

our services by the numbers

5,134

Patients served by our Dental Services
(in 13,332 visits)

4,452

Number of one-month prescriptions
supplied to clients through
Prescription Assistance

1,617

People receiving blood pressure checks

1,497

People receiving cholesterol tests

1,259

Step Free from Tobacco counseling
sessions held (for 193 new clients)

2,384

People receiving mental health or
substance use help from
Mental Health Connections and our
Integrated Primary Care/
Mental Health Program

\$68,910

Value of donated/discounted services by
local therapists and psychiatrists through
Mental Health Connections

2,400

Minimum number of people who received
help finding new, reduced-cost insurance
options from Larimer Health Connect

\$434,208

Raised in grants and donations for
purposes such as expanding local
dental care and helping people find
and enroll in health insurance

Health District

OF NORTHERN LARIMER COUNTY

2014 Annual Report



Inventing the Future

“The best way to predict the future is to invent it.”

~ Alan Kay

“If it’s causing a big burden to the health of people in our community, is there anything we can do to change it?” That’s a question we’ve continuously posed to ourselves over the last 20 years at the Health District.

In health care, change swirls around us constantly. The wonderful thing about all that change is that every year, new solutions to health challenges appear, such as treatments that prevent, slow down or even cure what creates illness, pain and early death in people.

But we all know that people continue to suffer, either because we haven’t yet found the solutions that meet their particular needs, or because they haven’t been able (or ready) to access solutions.

At the Health District, it’s our mission and core value to look at health challenges that are still problems locally and invent creative ways to help connect people to tools and services that will help them achieve better health.

In this annual report, we highlight just a few of the approaches we’ve helped invent—approaches that collectively now touch thousands of lives every year. Quite honestly, it’s never easy. Tackling some of the hardest issues of our times is no simple task.

Our biggest challenges have included trying to answer questions such as: “Given that funding is limited, how can people who can’t afford to

pay the full cost of dental care (or prescriptions) get the treatment they need?” And, “How can we help the thousands of people who need to sign up for health insurance understand their new options?”

Or suppose that you or a loved one happens to contract a serious disease of the brain and in attempting to calm the symptoms, subsequently develops a substance-use disorder? Both mental illness and substance-use disorders are serious health problems that can destroy health, lives and families. Our question then becomes: “Can we help people get state-of-the-art treatment for these diseases just like our community would offer for diseases such as cancer or diabetes? Can we help these people reclaim their lives?”

We are also just beginning a project to see whether it’s possible to develop an improved community approach to help people deal with chronic pain.

Side by side with our partners, we continually work toward better community solutions. A Chinese proverb says, “**The best time to plant a tree was 20 years ago. The second best time is NOW.**” Thousands of people in our community are healthier because of seeds that were planted 20 years ago, but our work is not done—we have forests yet to plant!



Carol Block

Executive Director



When it's Time to Quit

The Step Free from Tobacco program works

The Health District's master certified tobacco treatment specialists, Norma Pomerleau and Rosi Davidson, know how tough it is to quit tobacco. "We get it—we're both former smokers," Davidson says. "Our Step Free from Tobacco program is individualized, supportive and judgment-free. We help our clients every step of the way."

The Step Free from Tobacco program sets participants up for success with individual, buddy and group counseling sessions and free nicotine patches, gum or lozenges. "Clients in our program get help preparing to quit, the best possible tools and resources to help them while quitting, and support for as long as they need to stay tobacco-free," Pomerleau says.

One client, Scott, joined the program in 2013 and has been tobacco-free since. His journey with nicotine began over 30 years ago when he started smoking cigarettes and later switched to chew tobacco. "My decision to quit came down to a promise to myself and to my family and the commitment to do whatever it took to be successful," Scott says.

And while he's doing great now, Scott acknowledges that he's still on the verge of vulnerability and continues to attend the drop-in support groups. "Being amongst peers going down the same path really helped

me," Scott says. "This program is a very important resource and our community is fortunate to have it—it allows people to decide which tools resonate with them to make their own recipe for success."

