O
n a chilly Saturday night, the Fort Collins police respond to a home where a man hit his girlfriend several times and is now barricaded in a car threatening to harm himself. Rather than force him out, mental health specialist Stephanie Booco stands by the car window calmly talking to the man. Eventually, he steps outside and cooperates with officers.

A situation that could have led to violence and injuries instead ended in everyone leaving the scene safely. That is one of the main goals of the Fort Collins Police Services Mental Health Response Team (MHRT), which matches UCHealth crisis-trained clinicians like Booco with police officers to answer emergency and non-emergency calls where someone may be suicidal, behaving erratically, or a victim in need of support. They are often on the scene of domestic violence, harassment due to paranoia or delusions, substance use, a disturbed youth, or a person struggling with homelessness.

“Police interact with people in our community who have extreme needs,” Booco says. “In the co-responder model, clinicians work in tandem with officers to de-escalate situations and calm people down. In fact, 95 percent of our calls are stabilized in place—no transport to jail or the hospital for psychiatric care is needed.”

Booco, a licensed mental health and addiction counselor, is the program supervisor for the UCHealth Co-responder Program. The goals of a co-responder program are to:

• Increase on-scene safety for all involved
• Route citizens to the most appropriate level of care/connect to resources
• Avoid unnecessary referrals to hospital emergency rooms
• Reduce incarceration-related crimes secondary to mental illness
• Provide follow-up care coordination to ensure access to care
• Create a culture of police-mental health collaboration focusing on community need

The mental health co-responder model is being adopted in many communities in northern Colorado—and across the country—to address a growing mental health crisis amplified by the COVID-19 pandemic and a lack of adequate mental health and substance use resources. In 2020, the National Alliance on Mental Illness (NAMI) reported 1 in 5 U.S. residents will experience mental illness in any given year.

continued on page 6
The quickest way to healthier eating starts with reading labels. You might be surprised how it changes what foods you buy and how much of them you consume. Remember the potato chip company that boasted, “No one can eat just one!”? Once you know the fat, salt, and calorie content—and become aware that an actual serving is just one ounce—you might think twice before munching half a bag while watching TV.

The Food and Drug Administration’s updated “Nutrition Facts” label makes that information easier to digest.

It starts with serving size, number of servings per container, and the calorie count per serving in large, bold print. It’s an important number since maintaining a healthy weight includes balancing calories consumed and calories burned.

In each nutrient category, aim to meet—but not exceed—100 percent of the daily value. The notable exception is fiber; reaching 100% DV is the minimum your body needs each day. More is better! For this reason, “total carbohydrates” is divided to show fiber, natural sugar, and added sugar separately.

Notice, too, that no daily value is listed for trans fats, which can contribute to a host of health issues. Also, pay attention to the daily value for sodium in processed foods. It’s easy to overdo salt, which can contribute to a host of health issues.

So, before you put a product in your grocery cart, take a moment to scan the “Nutrition Facts” label and review the list of ingredients. You may make healthier choices as a result.

To learn more, go to fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label. 

CONSIDER THIS:

Make a Trade-Off - Daily values are useful for comparing foods and making trade-offs. For example, if you eat something high in saturated fat (like a cheeseburger) for lunch, you can balance that by choosing something low in saturated fat (say, a spinach salad) for supper.

Vitamins and minerals are listed in micrograms and milligrams, and as percentage of daily value.

<Table>

<table>
<thead>
<tr>
<th>Nutriment</th>
<th>Per serving</th>
<th>Per container</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
<td>330</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5g</td>
<td>1g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0g</td>
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<tr>
<td>Trans-Fat</td>
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<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0mg</td>
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<tr>
<td>Sodium</td>
<td>400mg</td>
<td>1200mg</td>
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<tr>
<td>Total Carb.</td>
<td>23g</td>
<td>66g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>6g</td>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Incl. Added Sugars</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td>9g</td>
</tr>
</tbody>
</table>

%DV

Vitamin D: 100mcg, Calcium: 10mg, Iron: 1.2mg, Potassium: 40mg. 

The next section specifies the amount of fat, cholesterol, sodium, carbohydrates, and protein in a serving. Saturated fat and trans fats are listed as subcategories, as are fiber and sugars. Quantities are in grams, but more useful is % DV, which stands for the “percentage of the daily value” for each nutrient in a serving. It’s a handy measure of whether a food contributes a lot—or a little—to the body’s overall dietary needs.
Voters in this election will elect three directors for a three-year term and one director for a one-year term on the Health District board.

