



The Colorado
Health Foundation™

CHF Statewide Listening Tour
Denver Metro Tour Executive Summary
January 12 - March 7, 2016

Purpose of Tour: The new Foundation President and CEO, Karen McNeil-Miller, is touring Colorado in order to learn about health needs and concerns within communities across the state. The statewide #HealthiestCO Listening Tour is an opportunity for grantees, community residents and local leaders to come together and share their perspectives on health. Karen is interested in speaking with community members about the major assets as well as concerns and barriers to good health that exist within communities across Colorado. Karen believes that health is everyone's business, not just for individuals that work directly in healthcare, and hopes to engage community members across all sectors.

Who participated? The delegation included 20 staff members from The Colorado Health Foundation and nine staff members from Community Resource Center. The Denver Metro tour reached approximately 250 persons in the region.

Where did we go? The Denver Metro Regional Listening Tour was the final tour of the Statewide Listening Tour. Sessions were held January 12 – March 7, 2016. The delegation met with representatives from Adams, Arapahoe, Broomfield, Denver, Douglas and Jefferson Counties. The tour consisted of eight sessions hosted in the communities of Brighton, Centennial, Broomfield, Denver, Castle Rock and Golden, Colorado. A full itinerary of the tour is available in Appendix A.

What did we do? The Foundation hopes to start an on-going conversation with communities across Colorado to effectively address the needs of the state. In open discussions, community leaders described the region's character, existing needs, and efforts currently underway to address a variety of health related needs.

What did we hear? At each tour session we heard concerns of community members and various barriers to achieving overall health and wellness. While every community presents its own unique perspective and set of challenges, we heard several themes that were similar throughout the Denver Metro region as a whole. Session attendees described the region as being innovative and groundbreaking, rich in outdoor and service resources, with the willingness and ability to collaborate across sectors. The top three issue areas that we heard were related to housing and homelessness, behavioral health and substance abuse, as well as the need for culturally competent care and healthcare navigation services.

Regional Themes

Housing and Homelessness: The Denver Metro area has grown rapidly in recent years. While this new growth brings with it numerous benefits, it also brings with it several new challenges for Denver Metro residents. Session attendees spoke of the lack of affordable housing that exists within the region. As housing prices continue to increase, more residents are forced out of the city center. High housing costs pose a large financial strain for many and have decreased the ability to pay for health insurance premiums, healthy foods, childcare and other services needed to sustain to a healthy lifestyle. Affordable housing is a challenge especially among vulnerable



populations such as seniors and disabled individuals. The sharp increase in housing costs have caused an increase in homelessness in the region. The Denver Metro has a growing population of homeless children. Session attendees discussed concerns around the growing transient populations. One attendee stated that “healthcare does not follow the individual,” pointing to the challenge of reaching and providing services to homeless and displaced individuals. Representatives from Denver Public Schools also voiced concerns around displaced children and families falling through the cracks in the school system and the need to bridge those gaps. Many residents expressed the high need for low-income housing.

Mental Health and Substance Abuse: A lack of sufficient mental health and substance abuse services and providers remains an issue in the region. Session attendees spoke of the lack of funding available for mental health services in schools. Schools and early childhood providers are seeing a need for behavioral health interventions in young children and their families. Additionally, substance abuse remains a problem among adolescents and adults. Attendees discussed the lack of qualified behavioral health professionals and the inability to reach the growing vulnerable populations within the Denver Metro region.

Culturally Competent Care and Healthcare Navigation Services: In every session we heard attendees speak of the need for culturally competent care in order to effectively reach minority populations. There is a lack of multicultural and bilingual providers in the region, often creating an added barrier for individuals trying to access the care and services they need. Attendees discussed the need to produce a more diverse workforce and recruit healthcare professionals with similar backgrounds to the populations being served. Residents spoke of the Latino community and the lack of properly translated materials and the challenge of seeking services in a language other than their own. Latinos often feel unheard or misunderstood by their providers. Additionally, we heard the need for increased cultural competence in order to properly serve the disability community. Several attendees highlighted a growing need for healthcare navigators, individuals that can provide information on how and where to access services. Residents felt that in order to serve the diverse population that makes up the Denver Metro region, healthcare professionals and service providers need to go to the communities they are serving and allow those individuals to have a place at the table and a chance to voice their concerns and needs.