Another big piece of the program's success has been its physician referral program, which trains health-care providers at Family Medicine Center, Associates in Family Medicine, University of Colorado Health Family Medicine Harmony Campus and Rocky Mountain Family Physicians to conduct brief "ask, advise, refer" interventions with patients.

"It has allowed the busy primary care provider to ask about tobacco use, advise patients who use it to quit, and then have an effective team of professionals join the patient when they're ready to quit," says Dr. Austin Bailey, medical director of primary care services for University of Colorado Health, who helped the Health District start the physician referral program in 2010. "The results are quantita-

tively better than what a physician can do alone, and it makes their work so much more efficient and rewarding."

It also allows Pomerleau and Davidson to work with patients who otherwise wouldn't have had the opportunity to get help quitting tobacco. "We're really proud of that," Pomerleau says.

healthdistrict.org/quitsmoking
(970) 224-5209



Tobacco treatment specialists
Rosi Davidson and Norma Pomerleau.

Health Insurance for All

Larimer Health Connect helps get people get covered

When Judy Herzanek called her health insurance provider with questions about dental care, she was shocked to hear that she'd been dropped from the plan six months prior.

"It was scary to be without health insurance—it felt like being one accident away from bankruptcy or homelessness," Herzanek says.

She tried to go online and apply for coverage through the Connect for Health Colorado Marketplace but found the process difficult and frustrating. "I filled out the online forms all wrong," she says.

Herzanek sought help from Larimer Health Connect Health Coverage Guides Trudy Herman and Sarah Fritz, who helped her resubmit the application and navigate her options.

"They helped me quickly pick out a plan, enroll and now I'm covered—and I'm so relieved," Herzanek says.

Another client gave Health Coverage Guide Devin Kepler a big hug and let him know that she would be returning every year for assistance after he helped her avoid a renewal plan that would have tripled her premiums.

The success stories continue to pour in.

A project of the Health District, Larimer Health Connect provides

free, in-person assistance at multiple Larimer County locations and offers information and enrollment help for Medicaid and Child Health Plan Plus (CHP+), as well as for private Connect for Health Colorado Marketplace plans that feature financial assistance to reduce the cost of health insurance and health care.

"Understanding health-care reform policies can be overwhelming and the sometimes clunky system results in challenges accessing financial assistance," Kepler says. "When people sit down with a health coverage guide to shop for health insurance for the first time, they realize how complex the process can be. Most of our clients are able to find far more options that are available to them than they do when researching on their own."

larimerhealthconnect.org (970) 472-0444



Larimer Health Connect team members Ermalinda Muniz, Ann Martin, Rosie Duran, Devin Kepler, Sarah Fritz, Benita Wilson, Emily Waddington and Karen Spink in front of the Larimer Health Connect office at 144 N. Mason St. in Old Town Fort Collins.

Room to Grow

The Community Dual Disorders Treatment (CDDT) program gets a new home

Jim Lucas had lost his home and family and was addicted to meth when he entered the CDDT program in 2007. Through treatment, he discovered that his drug use was a symptom of the trauma he experienced when he was younger. After going through the program and graduating from rehab, he knew he wanted to give back.

“The CDDT program saved my life,” Lucas says. “I wanted to help others in the situation I used to be in.”

CDDT began in 2007 as a collaborative partnership between Touchstone Health Partners, the Health District and the Fort Collins Housing Authority to serve people with severe and persistent mental health issues as well as chronic substance dependence. By providing intense case management, the program allows clients to gain back their dignity, health, and in some cases, find stable housing and employment.

“Our job is to keep people out of the newspapers, hospital and jail so that they aren’t using those really high-cost services,” says Tiffany Pallas, clinical team lead with the CDDT program.

