



The Colorado
Health Foundation™

CHF Statewide Listening Tour

Mountain Tour Executive Summary

October 12 – October 14, 2015

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 ten staff members from The Colorado Health Foundation and three staff members from Community Resource Center. The Mountain Tour reached approximately 150 persons in the region, including tour session attendees as well as site visit hosts and participants.

Where did we go? The Mountain Region Listening Tour took place on October 12 – October 14. The delegation visited Chaffee, Eagle, Grand, Jackson, Lake, Park and Routt counties. The tour consisted of seven sessions hosted in the communities of Frisco, Fairplay, Salida, Leadville, Edwards, Steamboat Springs and Granby, Colorado. Additionally, the delegation participated in site visits of St. Vincent Hospital in Leadville, Doctors Plus Kids Care Clinic (school-based health center) at Avon Elementary School and North Park Medical Clinic in Walden. A full itinerary of the tour is available in Appendix A.

What did we do? The Foundation is hoping 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 we heard concerns of community members and various barriers to achieving overall health and wellness. While each community presented its own unique perspectives, we found overarching themes and challenges that are experienced among community members within the Mountain region. A number of participants used the similar terms to describe the character of the region and its inhabitants: collaborative, close-knit, hard-working and appreciative of the region's natural beauty. Attendees spoke of several common regional concerns: lack of access to healthcare services, high costs of living, underserved minority populations, affordable childcare services, behavioral health and aging populations.

Regional Themes

Lack of Access: Counties expressed a lack of access to quality care and services within the region. Many community members discussed the need for affordable and integrated care services within their counties. One major need highlighted was the difficulty of recruiting qualified physicians to some of the more remote, rural communities. Park County has only two nurse practitioners that provide health services and recently lost its only pharmacy. Residents in Park County and Grand County discussed having to travel into the Denver Metro area to seek adequate and available healthcare services. Isolated communities have no choice but to travel elsewhere for services, with their geographic location presenting a major barrier to access. Families are forced to take off work to travel to health centers and often must secure overnight lodging while seeking services.

High Cost of Living: Most communities discussed the extremely high cost of living in their counties. Residents are not able to invest in those amenities that make for a healthy lifestyle, including quality housing, healthy foods, health insurance or recreation. There is a significant disparity of wealth among residents, specifically those living in and around resort towns. Many residents go outside of their communities and counties for not only employment, but also to seek various services. In resort communities, a large portion of houses are second homes whose owners are often not invested in the community. The need for affordable housing for the working class population was expressed throughout the region. Many residents work two or three jobs in order to support their families. While unemployment rates are low in most of the counties, under-employment is a major issues, as many jobs are largely seasonal causing residents to cycle in and out of poverty. Additionally, there is a growing homeless populations within these communities that often goes unseen.

High Costs of Insurance: Residents expressed concern over the high costs of healthcare premiums. There has been an increase in the amount of residents that are insured due to the Affordable Care Act. However, because many health insurance plans have extremely high deductibles, a high number of insured individuals are not accessing services.

Underserved Populations: There is a large population of first generation immigrants that are often living in the shadows. Many undocumented residents rely on emergency care services, driving up healthcare costs. Residents of Edwards County discussed the reality of immigrant populations living with several families in one home. There is a need for affordable housing options to serve this population, as well as other working and middle-class residents. There is also an expressed need for culturally sensitive care and translation services. While many clinics and hospitals in the region are unrestricted in who they provide services to, undocumented residents are often unaware of resources and services available to them.

High Cost of Childcare Services: Access to affordable childcare services was discussed as a major barrier in several counties. Many community members expressed that there was a lack of options for childcare as well. Often residents in rural communities are working two or three jobs to support their families, creating a need for childcare services while parents are working. Of particular need are childcare services that can accommodate extended hours for those families that rely on shift or overnight work. Families often rely on older siblings or family members to

provide childcare at home. Residents are being forced to choose between working and paying for childcare services or staying home with their children. In many cases, parents will choose not to work because their monthly working wages are barely enough to cover the high costs of childcare.

Behavioral Health: Lack of access to mental health services was expressed throughout the region. Suicide rates are high in rural communities and prevalent among children and teens, and there is an expressed need for mental health services in the schools to address the needs of the younger population. Community members discussed the need for acute and outpatient mental health services. Residents in many Mountain Region counties have to be transferred to facilities in Colorado Springs or the Denver Metro if experiencing a mental health crisis because rural communities do not have the capacity for a detox or acute treatment facility. Communities expressed concern related to rising substance abuse among teens and adults. Emergency responses to mental health concerns have increased in the region and people in crisis are taken to emergency rooms or held in jails instead of being given the treatment and assessment necessary. There is a clear need for trained behavioral health and substance abuse specialists to provide adequate interventions and treatments.