Assets: Community members spoke of the plentiful and significant assets that exist within the Denver Metro region. During each session, we heard attendees speak of the commitment to a school-based health agenda. Although behavioral health services and oral care are areas that still need improvement in school-based health centers, the region has made a point to focus and improve health and wellness initiatives within schools. There is recognition that health outcomes and educational achievement are directly linked and schools are making an effort towards promoting healthy lifestyles and providing services to children and their families. Residents within the region are fortunate to have access to a wide range of nonprofits, healthcare providers and public health agencies. Attendees highlighted the proximity of clinics and hospitals as being one of the region’s main assets. Another asset that was mentioned was access to several higher-education institutions and the contributions those institutions make to the expanding workforce. Additionally, the Denver Metro region was defined as having an entrepreneurial and innovative spirit, giving way to new partnerships and different ways of addressing statewide concerns.

Topics of Interest in Specific Counties

Brighton (Adams County): Brighton residents spoke of the struggle that many residents face when trying to access care. There is a large Latino population within the county and very little being done to address the language barrier and the lack of trust that exists between providers and Latino individuals. Residents expressed the need to address the misconceptions among community members and learning to reach these individuals, “where they live, work, play and pray.”

Centennial (Arapahoe County): Attendees in Centennial highlighted the need for affordable childcare. There is an overall lack of qualified childcare providers and puts a large strain on young families. Parents are forced to choose between working and staying home to take care of their children.

Broomfield (Broomfield County): Broomfield residents touched on community efforts to establish themselves as their own county, while still remaining closely connected to Denver and maintaining partnerships with surrounding counties. Attendees spoke of the many hospitals and clinics available to them within a thirty minute driving radius.

Castle Rock (Douglas County): Douglas County has a very large aging population and a rapidly growing general population. Transportation is a major barrier for seniors in accessing health services. Castle Rock is a very car-dependent community and there are limited options for public transportation.

Denver (Denver County): Denver residents highlighted their accessibility to state legislators and the ability to spearhead advocacy efforts. Over recent years, Denver has drawn many entrepreneurs and innovators that are invested in helping the health business benefit all of Colorado. Denver also serves a hub for not only local organizations, but also statewide and national organizations. This high population of diverse individuals and agencies offers residents of Denver County the opportunity to create strong networks and partnerships, while sharing resources and knowledge.

Golden (Jefferson County): Jefferson County is largely a commuter population and has had a difficult time establishing its identity because of this. Residents spoke of Jefferson County having a small community feel, despite being part of the Denver Metro area. As prices of housing increase in Denver, many residents are choosing to move to Jefferson County and other surrounding counties.

Appendices

Appendix A. Listening Tour Itinerary

Tuesday, January 12

8:30 – 10:00 AM: Arapahoe County Tour Session @ The Franciscan Event Center in Centennial

Wednesday, January 13

8:30 – 10:00 AM: Broomfield County Tour Session @ Copperleaf Gardens and Event

Wednesday, January 27

8:30 – 10:00 AM: Douglas County Tour Session @ Cielo at Castle Rock

Friday, January 29

8:30 – 10:00 AM: Jefferson County Tour Session @ American Mountaineering Center in Golden

