Ah, the teenage years! Moving away from childhood and gaining independence without the weight of adult responsibility. Teenagers are natural explorers pushing boundaries and seeking their own identity, but sometimes their paths can veer into unsafe territory.

It’s a time when the highs and lows of adolescence can be frustrating for parents—even scary. Understanding the brain science behind teenage behavior can help families balance a teen’s need for independence with safeguards against serious mistakes.

**Brain Biology**

Adolescence is the 10- to 12-year period of intense social and psychological growth that transforms the dependent child (beginning in late elementary or early middle school) into a functionally independent young adult. Research shows that patterns of brain development during these formative years play a significant role in shaping a teen’s personality and actions. (Yes, there is a biological reason for those mood swings!)

The adolescent brain actually develops from back to front, beginning with the parts that control physical activity, then emotion and motivation. The prefrontal cortex, near the front of the brain, is known for controlling reason and impulse and develops last. This “voice of reason” region keeps developing until age 25, explains Dr. Usha Udupa, a child and adolescent psychiatrist for the Health District’s Child, Adolescent, and Young Adult Connections (CAYAC) Team.

Due to the staggered brain development, “typical” adolescent behavior can include emotional outbursts, poor judgment, and impulsive behavior. At the same time, the billions of nerve cells that make up the brain are controlling everything the teen feels, thinks, and does. They send electrical signals throughout the body, and these signals get passed from nerve to nerve by chemical messengers called neurotransmitters.

The main “feel good” messenger is called dopamine, and it’s responsible for the intense emotions that adolescents feel, Udupa says. “These neurotransmitters are also tied to impulsiveness and immediate rewards. It’s the reason why teens are more likely to try something risky because ‘I want it and I want it NOW’ is the urge they feel.”

It is often hard for teenagers to see the big picture and to consider the outcomes of their actions, so she advises parents to set two non-negotiable rules around safety, such as never drink/get high and drive and never share nude photos on your cell phone.

Experimentation, even with substances, is normal. Make your values clear, learn current information, and have honest discussions about the potential consequences of underage drug and alcohol use—poor decision-making, addiction, even serious legal trouble—whether the teen is high or just has friends riding in their car with substances. Take the time to explain why you frown on certain behaviors, but give your teen space to figure out what they value.

“Parents do themselves a favor if they see that this is a natural developmental phase and work with their teens instead of expecting no risk-taking at all,” adds Marybeth Rigali-Oiler, clinical child and adolescent psychologist for CAYAC.

continued on page 6
Spring’s arrival on the Front Range means sweet, young vegetables and delicate leafy greens are popping out of the ground. Soon farmers’ markets, Community Supported Agriculture clubs (CSAs), farm stands, and even your own garden will be bursting with colorful and healthful fruits, veggies, and herbs.

Coloradans grow a large amount and variety of produce in our high-elevation, dry, arid climate from spring through fall. The Centennial State specialties are even named for certain areas: Rocky Ford provides some of the juiciest melon varieties in the country, Palisade gives us big, sweet-scented peaches that rival those from the Peach State, and who can forget Olathe Sweet sweet corn? To find a local market visit nfmd.org/co/fort-collins.

We’ve compiled a list so you can start planning your seasonal meals or canning schedule with the fun activity below.

Crossword Puzzle

Find the Colorado-grown produce. Hint: Items harvested in the Centennial State in spring, summer, and fall.

