

## our services by the numbers

**4,563**

Dental patients served at the Family Dental Clinic (in 11,358 visits)

**13,656**

Number of one-month prescriptions supplied to clients through Prescription Assistance

**\$1.8 million**

Combined value of donated and discounted prescriptions

**1,733**

People receiving blood pressure checks

**1,523**

People receiving cholesterol tests

**1,180**

Quit tobacco counseling sessions held

**2,819**

Larimer County residents responding to the 2013 Community Health Survey

**2,124**

People receiving mental health or substance abuse help from Mental Health Connections

**\$126,851**

Value of donated/discounted services by local therapists and psychiatrists through Mental Health Connections

**348,118**

"Hits" to provider pages on HealthInfoSource.com

**1,700**

Minimum number of people who received help finding new, reduced-cost insurance options from Larimer Health Connect

**\$1.1 million**

Raised in grants and donations for purposes such as expanding local dental care and helping people find and enroll in health insurance

# Health District OF NORTHERN LARIMER COUNTY

*2013 Annual Report*

## The Unsung Heroes

**“**A hero is somebody who is generous in spirit, who tries to give back as much as possible and who helps people...  
A hero to me is someone who really deeply cares.**”**

~ Debi Mazar



*In a world* where some people receive ongoing awards and a great deal of attention, it's easy for us to forget, or fail to notice, that health heroes are actually to be found all around us.

Think about a time when a health worker made a significant difference in your life. For me, it can be as simple as the nurse who came in on her day off to give me a needed treatment, or as powerful as the primary care physician who likely saved my life when she noticed a potentially deadly skin cancer. If you don't have examples in your own life, there are probably examples in the lives of your loved ones.

At the Health District, we find that there are unsung health heroes all around us, and they are making both simple and powerful differences in people's lives every day.

In our offices, we put out "Caught You Caring" cards and the people we serve often fill them out.

They applaud the Larimer Health Connect Health Cover-

age Guides for helping people navigate the health insurance changes 2013 brought forth; Mental Health Connections for providing resources to those dealing with mental health or substance abuse issues; the Family Dental Clinic staff who serve thousands of people every year who would not otherwise be able to afford dental care; and our cholesterol and blood pressure screening team for allowing people to identify and treat serious progressive illnesses—to name just a few.

Their words express immense gratitude for receiving life-changing care and regularly remind me that there are many, many unsung health heroes in our midst. As you go about your life, don't forget to look for the unsung health heroes around you—whether they save a life, give you back quality of life, reduce worry or make life a little easier—they change lives daily and we should be extraordinarily grateful for them!



*Carol Block*

Executive Director

## To the Family Dental Clinic team:



**“Thanks for literally changing my life! ”**

**“ Your sincere care and expert skills made me feel secure and at ease. ”**

**“ Thank you for helping me get my smile back. ”**

**“ The Family Dental Clinic ensures that each patient is completely comfortable and all of the staff are competent and timely. ”**

**“ It’s difficult for anyone to be in this position of needing help—I was treated with dignity and kindness. ”**

*- comments from "Caught You Caring" cards*

A **tight-knit team** that maintains high standards and holds one another accountable, each staff member at the Family Dental clinic recognizes that none of them could do their jobs without everyone else on the team doing theirs.

“I’ve seen our staff do everything from giving a child a high five for their good brushing habits to drying tears, reassuring frightened patients, relieving pain and giving people the best smile they’ve had in years,” says front office supervisor Kris Hemby.

The clinic provides sliding-fee dental services for Health District residents who meet financial guidelines or who are covered by Medicaid or Child Health Plan Plus (CHP+).

Patients love the fact that they can always count on being treated with the utmost dignity and respect. “We’re a family,” Hemby says. “It’s all about giving the patient the best care we can.”



A few members of the Family Dental Clinic team provide support for one another before the busy workday begins. From left; dentist Rob Gartland, dental hygienist Doris Ross, front office supervisor Kris Hemby, dental assistant supervisor Zoe Thomas, and dental hygienist Beverly Sleight.

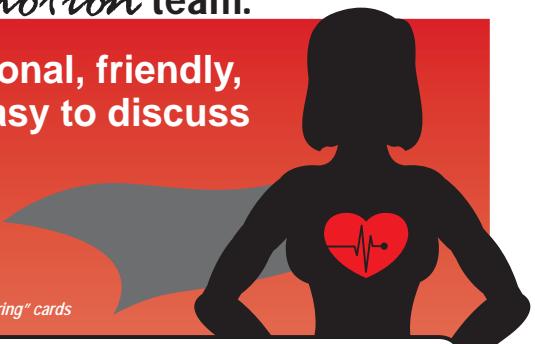
## To the Cardiovascular Health Promotion team:

**“ Thank you for being kind, caring and for keeping us healthy! ”**

**“ You were professional, friendly, informative and easy to discuss issues with. ”**

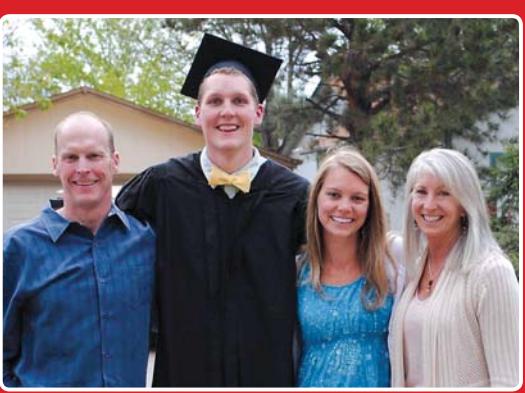
**“ Thank you for your knowledge and patient explanation of my test results. ”**

*- comments from "Caught You Caring" cards*



**Sean Nielsen**, a 21-year-old Health and Exercise Science major at CSU, and his classmate took advantage of a free Health District cholesterol screening after their professor encouraged everyone in their class to get tested. Nielsen's screening revealed very high blood sugar levels and led to a diagnosis of insulin-dependent, type 1 diabetes.

“At the time, I was completely shocked,” Nielsen says. “Then I started thinking back and it made absolute sense given how I was feeling...it allowed me to put two and two together.”



Sean Nielsen and family celebrate his recent graduation from CSU.

The Health District's screenings, regularly administered throughout the community by registered nurses Cheri Nichols and Julie Abramoff, measure total cholesterol, triglycerides, blood pressure and blood glucose levels and include a personalized consultation. “Though (Nielsen) was experiencing some symptoms, he didn’t have any idea that it could be serious,” Nichols says.

Nielsen proactively took the next steps of confirming the results with his doctor at CSU’s Hartshorn Health Center and was referred to University of Colorado Health’s endocrinologists and diabetes management education programs, where he learned to incorporate his treatment into his lifestyle.

“It’s still really new in my life and there’s a whole lot to learn—but I feel great now,” Nielsen, now 22, says. He recently celebrated his graduation from CSU with a mountain biking and rock climbing trip to Moab and is setting his sights on graduate school.

“Screenings are so important because they can identify previously undetected illnesses, allowing 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 we have this program.”

## To the Mental Health Connections team:



“Thank you for giving my wife and I information that fit our tough and complicated situation.”

“You have made such an enormous difference in my life.”

- comments from "Caught You Caring" cards

“Thank you for being compassionate, listening carefully and giving me some hope.”

“It's nice to know there is someone there who will listen and not judge me.”

**A partnership** of the Health District and Touchstone Health Partners, Mental Health Connections works with a variety of local resources to link people with affordable mental health or substance abuse care that fits their unique situation.

One behind-the-scenes hero helping to make it all possible is Emily Leetham, the team's administrative assistant. “Emily keeps everything organized and running smoothly, makes everyone's job easier, and is always there to answer program questions with patience and expertise,” says program coordinator Dee Colombini. “When someone needs something such as information, data or help of any sort, Emily finds a way to make it happen.”

One of the most rewarding aspects of Leetham's work is interacting with the pro bono providers in the community who provide low-cost counseling for clients. “I am always taken aback by their giving spirit and willingness to see clients at such a low cost,” Leetham says. “It's inspiring to talk with them and we are so grateful for their services.”

Mental Health Connections offers confidential, free services as well as counseling on a sliding-fee scale basis, and accepts walk-ins and weekday appointments. After-hours crisis help is always available by phone.



Emily Leetham, third from left, enjoys the company of a few of her inspiring coworkers in front of the Mental Health Connections building: mental health specialist Joan Cmar, who created the pro bono program, far left; mental health client advocate Megan Winick, second from left; and mental health specialist Yesim Saldivia, far right.

“I enjoy making sure our systems are working well in order for the mental health specialists to provide the best care they can,” Leetham says. “This team always goes above and beyond to serve clients and get them connected to resources.”

## To the Larimer Health Connect coverage guides:

“Insurance is a worry and it was great to have assistance.”

“Thank you for being an extraordinary guide—I never felt rushed through the maze of information.”

“After a few meetings and working through several problems, you were able to find insurance for my family—thank you for going the extra mile.”

- comments from "Caught You Caring" cards

**A cancer patient** on an insurance plan that was about to expire sought the help of Larimer Health Connect. She needed regular infusion therapy and couldn't afford a gap in coverage. After several meetings with Health Coverage Guide Benita Wilson, who helped her work through the various roadblocks that appeared during the application process, she was able to enroll in a Connect for Health Colorado plan she could afford that included her doctors, treatments and prescriptions.

Starting last October, Connect for Health Colorado began offering individuals, families and small employers a new online marketplace for health insurance and access to income-based financial assistance. A project of the

Health District, Larimer Health Connect was created to help local residents find quality, affordable health insurance.

“It's very rewarding for us to witness people feeling like they can finally go see a doctor and figure out what's been troubling them,” Wilson says. “It's also very rewarding to witness the ‘aha!’ moment that happens when a client truly understands their health benefits.”

The Larimer Health Connect team excelled during the first six months of open enrollment and is considered an exemplary program in Colorado. “This is due to the compassion the staff continually shows others, their

ability to keep a positive attitude no matter the circumstances and their tireless efforts to get people connected to health coverage,” says Karen Spink, coordinator of Larimer Health Connect. “The entire team is amazing.”