Wednesday, March 2

11:30 AM – 1:00 PM: Denver County Tour Session @ Wellshire Event Center

5:30 – 7:00 PM: Adams County Tour Session @ Bella Sera Event Center in Brighton

Thursday, March 3

8:30 – 10:00 AM: Denver County Tour Session @ History Colorado

Monday, March 7

8:30 – 10:00 AM: Denver County Tour Session @ History Colorado

Appendix B. Tour Session Attendees

| First Name | Last Name | Organization | Tour Session |
|------------|----------------|--|--------------|
| Elizabeth | Clark | Boulder Valley School District | Brighton |
| Karina | Delaney | Adams 12 School District | Brighton |
| Sarah | Early | Colorado Physician Health Program | Brighton |
| Angela | Graham | Colorado Physician Health Program | Brighton |
| Sarah | Hughes | The Colorado Health Foundation | Brighton |
| Brian | Kelley | Colorado Center for Nursing Excellence | Brighton |
| Haley | Martinez | Jefferson Center for Mental Health | Brighton |
| Erin | Mooney | Community Enterprise | Brighton |
| Amanda | Parry | Colorado Physician Health Program | Brighton |
| Norma | Portnoy | Kids First Health Care | Brighton |
| Mirna | Ramirez-Castro | Servicios de La Raza | Brighton |
| Gabriela | Aguilar | Connect for Health Colorado | Broomfield |
| Leslie | Choi | Boulder Valley School District | Broomfield |
| Cindy | Cohagen | Mental Health Partners | Broomfield |
| Tracy | Curtis | Adams 14 | Broomfield |
| Sarah | Early | Colorado Physician Health Program | Broomfield |
| Davian | Gagne | Mile High Connects/The Denver Foundation | Broomfield |
| Lisa | Gallegos | Health and Human Services | Broomfield |
| Marybel | Good | Turner Syndrome Global Alliance | Broomfield |
| Angela | Graham | Colorado Physician Health Program | Broomfield |
| Carol | Helwig | Boulder County Public Health | Broomfield |
| Chris | Lee | Colorado Visiting Nurse Association | Broomfield |
| Monica | Lyle | The Colorado Health Foundation | Broomfield |
| Alexandra | Lynch | Safehouse Progressive Alliance | Broomfield |
| Marie | Mahan | FRCA | Broomfield |
| Greta | Maloney | Dental Aid | Broomfield |
| Morgan | McMillan | BCHIC/The Community Foundation | Broomfield |
| Linda | Patterson | Boulder Valley School District | Broomfield |
| Norma | Portnoy | Kids First Health Care | Broomfield |
| Belinda | Strickland | Boulder Valley School Dist. | Broomfield |
| Anne | Tapp | Safe House Alliance | Broomfield |
| Randee | Toler | Bonfils Blood Center | Broomfield |
| Laura | Vial | | Broomfield |
| Alex | Wicks | Tri County Health Department | Broomfield |
| Jeff | Zayach | Boulder County Public Health | Broomfield |
| LeeAnn | Bellum | National MS Society | Castle Rock |
| Tracey | Campbell | CIVHC | Castle Rock |
| Jeanine | Childers | Douglas County Senior Center | Castle Rock |
| Jackie | Driscoll | Correlation Consulting | Castle Rock |
| Rich | Foerster | Cherry Creek Properties LLC | Castle Rock |
| Julie | George | LiveWell Colorado | Castle Rock |
| Laura | Gerard | JSI | Castle Rock |
| Meridith | Marhsall | State of Colorado Office of Economic Development | Castle Rock |
| Rich | Marquez | CDPHE-Primary Care Office | Castle Rock |
| Dwayne | Smith | Children's Hospital Colorado | Castle Rock |
| juliana | young | Home Care Assistance | Castle Rock |

