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February is National Children's Dental Health Month

MFHC is Celebrating with SMILES and the MFHC Dental Van

MFHC is celebrating this important yearly recognition of the importance of children's dental health with the opening of our first SMILES site, and our soon to be opened Mountain Family Health Centers Dental Van.

According to the U.S. Surgeon General's National Call to Action to Promote Oral Health in America, issued in 2000:

- Over 50% of children ages five to nine have at least one cavity or filling, and this increases to 78% percent among 17-year-olds
- Dental caries (tooth decay) is the single most common chronic childhood disease. It is five times more common than asthma and seven times more common than seasonal allergies
- Over 50% of children ages five to nine have at least one cavity or filling, increasing to 78% percent among 17-year-olds
- Poverty and under- and un-insurance are strong predictors of inadequate dental care
- Social impacts of oral diseases in children is substantial. More than 51 million school hours are lost each year to dental-related illness. Pain and suffering due to untreated diseases can lead to problems in eating, speaking and attending to learning



Spanning Miles in Linking Everyone to Services

MFHC will increase access to dental care with the new SMILES program, set to launch at the Avon SBHC this month, followed by two additional sites at Bea Underwood Elementary School and Grand Valley Family Learning Center in Parachute, and MFHC's sixth site, the Mountain Family Health Centers Dental Van, which is a mobile dental vehicle.

SMILES has been described in previous editions of *HEALTHbeat*. Here is more information about the MFHC Dental Van. The Dental Van will be delivered in late February, for a March 10th opening and a March 15th Grand Opening. The Van will be parked at the Eagle County Community Center in El Jebel (0020 Eagle County Drive). The Van will be open four days per week from 8:00 am to 6:00 pm (closed Wednesdays) with Dr. Stephen Glass providing dental care on Mondays and Tuesdays, and Anai Quezada providing dental hygiene services on Fridays. Ricardo Zavala is our Lead Dental Assistant on the Van.

Services provided on the Dental Van will include dental prevention, dental cleanings, sealant placement, topical fluoride applications, complete dental evaluations, emergency Dental procedures, simple extractions, fillings and simple removable devices to replace missing teeth. Those in need of more complex dental treatment will be referred to MFHC Rifle.



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DONATE TODAY

FEBRUARY IS AMERICAN HEART MONTH

Take Care of Your Heart

February is American Heart Month, which is an important time to reflect on your heart health. Despite improvements in medical care, cardiovascular disease remains the number one cause of death in the United States. However, there are many things you can do to lower your individual risk. Increased physical activity, a healthy diet, screening for obesity, stopping smoking, controlling cholesterol and managing diseases like high blood pressure and diabetes can all lower your risk of heart problems. The family medicine care teams at Mountain Family Health Centers are the perfect people to help you learn more about your heart health and ways to reduce your individual risk.



Did you know a dentist can also help improve your heart health? They can. At MFHC, we are constantly striving to integrate our care delivery between departments to improve patient health. Dr. Garry Millard, MFHC's dental director, recently gave an excellent presentation to the statewide organization of community health centers on the association between chronic periodontal disease and systemic inflammation, which is a known risk factor for cardiovascular disease. When we address periodontal disease with regular dental evaluations and treatment we can likely lower cardiovascular risk in patients. This seems especially important in high risk patients such as those with diabetes or high blood pressure. MFHC medical and dental teams are currently working together to develop a process for cross-referrals for these necessary services. MFHC is constantly striving to improve care delivery models to improve the health of patients, and using our dentists to help lower cardiovascular risk is one more example of this. [Click HERE](#) to read more.

Matt Percy, MD
Site Medical Director - MFHC Rifle

Award Winners: Mountain Family Health Center and Dr. Matt Percy Leadership Recognized with CCHN Awards

At their annual Access for All Colorado luncheon (ACC), the Colorado Community Health Network (CCHN) recognized Mountain Family Health Centers and Dr. Matt Percy, Rifle Site Manager, with awards for their innovation and leadership among Community Health Centers in the State of Colorado.