Across
2. A tall plant grown for its edible shoots and eaten as a vegetable
5. The “rocket plant”
6. These legumes are popular in Mediterranean cooking
7. Thick reddish or green leaf stalks cooked and eaten as a fruit
9. Pluck these purple beauties from a tree for making sauces, jams, and jellies
10. Blue or purplish-colored berries rich in antioxidants
14. Cutting one of these might make you cry
15. Two ___ in a pod
17. Rocky Ford is known for this
18. Bing, Rainer, and Queen Anne varieties are grown on the Western Slope
19. Peter Piper picked a peck of pickled ___

Down
1. Called maize in many parts of the world
2. Bright red, sweet, juicy fruit that pairs well with chocolate and ice cream
3. Good sliced in salads or pickled
4. A summer squash that can grow to over 3 feet long
5. Round, red and white, edible root
6. A type of edible mushroom
7. An aromatic herb used in cooking or as a garnish for cold drinks
8. Excellent for cobbler, canning, and freezing, our state harvested 16,000 tons last year
9. Large, dark green leaves good in salads or cooked

Copyright © 2019
Health District of Northern Larimer County

Information in this publication is not a substitute for medical attention from your health-care provider.
Gear Up for Summer
(without breaking the bank)

by kathy hayes

Ramp up your fitness outdoors this summer. Have a blast hiking, cycling, camping, and paddling while also boosting physical and mental health. In our area, options abound for renting, buying, and even borrowing new or used gear for the whole family, so you can try it all!

Poudre River Library District
Use your library card to borrow items from the Gadgets & Things collection, which includes Frisbees, yoga mats, jump ropes, bird watching kits, Fitbits, and more. Check out a State Parks pass complete with a backpack containing binoculars and outdoor guides. Download or borrow guides for exploring Colorado trails and parks.
poudrelibraries.org/things/

Gearage Outdoor Sports
Check out Gearage’s constantly changing inventory to rent or buy quality outdoor gear. Bike rentals start at $25/day and $140/week and include helmet, lock, and flat repair kit. Kid trailers also available. Paddleboards rent for $65/day or $200/week. Find new and used camping gear (backpacks, child carriers, tents, sleeping bags), hiking boots, and rock climbing, cycling, and water sport gear, and guides.
gearageoutdoorsports.com

Pace Bike Share
Use the Pace app to check out a smart bike from one of the Pace stations around town, and dock your bike at any local bike rack when you’re done. Cost is $1 for every 15 minutes. Pause the meter to make quick stops. Low-cost monthly and annual plans available. Discounts for students, seniors, military personnel, and EBT members.
ridepace.com/fortcollins/

Fort Collins Bike Co-op
One-stop shop for refurbished bikes, bike parts, helmets, lights, and more. Used kids’ bikes just $5. For $12/hour, a mechanic will provide tools and expertise to help you get your bike in tip-top shape. Apply to the Co-op’s Earn-a-Bike program and get a free bike by volunteering at a local nonprofit.
fcbikecoop.org

Recycled Cycles
Kids Trade-In Guarantee offers you at least 50 percent of the price you paid when you trade up to the next size bike and helmet for toddlers through youth. Large inventory of new and used bikes, trailers, trikes, and tagalongs. Rentals start at $30/day and $120/week for 7-speed hybrid bikes. Electric bike (E-bike) rentals are $25/hour, $100/day. Try before you buy, and apply rental fees toward the purchase of a bike.
recycled-cycles.com

More rental options
Jax Outdoor Gear: Rent tents, stoves, cooksets, backpacks, backpack child carriers, sleeping bags, and trekking poles. Costs vary from $3-$20. Paddleboard, canoe, and kayak rentals start at $35/day. jaxgoods.com
REI: Rent tents, bear canisters, and paddle sports equipment. Pricing information available in May at rei.com.

Buy used gear locally online
Check out Fort Collins Gear Swap and Whitewater Gear For Sale Facebook groups, Craigslist, and the NextDoor app for area residents selling used outdoor gear. Before buying:
• Know the exact measurements/features of the item you wish to buy
• Read reviews of products you’re considering
• Contact the seller for specific details, such as the item’s age and condition

You take a risk when you buy online. But if the product doesn’t suit you, you can always resell.
assondra Baker felt uneasy about taking her fourth child to a childcare center. “I didn’t have a great experience taking my older children to daycare centers,” Baker says. But after a referral from the Larimer County Department of Human Services and a recommendation from a friend, she decided to get on the waiting list at Teaching Tree Early Childhood Learning Center. “Walking into Teaching Tree, I immediately noticed its comfortable, clean atmosphere. It just felt different.” Baker’s daughter began attending Teaching Tree at 5 months old and is now 2-and-a-half and thriving. “I’ve been so happy with the loving, attentive care she has received.”