Voting in the May 3 election will take place 7 a.m.–7 p.m. at two polling places (Health District offices, 120 Bristlecone Dr., and Spirit of Joy Lutheran Church, 4501 S. Lemay Ave.) or by absentee mail ballot. An Application for Absentee Ballot is included on this page or is available online at healthdistrict.org/2022-board-election.

For more information on the Health District board of directors election, visit healthdistrict.org/2022-board-election, or contact Chris Sheafor, designated election official, at 970-224-5209.

To vote in this election, a person must be an eligible elector in the Health District, someone who is:

- Registered to vote in Colorado; and
- A resident of the district or someone who owns, or whose spouse or civil union partner owns, taxable real or personal property within the district, regardless of whether he or she lives in the district.

Because Special District election regulations are different than other elections, those who have not previously requested to be on the Health District’s permanent absentee voter list will not automatically receive a ballot in the mail, even if they normally vote by mail in all other local elections.

If you want to vote by mail you must use an absentee ballot, even if you plan to be in town during the election. This is the only way to vote by mail.

If you voted by mail in a previous Health District board of directors election, AND you requested to be on the permanent absentee voter list, the Health District will automatically send you a ballot for this and all future board elections.

If you are not already on the permanent absentee list and want to vote by mail, you will need to request a ballot by completing and submitting an Application for Absentee Ballot. If you don’t have access to a computer and need another absentee ballot application, call 970-224-5209.

APPLICATION FOR ABSENTEE BALLOT

**IMPORTANT!**

- Application must be filed by the close of business on Tuesday, April 26, 2022.
- Absentee ballot must be received by Election Judge or Designated Election Official by 7:00 p.m. on Election Day, Tuesday, May 3, 2022, to be counted.

Applications may be mailed to: Health District of Northern Larimer County, ATTN: Designated Election Official, 120 Bristlecone Drive, Fort Collins, CO, 80524; faxed to 970-530-1705; or emailed (as a scanned attachment) to kfagan@healthdistrict.org.

TO: Designated Election Official

Health District of Northern Larimer County (“District”):

I, ___________________________________________, am requesting an absentee ballot on behalf of (select one):

- myself, whose date of birth is ________________, ________, or

- ___________________________ (enter name), a family member related by blood, marriage, civil union or adoption to the applicant, whose date of birth is ________________, ________ , who is an eligible elector of the Health District of Northern Larimer County, State of Colorado, eligible by virtue of:

- Being a resident of the District, with an elector residence address of:

<table>
<thead>
<tr>
<th>(Address)</th>
<th>(City)</th>
<th>(ZIP)</th>
<th>(County)</th>
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<tr>
<td>Or</td>
<td></td>
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</tr>
<tr>
<td>Ownership (or spouse or civil union partner) of the taxable real or personal property (described below) situated within the boundaries of the District, or a person who is obligated to pay taxes under a contract to purchase taxable property within the District.</td>
<td></td>
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</tr>
<tr>
<td>Physical address or description of property:</td>
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<td></td>
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<tr>
<td>(Address)</td>
<td>(City)</td>
<td>(ZIP)</td>
<td>(County)</td>
<td>CO</td>
</tr>
</tbody>
</table>

☐ Check box if elector wishes to be on District’s permanent absentee voter list. Applicant will receive an absentee ballot for every election conducted by the District if checked.

Mail elector’s absentee ballot to this address:

<table>
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<tr>
<th>(Address)</th>
<th>(City)</th>
<th>(State)</th>
<th>(ZIP)</th>
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</thead>
</table>

I am applying for an absentee ballot for use by me or the person noted above per §1-13.5-1002(1)(a)(ii) in voting at the District’s regular election to be held on the 3rd day of May, 2022.

Signature 

Name Printed 

Date

Witnessed By

*In case of elector’s inability to sign her/his name, the elector’s mark shall be witnessed by another person.