Ageing Population: There is a growing aging population among Mountain Region communities. Residents in Chaffee and Summit counties expressed the need for updated nursing homes and senior services. Options for senior services have decreased in Leadville, forcing aging residents to leave the county earlier than anticipated. The high elevation throughout the Mountain Region creates challenges for elderly residents. Many residents must move to lower elevation when aging or when faced with illness.

Assets: During every session, community members discussed having a collaborative and close-knit community as their biggest asset. Residents have a passion to create a strong and healthy environment and are taking steps towards improving their counties. Communities within the Mountain region have access to a wide variety of outdoor and recreational activities. Tourism drives the growing economy of several mountain communities. While food insecurity persists throughout the region, many communities spoke of programs that are in effect to address the nutritional needs of residents.

Topics and Projects Unique to Specific Counties

Frisco (Summit County): A regional, walk-in behavioral health clinic in Frisco has been discussed, however there is not enough space or capacity within the community to yet place the center. The community is looking at how to address the need for walk-in services. Residents discussed current projects focused on nutrition services and food insecurity including community gardens, Cooking Matters and Shopping Matters programs.

Fairplay (Park County): Park County communities are among the most geographically isolated in the region. Residents discussed difficulty in partnering with neighboring counties because Park County is not seen as a viable partner due its small population. There is a great need for primary care practices and qualified physicians in the county, however many people are unwilling to invest in health care clinics. Community members are weary of opening a new clinic after failed primary

care practices in Fairplay and Bailey. Because there are few amenities in the county, it is difficult to recruit and retain qualified healthcare professionals into the area. Residents expressed the Rocky Mountain Rural Health and the Summit Community Care Clinic as being large assets to the community.

Salida (Chaffee County): Affordable childcare and substance abuse were identified as large concerns in Chaffee County. Residents discussed having several safety net programs through LiveWell, Boys and Girls Club and school lunch programs to address hunger and food insecurity in the community. The Salida Circus is very involved in the community and offers classes to students throughout the year, using the circus as a social work tool.

Leadville (Lake County): Quality education has been a concern among residents in Lake County. Schools within the county do not have the funding they need to adequately support their students. Many children are not prepared for college when they graduate high school. The school system is looking at ways to better engage kids all the way through their school years. The community expressed a need for a youth center where student can gather and promote healthy lifestyle choices. County elections are coming up in November with ballot issues that will directly affect St. Vincent Hospital in Leadville. Ballot Issue 1A will ask voters to approve a countywide mill-levy increase to raise taxes by \$750,000 in 2016, and annually thereafter, for ambulance service in partnership with St. Vincent Hospital, or another provider if St. Vincent is unwilling or unable to provide service. If approved the increase will last for a 25-year term. Ballot Issue 5A will ask voters to approve an increase to the St. Vincent General Hospital District mill levy of 3.625 mills to raise \$350,000 annually for hospital services. St. Vincent Hospital has entered into an agreement with Centura Health to provide management services to the hospital. Centura will provide services to the hospital for a year, in hopes that a long-term solution can be found to keep it open. There is concern that because St. Vincent's Hospital is the only hospital in the county, many residents will have to leave and there will be less of a desire to move into the county if the hospital is forced to close.

Edwards (Eagle County): There are large transient and immigrant populations residing within Eagle County. There is an expressed concern of high rates of depression among Spanish speaking seniors. Currently the county is working with the Healthy Aging Program to pull together community leaders to address planning of senior services, home health and Medicare providers.

Steamboat Springs (Routt County): While Steamboat Springs is the county seat, community members feel that the town is not representative of Routt County as a whole. North and South Routt have less opportunity for employment, poor transportation, limited resources and low income school districts. There is collaboration between health and human service agencies, with Mind Springs Health working to bridge the existing gaps in the community.

Granby (Grand County): As in Chaffee County, schools run Monday through Thursday, with Fridays off, leaving few options for childcare. This is a challenge for many working parents to find care for children on Fridays. Some ski areas offer free skiing during the winter season. Residents may limit employment so that they may continue receiving childcare benefits. There is a large divide between impoverished community members and second home-owners in the area.