Teaching Tree Early Childhood Learning Center is a nonprofit organization that was established in 1970 with the goal of providing Larimer County with affordable, high-quality childcare. It now operates two centers, one in Fort Collins and one in Loveland, that care for children ages 6 weeks to 5 years. Teaching Tree’s unique model allows them to offer a sliding fee based on income to those who qualify. Families enrolled at Teaching Tree include full-paying clients and children of parents who are involved with human services or participating in employment and training programs.

“What makes us really unique is the diversity we serve,” says Anne Lance, Teaching Tree’s executive director. “Our students represent a mix of economic statuses and cultural backgrounds and that experience is great for kids because it reflects the real world.”

Maintaining general affordability while supporting families with limited incomes and providing enough for scholarships and teacher salaries is an ongoing challenge for the organization. “Teaching Tree has done a really great job of building a sustainable model,” says Jodie Riesenberger, Teaching Tree’s board president.

The need for quality, affordable childcare is at an all-time high, with over 6,000 children on waitlists for childcare in Larimer County. Teaching Tree is experiencing the longest waitlists they’ve seen in nearly 50 years of operation, with over 300 families waiting to get into the Fort Collins facility alone.

“Lack of childcare is not just a Larimer County issue, it’s a nationwide issue,” says Lisa Sadar, quality resources manager for the Early Childhood Council of Larimer County, an agency that regularly observes and evaluates Teaching Tree’s programming. “And part of it is that as a society we aren’t fully realizing how important it is to invest in young children. So until we can shift that view, we will be short on childcare.”

To help address the need, Teaching Tree’s Fort Collins location will expand in 2019 into its neighboring building, which currently houses United Way of Larimer County, through a 20-year lease with the City of Fort Collins. The expansion will create six new classrooms and two new naturalized playgrounds, allowing the enrollment capacity to increase from 101 students to 215 students.

“I’m thrilled about the opportunity Teaching Tree now has to expand and serve more children,” Riesenberger says. “And while the local need is far greater than the additional 114 kids we’re going to be able to serve, every spot that opens up helps to address the communitywide problem.”

In addition to access and affordability, Teaching Tree stands out for its unique programming and dedication to forging community partnerships that enrich the experience for families as well as staff. These include collaborations with the Children’s Speech and Reading Center, which provides speech and reading assessments, screenings, referrals, Phonics activities, and additional services for students; the Fort Collins Lions Club, which provides vision screenings for students; Salud Family Health Centers, which provides dental screenings for students; and SummitStone Health Partners, which provide various mental health resources and support for students and their families, as well as for center staff.

Teaching Tree also has free yoga for students every Friday. Extracurricular activities such as soccer, karate, and ballet are offered in-house to enrolled students for additional fees, or on a scholarship basis, so that parents don’t have to find time to fit activities in after school.

To get children kindergarten-ready, Teaching Tree follows the Pyramid Model for promoting social-emotional competence in children, and Creative Curriculum programming that focuses on project-based investigations that foster social-emotional, physical, cognitive, and language development in all of their classrooms, including the infant room.

“Through the Pyramid Model, we teach children how to empathize with others, be a good friend, problem solve, and validate and recognize emotions,” says Fort Collins center director Jennifer Van Cleave. “Those social-emotional skills provide the basis for learning.”

