Warm greetings to the residents of northern Larimer County in these challenging times. As we experience 2020—a year unlike any other—each of us has had to adjust our lives. Likewise, though this Annual Report usually focuses on the year behind us, this year it’s different. We are incorporating some key accomplishments of the past, while also addressing the present.

Maintaining one’s health, it turns out, is not an easy thing to do alone. Though we often move through life not consciously realizing it, our health very often relies on other people. It is in partnership with others that we have the best chance of achieving our greatest health.

In 2019, Health District programs partnered directly with thousands of people. We worked with some to help uncover more affordable ways to secure both prescriptions and health insurance. We partnered with others to help them achieve customized dental care plans and advance care directives.

Partnering with other organizations expands impact. We place mental health and substance use professionals directly into our two local primary care safety net clinics, Salud Family Health Centers and UCHealth’s Family Medicine Center. And our Community Impact Team works with multiple organizations and consumers to build community knowledge of recent information to significantly reduce addiction in our community.

This year, as 2020 revealed the COVID-19 pandemic, working in partnership took on an even greater importance. Seeking to help fill the most critical gaps in health interventions as COVID took hold, the Health District was humbled to enter into a rapid, exhausting, effective partnership with providers of services to those experiencing homelessness.

Since it is impossible to ‘stay at home’ when you don’t have a home, our partnership helps prevent the spread of the disease by facilitating health screenings, hand washing, social distancing, and a place for isolation and recovery for those who become ill or need to quarantine.

At the same time, the emotional strains of life disruption, economic trials, and uncertainty grew. Our Connections mental health and substance use program became the COVID-19 emotional warm line, giving hope and help to anyone who is feeling overwhelmed and in need of emotional support or connection to resources.

In an era where we are living with an ever-present virus that is more contagious and deadly than most, the lives of each one of us depends largely on what others do. In the absence of a vaccine or cure, masks and social distancing (at least 6 feet!) are critically important ways we can partner to protect each other.

As of this writing, the families of 130,000 Americans and over 1,550 Coloradans have lost loved ones to COVID-19—a toll that will have grown by the time you are reading this. Hundreds of thousands more have experienced serious health challenges.

So many people are stepping up to help one another with their health, in so many ways. COVID-19 is real, it is still with us, and it remains an extreme risk to everyone’s health. Please—partner with us in preventing its spread!
Dental Clinic renews focus on preventive care

Dana Turner has three words for patients who haven’t been back to the Family Dental Clinic in a while: “We miss you.”

That was true in 2019, and it’s especially true in 2020.

Turner is director of the Health District’s dental services, which are anchored by the 12-chair Family Dental Clinic in north Fort Collins.

The Family Dental Clinic provides free and low-cost dental care to residents of northern Larimer County who meet income guidelines and do not have commercial dental insurance. It offers low sliding fees to those who qualify and also accepts coverage by Health First Colorado (Medicaid) and Child Health Plan Plus (CHP+).

In 2019, the clinic saw 3,458 patients. It also made a special effort to reach out to patients who had not come in recently for routine preventive care or to complete needed treatment. And there was a renewed focus on dental hygiene, increasing staffing to allow for more and more flexible appointments.

“Dental hygiene is the foundation of the Family Dental Clinic,” says Turner. “Effective care for the patient begins there.”

One person who didn’t need to be reminded of the importance of routine preventive care is Ann Leffler.

“I have all of my teeth, and I’m trying to keep them. The Family Dental Clinic is helping me do it,” the 80-year-old Fort Collins resident says. She comes in for regular cleanings to maintain her oral health and address problems early, paying on the clinic’s sliding-fee scale, as well as receiving assistance from state senior dental grant funds, which the Family Dental Clinic had greater access to in 2019.

“They make sure I’m comfortable with my payments and comfortable in the dental chair,” Leffler says.

Furthing its outreach to new patients in 2019, the dental clinic also received grant funding from Delta Dental of Colorado Foundation to help those who cannot afford necessary specialty care.