MFHC received the Rockin' the House Award, which "honors a Community Health Center system that has implemented innovative practices that allow for a new process, substantially improve a known process, improve efficiency, increase marketability, and/or affect cost savings." MFHC received this Award for their innovative leap into payment reform via the Medicaid PRIME pilot (Payment Reform Initiative for Medicaid Expansion), which has led to quality improvement, patient engagement, cost control and staff engagement, in partnership with Rocky Mountain Health Plans, Mind Springs Health and many community alliances and partners. Ross Brooks, MFHC CEO made the nomination.



Dr. Matt Percy received the CCHN Emerging Leader Award, which is designed to recognize an emerging leader who has "participated in a CCHN-sponsored leadership program and has demonstrated commitment, passion, and innovation." Dr. Percy received this award for his strong leadership of MFHC's Rifle clinic, where he is Site Medical Director and a physician provider.

Dr. Percy participated in the BSET training (Building Skills for Effective Teams), which strengthened his leadership capabilities and enhanced his management of MFHC Rifle. According to Dr. Percy's nominator, MFHC COO Art Fernandez, Matt is a "well-respected, efficient, effective leader for the clinic and its programs and staff," and "Under Matt's leadership, he Rifle clinic is fully-staffed, highly collaborative and is providing high quality, comprehensive, integrated patient-centered medical, dental and behavioral health care to more than 3,000 patients each year."



Other ACC Award nominations included the Edwards site team, for "significantly improved patient experience, engagement, and outcomes," made by Dr. Amy Ryn, CMO, for the team's PCMH and Team-Based Care initiatives; and Dr. Rob Stein, MFHC Board Chair for his "substantial and noteworthy contribution to the work of the board of a CHC." Ross Brooks, MFHC CEO, in his nomination of Rob, wrote "Rob is a gift to MFHC and the communities we serve, and the most talented and generous Board Chair I've ever known."

[Click HERE](#) to read more.

OPEN ENROLLMENT

MFHC O&E Staff Assist Hundreds

The Mountain Family Health Centers Outreach and Education staff has been leading the open enrollment

process since November of last year. They have spent time working with individuals and families at locations across our service area. They are providing education about Health First Colorado (Colorado's Medicaid), and Colorado's Health Insurance Exchange and Premium Tax Credits to assist with insurance premiums, along with application assistance for these programs.

To date, the O&E Team has seen over 2,800 individuals, and assisted 654 individuals and/or families with insurance coverage. Silvia Santana, MFHC's Outreach and Enrollment Supervisor, commented the political landscape and the possible repeal of Obamacare has made for a low turnout at certain signup locations.

Thank you to the O&E team for bringing these products to our clients. Their efforts remind us of the great need for advocacy efforts on behalf of our clients and our region's mountain communities.

[Click HERE](#) to read more.



COURAGE

One Person's Experience with Suicide and Becoming Mental Health Champions

At an event called "Changing Minds about Mental Health," I witnessed one of the most courageous presentations I can remember, which was made by our Edwards nurse, Kathleen Chiocca. Kathleen eloquently described the need for the community to understand and address mental health issues, particularly suicide. Kathleen's very emotional description of how suicide has impacted her and her family's lives was sobering, yet I was so inspired by her strength in challenging all of us to step out of our comfort zones, and address the challenges others face.

Thank you Kathleen for your vulnerability in bringing these important conversations forward. In our service area, in 2014, the age-adjusted suicide rate in the region of 27% was significantly higher than the state (19.4%) and national (12.1%) rates. Pitkin County averages four suicides each year. Please see below for information from the Colorado Health Institute about suicide prevalence in Colorado.