SD31 Division of Local Government – Department of Local Affairs – 2022 Election (Revised 1/18/22)

La Solicitud para la Boleta de Voto en Ausencia está disponible en español en el sitio healthdistrict.org/es/eleccion-de-la-junta-de-2022.
Meet the Health District Board Candidates

Brian Ferrans
Age: 37
Occupation: Community Risk Reduction Officer, Marvelous Fire Protection Agency
Education: B.S. in Criminal Justice
Why are you running for the Health District Board of directors?
I would like the opportunity to help move the Health District forward in ensuring that its health services are innovative and truly responsive to the community’s needs, as well as to raise awareness about the importance and potential of this unique asset for northern Larimer County.
What special skills or qualifications will you bring to the board?
As the former Director of the Health District’s Community Impact Team, I have extensive knowledge about the existing unmet health needs in our community, the unique budget opportunities and challenges for a special tax district, and have worked successfully with a wide range of local community partners to implement health initiatives across the district.
What do you hope to accomplish?
I would like to help the Health District more efficiently utilize its tax-funded budget to deliver health services that are innovative and more responsive to the needs of the community, as well as to ensure that this community asset and its programs are well-informed by its residents, community partners, and Health District staff.

Julie Kunce Field
Age: 61
Occupation: Railroad District Court Judge/Administrator
Education: BA, JD
Why are you running for the Health District board of directors?
As a District Court Judge for over 10 years, I saw the devastation that lack of healthcare, particularly mental health and substance abuse care, can have on individuals in our community. As a member of the board of directors, I want to work to address those gaps and improve the health of all individuals in our district.
What special skills or qualifications will you bring to the board?
I’ve been an advocate for health since I was a judge – the Whiskey Sour and outreach for 7 years. That court protocol a team problem-solving approach to help individuals who have mental health challenges. I’m passionate about ensuring that people receive appropriate treatment, and are treated with dignity, no matter their status, or mental or other challenges.
What do you hope to accomplish?
I hope to ensure that any gaps in our services are filled in our community, particularly those related to offered, overworked care, which includes mental health and addiction, dental care and youth support. We have a lot of resources in our district, and we need to ensure that these resources are getting to the people who need them in a timely, cost-effective way.

Johanna Ulloa Garcia
Age: 42
Occupation: Assistant Professor of Public Health at CSU
Education: BS, MS, Ed, PhD
Why are you running for the Health District board of directors?
I am running for the board of the Health District due to my deep commitment to health equity, my desire to continue elevating and centering the voices of traditionally marginalized communities, and my deep passion toward civic engagement. I am uniquely positioned to provide the Health District with the support needed through the transitions it is undertaking.
What special skills or qualifications will you bring to the board?
I possess the skills to engage in policy and advocacy work, to develop and implement strategies to address health equity issues, and to bring an understanding of the unique needs and experiences of marginalized communities.
What do you hope to accomplish?
Priorities in my second term include increasing engagement and connection with the community for strategic development of services, programs, and policies to improve health for all. With our enhanced focus on community health and policy development, I am committed to engaging our community in shaping programs and services that maximize the impact of public investments in health.

Molly Guttila
Age: 40
Occupation: Advocacy Program Manager
Education: Master of Social Work and Master of Psychology
Why are you running for the Health District board of directors?
I am running for the board of the Health District to help it fulfill the mission of the district by supporting the needs of the community.
What special skills or qualifications will you bring to the board?
I have extensive experience in public health advocacy and community engagement. I am skilled in applying community data to program development for improved health outcomes for all. As an organized transitions leadership and refines to have an epidemiologist on the board will be beneficial.
What do you hope to accomplish?
I am interested in increasing the impact of the Health District through outreach and education. I bring a perspective and expertise in applying community data to program development for improved health outcomes for all. As an organized transitions leadership and refines to have an epidemiologist on the board will be beneficial.

Nicole “Coco” Peterson
Age: 38
Occupation: Yoga Teacher, Community Organizer
Education: MS Health Care Ethics (Creighton University), BS Exercise Science (Colorado State University), Yoga Teacher (ERYT500, VACEP)
Why are you running for the Health District board of directors?
As a retired MD, I have always been interested in interacting directly with individuals. I have grown to realize that sometimes you can make the biggest positive change for the most individuals by influencing and shaping programs, and policy-level decisions. I will continue to work passionately on my community on a personal level, but it is time to help affect greater change on a larger scale.
What special skills or qualifications will you bring to the board?
As the former director of the Health District’s Community Impact Team, I have extensive knowledge about the existing unmet health needs in our community, the unique budget opportunities and challenges for a special tax district, and have worked successfully with a wide range of local community partners to implement health initiatives across the district.
What do you hope to accomplish?
Priorities in my second term include increasing engagement and connection with the community for strategic development of services, programs, and policies to improve health for all. With our enhanced focus on community health and policy development, I am committed to engaging our community in shaping programs and services that maximize the impact of public investments in health.