But outreach to new and existing patients had to pause briefly in 2020 when COVID-19 hit northern Colorado. The dental clinic was forced to limit service to emergency cases, deferring patients who had routine needs.

Now the Family Dental Clinic has slowly reopened along with the rest of the community, and Turner and the dental clinic staff are once again eager to see familiar faces in their dental chairs. “Come on back; we’ve missed you!”

Integrated Care Team focuses on ‘whole person’ medicine

“I find integrated care to be incredibly meaningful work,” Rodriguez says. “For example, if a person comes to their doctor complaining of stomach aches, they will often have anxiety or other mental health issues that also need to be treated. We can help them with tools to address that.”

The partnership provides a level of trust for patients who already have a relationship with their primary care doctor. The physician introduces a mental health specialist to the patient to answer questions or help with addressing behavioral health concerns. This immediate connection removes the weeks-long wait time to get an appointment and patients get care in a place where they already feel comfortable.

In 2019, the Integrated Care Team served 1,513 clients, provided 422 psychiatric assessments, and made 3,880 behavioral health contacts with patients across the two clinics.

When the COVID-19 pandemic hit earlier this year and facilities were closed, team members switched to telehealth. “It was an adjustment as a provider to do a behavioral health assessment without seeing the person’s face, not to mention developing trust over the phone, but my patients tell me they value it,” Rodriguez says.

Doctors are referring a steady stream of patients struggling with mental health issues during the ongoing crisis, says Lisa Bolander, a team behavioral health provider at Salud. “Depression and anxiety are running high right now, and many people who were already dealing with anxiety are now isolated from their support network. We’re here to help.”

The current plan at both locations is to mainly continue with remote behavioral health appointments while slowly—and safely—bringing back more providers to help patients requiring in-person care, subject to any changes in public health orders.
Help with prescription costs is a call away

Prescription assistance

How will I ever afford my medicine? That’s what many people think when faced with overwhelming prescription drug costs.

But hold on, says Ann Martin of the Health District’s Prescription Assistance service— you might have some options.

“There are lot of tools in our toolbox, and that toolbox keeps growing,” says Martin, a Health Coverage Specialist at the Health District who has been helping local residents obtain their medications for 21 years. Martin now enlists a variety of strategies—from drug discount cards, to pharmaceutical company assistance programs—to lower people’s prescription costs.

Prescription Assistance is a service of the Health District that helps people find medications at lower or even no cost. It is part of the Larimer Health Connect program, which helps individuals and families find health coverage that meets their budget and needs. Last year, Prescription Assistance helped 156 people.

Although new health coverage options have given many Coloradans better access to prescriptions drugs, high costs can remain a stubborn stumbling block for some. In the most recent Community Health Survey, nearly one in 10 residents still reported difficulty affording their prescriptions.

One of those people was Teresa Hagemeier, a Fort Collins resident who lacked health insurance and struggled to afford several expensive medications vital for her health.

“I was raised to work hard and to take care of your bills,” says Hagemeier. “But I realized this was not something I could manage. There was no shame in accepting help.”

As is the case with many of her clients, Martin found a short-term solution for Hagemeier—vouchers to cover the costly drugs—while she worked on a long-term plan. Eventually Martin’s colleagues helped Hagemeier enroll in Health First Colorado (Medicaid), which now covers all of her prescriptions.

“I felt very grateful that the program was there when I needed it,” Hagemeier says.

Although Martin delights in meeting personally with clients, COVID-19 means a temporary switch to telephone calls and the U.S. mail. Regardless, Martin still is able to do what she does best—give hope to those who had practically given up.

“Whether you are insured or uninsured, there could be options out there that save you money,” says Martin. “Do yourself a favor and find out what your options are.”

Call 970-416-6519 for more information.

Larimer Health Connect helps make sense of health insurance

Working with community partners to expand services, the Larimer Health Connect (LHC) program is providing new ways to help people find the right health insurance coverage that fits their budget.