And it’s working. The Health District’s evaluation of the program found substantial and almost immediate reduction in client emergency room visits, ambulance transports, arrests and jail days, and psychiatric, substance-related and medical inpatient days.

This year, the Health District’s Healthy Mind Matters program is excited to be providing a new home for CDDT and the Assertive Community Treatment (ACT) program, which serves clients with severe and persistent mental health issues, so that both programs can operate under one roof.



Case manager Bruce Hinkley, CDDT clinical team lead Tiffany Pallas, CDDT peer specialist Sarah Humble, ACT peer specialist Jim Lucas, substance abuse therapist Amy Kloberdanz, and mental health therapist Patrick Bauguess in front of the new CDDT/ACT building at 2001 S. Shields St. in Fort Collins.

The new building, purchased by the Health District in December 2014, will allow for better collaboration, efficiency and coordination of services within the two programs, Pallas says. CDDT and ACT both use a team-based approach to support some of the most difficult-to-treat cases.

Lucas has been clean for six years, and sober for 13, and now works as a peer specialist for the ACT program. Clients appreciate that they can relate to him. “When I was at my worst, I felt like I didn’t have anything to lose,” Lucas says. “I have a purpose now of helping other people and I can be an inspiration to them because they know where I’m coming from.”

Something to Smile About

Dental Services makes affordable dental care possible

A local woman without any dental insurance was in urgent need of a root canal and a crown when she called the Health District’s Dental Connections program and explained her situation. A mother of three, she works part time and her husband is a full-time student. With young kids at home and limited income, money for the family is tight.

The Dental Connections team connected the woman with a local volunteer dental care provider and she was able to get the work done. “I’m so excited to see her with a new smile,” says her husband, who is now planning to utilize the Dental Connections program in order to get a much-needed tooth extraction.

People who have dental insurance and access to affordable care often take such services for granted. But for those with oral health issues such as tooth pain and no dental insurance, lack of affordable dental care can become a significant problem.

Closing the gap between the need for affordable dental services and the

healthdistrict.org/services/dental-services

Family Dental Clinic:
(970) 416-5331

Dental Connections:
(970) 493-3366



Dental assistant team members Tina, Zoë, Amanda, Noemi, Wendi, Janie, Alyssia, Rosemary and Julie at the Family Dental Clinic.

availability of local care has always been a top priority of the Health District. Its Dental Services programs serve patients on Medicaid, operate on a sliding fee scale basis for those who don’t qualify for Medicaid benefits, and provide a reliable source of affordable dental care for the community members and families who need it most.

“Our Family Dental Clinic provides direct dental care to low-income patients of all ages who

are either covered by Medicaid or who have no dental insurance,” says John Newman, Dental Services director. “And our Dental Connections program matches low-income individuals without Medicaid or dental insurance with providers in the community who offer dental services to our clients at very low costs.”

And since the Affordable Care Act expanded the Medicaid benefit for adults, the Health District encourages new patients on Medicaid to call for an appointment.

Health District

OF NORTHERN LARIMER COUNTY

120 Bristlecone Drive • Fort Collins, CO 80524
(970) 224-5209 • fax (970) 221-7165 • healthdistrict.org

Our services are open to those who live within the Health District, including Fort Collins, Laporte, Wellington, Livermore, Red Feather Lakes and Timnath. The Health District serves residents of all incomes, though some services are specifically for families who have low incomes and no health insurance. Most services have a fee, but sliding fees are available to make good health affordable for all.

with thanks

A heartfelt "thank you" to the individuals, businesses and organizations that gave generously to the Health District in 2014. Our special programs included enrolling more families and children in insurance programs and improving access to dental care, especially for those with certain disabilities. We continue to seek community support for the Tooth Fairy Fund (helping adults afford dental care), for the efforts of the Dental Health Partnership of Larimer County and for the Mental Health and Substance Abuse Partnership. For information or to make a donation, contact Jim Becker at jbecker@healthdistrict.org or (970) 224-5209.

