces are these: our families and our health.*

Every day, my colleagues at the Health District are working their hearts out to help our community's families with their health. We all know (but don't like to think about) that health isn't guaranteed in this life, and can change at any minute. Every day, we see health challenges that no one should have to go through. And yet, every day, we see health improvements that bring life back to families.

The Health District provides health services that would otherwise be missing from our community, and our services span the stages of life. In 2016, we were excited to partner with the community to add new services to fill some important gaps.

Families with children and youth suffering from mental health issues helped us understand how difficult it was to figure out what their child was suffering from and find help that would make a real difference. From issues with a simple cause and fix, to complex health disorders, families need expertise to help sort things out, get the right help, and resolve the issue as soon as possible.

A new service called Child, Adolescent, and Young Adult Connections (CAYAC) was launched this year, in partnership with the Poudre School District and Summit-Stone Health

Partners, to help youth and their families get quality assessments and get connected to the right professional assistance.

On the other end of the life spectrum, we regularly heard that it is hard for many seniors to afford the dental care that they need, and that families faced with very difficult decisions at the end of their loved one's life wished that they had known more about what the person wanted.

In 2016, we put special focus on senior dental care in our dental clinic. And we worked closely with Sharing the Care and others to create an expanded Advance Care Planning project, helping individuals write down their wishes for the end of their life, discuss their wishes with family, and file them with key medical providers.

Caring about each others' health is a critical part of a great community. Not only will

we ALL need caring, competent care at some point in our lives, but healthy individuals and families lead to healthy communities—making all the difference in living a great life.



*Carol Block*  
Executive Director



## Zumba beats help him Step Free from Tobacco

**A** class full of sweat-drenched adults erupted into cheers on the dance floor as Zumba instructor Kelsey Kaufman announced that Mark Nelson was celebrating being smoke-free for two years.

“It was pretty cool,” says Nelson, who signed up for the high-energy dance fitness sessions to feel good and find companionship after completing the Health District’s Step Free from Tobacco program. A pack-a-day smoker for over 30 years, Nelson credits Health District Tobacco Treatment Specialist Rosi Davidson for encouraging him to try Zumba, where he met a community of supporters and created healthier habits.

The 51-year-old is one of a handful of men who regularly attend classes at Club Tico, following dance moves choreographed to Latin and international music.

A doctor referred Nelson to the Step Free program. He was ready to quit smoking after his best friend and his sister-in-law both died within a two-week period due to smoking-related illnesses. “My best friend and I were out to dinner, and when I dropped her off we smoked one last cigarette together. She was dead by the next morning,” Nelson recalls.

The Step Free program offers six-week sessions with certified tobacco treatment counselors and two free follow-ups, plus

support groups. Nicotine replacement products are offered at no cost. Clients in northern Larimer County pay on a sliding scale of \$10-\$100 based on income. People living outside of the Health District pay \$100.

Ending an addiction like smoking is hard, Davidson emphasizes, noting that the odds are 5 percent that someone who tries to quit unaided will still be quit in one year. A key part of the sessions is to help clients come up with a plan for how they will pass the time that they used to spend smoking and find ways to manage stress, like exercise or a new hobby.



Former smoker Mark Nelson learned to Step Free from Tobacco. Pictured with Nelson L to R: Zumba Instructor Gretel Balmer, Tobacco Treatment Specialist Rosi Davidson, Instructor Kelly Bole, and friend/exercise partner Dianne Green.

Photo by Julie Estlick



“A person’s best chance for success is a combination of getting professional help and using nicotine replacement products or medication,” Davidson says. “At the Health District, we offer face-to-face sessions and free follow-ups that encourage people to stay on track, work their plan and not go back to smoking.”

Since many people begin smoking as teenagers, the adult tobacco treatment team began working with Connections to develop a teen tobacco prevention program that launched in 2017.

## Larimer Health Connect helps families get vital insurance coverage

**L**ast July, 14-year-old Madysen Medlyn was learning to ride her brother’s RipStick when she fell hard on the pavement. Worried about a possible broken arm, her mother rushed her to Urgent Care.