Joseph W. Prows
Age: 67
Occupation: Retired District Court Judge
Why are you running for the Health District board of directors?
For the past four years, I have worked to deepen the impact of the unique and valuable resource of the Health District of Northern Larimer County. As an experienced and informed board member, I will support the new director and services in response to evolving community priorities.
What special skills or qualifications will you bring to the board?
As a District Court Judge for over 10 years, I saw the devastation that lack of healthcare, particularly mental health and substance abuse care, can have on individuals in our district. As a member of the board of directors, I want to work to address those gaps and improve the health of all individuals in our district.
What do you hope to accomplish?
As a District Court Judge for over 10 years, I saw the devastation that lack of healthcare, particularly mental health and substance abuse care, can have on individuals in our district. As a member of the board of directors, I want to work to address those gaps and improve the health of all individuals in our district.

Ann K. Yanagi
Age: 57
Occupation: Retired MD
Education: Post graduate
Why are you running for the Health District Board of directors?
I believe the Health District plays an important role in creating a healthy safety net for our community. In this one-year term, I will help the Health District transition to their new executive director, and determine future strategies and programs based on the health survey to be done this year.
What special skills or qualifications will you bring to the board?
As a community board member, who knows its history and programs well, also previous board experience with UCHHealth, PVH Foundation (chair), FC Symphony (chair), and FC Vicidom’s Compensation Board. Retired physician, previously practiced in Fort Collins 27 years. Currently volunteer with the Health District (COVID vaccinators) and the local Food Bank.

Running for 3-year term

Running for 1-year term

The League of Women Voters of Larimer County will moderate a candidates forum April 7, 7 p.m., in the Fort Collins City Council chambers, 300 Laporte Ave. The public is invited. It will be broadcast live on cable channels 14 and 881, as well as livestreamed at fcgov.com/fctv. It will be available for later viewing on Facebook, youtube.com/officialfcgov, live larimercounty.org, and Vote411.org.

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The need for the service has been so great that the team needed to grow. “When we began this program, we learned that there is no way that the MHRT can respond to every mental health-related call, there are simply too many,” says Fort Collins Police Officer Annie Hill, a team member who is also a psychotherapist and certified addiction counselor.

Last year, two Fort Collins co-responder units answered 1,892 calls for service. A third officer and clinician were added this year, and there are currently openings for a fourth unit so that the Mental Health Response Team can be available 7:30 a.m. to midnight, 7 days a week. Officers are carefully selected and receive extensive training before joining the unit.

Funding for the MHRT is split between the police department, which covers the cost of all equipment and patrol cars, and UCHealth, which employs the clinicians.

Programs expanding

Mental health crisis intervention is becoming a priority in northern Colorado. In addition to the MHRT, SummitStone Health Partners’ Co-Responder Program partners with the Larimer County Sheriff’s Office, and the Loveland and Estes Park police departments to provide clinicians that assist on behavioral health calls.

The sheriff’s department program is made up of three clinicians, two deputies, and a supervisor. Units respond to calls throughout the county including in Red Feather Lakes, Poudre Canyon, Rist Canyon, and unincorporated areas. Between December 2021 and January 2022 they handled 185 of the 299 mental health-related calls that dispatch received, not counting welfare checks.

Elsewhere, North Range Behavioral Health in Greeley partners with police departments in Windsor and some other towns in Weld County to provide clinician co-responders.

Diversion options

Even if police need to make an arrest and charges are filed, a person’s mental health and/or substance use issues may be considered. There are options for receiving treatment and repairing harm as an alternative to jail or prison for those who qualify.

The Alternatives to Incarceration for Individuals with Mental health needs (AIIIM) program provides comprehensive mental health and substance use treatment services and criminal justice supervision for some crimes.

In the 8th Judicial District Wellness Court, which includes Larimer and Jackson counties, a person facing a misdemeanor, felony, or revocation of probation can agree to a treatment plan from a judge and follow the rules of probation supervision. Even for those who complete these programs, though, the charges remain on their record.

But thanks mainly to Hill, the Fort Collins officer, there is now a third option. She pushed hard for a new Mental Health Diversion Program that was launched in 2021 to provide behavioral health help for adults arrested for minor offenses in Larimer and Jackson counties. The person who is charged gets a full evaluation and treatment recommendation, which is considered the same as a fine or community service. If they stick with the program and complete it, their charges are dropped.