Corporations and Foundations

Caring for Colorado Foundation
Colorado Health Foundation
Connect for Health Colorado
The Colorado Trust
Fort Collins Cycling Club
Fort Collins Lions Club
Henry Schein Cares Foundation
Kaiser Permanente Fund
King Soopers
OtterBox
Owen Orthodontics

Sponsors and Partners of HealthInfoSource.com

Associates in Family Medicine
Centers for Gastroenterology
Columbine Health Systems
Eye Center of Northern Colorado
Larimer County Dept. of Health and Environment
Larimer County Dept. of Human Services
Pathways Hospice
The Women's Clinic of Northern Colorado
Total Vein Care
Touchstone Health Partners

Individuals

Bernard Birnbaum, M.D.
Marjorie Boehner
Ray Jenkins
Celeste Kling
Luther MacKinnon
Hannah Rose
Laird Walton

Ongoing Project Partners

Centers for Disease Control and Prevention
The Center for Family Outreach
City of Fort Collins
Colo. Dept. of Health Care Policy and Financing
Colo. Dept. of Public Health and Environment
Colo. Statewide Internet Portal Authority
Colorado State University
Early Childhood Council of Larimer County
Foothills Gateway
Fort Collins Club
Fort Collins Housing Authority
Fort Collins Police Department
Fort Collins Senior Center
Front Range Community College
Homeward 2020
Larimer County Criminal Justice Plan
Larimer County Dental Society
Larimer County District Attorney Office
Larimer County Sheriff's Office
Larimer County Office on Aging
The Matthews House
Mountain Crest Behavioral Healthcare
NeuroDevelopment Center of Colorado
North Colorado Health Alliance
North Range Behavioral Health
The Other Club
Poudre River Library District
Poudre School District
Project Smile
Raintree Athletic Club
Saint Joseph Catholic Church
Salud Family Health Centers
Spirit of Joy Lutheran Church
State of Colorado
Thompson School District
Timnath Presbyterian Church
Touchstone Health Partners
Turning Point
United Way of Larimer County
University of Colorado Health

board of directors

The Health District is governed by a publicly elected board of directors. Directors for 2014 were:

Bernard Birnbaum, M.D.
President

Tess Heffernan
Vice President

Michael D. Liggett
Secretary

Tracy Nelson
Treasurer

Steven Thorson, M.D.
Liaison to PVHS Board

programs

Dental Connections

Referrals to dentists and help finding affordable care
202 Bristlecone Drive
(970) 493-3366

Family Dental Clinic

202 Bristlecone Drive
(970) 416-5331

Health Promotion

Step Free from Tobacco; cholesterol and blood pressure testing
(970) 224-5209

Healthy Mind Matters

Mental health and substance use issues and solutions
(970) 224-5209

Integrated Primary Care/Mental Health Program

(970) 224-5209

HealthInfoSource.com

A comprehensive guide to local health information

Larimer Health Connect

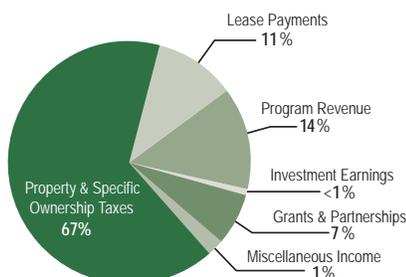
Connect for Health Colorado and CHP+/Medicaid Outreach; prescription assistance
(970) 472-0444

Mental Health Connections

mental health and substance abuse services
525 W. Oak Street
(970) 221-5551

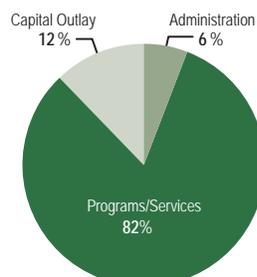
2014 revenues, total

\$8,429,315



2014 expenditures, total

\$9,212,965



2014 expenditures, by program

\$7,599,888