Appendices:

Appendix A. Listening Tour Itinerary

Monday, October 12

11:15 AM – 12:45 PM: Tour Session + Lunch @ Frisco Day Lodge

2:30 – 3:30 PM: Tour Session @ Park County Fairgrounds

5:00 – 6:30 PM: Tour Session + Reception @ Heart of the Rockies Regional Medical Center

Tuesday, October 13

9:15 – 10:00 AM: Site Visit of St. Vincent Hospital

10:30 – 11:30 AM: Tour Session @ Colorado Mountain College – Timberline Campus

1:00 – 1:30 PM: Site Visit of Avon Elementary School – Doctors Plus Kids Care Clinic

2:00 – 3:00 PM: Tour Session @ Colorado Mountain College

5:00 – 6:30 PM: Tour Session + Reception @ Rollingstone Respite House

Wednesday, October 14

9:30 – 10:15 AM: Site Visit of North Park Medical Clinic

1:00 – 2:00 PM: Tour Session @ YMCA of the Rockies – Snow Mountain Ranch

Appendix B. Session Attendees

First Name	Last Name	Company	Tour Stop
Vanessa	Agee	Town of Frisco	Frisco
Dave	Askeland	Colorado Mountain College	Frisco
Tommy	Barnhart	Summit Community Care Clinic	Frisco
Jeanne	Bistranin	The Summit Foundation	Frisco
Laurie	Blackwell	Healthy Futures Initiative	Frisco
Paul	Chodkowski	St. Anthony Summit Medical Center	Frisco
Kathryn	Davis	Mind Springs Health	Frisco
Cindy	Dicken	Clear Creek County	Frisco
Tamara	Drangstveit	FIRC	Frisco
Susan	Fairweather	Kaiser Permanente	Frisco
Ann	Hunsinger	Women's Resource Center of the Rockies	Frisco
Diane	McBride	Town of Frisco	Frisco
Julie	McCluskie	Summit School District	Frisco
Lizzie	Meyer	Keystone Science School	Frisco
Megan	Nuttelman	The Summit Foundation	Frisco
Heidi	Pace	Summit School District	Frisco
Laura	Robertson	Clear Creek County	Frisco
Jordan	Schultz	Summit Community Care Clinic	Frisco
Nora	Simmons	Keystone Science School	Frisco
JoAnn	Sorensen	Clear Creek County	Frisco
Karn	Stiegelmeier	Summit County	Frisco
Sarah	Vaine	Summit Community Care Clinic	Frisco
Scott	Vargo	Summit County Government	Frisco
Lorie	Williams	Summit County Community & Senior Center	Frisco
Amy	Wineland	Summit County Government	Frisco
Jean	Ashby	Park County Re-2 Schools	Fairplay
Anne	Bresnahan	Rocky Mountain Rural Health	Fairplay
Cara	Doyle	South Park Early Childhood, Park County School District RE-2	Fairplay
Katherine	Fitting	Rocky Mountain Rural Health	Fairplay
Dale	Fitting	South Park Chamber of Commerce	Fairplay
Katherine	Fitting	Rocky Mountain Rural Health	Fairplay
Bobbi	Gor	Park County Senior Coalition	Fairplay
Julie	Johnson	Rocky Mountain Rural Health	Fairplay
Mary	Kanack	South Park Food Bank	Fairplay
April-Dawn	Knudsen	Boys & Girls Club of South Park	Fairplay
Barbie	McBee	Rocky Mountain Rural Health	Fairplay
Lynn	Ramey	Park County Public Health	Fairplay
Carla	Scholl	Park County School Dist. RE-2	Fairplay

