

our services by the numbers

11,410

Patient visits to our Family Dental Clinic
(3,842 patients served)

1,225

People who received blood
pressure checks

1,130

People who received cholesterol tests

972

Quit Tobacco counseling
sessions held

15,944

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

561

People who received training on how to use Naloxone to reverse opioid overdose and save a life

2,270

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

1,348

People who received assistance from the Health District and its partners in completing their advance care planning documents

13,013

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

Molly Gutilla
Vice President

Faraz Naqvi, M.D.
Liaison to PVH Board

Celeste Kling
Secretary

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Treasurer

Health District O F N O R T H E R N L A R I M E R C O U N T Y

2018 Annual Report



"AHA!" moments of 2018

An "AHA!" moment is defined by Merriam-Webster as "a moment of sudden realization, inspiration, insight, recognition, or comprehension." We've all experienced them—thoughts that struck us; things we want to remember and share. Consider some of ours:

It's true – sometimes health insurance premiums actually go down—it's SO important to check—insurance may be more affordable than you thought! Most consumers who bought their health insurance on the Connect for Health Colorado marketplace and who were eligible for financial assistance found that *premiums decreased* substantially between 2018 and 2019. If you are uninsured or pay for your own insurance and are having a hard time paying for it, it's a great reason to check with us.

The people of Larimer County care very much about expanding services for those suffering from the conditions of mental illness and substance use disorders. In 2018, working with the Mental Health Alliance of Larimer County, we updated a prior report and published "What Will it Take? Solutions to Mental Health Services Gaps in Larimer County." The information on gaps and solutions was incorporated into the County's plan to expand behavioral health services, and voters approved funding for the plan in November.

Updating our approach to drug and alcohol addiction is critical—and improving our success is possible! New information about *the changes in the brain that addiction causes* is leading our community to develop completely new approaches to preventing and effectively intervening in addictions. Imagine a world where we *don't* just give up when someone suffers from an addiction, but instead treat it as early, comprehensively, and effectively as other chronic diseases like cancer or heart disease.

There are too many families who have children struggling with mental health or substance use problems who don't have adequate access to timely, affordable specialty assistance. Our program called CAYAC (Child, Adolescent, and Young Adult Connections) provides psychiatric assessments and psychological testing (along with other services to help families connect to the right type of care) for children and youth with serious issues who can't get seen elsewhere. We find that it's tough to meet the high demand, but we're making great progress.

Communities that focus on a goal together can make amazing changes! On the other end of life, we help people make their end-of-life health-care wishes (advance directives) known and recorded before a crisis arises. In Estes Park, so many people decided to focus on helping to increase the filing of advance directives that, working collaboratively, they surprised everyone—the number of adults with Estes Park primary care providers who had advance directives completed and on file increased from 2% to 34%!

In health care, change surrounds us constantly, and you never know what sort of "AHA" moment might be around the corner. The exciting thing is that we live in a community where so many people care, and people from all walks of life are working in partnership to continuously make improvements!

Carol Block
Executive Director



Community Impact Team

Changing minds, approach to addiction and recovery

The Health District's Community Impact Team (CIT) is working to change how people experiencing substance use disorders are viewed and supported in northern Colorado.

In 2018, through its work with the Mental Health and Substance Use Alliance of Larimer County, the CIT Team kicked off the Changing Minds campaign to increase awareness of drug and alcohol addiction and its substantial impact on our community.

The goals of the three-year campaign are to shed light on the public health crisis of addiction and the need to think differently about the disease, in order to more effectively treat individuals and their families experiencing it.

"Addiction is a disease that changes the brain," says Brian Ferrans, manager of behavioral health strategy and implementation on the CIT Team. "Once addiction takes hold of a person, their brain is rewired to function as if drugs and/or alcohol are life-or-death essential for survival. When substance use rises to the level of addiction, it stops being a choice; it becomes a chronic, life-threatening disease like cancer."

The campaign's message, including an addiction recovery story of a local woman, made a big impact on JoAnn Herkenhoff, an UCHealth community health educator. "It was absolutely eye-opening to me," says Herkenhoff, after attending a presentation with a community health educators group. "The shocking piece to me and my peers is the brain component. It allows you to be more compassionate when you understand that a person's brain is changed by drug use."

