

our services by the numbers

4,372

Patients served by our Dental Services
(in 11,960 visits)

1,717

People receiving blood pressure checks

1,562

People receiving cholesterol tests

1,419

Step Free from Tobacco counseling
sessions held (for 193 new clients)

2,527

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

\$31,168

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

2,137

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

11,433

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

\$387,308

Value of grants received for dental and
mental health care, or to help people
enroll in health insurance

Health District

OF NORTHERN LARIMER COUNTY

2015 Annual Report



We all need a little help at some point in our lives.

Do you remember experiencing that gripping sense of anxiety that takes hold when you suddenly realize that you (or someone who relies on you) have a significant health problem that you can't handle on your own—and you have no idea where to turn? And then...the enormous feeling of relief when you are connected to someone who can help?

Getting people connected to the health services they need is a big part of what the Health District does to help improve the health of our community. Honestly, one of the things that means the very most to our staff is when we hear that sense of relief in the voices of people who thank us after we have given them neutral assistance in connecting to the services that might work best for their own particular needs.

One of our biggest goals is to help link people to affordable options, whenever possible, for health insurance, dental care, mental health and substance use assessments and services, prescription assistance, and primary care for those with particular cardiovascular risks. In 2015, we either provided health services, or linked people to other critical health services, for about 11,500 people.

Although connections for individuals and families are vitally important, equally important are connections

between community groups in order to make greatly needed long-term changes in health services in northern Larimer County. For example, last year we worked with community partners on an extensive project to determine what critical mental health and substance use services exist in our community, which are missing, and the scope of what is still needed. The work led to a special report titled "Recommendations for the Development of Critical Behavioral Health Services in Larimer County," which can be reviewed at healthdistrict.org/critical-behavioral-health-services-report.

Whether we are working to connect individuals to services, or to connect organizations to make critically needed long-term changes, or just to connect data to decisions, connections are vitally important and make big differences in the health of our community. In this annual report, we highlight just a few of the important connections we are involved in daily.



Carol Block
Executive Director



Smiles all around

Dental Services programs connect families to affordable care

Chris Cerrigone's life took an unexpected turn when his son, who is a young adult with severe autism, moved back in with him. Cerrigone had to cut his work hours to care for Zachary, which meant losing his employer-provided health and dental insurance.

Getting Zach, now 23, back on track physically and emotionally was his top priority. Zach needed a cracked tooth fixed and was behind on dental cleanings, and Chris knew he couldn't cover the tab.

A counselor at Foothills Gateway referred them to the Health District, where they learned about the General Anesthesia Program (GAP) that the Health District coordinates with the help of local dentists and the Harmony Surgery Center. "Zach had trouble sitting still for dentists at an early age, so he needs to be asleep for even routine care," Chris says. "A GAP dentist did a tooth extraction and fillings over two appointments, and it all went super-smooth."

Since Colorado expanded Medicaid routine dental benefits to adults, Zach's care was completely covered by Medicaid. The Health District encourages new patients

like the Cerrigones to call Dental Connections for help at (970) 493-3366.

Connecting residents who have dental issues to locally available, affordable dental care is a big priority of the Health District. "Our Dental Services programs provide multiple avenues for residents with low income to receive reliable care," says Sarah Tilleman, Dental Services director.

"The Family Dental Clinic provides direct care to patients of all ages whether they are covered by Medicaid, CHP+ or are without dental insurance. Dental Connections matches individuals who don't have Medicaid or other dental insurance with local dentists who offer clients very low-cost dental services."

In fact, Chris, like many parents, had been putting off issues with his own teeth while he focused on his son's needs. The Health



Like father, like son: Zachary and Chris Cerrigone both received care through the Dental Connections program.

District was able to hook him up with a local dental provider to complete the work at a price he could afford.

"Now I feel terrific," Chris says with a big grin.

Need help? Call the Family Dental Clinic at (970) 416-5331 or Dental Connections at (970) 493-3366.

A measure of success

Research and Evaluation Team a leader in local health data collection, analysis

Look around the next time you walk down the street. Can you guess how many people you pass are without health insurance coverage? Who is skipping dental care due to lack of funds? Which person has a higher risk of death because of untreated cardiovascular disease? For more than 20 years, the Health District has sought the answers to these and similar questions that can reveal opportunities for enhancing the health of the community.