“What has always stood out to me is how Teaching Tree steps up to ensure that they are providing high quality, nurturing, and responsive care to young children and how they consistently make it part of their culture to address children’s social and emotional wellbeing.” says Sadar. “Regardless of how chaotic a child’s life might be outside of the program, at Teaching Tree they can trust that things will be consistent from day-to-day, while also being engaging and enriching. We need more childcare options like this that provide consistency and high-quality experiences for our community’s most valuable assets, our youngest children, because it matters.”
Spring and summer means more time outside, more bugs, and potentially more exposure to insect-borne diseases. We sought out local experts at the Fort Collins office of the Centers for Disease Control and Prevention for a quick primer:

**Mosquitoes**

West Nile virus (WNV) is the most common mosquito-borne disease in the continental United States and Colorado. It is most often spread to people via a bite from an infected mosquito. Mosquitoes become infected when they bite infected birds. Most incidents of WNV occur from June through September, with cases peaking in mid-August.

Most people do not show symptoms, but 20 percent of people who are infected with WNV will develop symptoms such as a fever, headache, body aches, joint pain, vomiting, diarrhea, or rash. Less than 1 percent will develop a serious neurologic illness, such as encephalitis or meningitis (inflammation of the brain or surrounding tissues). Anyone with symptoms of WNV should immediately seek medical care.

Though northern Colorado has recently experienced more mild fall and winter temperatures than in the past, it’s too soon to tell whether or not that might impact mosquito populations later this year. In any case, prevent bites by using insect repellent, wearing long sleeves and pants and treating your clothing with insect repellent, using screens on windows and doors, and removing standing water around your home where mosquitoes lay eggs. [cdc.gov/westnile/prevention/](http://cdc.gov/westnile/prevention/)

**Ticks**

The most common tick in northern Colorado is the Rocky Mountain wood tick which can transmit Colorado tick fever, Rocky Mountain spotted fever, or tularemia. All of these illnesses typically begin with fever, chills, body aches, and headaches. Rocky Mountain spotted fever and tularemia can be very serious and require treatment with antibiotics. Colorado tick fever is caused by a virus, so no specific treatment is available. If you develop any of these symptoms after a tick bite or after spending time in areas where ticks are common, immediately seek medical care.

Talk with your veterinarian about the best tick prevention products for your pets. Check your pets for ticks daily, especially after a hike or a camping trip, and check all family members after these activities. [cdc.gov/ticks/avoid/](http://cdc.gov/ticks/avoid/)

**Fleas**

Fleas can become infected with plague, a serious bacterial infection, after feeding on infected rodents. Rodents are very susceptible to plague, so it is best not to let your pets roam freely. Roaming pets are more likely to come in contact with plague-infected animals or fleas and could bring them into homes. If your pets become sick, take them to a veterinarian as soon as possible as they can transmit plague to you. [cdc.gov/plague/](http://cdc.gov/plague/)

**Prevent mosquito and tick bites**

Use Environmental Protection Agency-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-methane-diol, or 2-undecanone. Always follow product instructions. [epa.gov/insect-repellents](http://epa.gov/insect-repellents)
Adolescence is a time when underlying mental health conditions often become more obvious. Some people’s brains just work differently, and if a teen is experiencing challenges because of how their brain works, it’s an important health issue requiring professional help to understand and adapt to the differences. In addition, the teen years add new stressors that can really impact their lives.

“Research shows that the number one stressor for kids is academic pressure,” says Rigali-Oiler. “Add to that, access to situations that might put them at more risk, like bullying on social media or access to drugs and alcohol, and you have the perfect storm of life stressors and brain development that can lead to mental health issues showing up in the teenage years.”

If you notice a 180-degree change in your teen’s personality, she suggests checking with the school counselor about any changes in behavior and consulting a mental health provider.

If the issue seems serious, CAYAC is available to help families sort through the issues and options and connect to the right service to meet their needs. CAYAC works with ages 0 through 24 and their families and offers screenings, assessments, testing, care coordination, and appropriate referrals to local therapists. (See Resources box for contact info.) If there is a mental health crisis or self-harm is involved, go to The Crisis Center on Riverside or call 911.