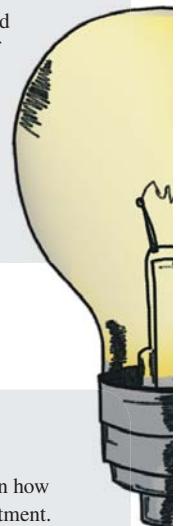
CIT staff have not only been focused on changing the minds of the community about addiction, but they have also worked directly with community partners including all staff at SummitStone Health Partners and criminal justice staff to alter the way they view and support individuals with substance use disorders as a system. This work is funded by a grant from the Colorado Health Foundation and focuses on helping the organizations improve their knowledge about addiction and incorporate evidence-based strategies into their policies and practices.

Currently only 1 in 10 of the 26,000 Larimer County residents with a substance use



Community Impact Team Director Lin Wilder discusses substance use trivia from a Changing Minds Brain Pod card with Brian Ferrans, the manager of behavioral health strategy and implementation with the CIT team. The interactive Brain Pods are set up at local festivals, shopping centers, and even hospital cafeterias to educate the public.

disorder actually get the treatment and recovery support they need. CIT staff hopes to change this by changing minds about addiction.



When it isn't just a phase'

CAYAC offers answers, options, and support for families and youth

Adolescents are not immune to serious mental illness or substance use disorders and the lifelong consequences if left untreated. The Health District's Child, Adolescent, and Young Adult Connections (CAYAC) team is a service of the Connections program that

helps families with a child who may be struggling in school or at home. The team includes psychiatrists and a psychologist skilled in addressing the problem so families can connect to the right treatment. CAYAC partners with SummitStone Health Partners, Poudre School District, and other community resources.

Lindsay VanZant, a community navigator for CAYAC, has worked with countless families to ensure they connect with the treatment, resources, and support they need. She also spends time educating the public about CAYAC at outreach events. "CAYAC acts as an education resource—a lot of people don't even know what they don't know," VanZant says. "Once they've met with one of our mental health specialists they learn about options for mental health services that can meet their needs."

One teenager told VanZant at a community event that he had met with a CAYAC therapist who was the first person to give

him insight into his illness and explain how it may progress with and without treatment. "He shared that CAYAC helped him at the illness's onset to get on the right track, and now he helps fellow students with recognizing and seeking their best form of treatment."

In fact, the main goal of CAYAC is the early identification and treatment of mental health and substance use disorders that affect health, happiness, family, and school. People do better when their social, emotional, mental health and/or substance use concerns are addressed early. The CAYAC team can help identify areas of concern and personally guide youth and their families to appropriate options, including support, further assessment, counseling, or other treatment. They understand what families are going through and offer support and hope.

In 2018, CAYAC served 1,338 clients from ages 0 to 24 in our community. Team members provide free Youth Mental Health First Aid trainings to the public throughout the year. For a schedule of upcoming trainings, see page 8. All events are posted to the Health District's Facebook page and listed on the website at healthdistrict.org.



CAYAC Community Navigators
Lindsay VanZant and Ana Pasini answer questions about the Child, Adolescent, and Young Adult Connections program at the Mental Health Matters family event at Rocky Mountain High School.

Dental checkups can be life-saving

Health District dentists can often save a patient's diseased tooth. Sometimes they save the patient's life.

That's what happened last year when Jan, a resident of northern Larimer County, came to the Health District Family Dental Clinic for what she thought was a painful, abscessed tooth. Her dentist, Dr. Leith Rupp, suspected something more serious.

"It was almost immediately apparent that this was more than just a toothache," says Rupp. "This particular oral cancer has a very distinct appearance."

After discussing his suspicions with Jan (not her real name), Rupp referred the 56-year-old food services manager to an ear, nose, and throat specialist, who diagnosed stage 4 squamous cell carcinoma.

What followed were months of chemotherapy and a 17-hour surgery to replace a portion of Jan's jaw with bone from her leg.

Her recovery has been faster than expected, she says, and there is currently no evidence of any remaining cancer.

"Honestly, Dr. Rupp saved my life," Jan says. "He knew right away what it was and steered

me in the right direction. I will be eternally grateful to him for that."