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| Tilman | Adair | Laradon Foundation | Centennial |
| MaryJo | Baker | Sensory Processing Disorder Foundation | Centennial |
| Barbara | Becker | Arapahoe Douglas Mental Health Network | Centennial |
| Elle | Becker | Our Father Lutheran | Centennial |
| Adam | Cermak | Foundation for Colorado Community Colleges | Centennial |
| Jodie | Deshmukh | Colorado Visiting Nurse Association | Centennial |
| Kaia | Gallagher | Center for Research Strategies | Centennial |
| Julie | George | LiveWell Colorado | Centennial |
| Barb | Hanson | Doctors Care | Centennial |
| Todd | Helvig | Prosperity Coaching and Consultation | Centennial |
| Matt | Jackson | Tri-County Health Department | Centennial |
| Lyle | Jane | Unemployed | Centennial |
| Kelly | Joines | CORHIO | Centennial |
| Leslie | Levine | LiveWell Colorado | Centennial |
| Julie | Madden | Stellar Community Relations, LLC | Centennial |
| Amy | Neustadt | Addiction Research and treatment services | Centennial |
| Laurie | Peterson | Hunger Free Colorado | Centennial |
| Christina | Postolowski | Young Invincibles | Centennial |
| Jose | Reyes | Cultural Competency Consulting, LLC | Centennial |
| Kelly | Stahlman | Stahlman Zoo Consulting | Centennial |
| Molly | Stevenson | FundsandChange | Centennial |
| Jeanette | Waxmonsky | Jefferson Center for Mental Health | Centennial |
| Ryan | Welch | Rocky Mountain PBS | Centennial |
| Jon | Whiting | City of Centennial | Centennial |
| Amy | Winterfeld | Tri-County Health Department | Centennial |
| Karen | Aarestad | University of Colorado, Anschutz Medical Campus | Denver |
| Kris | Alo | The Colorado Health Foundation | Denver |
| Naomi | Amaha-Gollnick | American Heart Association | Denver |
| Lauren | Ambrozic | Colorado Prevention Alliance | Denver |
| Jean | Anhalt | Centura Health LINKS | Denver |
| Paige | Backlund | Colorado Foundation for Public Health and the Environment | Denver |
| Jenna | Bannon | Denver Early Childhood Council | Denver |
| Jennifer | Barrow | Kaiser Permanente | Denver |
| Kenneth | Barrows | Colorado Legal Services | Denver |
| Jaclyn | Blitz | Tri County Health Department | Denver |
| John | Bozin | SynAptiv | Denver |
| Sarah | Brin | Planned Parenthood of the Rocky Mountains | Denver |
| Ana | Brown-Cohen | Centura Health LINKS | Denver |
| Mary | Brozovich | Regis University | Denver |
| Brad | Brunz | 9Health Fair | Denver |
| Julie | Busby | Disability Law Colorado | Denver |
| Julie | Busby | Disability Law Colorado | Denver |
| Emily | Bustos | Denver's Early Childhood Council | Denver |
| Voradel | Carey | Center for African American Health | Denver |
| Safia | Castro | Mi Casa Resource Center | Denver |
| Yen | Chau | TCHF | Denver |
| Stephen | Clark | S.B. Clark Companies | Denver |
| Brad | Clark | Gill Foundation | Denver |

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| Eivi | Colmenero | Servicios de la Raza | Denver |
| Richard | Cook | Council for a Strong America | Denver |
| Julie | Corbett | Authentically U Marketing | Denver |
| Frank | Cornelia | Colorado Behavioral Healthcare Council | Denver |
| Sue | Coughlin | Colorado Public Radio | Denver |
| Judi | Day | Colorado Coalition for the Homeless | Denver |
| Dede | De Percin | Daedal Consulting | Denver |
| Chris | Dukes | Northeast Denver Housing Center | Denver |
| Jessica | Dunbar | Rocky Mountain Youth Clinics | Denver |
| Kristi | Elliott | Canon City Schools | Denver |
| Kim | Erickson | The Consortium | Denver |
| Mary | Farr | Volunteers of America Colorado Branch | Denver |
| Dylan | Fierberg | Denver Children's Home | Denver |
| Adela | Flores-Brennan | Colorado Consumer Health Initiative | Denver |
| Deborah | Foote | Oral Health Colorado | Denver |
| Maggie | Frasure | Tennyson Center for Children | Denver |
| Heidi | Fritz | Tri-County Health Department | Denver |
| Laura | Gabbay | Colorado Cross-Disability Coalition | Denver |
| Lida | Galindo | Servicios de La Raza | Denver |
| Summer | Gathercole | SHG Advisors | Denver |
| Tim | Gaudette | Small Business Majority | Denver |
| Cheryl | Gawf | Highlands Behavioral Health Systems | Denver |
| Jim | Goddard | 9Health Services | Denver |
| Eric | Godoy | Denver Museum of Nature & Science | Denver |
| Rudy | Gonzales | Servicios de La Raza | Denver |
| Hilda | Gonzalez | Servicios de la Raza | Denver |
| Marybeth | Goodwin | The Colorado Health Foundation | Denver |
| Coby | Gould | The GrowHaus | Denver |
| Sabine | Grossmann | Sabine Grossmann | Denver |
| Dan | Grunig | Bicycle Colorado | Denver |
| Eugene | Hainer | Colorado State Library | Denver |
| Liz | Hatzenbuehler | Tri-County Health Department | Denver |
| Carol | Hedges | Colorado Fiscal Institute | Denver |
| Carole | Hemmelgarn | Pfizer | Denver |
| Melanie | Herrera Bortz | The Colorado Health Foundation | Denver |
| Peggy | Hill | UC Denver | Denver |
| Terri | Hurst | CCJRC | Denver |
| Courtney | Jacobson | UC Denver | Denver |
| Susan Herzmark | Jacobson | Life Quality Institute | Denver |
| Ingrid | Johnson RN, MPP | Colorado Center for Nursing Excellence | Denver |
| Bebe | Kleinman | Doctors Care | Denver |
| Mark | Kling | Family Resource Center Association | Denver |
| Peter | Komlos-Hrobsky | Colorado Legal Services | Denver |
| Elizabeth | Korinek | CPEP: The Center for Personalized Education for Physicians | Denver |
| Karren | Kowalski | Colorado Center for Nursing Excellence | Denver |
| Emma | Lamothe | Mile High Health Alliance | Denver |
| Jim | Laurie | Second Chance Center | Denver |
| Laura | Lavid | Sprout City Farms | Denver |