The Health District's Research and Evaluation Team is a recognized leader in collecting and analyzing demographic and health data in northern Larimer County. The information it gathers guides the Health District as it develops programs aimed at addressing unmet health needs and closing gaps in services. Its best known work is probably the detailed Community Health Survey sent to a random sample of county residents every three years. Monitoring the effectiveness

of Health District programs, though, is a year-round job for the team.

help make sure Health District programs reach their intended outcomes," says Molly Gutilla, evaluation and data specialist for the Health District.

In addition to connecting data to Health District decisions, the team often gathers information that aids other community organizations working to improve health locally. The team routinely fulfills specialized data requests from UCHealth, Colorado State University, Poudre School District, the City of Fort Collins, Colorado Health Institute and other researchers.

"The only way to show the incredible needs in Fort Collins is with the good local data on demographics that the Health District provides through the Community Health Survey," says Deirdre Sullivan, program supervisor for CanDo (Coalition for Activity and Nutrition to Defeat Obesity) and Vida Sana at UCHealth Community Health Improvement, and a Health District board member.

That's welcome feedback as the team gears up for its next Community Health Survey, which hits mailboxes this fall.



The Health District's Evaluation Team: Katherine Chu, Sue Hewitt, Molly Gutilla, Tim Ryan, Brooke Breffolo, Bruce Cooper and Robin Fetterman.

of Health District programs, though, is a year-round job for the team.

In 2015, Research and Evaluation compiled and analyzed results from more than 1,000 surveys of Health District clients. "You design a program to have an impact, but if you don't evaluate it, how do you know it is working? We

Larimer Health Connect

A partner on the path to health insurance coverage

Business executive Teresa Roche never had to worry about health insurance until she stepped off the corporate ladder and found herself stumbling to find the right health coverage for her family.

When Roche, now a consultant, learned that she would have to go through the open market to buy insurance, she set up an account through the Connect for Health Colorado website, but a computer glitch temporarily stopped her progress. While waiting for it to be fixed, she compared the five plans offered by her former insurer. "I made several calls but everyone was telling me something different," she says.

Roche eventually found her way to Larimer Health Connect Health Coverage Specialists Julie Wenzel and Devin Kepler. "I realized these people at LHC are neutral, and they are here to help me find my plan," she says. "Devin treated me as a partner. He went through the website with me until I narrowed down my choices."

In the end, her family got the medical coverage they needed. Kepler and his team help many customers in the Roches' situation.

A project of the Health District, Larimer Health Connect provides free, in-person assistance at several Larimer County locations. Staff offer information and enrollment help for Medicaid and Child Health Plan Plus (CHP+), as well as for private Connect for Health Colorado Marketplace plans that offer financial assistance to reduce the cost of health insurance. During 2015, Larimer Health Connect staff served over 2,137 people in person, over the phone or via email and assisted with at least 1,749 people who enrolled in health insurance coverage.

"Our intent is to help people understand their health insurance options so they can make good decisions about the right choice for them," Kepler says.

"I didn't realize our county has this amazing resource that everyone can use," Roche says. "Larimer Health Connect made me feel like I mattered."

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 for more information.



Larimer Health Connect Certified Health Coverage Guide Devin Kepler and client Teresa Roche compare health insurance plans available on the Connect for Health Colorado Marketplace website. Contact Larimer Health Connect at (970) 472-0444 or go to larimerhealthconnect.org.

Guidance through the struggle

Mental Health Connections helps find the right care

Jennifer (not her real name) was overwhelmed by depression and the stress of working two jobs. She was between insurance plans and didn't know where to go until her primary care doctor referred her to Mental Health Connections.

After a few counseling sessions with Tasha Steinbach, LCSW, at Connections, the young woman gained some perspective and learned how to ask for help when she got stressed out. "I felt like Tasha really listened to me, really heard me out," Jennifer says. "She didn't try to tell me what I should do. I appreciated that she helped me to find solutions that are right for me when I struggle."

Mental Health Connections is a partnership between the Health District and SummitStone Health Partners. The program offers telephone and face-to-face screening for routine, urgent and emergency requests, and maintains a community database for referral to therapy services. The staff makes direct referrals to SummitStone and to local clinicians providing affordable services.

In Jennifer's case, she received brief counseling with Steinbach and care coordination until her new insurance kicked in. Then a Connections specialist helped her select a therapist in the community she felt comfortable with, and followed up with them a few weeks later to ensure it was going smoothly.