“It turned out it was only a bad bruise,” says Melanie Land, Madysen’s mother. “I was so relieved that a month earlier we had found Larimer Health Connect and got insurance coverage set up for Madysen.”

Melanie Land had relocated to Fort Collins from California for an accounting job that provided health insurance benefits for her, but not for her two teenage kids.

“I discovered Larimer Health Connect online and we came in to see (Certified Health Coverage Guide) Rosie Duran,” Land said. “It was an interesting situation and Rosie helped bring it all together.”

In the end, Jay Medlyn, 17, qualified for the Medicaid Buy-In Program for Children with Disabilities so he could receive all the services he needed, while 14-year-old daughter Madysen Medlyn was eligible for Child Health Plan Plus (CHP+). Everything got dialed in quickly and the children were covered in time for summer adventures.

How important is affordable insurance coverage to the family? “There’s no way I could pay for all of my daughter’s medications and doctor’s appointments without health insurance,” Land concludes.

A project of the Health District, Larimer Health Connect provides

free, in-person assistance for the entire family at several Larimer County locations. Staff members offer information and enrollment help for private Connect for Health Colorado Marketplace plans that reduce the cost of health insurance, as well as Health First Colorado (Colorado’s Medicaid) and CHP+. “We are here all year ’round to help answer questions,” Duran says. “Even if there are major changes in Connect for Health Colorado, we will continue to sign people up for CHP+ and Health First Colorado.”



Larimer Health Connect Certified Health Coverage Guide Rosie Duran discusses health insurance coverage options with clients Madysen Medlyn, Jay Medlyn, and Melanie Land.

Photo by Richard Cox



The Prescription Assistance program is also part of Larimer Health Connect, helping people with limited incomes fill their prescriptions through vouchers and applications to drug company programs. Call 970-416-6519.



## Family Dental Clinic is a lifeline for many residents

**J**eremy Stafford has endured his share of bumps in the road of life, but he is forever thankful he landed at the Family Dental Clinic when a dental issue threatened to turn deadly.

Stafford had a decaying and infected tooth that caused him pain off and on for years when he lived in New Mexico. Dentists there wouldn't treat the tooth until the infection cleared up, he says, a tall order when you are homeless and can't depend on adequate rest, hydration, and nutrition to get healthy. So he took rounds of antibiotics that seemed to help, but a year after arriving in Fort Collins the infection worsened.

Delirious from sepsis (when the infection entered the bloodstream), a former Marine nurse at the Murphy Center for Hope rushed Stafford down the street to the Family Dental Clinic, where the staff took action.

"The dentist told me 'you aren't doing well' and removed



Jeremy Stafford

the infected front tooth," Stafford says. "I had no dental coverage. If it wasn't for the Family Dental Clinic, I could've dropped dead."

Stafford, 43, has become a repeat customer at the clinic, getting teeth extracted and fillings. "Dental care is one of the hardest things to deal with when you are low income, and I've gotten the best care here," he says.



The Family Dental Clinic's Dr. Rob Garlland, DDS, and Dental Assistant BB Newton do a checkup on a student at Irish Elementary School during a Project Smile event. Family Dental Clinic staff screened 1,676 K-12 school children in 2016 through Project Smile, Head Start, and Early Childhood Education events.

Photo by Richard Cox



Connecting residents who have dental issues to locally available, reliable and affordable care is a main priority of the Health District. "I'm glad our Dental Services programs have helped relieve some of Jeremy's pain and get him on the path to improved health," says Sarah Tillerman, Dental Services director. "His case is a good example of how the Family Dental Clinic provides direct care to patients with lower incomes of all ages whether they are without dental insurance, or are covered by Medicaid or CHP+. We also offer our Dental Connections program that matches eligible individuals who don't have Medicaid or other dental insurance with local dentists and oral surgeons who offer clients very low-cost dental care."