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| Julie | Lonborg | Colorado Hospital Association | Denver |
| Elise | Lubell | Jeffco Public Health | Denver |
| Natalie | Lyle | Rocky Mountain Human Services | Denver |
| Maureen | Maker | Colorado Citizens for Science in Medicine and Colorado Ovarian Cancer Coalition | Denver |
| Carlos | Martinez | Latino Community Foundation of Colorado | Denver |
| Sarah | Mathew | Colorado Department of Education | Denver |
| Kathleen | Matthews | CDPHE | Denver |
| Rich | Mauro | DRCOG | Denver |
| Sarah | McAfee | Colorado Coalition for the Medically Underserved | Denver |
| Janet | McCall | Citywide Banks | Denver |
| Lisa | McCann | Mile High Health Alliance | Denver |
| Jennifer | McGinnis | Northeast Denver Housing Center | Denver |
| Lynnzy | McIntosh | Consortium for Older Adult Wellness | Denver |
| Leslie | McKay | ERCF | Denver |
| Sophia | Meharena | Rocky Mountain Youth Clinics | Denver |
| Noelle | Melchizedek | The Colorado Trust | Denver |
| Rosa | Melendez-Nguyen | Denver Public Schools | Denver |
| Rosa | Melendez-Nguyen | Denver Public Schools | Denver |
| Sara | Miller | Colorado Foundation for Public Health and the Environment | Denver |
| Mary | Miller | Susan G. Komen Colorado | Denver |
| Erin | Miller | Colorado Children's Campaign | Denver |
| Jackie | Miller | Great Outdoors Colorado | Denver |
| Shira | Moffatt | Arapahoe/Douglas Mental Health Network | Denver |
| Sara | Monge | The Colorado Health Foundation | Denver |
| Jennifer | Moreland | Denver Public Health | Denver |
| Michele | Murray | LiveWell Colorado | Denver |
| Julianna | Nelson | Friends of the Haven | Denver |
| Amanda | Nelson | Planned Parenthood of the Rocky Mountains | Denver |
| Amy | Neustadt | Addiction Research Treatment Services | Denver |
| Shepard | Nevel | LiveWell Colorado | Denver |
| Kelly | Nichols | GLBT Community Center of Colorado | Denver |
| Fabian | Ortega | Servicios de La Raza | Denver |
| Toni | Panetta | Susan G. Komen Colorado | Denver |
| Julie | Pecaut | Bell Policy Center | Denver |
| Monica | Petersen | S.B. Clark Companies | Denver |
| Susan | Powers | Urban Ventures LLC | Denver |
| Brooke | Powers | ClinicNET | Denver |
| Rachael | Raab | Project Angel Heart | Denver |
| Mary Catherine | Rabbitt | Disability Law Colorado | Denver |
| Lori | Rabinowitz | Denver Center for Arts & Technology | Denver |
| Flo | Raitano | Denver Regional Council of Governments | Denver |
| Barbara | Raynor | Boomers Leading Change | Denver |
| Connie | Rule | Boys & Girls Clubs of Colorado | Denver |
| Tricia | Sallie | Canon City Schools | Denver |
| Susan | Scherer | Regis University | Denver |
| Monika | Schneider | Mental Health Center of Denver | Denver |
| Taran | Schneider | Qualistar Colorado | Denver |