"We were able to provide Jennifer 'in the moment support' when it was needed most, and offer resources at the appropriate time," Steinbach says.

Jennifer notes that addressing her feelings of isolation has made a big impact on herself, her friends and co-workers.

"I've learned different ways to handle my stress, and I'm able to think things through and look at the big picture," Jennifer says. "Now when I'm feeling overwhelmed, I voice that and it helps those around me understand how to help and support me."

Mental Health Connections sees clients Monday-Friday between 8 a.m. and 5 p.m. at their office inside SummitStone Health Partners at 525 W. Oak St. Phone help is also available 24 hours at (970) 221-5551, or visit healthinfosource.com for an online listing of local mental health services and other resources.



Mental Health Connections staff stand ready to help (pictured at an outdoor team-building retreat). Back row – Tasha Steinbach, Emily Leetham, Kristen Cochran-Ward, Yesim Saldivia, Marybeth Rigall-Oller, Megan Winick. Front row – Paula Daniels, Caroline Schumacher, Susan Jacobs, Michelle Clark, Lindsay VanZant, Elizabeth Sutphin.

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

A heartfelt "thank you" to the individuals, businesses and organizations that gave generously to the Health District in 2015. 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 make dental care affordable for those in need), 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 Resource Development Coordinator Jessica Shannon at jshannon@healthdistrict.org or (970) 224-5209.

Corporations and Foundations

Caring for Colorado Foundation
Colorado Health Foundation
Connect for Health Colorado
Fort Collins Lions Club
Henry Schein Cares Foundation
Kaiser Permanente Fund
King Soopers
OtterBox
Owen Orthodontics

Sponsors and Partners of 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
SummitStone Health Partners

Individuals

Bernard Birnbaum, M.D.
Ray Jenkins
Celeste Kling
Steven Thorson, M.D.
Nancy Girardi
William Dostal

Ongoing Project Partners

Associates in Family Medicine Centers for Disease Control and Prevention City of Fort Collins Colorado Department of Health Care Policy and Financing Colorado Department of Public Health and Environment Colorado Health Medical Group Colorado State University Denver Foundation	Family Medicine Center Foothills Gateway Fort Collins Housing Authority Fort Collins Police Department Fort Collins Senior Center Front Range Community College Homeward 2020 Larimer County Dental Society Larimer County Department of Health and Environment	Larimer County Department 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 Mountain Crest Behavioral Healthcare North Range Behavioral Health Poudre School District	Rocky Mountain Family Physicians Salud Family Health and Dental Centers Spirit of Joy Lutheran Church State of Colorado SummitStone Health Partners Thompson School District University of Colorado Health Weld County Department of Public Health and Environment
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board of directors

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

Board of Directors (2015): Current Board of Directors (2016):

Bernard Birnbaum, M.D. President	Michael D. Liggett President
Tess Heffernan Vice President	Tracy Nelson Vice President
Steven Thorson, M.D. Liaison to PVHS Board	Tess Heffernan Liaison to PVHS Board
Michael D. Liggett Secretary	Deirdre Sullivan Secretary
Tracy Nelson Treasurer	Faraz Naqvi, M.D. Treasurer

programs

Dental Connections

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

Family Dental Clinic

Affordable dental care for children and adults
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 Health Connect

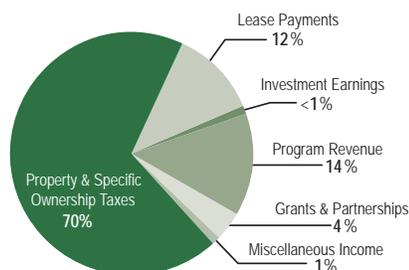
Connect for Health Colorado and CHP+/Medicaid Outreach; prescription assistance
144 N. Mason Street, Unit 7
(970) 472-0444

Mental Health Connections

Mental health and substance abuse resources
525 W. Oak Street
(970) 221-5551

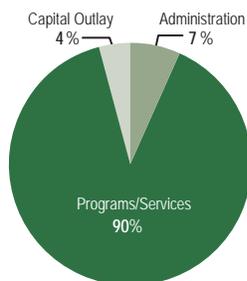
2015 revenues, total

\$8,388,393



2015 expenditures, total

\$8,450,578



2015 expenditures, by program

\$7,565,470