The LHC team’s Certified Health Coverage Guides answer questions, explain financial assistance, and help residents enroll in insurance plans available through the Connect for Health Colorado Marketplace. They also assist clients in determining if they qualify for Health First Colorado (Colorado’s Medicaid Program) or Child Health Plan Plus (CHP+), the state’s public health insurance programs. Larimer Health Connect is a free service for all Larimer County residents and open-year round.

Open enrollment for the Marketplace begins in November and continues through mid-January. Outside of open enrollment, people can still enroll in health coverage through a Special Enrollment Period if they experience a life change event, such as a job loss, loss of health coverage, marriage, or the birth or adoption of a child. During this time, they have 60-days to search for and enroll in health insurance. Medicaid and CHP+ enrollment is open year-round for those who qualify.

In 2019, LHC served over 2,200 households and helped enroll at least 1,655 people in health insurance coverage. A new public service was added last year to provide health insurance education at area libraries. “We partnered with library staff to have a Health Coverage Guide on site to explain insurance terms and answer questions from the public at several walk-up events,” says Rosie Duran, Larimer Health Connect team supervisor.

This year help looks a little different due to COVID-19 concerns. Guides are currently holding virtual appointments by phone or Zoom video. Some in-person slots are available for those without computer or internet access.

Remote appointments will continue to be offered indefinitely for those who prefer to stay home or have transportation issues.

Living in the midst of a global pandemic makes insurance coverage more important than ever, Duran says. “One trip to the emergency room can cost thousands of dollars. You just never know, and it’s better to be prepared and have that peace of mind during a stressful time.”

See page 8 for more information on current services. To schedule an appointment, call 970-472-0444 or visit larimerhealthconnect.org.

Affordable health insurance

Health Coverage Specialist Mylinh Han works in her home office, where she holds virtual appointments for Larimer Health Connect clients seeking health insurance during the COVID-19 pandemic.
Improving the health of our community requires steadfast partnerships centered on a commitment to helping others. It’s with gratitude that we recognize the individuals, businesses, foundations, and organizations that support our mission. Together, we have touched the lives of over 13,300 individuals as we:

- Enrolled more families and children in health insurance programs
- Ensured critical access to dental services for individuals with low incomes or disabilities
- Helped children, adolescents, families, and adults to find answers, options, and support for mental health and substance use issues
- Helped to transform beliefs and culture around substance use issues in our community to improve treatment practices and outcomes
- Helped individuals understand health-care options to complete and share their advance care directives with medical providers and their loved ones
- Aided people in quitting tobacco use
- Provided cholesterol, blood pressure, and glucose screening and education
- Helped people with limited incomes to fill their prescriptions

### Ongoing Project Partners

| Associates in Family Medicine | Fort Collins Police Services
| Bereath Life Center | Fort Collins Senior Center
| Centers for Disease Control and Prevention | Front Range Clinic
| Childen Senior Center | Front Range Community College
| City of Fort Collins | Homeland 2020
| City of Loveland | Housing Catalyst
| Colorado Consortium for Prescription Drug Abuse Prevention | La Familia
| Colorado Dept. of Health Care Policy and Financing | Larimer County Dept. of Health and Environment
| Colorado Dept. of Health and Environment | Larimer County Dept. of Human Services
| Colorado Health Medical Group | Larimer County Dept. of Justice Services
| Colorado Institute | Larimer County Office on Aging
| Colorado Opioid Synergy - Larimer & Weld | Larimer County Sheriff’s Office
| Colorado School of Public Health | Leap Coalition
| Colorado State University (CSU) | Loveland Life Center
| CSU Franklin A. Graybill Statistics and Data Science Laboratory Services | Mental Health and Substance Use Alliance of Larimer County
| CSU Kendall Reagon Nutrition Center | Mosaic
| CSU Health Network | Mountain Crest Behavioral Health Center
| DentaQuest | NoCoCen
| Dentxiks Library | North Range Behavioral Health
| Farmers Bank | North Colorado Health Alliance
| Fort Collins Lions Club Foundation | Northern Colorado Health Network
| Good Day Pharmacy | Otero Corporation
| Home Instead Senior Care | Poule River Public Library District
| The Human Bean | Rocky Mountain Family Physicians
| NextFifty Initiative | Rocky Mountain Health Plans
| Robert Wood Johnson Foundation | Saal Family Health and Dental Centers
| Signarama | Sharing the Care Campaign of Northern Colorado
| Woodward Charitable Trust | Spirit of Joy Church
| Ault Rental | SummitStone Health Partners