Nearly 53,000 Americans are diagnosed each year with oral or oropharyngeal cancer, and about 10,000 die from the conditions, which often can be spotted early during a routine dental exam.

"An oral cancer screening is part of every routine dental checkup," Dr. Rupp says. It's another reminder, he says, of the importance of maintaining good oral health.

Jan didn't have dental insurance, however, which discouraged her from having the recommended twice-yearly cleanings and checkups. Then she learned about the Family Dental Clinic.

The Health District's Family Dental Clinic 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 commercial 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+), as well as seniors who receive state financial assistance for dental care.

"I know now the importance of having dental visits on a regular basis," Jan says. "I think I could have caught the cancer a lot earlier had I gone more often."



Dr. Leith Rupp enjoys providing thorough oral health care at the Family Dental Clinic.

Larimer Health Connect

Today's Lesson: Health insurance coverage CAN be affordable

Lauren Rogers was completing an associate's degree when she turned 26 last year and was no longer eligible for her father's employer-based health insurance coverage. Unsure of how to find health insurance on her own, she called Larimer Health Connect.

"I was in a unique situation because I had just gone from being a poor college student to a full-time nanny," Rogers says. "When your life is changing, it's kind of hard to know what to do. Health insurance, how to get it, how much to get—it isn't information you learn about in school."

Certified Health Coverage Guide Roy Ramirez was happy to do the research and provide Rogers with notes on her options. For part of 2018, Rogers was on Medicaid (a federal-state insurance program for people with limited income) before getting dropped for making too much money at her new nanny job. The loss of coverage allowed her to purchase new coverage on the state health insurance exchange outside of the open enrollment period. Other life changes like marriage, divorce, or having a baby also qualify for special enrollment periods.

Ramirez helped Rogers enroll in a silver

plan through Connect for Health Colorado that was well within her budget. She reapplied for the same plan during the open enrollment period for 2019. After tax credits, Rogers pays a \$60 monthly premium and has low copays for her monthly prescription medications. Her deductible is just \$100 thanks to cost-sharing reductions.

"When it's your first experience choosing health insurance it can be overwhelming—that's why we're here," Ramirez says. "Our Health Coverage Guides provide an objective overview of all options so clients get the information they need to make an informed decision. Many people feel better speaking with someone face-to-face versus a phone call or online."

In 2018, Larimer Health Connect served 2,270 clients, answering questions over the phone or in person, and assisting Larimer County residents in reviewing all of their health insurance options—including eligibility for Health First Colorado (Medicaid) and Child Health Plan Plus (CHP+) and enrollment assistance. The program

also provides prescription assistance to Health District residents who qualify.

Ramirez is always glad to see repeat clients. "Plans change from year to year. Rules change sometimes as well. And of course, if you experience a life change, meet with a Health Coverage Guide to learn your options."

Class dismissed.



Lauren Rogers lost health insurance coverage when she turned 26 and was dropped by her father's employer-based plan. Larimer Health Connect Certified Health Coverage Guide Roy Ramirez helped the recent college graduate enroll in an affordable plan thanks to thousands of dollars in tax credits and premium discounts.

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

Improving the health of our community requires steadfast partnerships centered on a commitment to helping others. With the dedication of our supporters in 2018, we helped to touch more lives than ever before as 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 across our community
- Ensured access to dental services for individuals with low incomes or disabilities

- Helped individuals understand health-care options to complete and share their advance care directives with medical providers and their loved ones
- Helped to transform beliefs and culture around substance use issues in our community to improve treatment practices and outcomes

With gratitude, we recognize the individuals, businesses, and organizations that support our programs and services:

Corporations & Foundations

Aspen Club (UCHealth)
Colorado Health Foundation
Colorado Health Institute
Colorado Dept. of Public Health and Environment
Connect for Health Colorado
Dental Inspire
Denver Foundation
Fort Collins Community Acupuncture
Fort Collins Lions Club Foundation
Kaiser Permanente
Larimer County Dental Society
NextFifty Initiative
Northern Colorado Endodontics
Trailhead Institute
Woodward Governor Trust