Finding the proper help for your son or daughter can take time and patience. “I warn parents when they hear of a treatment that is a ‘quick fix’ for any mental health issue, it likely is too good to be true. It’s important that there is research and science to back up the treatment plan for that teen, otherwise it may not be a positive outcome,” Rigali-Oiler says. “And it’s really hard to get a teen back into treatment once it hasn’t worked in the past.”

Teen addiction risk

One of the skills being fine-tuned during the teen years is satisfying needs and desires. However, when a teen takes drugs in order to feel good, it interferes with the body’s natural abilities. For example, when we eat a tasty meal, the neurotransmitters in our brain send the message that tells us we feel good. We seek more of this satisfying feeling which helps us not to starve.

But drugs overload the body with dopamine, causing too many “feel good” signals to be sent. In response, the brain systems let fewer of these signals through in order to try to restore balance. In time, the body needs more of the drug to feel the same high as before.

The effects continue even when an addicted person stops taking a drug. Their dopamine levels stay low for some time, and they aren’t able to feel regular pleasure in life.

Most of the time, the brain will restore the dopamine balance, but it can take anywhere from months to years, depending on the drug and the amount/length of use. There can be permanent brain damage in heavy users.

Teens may also turn to substances as a way to cope with challenges or to numb the pain. “Unfortunately, it can be a lot easier for some teens to smoke, or sniff, or drink than to actually go through the emotional process of facing their fears,” says Elissa Baker, outpatient director for Turning Point Center for Youth and Family Development in Fort Collins.

Turning Point sees between 500 and 650 adolescents a year who are battling substance use or co-occurring disorders like anxiety/depression along with addiction. They offer a range of services for teens and families including residential treatment homes for males and females, outpatient programs, groups, and one-on-one therapy.

While teens often report that they begin using drugs to fit in with peers, parents do have a role in prevention. Experts say that parents who model healthy behavior when it comes to substance use have children who are less likely to experiment early, and are more responsible when they do partake.

Baker adds: “Parents should also talk to teens about their mental health and how to regulate their emotions in healthy ways, because that goes a long way to increasing protective factors that keep kids safe.”

**RESOURCES:**

Child, Adolescent, and Young Adult Connections Team (CAYAC) offers answers, options, and support for families and youth. 970-221-3308, healthdistrict.org/cayac

SummitStone Health Partners provides treatment for mental illness, behavioral disorders, and substance use. 970-494-4200, summitstonehealth.org

Turning Point Center for Youth and Family Development serves youth struggling with drug or alcohol use and behavior or mental health issues. 970-221-0999, turningpnt.org

Colorado Crisis Services/Suicide Prevention Lifeline 970-494-4200 or 844-499-TALK (8255) or text “Talk” to 38255, walk-in Crisis Center at 1217 Riverside Dr., Fort Collins

Transgender Suicide Prevention Hotline (Trans Lifeline) 877-565-8860

**Teens act their age**

Based on the stage of their brain development,

**adolescents are MORE likely to:**

✔ act on impulse

✔ misread or misinterpret social cues and emotions

✔ get into accidents of all kinds

✔ get involved in fights

✔ engage in dangerous or risky behavior

✔ explore new interests

✔ contemplate their personal values

**adolescents are LESS likely to:**

✔ pause to consider the consequences of their actions

✔ have insight into their dangerous or inappropriate behaviors

✔ encounter trouble online if parents set boundaries and monitor their usage

✔ text and drive if the adults they ride with keep the phone off

Sources: American Academy of Child & Adolescent Psychiatry, CAYAC
Family Dental Clinic accepting new patients

Family Dental Clinic Director Dana Turner wants everyone to know that the clinic’s lottery system is a thing of the past. In fact, dentists at the north Fort Collins clinic currently have openings for new patients. You must live in the Health District (northern Larimer County) and meet certain income eligibility guidelines to be seen at the dental clinic.