“You can tell when giving someone something extra to pile on is not going to help that person,” Hill says. “They are struggling. Going to jail isn’t going to allow them to make a change or get better.”

As of March, 26 people have completed Mental Health Diversion and 112 have been referred. After seeing the results, substance use is now being added to the program to give people a chance to deal with their addiction without being locked up.

Sergeant Robert Cook, who supervises co-responders for the sheriff’s office, has seen the difference that understanding, and a little compassion, can make when a person’s mental state is impacting their actions.

“There are so many success stories about people we have assisted who, once connected to the necessary resources, stabilize and can not only function as a member of society again, but also begin to thrive.”

Crisis Response*

Fort Collins

Call 911 and request the Mental Health Response Team. Go to fcgov.com/police/mental-health for a 911 checklist for mental health crises with necessary information for the dispatcher and what to expect when officers respond.

Larimer County (towns and unincorporated areas)

Call 911 and request the Larimer County Sheriff’s Office Mental Health Co-responder Unit.

*Co-responder teams are not always available to respond. Many officers and deputies are trained to recognize when someone is having a mental health crisis and act accordingly.

If there is a behavioral health crisis but a first responder is not needed for any safety or medical concerns, contact the SummitStone Mobile Response & Crisis Center at 970-494-4200 x4 for 24-hour mobile response or support by phone; or walk in at 1217 Riverside Ave., Fort Collins. 8 a.m.–midnight.

~Photo courtesy of the Larimer County Sheriff’s Office
Robert B. Williams chosen to lead Health District

Robert B. Williams will become the new executive director of the Health District of Northern Larimer County April 11. He was appointed by the Health District Board of Directors in March.

Williams replaces founding Health District Executive Director Carol Plock who retired this month.

Williams has more than two decades of experience leading health, housing, and human service programs in local and state government.

He served as the Executive Director of Boulder County’s Housing and Human Services Department; Chief Policy and Program Officer for the Illinois Department of Healthcare and Family Services’ Bureau of Behavioral Health; and Chief Accountability Officer for the Illinois Department of Commerce and Economic Opportunity.

In those positions, Williams was responsible for ensuring quality health and human services while maintaining a balanced budget and empowering people to make sound decisions about their well-being.

With masters training in social work and accountancy, Williams has a long-standing commitment to abused and neglected children and youth, and to families in need of support and assistance. His service in state and local government provided leadership and direction to child welfare and child protection programs; health and human service programs at the county level; and financial compliance oversight in the government setting.

At the Bureau of Behavioral Health in Illinois, Williams provided direction and leadership to all operations pertaining to program and policy development, as well as oversight of a $2.5-billion budget. He focused his role on implementing solutions to providing comprehensive behavioral health services and child protection to children, enhancing the behavioral health supports offered through Medicaid, and improving outcomes for children and youth through a multidisciplinary approach including public health and school-based interventions. Under his leadership, several government departments streamlined permanency achievement for transition-age youth in out-of-home care, connecting youth with housing and workforce development opportunities, which led to a decrease in youth homelessness after release from state guardianship.

Williams has a Master of Science in Social Work from the University of Wisconsin-Madison, a Master of Science in Government Accountancy from Rutgers University, and a Bachelor of Arts in Political Science and Government from the University of Wisconsin-Madison.

“The Board of Directors is confident Robert Williams will be an executive director who has the vision and leadership skills to take the Health District into a new era enhancing the health of the community” says Michael Liggett, President of the Health District Board of Directors.

“We are grateful for Carol Plock’s many years of service to the community that have given the Health District a solid foundation upon which to build for the future,” Liggett adds.

Comings and goings at Connections

Mike Ruttenberg has been hired as the new director of the Mental Health Connections program overseeing both the adult and Child, Adolescent, and Young Adult (CAYAC) teams. He replaces Kristen Cochran-Ward, who stepped down after nearly 7 years as program manager and then director of Connections.

Ruttenberg is the former clinical director for Larimer County Community Corrections and has worked as a licensed behavioral health provider (marriage and family therapist) for both youth and adults. He led and served on many teams responsible for the transformation of the criminal justice system’s approach to those with mental health and/or substance use disorders. In addition, he has been an adjunct clinical supervisor for the Colorado State University Marriage and Family Therapy program, and an adjunct faculty member at Front Range Community College.