## New CAYAC Team helps families navigate youth mental illness

**A** Fort Collins elementary student is constantly disrupting class with sudden, unexplained outbursts. Across town, a teenager's grades and attitude have taken a downward spiral after joining a new group of friends. Concerned parents looking for answers about their children's behavior used to face confusion about what to do, lengthy waits, and sometimes expensive bills to see one of the area's few pediatric mental health providers.

The lack of youth mental health services in Larimer County combined with often limited communication between health-care providers led to the launch of the Child, Adolescent, and Young Adult Connections (CAYAC) Team last year. CAYAC is an extension of the Connections program, which is operated jointly by the Health District and SummitStone Health Partners and helps people of all ages overcome barriers to addressing mental health and substance use issues.

CAYAC provides services for youth ages 0 to 24 and their families, and is a multi-disciplinary team with staff from the Health District, SummitStone Health Partners, and the Poudre School District. It also offers youth and families an accurate assessment of mental health and/or substance use-related needs and connects families with appropriate services either initially within the CAYAC program or out in the community.

The CAYAC Team includes a child/adolescent clinical psychologist who offers evidence-based testing, a huge bonus considering the county's lack of psychiatrists (for both adults and adolescents) and the limited number of youth mental health providers that provide psycho-

logical testing services. There are also CAYAC child/adolescent psychiatrists who can diagnose, prescribe medications, and consult with family physicians.

"Our goal is to work in conjunction with other agencies to increase families' access to assessment services, help them understand their options, and smooth a path to treatment by connecting families with the right care and support," says Kristen Cochran-Ward, program manager for the CAYAC Team. "It's important to stress that we will continue working with families until they feel they have a good match with a community provider, and our door is never closed—clients are encouraged to return as often as needed."

In its first year, CAYAC had 357 clients and provided a total of 1,805 services, which included everything from assessments to counseling, referrals, and medication management. "We've seen parents looking for help navigating a confusing system of services or for a good assessment of their youth and recommendations for next steps. Whatever families need, we help them find it," says CAYAC mental health specialist Caroline Schumacher.



Mental health specialist Caroline Schumacher chats with a teen at the Child, Adolescent, and Young Adult Connections (CAYAC) Team office.

Photo by Julie Estlick

Connections has also begun hosting regular Youth Mental Health First Aid Trainings for parents, grandparents, teachers, youth coaches—anyone who wants to learn how to help a child during a mental health crisis. (See Page 8 for class listings.)



# Health District

OF NORTHERN LARIMER COUNTY

120 Bristlecone Drive • Fort Collins, CO 80524  
970-224-5209 • fax 970-221-7165 • healthdistrict.org



Our services are open to those who live within the Health District, including Fort Collins, Laporte, Wellington, Livermore, Red Feather Lakes, and Timnath. The Health District serves residents of ALL INCOMES, though some services are specifically for families who have low incomes and no health insurance. Most services have a fee, but sliding fees are available to make good health affordable for all.

## with thanks

With gratitude, we recognize the individuals, businesses and organizations that gave generously to the Health District in 2016. Through the dedication of our supporters we:

- Expanded early identification and treatment for mental health and substance use disorders among children, adolescents, and young adults in our community
- Enrolled more families and children in insurance programs
- Ensured access to dental services for individuals with low incomes or disabilities
- Helped individuals plan for their end-of-life care by completing their advance care directives

Thank you to our generous donors and program partners for your dedication to improving the health of our community.

### Corporations and Foundations

Alpine Dental Health  
Center for Endodontic Care  
Colorado Health Foundation  
Connect for Health Colorado  
Colorado Health Institute  
Colorado Dept. of Public Health and Environment  
Denver Foundation  
Flood and Peterson  
Northern Colorado Endodontics  
Owen & Timock Orthodontics  
Trailhead Institute  
Water Pik, Inc.

