

our services by the numbers

12,170

Patient visits to our Family Dental Clinic
(4,255 patients served)

1,197

People who received blood
pressure checks

1,049

People who received cholesterol tests

836

Quit Tobacco counseling
sessions held

12,488

Client contacts for mental health or substance use help provided by Connections, CAYAC, and our Integrated Primary Care/ Mental Health Program

2,204

Households that received help finding new, reduced-cost insurance options from Larimer Health Connect

1,729

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

\$931,662

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

11,548

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

Faraz Naqvi, M.D.
Liaison to PVHS Board

Molly Gutilla
Secretary

Joseph W. Prows, M.D.
Treasurer

Health District

OF NORTHERN LARIMER COUNTY

2017 Annual Report

Helping Us Be Our

Best Selves

“Make the most of yourself—for that is all there is of you.”

~ Ralph Waldo Emerson

*Y*our health is *important*—to you *and* to us.

Every person has their own unique health needs. We can't help everyone, but each year our staff touches thousands of lives in multiple ways. How is it possible to help so many people be their best selves when every individual is so very different?

By developing caring, quality programs to help fill gaps in services. Our great fortune is having staff members who truly care, and who listen carefully and develop personalized care plans.

We regularly connect people who are facing mental health or substance use challenges in their family with the approach that is most likely to work for them. “Meeting with [Connections staff] is the most help we have ever had with finding what we need and not continuing to fall through the cracks,” reports one client. Daily, our highly trained mental health professionals work with patients in the primary care practices at Salud and the Family Medicine Center, as well as with youth and adults through our CAYAC and Connections programs.

Thousands of residents have told us how challenging it is to figure out what health insurance would be best for them, and many agonize over whether they can afford it. Larimer Health Connect helps people understand their choices, including financial assistance

that makes insurance far more affordable than many expect.

And if we're going to have a chance at being our best selves, it's important to be conscious of our health. Our individualized, evidence-based programs help people discover whether they are at risk for diseases that rob health like high blood pressure, high cholesterol, or diabetes, and if so, what to do. Our Quit Tobacco program helps even longtime smokers kick the habit: “It worked for me—a 40-year smoker! So affordable, you can't afford not to!”

Our caring staff also provides quality dental care to those with lower incomes, helps people find ways to afford prescriptions, and teaches individuals how to create advance care directives that document their preferences as they approach the end of life.

We might not have helped you to be your best self yet—but it's a good bet we've helped someone you know—a friend, family member, or neighbor. If you know someone who can use our services, please don't hesitate to send them our way!



Carol Plock

Executive Director

Cholesterol screening: The numbers don't lie

Jeanette Drees had a sneaking suspicion that it was time to check her blood glucose numbers again. Diabetes runs in her family, and the 61-year-old Fort Collins woman was experiencing some health issues and wondered if she, too, was developing the disease.

"I heard about the Health District's cholesterol screening clinics from a co-worker a few years ago, and I finally made the call because I needed to see if my numbers were increasing," Drees says.

The Health District's screenings, regularly offered at community and worksite locations by registered nurses Cheri Nichols and Julie Abramoff, measure total cholesterol, LDL, HDL, triglycerides, blood pressure, and blood glucose levels, and include a personalized consultation. The one-on-one appointments provide the opportunity to ask questions, and clients come away with an understanding of the test results, as well as information and resources to take the next steps toward improving heart health. Last year, over 1,000 people were screened at nearly 70 cholesterol clinics.

Drees was screened by Nichols. "My numbers were borderline and numbers don't lie," she says. "I decided I needed to be proactive and stay on top of it so I don't become diabetic. It was a pivotal moment for me."

Nichols told her about the National Diabetes Prevention Program at Kendall Reagan Nutrition Center at Colorado State University, and Drees went home and registered for the program the same day. "Cheri was so incredibly informative. I wanted the education and the science of what was happening in my body and that helped me make a choice and a change in my life."



Photo by Julie Estlick

Jeanette Drees credits Health District nurse Cheri Nichols with providing the knowledge and encouragement to lower her cholesterol numbers.

Drees' grandfather was able to control his type 2 diabetes with diet and exercise, and she is determined to do the same. Today, thanks to a good diet and regular exercise, she says her numbers are going down.

"Screenings are so important because they help us find people who are at risk, and they allow people to seek treatment and avoid the complications that can occur when serious progressive illnesses like diabetes and hypertension go untreated," Nichols says. "It's really why the Health District offers cholesterol testing and blood pressure screening as part of our Health Promotion program." ■

Find the right health insurance coverage with Larimer Health Connect

Brenda Mross was at her wits' end trying to navigate the Connect for Health Colorado online application and figure out what insurance options were available for a couple who are both self-employed with unpredictable salaries. In tears and ready to give up, she called Larimer Health Connect and met with Health Coverage Guide Devin Kepler.