Kenny	Shaw	South Park Community Church	Fairplay
Becky	Smart	South Park Activities Association	Fairplay
Patricia	Sohmer	Park County Public Library	Fairplay
Roger	Wright	South Park Seniors, Inc	Fairplay
Brian	Bealieu	Boys & Girls Clubs of Chaffee County	Salida
Andrea	Carlstrom	Chaffee County Public Health	Salida
Jenn	Dempsey	Salida Circus Outreach Foundation	Salida
Dee	Dubin	Chaffee County Health Coalition	Salida
Pat	Duffy		Salida
Danielle	Potts	First Street Family Health	Salida
Mary	Reeves	First Street Family Health	Salida
Kimla	Robinson	Heart of the Rockies Regional Medical Center	Salida
Katie	Baldassar	Lake County Build a Generation	Leadville
Annie	Livingston-Garrett		Leadville
Destinee	Lukianoff	21st Century	Leadville
Colleen	Nielsen	Lake County Public Health Agency	Leadville
Karen	Onderdonk	St. Vincent Hospital	Leadville
Alice	Pugh	Full Circle of Lake County, Inc.	Leadville
Kerri	Quinlan	Lake County School District	Leadville
Nicole	Thompson	Leadville Lake County EDC	Leadville
Christine	Albertson	Vail Valley Medical Center	Edwards
Sara	Amberg	InteGreat!	Edwards
Mark	Andersen	Yampa Valley Community Foundation	Edwards
Karen	Anderson	Mountain Family Health Center	Edwards
Adolfo	Arroyo	Mountain Family Health Center	Edwards
Peter	Barclay	Youth Foundation	Edwards
Carrie	Benway	The Family Learning Center	Edwards
Ross	Brooks	Mountain Family Health Centers	Edwards
Danyelle	Carlson	Mountain Family Health Centers	Edwards
Amy	Connerton	Colorado Mountain College	Edwards
Mikayla	Curtis	Eagle River Youth Coalition	Edwards
Kelly	Dantas	Vail Valley Medical Center	Edwards
Susie	Davis	Bright Futures Foundation	Edwards
Lori	Fennessey	LF Insurance Group	Edwards
Katie	Haas	Eagle County Public Health	Edwards
Mandy	Ivanov	Eagle County Public Health & Environment	Edwards
Denise	Kipp	Red Ribbon Project	Edwards
Mara	Kleinschmidt	Kids Care Clinic Eagle County School Based Health Center	Edwards
Karen	Koenemann	Eagle County Public Health	Edwards
Jill	Kovacevich	Doctors Plus- Eagle SBHC	Edwards
Jennifer	Ludwig	Eagle County Public Health and Environment	Edwards

Sloan	Munter	The Literacy Project	Edwards
Lisa	Pease	Augustana Care	Edwards
Melisa	Rewold-Thuon	Youth Foundation	Edwards
Josh	Rusk	Mountain Family Health Centers	Edwards
Melina	Valsecia-Monreal	Eagle County School District	Edwards
Glenda	Wentworth	CSU Extension	Edwards
Rodney	Beall	Integrated Community	Steamboat Springs
Lisa	Brown	Northwest Colorado Visiting Nurse Association	Steamboat Springs
Vickie	Clark	Routt County Human Services	Steamboat Springs
Dana	Duran	Boys & Girls Clubs of Northwest Colorado	Steamboat Springs
Tom	Gangel	Mind Springs Health	Steamboat Springs
Michelle	Garner	Re/Max Partners	Steamboat Springs
Sheila	Henderson	Integrated Community	Steamboat Springs
Angela	Kimmes	Craig-Scheckman Family Foundation	Steamboat Springs
Jeff	Link	Grand Beginnings	Steamboat Springs
Susi	Mariano	Northwest Colorado Visiting Nurse Association	Steamboat Springs
Stephanie	Martin	First Impressions of Routt County	Steamboat Springs
Susan	Mizen	Horizons Specialized Services	Steamboat Springs
Kate	Nowak	Routt County United Way	Steamboat Springs
Deirdre	Pepin	Horizons Specialized Services	Steamboat Springs
Susan	Petersen	Yampa Valley Community Foundation	Steamboat Springs
Emily	Schenk	Steamboat Springs School District	Steamboat Springs
Karla	Setter	Steamboat Springs School District, South Routt School District, Hayden School District	Steamboat Springs
Dee	Abbott	East Grand School District	Granby
Patrick	Brower	Grand Enterprise Initiative	Granby
Debbie	Harris	Sky Hi Daily News	Granby
Rhonda	Hill	East Grand School District	Granby
Diane	Jacobsen	Fraser Valley Elementary School	Granby
Kathy	Kopp	East Grand School District	Granby
Katy	Lois	Grand Beginnings	Granby
Maegan	Lokteff	Grand Beginnings	Granby
Monique	Lussie	Planned Parenthood of the Rocky Mountains	Granby
Maggie	Rainwater	Grand Futures Prevention Coalition	Granby
Stephanie	Ralph	Grand County Library District	Granby
Carin	Reeter	Grand Futures Prevention Coalition	Granby
Sally	Ryman	Grand County Rural Health Network	Granby
Stacy	Starr	Grand Foundation	Granby
Mikee	Tennant	Heart of the Mountains Hospice	Granby
Peg	Van de Vort	East Grand School District	Granby