The clinic serves individuals without dental insurance coverage and who are unable to afford the full cost of dental care, as well as those covered by Health First Colorado (Colorado’s Medicaid Program), Child Health Plan Plus (CHP+) insurance, or the Colorado Senior Dental Program. The clinic’s income guidelines are higher than Medicaid’s guidelines, so check to see if you qualify for low-cost dental care on a sliding fee scale.

“It’s important to us that patients are happy with their mouth and smile,” Turner says. “That means relieving tooth pain, repairing broken teeth, and providing good preventive care. We offer everything from dental cleanings to fillings, root canals, and even dentures.”

Once someone becomes a patient at the Family Dental Clinic, continuity of care is essential. “Patients are able to continue seeing the dentist of their choice at the clinic for any follow-up needs or routine visits,” says Turner. “We want patients to work with the dentist and dental hygienist that will be the best fit for them.”

Even if your Medicaid benefit is exhausted for the year, the Family Dental Clinic is one of the few providers in Larimer County that charges on a sliding scale based on your ability to pay.

Appointments are required. Call the Family Dental Clinic for an appointment at 970-416-5331. If you have a dental emergency, tell the receptionist when you call so they can get you in as soon as possible. The clinic is open Monday–Thursday, 7:30 a.m. to 6 p.m. and Fridays from 8 a.m. to 5 p.m. It is located at 202 Bristlecone Drive, next door to the Health District main offices and near the Larimer County Department of Human Services. Go to healthdistrict.org/dental.

Compass celebrates 20 years of showing the way to better health

From the Y2K “Bug” to Hepatitis C testing, nutrition columns to telehealth, the Health District’s Compass newsletter has delivered reliable, timely health and wellness stories to residents of northern Larimer County for the past 20 years.

Readers were introduced to the 8-page quarterly newsletter in February 1999, with articles on “The Joy of Soy” foods, how to select a mental health therapist, and taking stock of your medicine cabinet. A 4-page annual report on the Health District’s programs and funding partners is also included in every summer issue to ensure that the community is informed about how their tax dollars are spent.

Through the years, Compass has earned several honors for news and feature writing and graphic design, including national and state awards in last year’s National Federation of Press Women Communications Contest for the news stories “The Healing Side of Technology” and “Piecing Together the Puzzle of Youth Mental Illness,” featuring the Health District’s Child, Adolescent, and Young Adult Connections program. Compass also took home top honors for overall design in the state Federation of Press Women Communications Contest for the news stories “The Joy of Soy” foods, how to select a mental health therapist, and taking stock of your medicine cabinet. A 4-page annual report on the Health District’s programs and funding partners is also included in every summer issue to ensure that the community is informed about how their tax dollars are spent.

Through the years, Compass has earned several honors for news and feature writing and graphic design, including national and state awards in last year’s National Federation of Press Women Communications Contest for the news stories “The Healing Side of Technology” and “Piecing Together the Puzzle of Youth Mental Illness,” featuring the Health District’s Child, Adolescent, and Young Adult Connections program. Compass also took home top honors for overall design in the state Federation of Press Women Communications Contest for the news stories “The Joy of Soy” foods, how to select a mental health therapist, and taking stock of your medicine cabinet. A 4-page annual report on the Health District’s programs and funding partners is also included in every summer issue to ensure that the community is informed about how their tax dollars are spent.

Compass is sent by mail to every residence in the Health District boundaries, which encompass the northern two-thirds of Larimer County and include the cities of Fort Collins, Laporte, Timnath, Wellington, Livermore, and Red Feather Lakes. A digital version of Compass, including back issues, is available at healthdistrict.org/resources/compass. One indication of the region’s tremendous growth over the past two decades is that early issues of Compass were delivered to 75,000 homes, and over 91,000 homes receive it now.

As the area grows and health care evolves, Compass will continue to point residents to local health-care resources and information.