After reviewing their situation, Kepler found that they qualify for Premium Tax Credits under the Affordable Care Act, which helped the couple purchase a private insurance plan on the Connect for Health Colorado exchange.

"Devin listened to me and made the process understandable," Mross says. "I felt like we had choices."

In the past, the couple had purchased a plan through the insurance company that covers their home and cars, but it was becoming unaffordable. Jim Mross was on board once Brenda showed him the big cost difference between what they were paying and the quality plan they qualified for on Connect for Health Colorado with the tax credits.

"We are over 55 years old and blessed with good health, but I don't know how we would afford the coverage we have in the private sector," she says. "We would have been fools not to take advantage of what was available to us."

That was four years ago. Brenda Mross, a counseling staff director in Fort Collins who has a side business doing freelance writing and voice over work, felt such relief after her first appointment with Kepler that



Photo by Julie Estlick

Larimer Health Connect client Brenda Mross meets with Health Coverage Guide Devin Kepler at least once a year to review her family's health insurance plan purchased through Connect for Health Colorado, the state's health insurance exchange.

she still goes back to see him every year during open enrollment and checks in whenever their income fluctuates. "Devin provides reassurance and peace of mind that we understand our options so we can find the best deal."

A project of the Health District, Larimer Health Connect was created to help local residents apply for assistance and enroll in affordable health insurance. Larimer Health Connect served 2,204 households in 2017, with at least 1,800 people enrolled or re-enrolled into health insurance coverage.

"We're here to help families like Brenda's, as well as those people dealing with health problems or job loss, to understand the options that may best fit their needs and budget," Kepler says. "And if things change in their lives, we're here to walk them through their options again." ■

Connections speakers' series de-stigmatizes mental health issues

Selina Lujan was a familiar face in the audience at several of the Mental Health Speaker Series events organized by Connections in 2017.

She attended talks on everything from handling stress around the holidays to autism, anxiety in children, and depression in kids and adults.

"Attending these classes impacted me both on a professional level and a personal level," says Lujan, who is the city of Fort Collins Healthy Homes Program coordinator and is pursuing a Master of Social Work degree at Colorado State University. She also works with teenagers as an intern for Partners Mentoring Youth.

Learning about what specific mental health diagnoses mean and how people are treated really opened her eyes.

"There is so much stigma around mental health," Lujan says. "Now I am aware of the impacts of mental health and how I can be a better support system, and also how I can keep myself healthy."

Lujan adds that the classes are a great resource because "you get valuable information AND ways to apply it through action items and resources." She put breathing dots from one instructor on her desktop and car dashboard to remind herself to take a deep breath when handling a stressful situation. The dots have prompted conversations with family and friends about creative ways for dealing with stress.

The Connections program offers answers, options, and support that help people take the next step—the right step—toward mental health and freedom from substance misuse or addiction by connecting to treatment in the community.



Photo by Richard Cox

Health District Mental Health Specialist Jenna Raymond explains a point during a Mental Health Speaker Series class. Connections hosts the free speakers program on adult and youth mental health issues and substance use.

CAYAC (Child, Adolescent, and Young Adult Connections) is a service of the Connections program for youth 0-24 and their families. The aim of the CAYAC program is to help bridge gaps to good mental health assessment and treatment for youth and their families. CAYAC staff includes mental health clinicians, a clinical psychologist, psychiatry staff, care coordinators, and a school liaison. The multidisciplinary team works to provide accurate mental health assessments and referrals for the appropriate treatment in the community for each client. It is a partnership of the Health District, SummitStone Health Partners, Poudre School District, and other community resources.

Last year, Connections provided nearly 17,000 services to over 3,000 individuals, including care coordination for more than 1,200 residents. ■

Dental Clinic gives people their smile back

Friendships. Jobs. Relationships. Sometimes they begin with just a smile.

But poor dental health can rob people of the confidence to smile openly. Staff at the Health District Family Dental Clinic see this hardship on a daily basis and strive to restore a healthy smile to their patients.

"Our goal is to work collaboratively with patients to find out their needs and wants and understand what we can do to help them have the best smile possible," says Rob Gartland, a dentist with the Family Dental Clinic.

The solution can be as simple as fixing a broken or discolored front tooth, all the way up to making a complete set of dentures and working closely with the patient over several weeks to ensure they fit well.

Located in north Fort Collins, the Health District's Family Dental Clinic is a modern, friendly clinic that provides free and low-cost services to adults and children who have trouble affording dental care. It serves residents of the Health District who meet financial guidelines and have no private insurance. Patients pay low sliding fees based on their income. The clinic also sees patients who are covered by Health First Colorado (Medicaid) and Child Health Plan Plus (CHP+).