Larimer Health Connect staff from left; Karen Spink, Nichole Wilkins, Trudy Herman, Benita Wilson, Sarah Fritz, Jen Ramsey Williams, Emily Waddington, Ermalinda Muniz, Alison Dawson, Rosie Duran, Martha Soledad Vela Acosta, Julie Wenzel, Judy Gallagher, Matt Jenkins and Arvo Fallon.

# Health District

OF NORTHERN LARIMER COUNTY

120 Bristlecone Drive • Fort Collins, CO 80524  
(970) 224-5209 • fax (970) 221-7165 • [healthdistrict.org](http://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

A heartfelt "thank you" to the individuals, businesses and organizations that gave generously to the Health District in 2013. Our special programs included enrolling more families and children in insurance programs and improving access to dental care, especially for those with certain disabilities. We continue to seek community support for the Tooth Fairy Fund (helping adults afford dental care), for the efforts of the Dental Health Partnership of Larimer County and for the Mental Health and Substance Abuse Partnership. For information or to make a donation, contact Jim Becker at [jbecker@healthdistrict.org](mailto:jbecker@healthdistrict.org) or (970) 224-5209.

### Corporations and Foundations

Caring for Colorado Foundation  
Colorado Health Foundation  
Connect for Health Colorado  
The Colorado Trust  
Fort Collins Cycling Club  
Henry Schein Cares Foundation  
Kaiser Permanente Fund  
King Soopers  
OlterBox  
Owen Orthodontics

### Sponsors and Partners — [HealthInfoSource.com](http://HealthInfoSource.com)

Associates in Family Medicine  
Centers for Gastroenterology  
Columbine Health Systems  
Eye Center of Northern Colorado  
Larimer County Department of Health and Environment  
Pathways Hospice

The Women's Clinic of Northern Colorado  
Total Vein Care  
Touchstone Health Partners

### Individuals

Bernard Birnbaum, M.D.  
Chris Dodge  
Marc Friedland  
Joe Hendrickson  
Ray Jenkins  
Celeste Kling  
Rose Luna  
Susan and Mike Moriarty  
Tim O'Neill  
James Sands  
Gerald Steen  
Richard Thompson  
Steven Thorson, M.D.

### Ongoing Project Partners

Centers for Disease Control and Prevention  
City of Fort Collins  
Colo. Department of Health Care Policy and Financing  
Colo. Department of Public Health and Environment  
Colo. State Internet Portal Authority  
Colorado State University  
Foothills Gateway  
Fort Collins Housing Authority  
Fort Collins Police Department  
Homeward 2020

Larimer County Criminal Justice Plan  
Larimer County Dental Society  
Larimer County Dept. of Health and Environment  
Larimer County District Attorney's Office  
Larimer County Health and Human Services  
Larimer County Office on Aging  
North Colorado Health Alliance  
Poudre School District  
Poudre Valley Hospital Foundation  
Project Smile

Thompson School District  
Touchstone Health Partners  
United Way of Larimer County

## board of directors

The Health District is governed by a publicly elected board of directors. Directors for 2013 were:

**Celeste Kling**  
President

**Bernard Birnbaum, M.D.**  
Vice President

**Timothy O'Neill**  
Secretary

**Steven Thorson, M.D.**  
Treasurer

**Joe Hendrickson**  
Liaison to PVHS Board

## programs

### Mental Health Connections

mental health and substance abuse services  
525 W. Oak Street  
(970) 221-5551

**Family Dental Clinic**  
202 Bristlecone Drive  
(970) 416-5331

**Dental Connections**  
202 Bristlecone Drive  
(970) 493-3366

**Health Promotion**  
Step Free from Tobacco; cholesterol  
and blood pressure testing  
(970) 224-5209

### Community Impact Team

Mental Health and Substance Abuse Partnership; Dental Health  
Partnership of Larimer County; policy tracking and advocacy;  
resource development  
(970) 224-5209

**Integrated Primary Care/Mental Health Program**  
(970) 224-5209

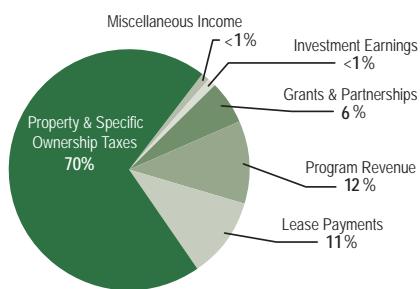
**Prescription Assistance**  
(970) 416-6519

**HealthInfoSource.com**  
A comprehensive guide to local health information

**Larimer Health Connect**  
Connect for Health Colorado and CHP+/Medicaid Outreach  
(970) 472-0444

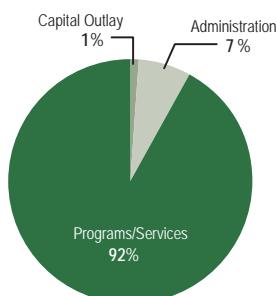
### 2013 revenues, total

\$7,916,458



### 2013 expenditures, total

\$7,357,855



### 2013 expenditures, by program

\$6,807,892