Crossword puzzle answers

Across

1. Asparagus
2. Peppers
3. Corn
4. Radishes
5. Strawberries
6. Fava beans
7. Plums
8. Zucchini
9. Plums
10. Blueberries
11. Radishes
12. Morels
13. Mint
14. Oranges
15. Peaches
16. Spinach
17. Cantaloupe
18. Peaches
19. Peaches
20. Corn

Down

1. Corn
2. Strawberries
3. Cucumbers
4. Zucchini
5. Radishes
6. Morels
7. Mint
8. Oranges
9. Peaches
10. Spinach
11. Cantaloupe
12. Plums
13. Plums
14. Fava beans
15. Oranges
16. Peaches
17. Peaches
18. Peppers
19. Plums
20. Asparagus
cholesterol tests

Find out your total cholesterol, HDL, LDL, triglycerides, blood glucose and blood pressure results; learn what they mean and what to do about them. Health District residents who have never received our test are eligible to receive their first test for free. Health District boundaries include Fort Collins, Laporte, Wellington, Red Feather Lakes, Livermore, Bellvue, and Timnath. Cost for all others is $15. Sliding fees available.

Cholesterol tests are 8-10:30 a.m.
Appointments required; call 970-224-5209.

April
Thurs., Apr. 18 – Senior Center, 1200 Raintree
Tues., Apr. 23 – Harmony Library, 4616 S. Shields

May
Thurs., May 2 – Spirit of Joy Church, 4501 S. Lemay
Tues., May 7 – Senior Center, 1200 Raintree
Thurs., May 16 – Senior Center, 1200 Raintree
Tues., May 30 – Tru Fit Athletic Club, 2037 Council Tree

June
Tues., June 4 – Senior Center, 1200 Raintree
Thurs., June 6 – Spirit of Joy Church, 4501 S. Lemay
Tues., June 11 – Harmony Library, 4616 S. Shields
Thurs., June 13 – Health District, 120 Bristlecone
Tues., June 18 – Me Oh My Pie, 3310 W. Co. Rd. 54G, Laporte
Thurs., June 20 – Senior Center, 1200 Raintree

July
Tues., July 2 – Senior Center, 1200 Raintree
Thurs., July 18 – Senior Center, 1200 Raintree

An 8-hour fast is recommended for best results; medications and water are permitted.
Visit healthdistrict.org/heart for more information.

BLOOD PRESSURE CHECKS OFFERED MONTHLY!

Free, 5-10 minute walk-in blood pressure reading and consultation with a registered nurse. Checks are the second Monday of each month, 10 a.m.-12 p.m. at the Fort Collins Senior Center, 1200 Raintree. No appointment necessary.

free mental health classes

Mental Health First Aid Training taught by Connections staff
Mon., April 29 (Youth-focused)
Fri., May 10 (Adult-focused)

All trainings run 8 a.m. - 5 p.m. at the Health District, 120 Bristlecone.
Contact Emily at eleetham@healthdistrict.org or 970-530-2883 to register.

QPR Suicide Prevention Training taught by Connections staff
Wed., April 17, 12 p.m. - 1 p.m.
Thurs., May 9, 5 p.m. - 6 p.m.
Mon., June 10, 12 p.m. - 1 p.m.
Thurs., July 18, 12 p.m. - 1 p.m.
All classes are at the Health District, 120 Bristlecone.
Snacks provided. Feel free to bring a sack lunch or dinner.
Contact Emily at eleetham@healthdistrict.org or 970-530-2883 to register.

Do you have Medicaid?
You may also have dental coverage.

Medicaid • CHP+ • Sliding fee scale

Call to see if you qualify!
970-416-5331

healthdistrict.org/dental

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

Thinking of quitting tobacco?

Our Quit Tobacco Program can help!

Call today: 970-224-5209

- Free nicotine replacement
- Individuals, couples, or groups
- Experienced tobacco treatment specialists
- Positive, supportive approach
- Sliding fees for those who qualify
- Covered benefit for Medicaid recipients

Your first appointment is FREE—Find out if our program fits your needs.

healthdistrict.org/quitsmoking

LarimerAdvanceCare.org
970-482.1909