When Kelli Morgando first came to the Family Dental Clinic a little over a year ago, she had a missing front tooth that discouraged her from smiling, and several missing molars that made eating difficult. "I didn't want to go out in public," Morgando recalls. The missing teeth



Photo by Richard Cox

New dentures from the Family Dental Clinic have given Kelli Morgando something to smile about.

also limited what she could eat, and ongoing dental pain affected her sleep.

Under the care of Dr. Gartland, Morgando received full upper dentures and a lower partial denture. At first it felt odd to have a full set of teeth in her mouth again, but that quickly gave way to relief.

"I was very happy. I was more confident," says the Laporte resident. And she could return to eating formerly forbidden foods such as corn and steak.

Although getting dentures was a lengthy process, Morgando praised the clinic staff for putting her at ease and treating her without judgment.

"They make you feel very comfortable. They treat everybody the same. I look forward to going there." ■

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 have supported our mission to improve the health of our community through their generous gifts. Through the dedication of our supporters we:

- Enrolled more families and children in health insurance programs
- Expanded early identification and treatment for mental health and substance use disorders among children, adolescents, and young adults in our community
- 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 and sharing it with their health-care agent(s) or local hospital

Corporations & Foundations

Alpine Dental Health
Aspen Club (UCHealth)
Associates in Family Medicine
Center for Endodontic Care
Colorado Dental Association Foundation
Colorado Health Foundation
Community Foundation of Northern Colorado
Connect for Health Colorado
Colorado Health Institute
Colorado Dept. of Public Health and Environment
Denver Foundation
Fort Collins Lions Club Foundation
Murphy Oral & Maxillofacial Surgery
Northern Colorado Endodontics
Owen Orthodontics
Trailhead Institute
Woodward Governor Trust

Individuals

Blake Barney, DDS
James Becker
Kathleen Berhing
Marilyn Brown
Sandra Brown
Abby Chemers
Julianne Cosper, DDS
Juliana Davis
Elma Endicott
Wesley Galyardt, DDS
Lindsey Gerdes
Robert Gill
Glen Good
Patrick M. Harrison, DDS
Randy Hediger
Tess Heffernan
Connie Herman
Ray Jenkins
Neil and Shirley Johnson
Shelby Kahl, RDH
Celeste Kling

Michael Liggett
Andrew R. Mortensen, DMD
Billie Moser
Tracy Nelson
Jerry and Carol Okeson
Richard Osborne and Majorie Boehner
Carol Plock
Veronica Ray, DDS
Deanna Richardson
Janet Seeley, MD
Nicholas Shumaker, DDS
Deirdre Sullivan
Floyd and Shirley Taladay
Kevin Tomasckik
Joe and Jane Torre
Anonymous (8)

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 Health Network
CSU Kendall Reagan Nutrition Center
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 Center
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
Healthy Hearts Club
Palliative Care
Vida Sana
Weld County Dept. of Public Health and Environment

programs

CAYAC Team

(Child, Adolescent, & Young Adult Connections)
Early identification of areas of concern, assessment, and guidance for counseling or other 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 adult mental health and substance use
425 W. Mulberry, #101 • 970-221-5551

Dental Connections

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

Family Dental Clinic

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

Community Impact Team

Organizes community efforts to make long-term, systemic changes that will significantly improve the health of the community, with a focus on mental health
970-224-5209

HealthInfoSource.com

A comprehensive guide to local health information

Health Promotion

Quit Tobacco program: cholesterol and blood pressure testing and nurse consultation
970-224-5209

Integrated Primary Care/Mental Health Program

Providing behavioral health care in safety net clinics
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

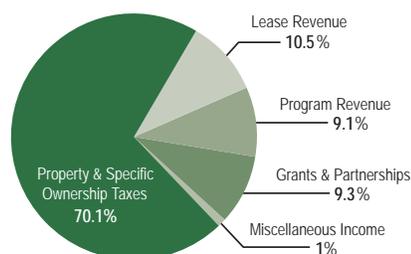
Supporting the integration of primary care and behavioral health
970-224-5209, ext. 233

Larimer Health Connect

Helping people find affordable health insurance; prescription assistance
144 N. Mason, Unit 7 • 970-472-0444

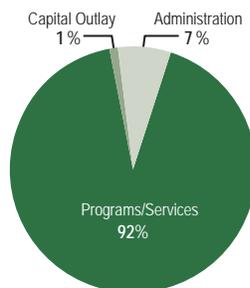
2017 revenues, total

\$10,056,298



2017 expenditures, total

\$10,013,434



2017 expenditures, by program

\$9,211,528