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| Cassidy | Smith | Peer Assistance Services | Denver |
| Melissa | Spahr | Mile High Health Alliance | Denver |
| Teri | Spector | Think About It Colorado | Denver |
| Allison | Summerton | Enroll America | Denver |
| Annie | Taylor | Caring for Colorado Foundation | Denver |
| Kim | Tenure | The Arc Arapahoe and Douglas Counties | Denver |
| Bryan | Trujillo | Centura Health | Denver |
| Lynn | VanderWielen | Mental Health Center of Denver | Denver |
| Kerry | Vargo | Kids Running America | Denver |
| Rachal | Velasquez | Centura Health Links | Denver |
| Karen | Verdier | Mountain Resource Center | Denver |
| Kati | Wagner | Wildwood CACFP, Inc. | Denver |
| Stephanie | Wasserman | Colorado Children's Immunization Coalition | Denver |
| Chris | Watney | Colorado Children's Campaign | Denver |
| Bobbie | Watson | The Early Childhood Council of Boulder County | Denver |
| Hannah | Wear | Caring for Colorado Foundation | Denver |
| Judy | Weaver | Aurora Public Schools | Denver |
| Ronnie | Weiss | The Conflict Center | Denver |
| Dace | West | Mile High Connects | Denver |
| Pam | Whitaker | Ronald McDonald House | Denver |
| Jared | Wigdor | Bright by Three | Denver |
| Bill | Winn | Friends of the Haven | Denver |
| Bill | Winn | Friends of the Haven | Denver |
| Andrea | Woolley | Playworks | Denver |
| Matt | Yeingst | Dental Lifeline Network | Denver |
| Annie | Zdrojewski | The Colorado Health Foundation | Denver |
| Becky | Zimmermann | National Sports Center for the Disabled | Denver |
| Beckie | Anderson | Mountain Resource Center | Golden |
| Jane | Barnes | Benefits in Action | Golden |
| Lynn | Borup | Tri-County Health Network | Golden |
| Suzanne | Bragg-Gamble | Colorado PERA | Golden |
| Katie | Brown | People House | Golden |
| Leanne | Cadman | Arvada Center for the Arts and Humanities | Golden |
| Renny | Fagan | Colorado Nonprofit Association | Golden |
| Lynnae | Flora | Jefferson County Human Services | Golden |
| Pamela | Gould | Jefferson County Public Health | Golden |
| Eugene | Hainer | Colorado State Library | Golden |
| Molly | Hanson | Jefferson County Public Health | Golden |
| Karen | Harting | Planned Parenthood of the Rocky Mountains | Golden |
| Liz | Houston | Early Childhood Council Leadership Alliance (ECCLA) | Golden |
| Mark | Johnson | Jefferson Co. Public Health | Golden |
| Mindy | Klowden | Jefferson Center for Mental Health | Golden |
| Terri | Livermore | LiveWell Colorado | Golden |
| Catherine | Owen | Planned Parenthood of the Rocky Mountains | Golden |
| Andrea | Philleo | Colorado Wellness Center for Girls | Golden |
| Shannon | Secrest | Jefferson County | Golden |
| Claire | Shelden | Jefferson Center for Mental Health | Golden |
| Kelly | Shinn | EarthLinks | Golden |

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| Ron | Slinger | Red Rocks Community College | Golden |
| Nicole | Storm | Colorado Foundation for Public Health and the Environment | Golden |
| Tammy | Stratton | The Bawmann Group | Golden |
| Elena | Thomas Faulkner | JSI | Golden |
| Shelley | Thompson | Centura Health | Golden |
| Natalie | Wood | Peer Assistance Services | Golden |
| David | Yonkie | Jefferson County Public Schools | Golden |