“We are excited to have Mike join us at a time when the mental health field is experiencing extra challenges due to the stresses of the last couple of COVID-impacted years,” says Carol Plock, former executive director for the Health District. “We anticipate that his skill and experience as a therapist and clinical supervisor, combined with his record as a director in developing some of the best behavioral services in a corrections setting in the state, will help Connections and our community develop creative solutions to help meet those challenges.”

Cochran-Ward worked to expand Connections to aid youth and families struggling with behavioral health issues.

“Throughout her career, Kristen has been instrumental in making long-lasting improvements in community mental health services,” Plock says. “Here at the Health District, one of her greatest achievements was to build out what was originally just a community dream—the development of Child, Adolescent, and Young Adult Connections (CAYAC)—into a well-staffed, multidisciplinary, ongoing program. Families who previously didn’t know where to turn regularly share with us their great thanks for CAYAC’s assistance.”
cholesterol tests

Find out your total cholesterol, HDL, LDL, triglycerides, glucose, and blood pressure results; learn what they mean and what to do about them. Health District residents receive their test for free. Cost for all others is $15. The Health District boundaries include Fort Collins, Laporte, Wellington, Red Feather Lakes, Livermore, Bellvue, and Timnath.

Cholesterol tests are 20 minutes and are available 8:30–10:30 a.m. Appointments required: call 970-224-5209. Please remember to wear a mask.

April
- Thurs., April 7 – Spirit of Joy Church, 4501 S. Lemay
- Tues., April 12 – Senior Center, 1200 Raintree
- Thurs., April 14 – Presbyterian Church in Timnath
- Thurs., April 21 – Senior Center, 1200 Raintree

May
- Thurs., May 5 – Spirit of Joy Church, 4501 S. Lemay
- Tues., May 10 – Senior Center, 1200 Raintree
- Thurs., May 12 – Me Oh My Pie, 3310 WCR 54G, Laporte
- Thurs., May 26 – Senior Center, 1200 Raintree

June
- Tues., June 7 – Senior Center, 1200 Raintree
- Thurs., June 9 – Spirit of Joy Church, 4501 S. Lemay
- Thurs., June 16 – Health District, 120 Bristlecone
- Thurs., June 23 – Senior Center, 1200 Raintree

An 8-hour fast is recommended for best results; medications and water are permitted. Please remember to wear a mask.

Visit healthdistrict.org/heart for more information.

Can’t afford dental care? Call us!

Fees based on ability to pay • Medicaid • CHP+

Health District
FAMILY DENTAL CLINIC

Call us for an appointment. 7:30 a.m.–6 p.m., M–F
970-416-5331

healthdistrict.org/dental
Patients must live in the Health District, have no private dental insurance, and meet income guidelines.

mental health classes

Virtual Mental Health Speaker Series presented by

mental health & substance use answers • options • support
A partnership of the Health District and SummitStone Health Partners

Tues., April 5, 12–1 p.m.
School Avoidance and Mental Health:
Part 1 – Understanding and Supporting Students Avoiding School
Heather Truschel, MC, LPC, CAS, RPT-S
Mental Health Specialist Supervisor for CAYAC (Child, Adolescent, and Young-Adult Connections)

Tues., April 12, 12–1 p.m.
School Avoidance and Mental Health:
Part 2 – Poudre School District Perspectives and Support
Poudre School District Staff Panel

Tues., April 26, 12–1 p.m.
Personal Boundary Setting
Jen Head, LCSW
Behavioral Health Provider for Connections-Adult Services

Tues., May 3, 12–1 p.m.
Understanding Adult Anxiety and Coping Strategies
John G. Rowe, LCSW
Owner and Counselor at John Rowe Counseling

All events are on Zoom. Talks are free, but registration is required: healthdistrict.org/classes or 970-530-2843. A link to each talk will be provided.

Thinking of QUITTING?

We can help you quit tobacco through free* in-person, phone, or video counseling. Free nicotine replacement included.

- 6 FREE one-on-one counseling sessions*
- Free nicotine patches, lozenges, and gum for 3 months
- Positive, supportive philosophy using proven techniques
- Specially trained, experienced staff

*Free for residents of the Health District

970-224-5209
healthdistrict.org/quitsmoking

Health District
QUIT TOBACCO PROGRAM

Health District
FAMILY DENTAL CLINIC

Call us for an appointment. 7:30 a.m.–6 p.m., M–F
970-416-5331

healthdistrict.org/dental
Patients must live in the Health District, have no private dental insurance, and meet income guidelines.