Individuals

Catherine Beckman
David and Sharon Bettlers
Marjorie Boehner and Richard Osborne
Kevin Bowman
Lindsey Cosper, DDS
Margaret Cottam and Diane Barrett
Julianne Davis
Joan Demuro
Elma Endicott
Rachel Feldman
Glen Fulcher
Lindsey Gerdes
Randy and Jean Hediger
Carol Hineman
Lori Hodges
Beth Hurley
Katherine Jeffrey
Ray Jenkins
Shelby Kahl, RDH, PC
Sukhi Khera, MD

Ongoing Project Partners

Celeste Kling
Paula Montaña
Andrew Mortensen, DMD, PC
Mark Orr, DDS, MD
Mary Pilkington
Joseph Prows
Karen Rewinkel
Deanna Richardson
Gary and Carmelina Rutt
Rosemary Sadowske
Lisa Schmitz
Janet Seeley, MD
Solange Sellos-Moura
Jenna Sloomaker, DDS
Lucy Stroud
Juanita Turner
Cheryl Vieira
Don and Mary Jo Watson
Julie and Robert Wheeler
Margo Webelhaus
Rita Winkley
Anonymous (6)
Associates in Family Medicine
Berthoud CLC
Centers for Disease Control and Prevention
Chilson Senior Center
City of Fort Collins
Colorado Dept. of Health Care Policy and Financing
Colorado Dept. of Public Health and Environment
Colorado Health Medical Group
Colorado Health Institute
Colorado Health Network
Colorado School of Public Health
Colorado State University
CSU Dept. of Health and Exercise Science
CSU Kendall Reagan Nutrition Center
CSU Health Network
Des Moines University
Estes Park Library
Family Medicine Center
Foothills Gateway
Fort Collins Police Department
Fort Collins Senior Center
Front Range Community College
Homeward 2020
Housing Catalyst
La Familia
Larimer County Dept. of Health and Environment
Larimer County Dept. of Health and Environment Family Planning Division
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
LEAP Coalition
Loveland Community Life Center
Mental Health and Substance Use Alliance of Larimer County
Mountain Crest Behavioral Health Center
NoCoNet
North Range Behavioral Health
Northern Colorado Health Alliance
Northern Colorado Opioid Prevention Work Group
Poudre River Library District
Poudre School District
Rocky Mountain Family Physicians
Salud Family Health and Dental Centers
Sharing the Care Campaign of Northern Colorado
Spirit of Joy Church
SummitStone Health Partners
TEAM Wellness and Prevention
Thompson School District
UCHealth
UCHealth Cardiopulmonary Rehabilitation Retail and Outpatient Pharmacy Services
UCHealth Medical Group
Aspen Club (UCHealth)
Healthy Hearts Club (UCHealth)
Palliative Care (UCHealth)
University of Colorado Health School of Public Affairs
University of Colorado School of Public Health
Weld County Dept. of Public Health and Environment

programs

Connections

Answers, options, and support for adult mental health and substance use
425 W. Mulberry, #101 • 970-221-5551

CAYAC Team

(Child, Adolescent, & Young Adult Connections) is a service of the Connections program that focuses on answers, options, and support for youth and families. 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

Cholesterol, Blood Pressure, and Glucose Testing

Nurse screening and consultation
970-224-5209

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

Family Dental Clinic

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

HealthInfoSource.com

A comprehensive guide to local health information

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 Health Connect

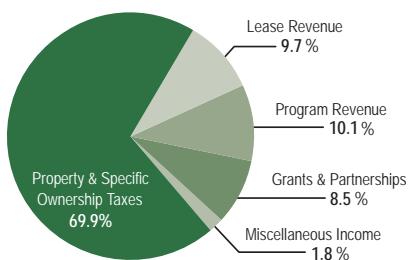
Helping people find affordable health insurance; prescription assistance
144 N. Mason, Unit 7 • 970-472-0444

Quit Tobacco Program

Support and resources to quit smoking, vaping, and/or chewing with the help of certified Tobacco Treatment Specialists
970-224-5209

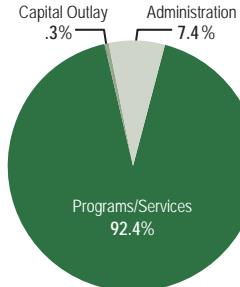
2018 revenues, total

\$11,190,703



2018 expenditures, total

\$11,027,956



2018 expenditures, by program