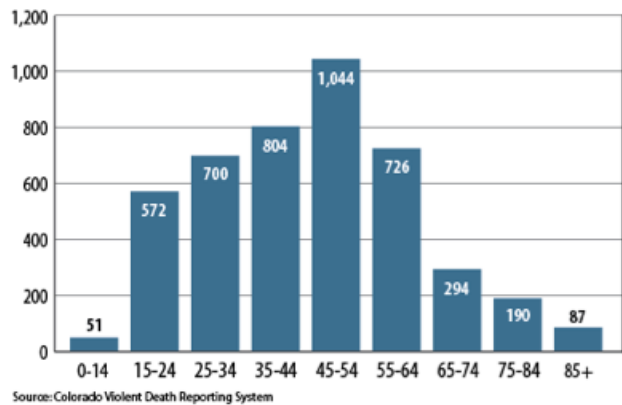
Finally, if you know of an employee, family member or community friend who needs support, Mountain Family Health Centers now has a team of incredible mental health professionals who can provide assistance. Please be as courageous as Kathleen, and proactively obtain help for yourself or those around you. Let's all change our minds and the conversations around mental health moving forward.

Colorado has struggled with a rising suicide rate for the past decade, reaching a historic high of 19.7 suicides per 100,000 residents in 2012, when 1,053 Coloradans committed suicide. In 2010, the most recent year for which national data is available, Colorado had the eighth highest suicide rate in the country, according to the Colorado Department of Public Health and Environment (CDPHE).

Nationally, suicide rates for people between the ages of 35 and 64 increased 28% between 1999 and 2010, reaching a rate of 17.6 suicides for every 100,000 people, according to the Centers for Disease Control and Prevention. [Click HERE](#) to read more.

Garry Schalla
Development Director

Suicide Deaths By Age, Colorado 2008-2012



IN HER "SPARE" TIME

Jackie Marshal Mentors Local Youth

Most Sundays at noon, you will find Jackie Marshal at Bowlounge in El Jebel, where she volunteers her time supporting the Colorado Mountain USBC Youth Bowling League (United States Bowling Congress). This group of up to fifteen bowlers ranges in age from six to 19. These bowlers come from all sorts of different backgrounds. Most have social, emotional and/or physical challenges, but here everything rolls away. They are not only learning to bowl, they are also gaining social skills and the ability to earn scholarship money. This is the ultimate goal of the program--to have these young people work towards achieving their next level of education and finding assistance to pay for it.

Jackie offers coaching, mentorship, friendships and lots of hugs to these youth. Smiles and laughter are the theme on the lanes, as each participant supports the other. Whether throwing a gutter ball or a crashing strike, these young people are growing through the engagement and care they receive from Jackie.



[Click HERE](#) to read more.

GIVING IS A LIFESTYLE

Join the Heartbeat Society

Giving is not just reserved for the end of the year, giving is a lifestyle. I am asking MFHC supporters to join me in becoming a MFHC "Heartbeat Member," and make a monthly commitment. For as little as \$5.00 per pay period, far less than that mocha latte you bought this morning, you can make a difference at Mountain Family. As a Heartbeat Member, you will receive "insider" quarterly updates

from CEO Ross Brooks, and you will be honored at the annual Heartbeat Society Dinner on Saturday May 6th, 2017. [Click HERE](#) to [make a donation](#) or to [become a Heartbeat Member](#) today. I hope you will consider this one of your lifestyle changes and commitments for 2017.

Garry Schalla
Development Director



OUR FAMILY, CARING FOR YOURS

Karyn Anderson, MFHC Board Member & Patient

Karyn Anderson is a Board Member and long-time patient of Mountain Family Health Centers. She works for YouthPower365 and is also on the Special Education Advisory Committee for Eagle County Schools.

Listen to her story as she talks about her involvement with MFHC and how they are making a difference to ensure kids are getting the correct things they need. You can make a difference. Will you join us in ensuring access to high quality, affordable care for our neighbors?



Our Family, Caring For Yours
Karyn Anderson - MFHC Board Member & Patient

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