### Businesses & Foundations

- Ault Rental
- Colorado Dept. of Public Health and Environment
- Colorado Health Foundation
- Colorado Health Institute
- Connect for Health Colorado
- Delta Dental of Colorado Foundation
- Denver Foundation
- Farmers Bank
- Fort Collins Lions Club Foundation
- Good Day Pharmacy
- Home Instead Senior Care
- The Human Bean
- NextFifty Initiative
- Robert Wood Johnson Foundation
- Signarama
- Woodward Charitable Trust
- Estes Park Library
- Foxtails Gateway

### Programs

#### 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.

#### Family Dental Clinic
Dental services for adults and children

#### HealthInfoSource.com
Your comprehensive source for mental health and substance use services in Larimer County

#### Heart Health Promotion
Nurse screening and consultation for cholesterol, blood pressure, and glucose. The Improving Blood Pressure Program offers sessions with an RN to learn self-monitoring techniques and help to discuss results with a medical provider.

#### Integrated Primary Care/Mental Health Program
Providing behavioral health care in safety net clinics

#### Larimer Advance Care Planning Team
Free assistance and support to help people complete and share their advance care directives

#### Larimer Health Connect
Helping people find the best options for health insurance to meet their family’s health needs and budget; prescription assistance

#### Quit Tobacco Program
Support and resources to quit smoking, vaping, and/or chewing with the help of certified Tobacco Treatment Specialists

### 2019 Revenues, Total

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<th>Category</th>
<th>Amount</th>
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<tbody>
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<td>Capital Outlay</td>
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<td>Administration</td>
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<td>Property &amp; Specific Ownership Taxes</td>
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<td>Program Revenue</td>
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<td>Grants &amp; Partnerships</td>
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<td>Other Revenue</td>
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### 2019 Expenditures, Total

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<tr>
<td><strong>Total</strong></td>
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### Ongoing Project Partners

- Associates in Family Medicine
- Fort Collins Police Services
- Bereath Life Center
- Fort Collins Senior Center
- Centers for Disease Control and Prevention
- Front Range Clinic
- Childen Senior Center
- Front Range Community College
- City of Fort Collins
- Homeland 2020
- City of Loveland
- Housing Catalyst
- Colorado Consortium for Prescription Drug Abuse Prevention
- Larimer County Dept. of Health and Environment
- CSU Franklin A. Graybill Statistics and Data Science Laboratory Services
- CSU Kendall Reagon Nutrition Center
- Mosaic
- Mountain Crest Behavioral Health Center
- NoCoCen
- North Range Behavioral Health
- North Colorado Health Alliance
- Northern Colorado Health Network
- Otero Corporation
- Poule River Public Library District
- Rocky Mountain Family Physicians
- Rocky Mountain Health Plans
- Saal Family Health and Dental Centers
- Sharing the Care Campaign of Northern Colorado
- Spirit of Joy Church
- SummitStone Health Partners
- UCHH
- UCHH Aspen Club
- UCHH Healthy Hearts Program
- UCHH Medical Group
- UCHH Palliative Care
- UCHH Pulmonary Rehabilitation
- UCHH Retail and Outpatient Pharmacy Services
- University of Colorado School of Public Affairs
- University of Colorado School of Public Health
- Weld County Dept. of Public Health and Environment

### Health District 2019 Annual Report

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.