### Individuals

Blake Barney, DDS, MSD  
Lindsey Cosper, DDS  
William Dostal  
Wesley Galyardt, DDS  
Richard Gray, DDS  
Patrick M. Harrison, DDS  
Tess Heffernan  
Ray Jenkins  
Shelby Kahl, RDH  
Joel Kaines, DDS  
Celeste Kling  
Andrew R. Mortensen, DMD  
Tracy Nelson  
Vinna Norris, DDS  
Richard Osborne and Majorie Boehner  
Veronica Ray, DDS  
Ryan Rush, DDS  
Deirdre Sullivan  
Steven Thorson, MD

### Ongoing Project Partners

Associates in Family Medicine  
Centers for Disease Control and Prevention  
City of Fort Collins  
Colorado Dept. of Health Care Policy and Financing  
Colorado Dept. of Public Health and Environment  
Colorado Health Medical Group  
Colorado State University  
CSU Dept. of Health and Exercise Science (College of Health and Human Sciences)  
CSU Kendall Reagan Nutrition Center  
CSU Health Network  
Colorado State University/University of Colorado School of Public Health  
Denver Foundation  
Family Medicine Center

Foothills Gateway  
Front Range Community College  
Fort Collins Police Department  
Fort Collins Senior Center  
Homeward 2020  
Housing Catalyst (Formerly Fort Collins Housing Authority)  
Larimer County Dental Society  
Larimer County Dept. of Health and Environment  
Larimer County Dept. of Human Services  
Larimer County District Attorney's Office  
Larimer County Division of Criminal Justice Services  
Larimer County Office on Aging  
Larimer County Sheriff's Office  
Lutheran Family Services

Mountain Crest Behavioral Health Ctr.  
North Range Behavioral Health  
Poudre School District  
Rocky Mountain Family Physicians  
Salud Family Health and Dental Centers  
Sharing the Care Campaign of Northern Colorado  
Spirit of Joy Lutheran Church  
State of Colorado  
SummitStone Health Partners  
Thompson School District  
University of Colorado Health  
Aspen Club (UCHealth)  
Healthy Hearts Club (UCHealth)  
Palliative Care (UCHealth)  
Vida Sana (UCHealth)  
Weld County Dept. of Public Health and Environment

## programs

### CAYAC Team

(Child, Adolescent & Young Adult Connections)  
Early identification and treatment of mental health and substance use for youth and families  
1302 S. Shields, A1-3  
970-221-3308

### Connections

Answers, options, and support for mental health and substance use  
525 W. Oak  
970-221-5551

### Dental Connections

Referrals to dentists and help finding affordable care  
202 Bristlecone Drive  
970-493-3366

### Family Dental Clinic

Dental services for adults and children  
202 Bristlecone Drive  
970-416-5331

### HealthInfoSource.com

A comprehensive guide to local health information

### Health Promotion

Step Free from Tobacco; cholesterol and blood pressure testing  
970-224-5209

### Healthy Mind Matters

Mental health and substance use issues and solutions  
970-224-5209

### Integrated Primary Care/Mental Health Program

970-224-5209

### Larimer Advance Care Planning Team

Free assistance and support to help people complete and share their advance care directives  
425 W. Mulberry, #110  
970-482-1909

### Larimer County Regional Health Connector

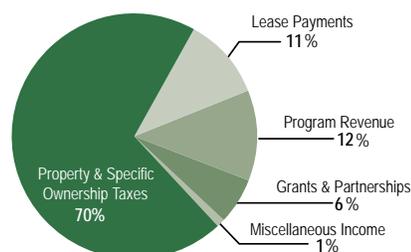
Supporting the integration of primary care and behavioral health  
120 Bristlecone  
970-224-5209, ext. 233

### Larimer Health Connect

Connect for Health Colorado and CHP+/Health First Colorado; prescription assistance  
144 N. Mason, Unit 7  
970-472-0444

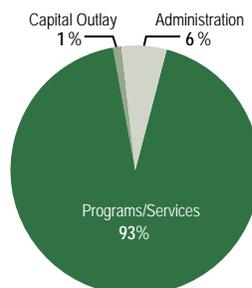
### 2016 revenues, total

\$9,498,196



### 2016 expenditures, total

\$9,129,515



### 2016 expenditures, by program

\$8,666,086

