RURAL COLORADANS NEED AFFORDABLE ACCESSIBLE HEALTH CARE

We all know that COVID-19 has hit our local economies hard. Too many of our rural neighbors are struggling to make ends meet, put food on the table, or even keep a roof over their heads.

At the worst possible time, many Coloradans in rural areas find their access to affordable health care threatened. Even prior to COVID-19, one in seven Coloradans relied on Community Health Centers (CHCs) as their health care home. Without those Centers -- which depend upon Medicaid reimbursements and other federal
funds to care for more than 830,000 Coloradans statewide -- many residents will have nowhere to turn.

A joint federal and state program, Medicaid provides health coverage to around 1.3 million Coloradans (pre-coronavirus), including children, pregnant women, parents, older adults, and individuals with disabilities. In fact, Medicaid is the single largest source of health coverage in the U.S.

Read more

SCHOOL-BASED HEALTH CENTERS EXPANDING THIS MONTH

When the school year begins, we will be here for your young learners

School-based health centers (SBHCs) are an affordable, convenient option for ensuring children and adolescents have access to the health and wellness care they need to be healthy and thrive. The school-based health centers offer students care right where they are and offer families peace of mind that their kids’ health is cared for at school. Building on the school-based health center we have had in Avon, Mountain Family has partnered with the Roaring Fork School District to operate five SBHCs in Basalt, Carbondale, and Glenwood Springs.

While students in the Roaring Fork School District (RE-1) will be following a virtual learning model from August 17 - September 21, 2020, we will have our school-based health centers ready to provide medical, behavioral, and dental care starting on the first day of school, August 17, 2020. Our Avon SBHC is already open. Our providers will be able to care for students with a combination of telehealth (consultations via video-chat or by phone in the comfort and safety of your own home) and in-clinic appointments. Care will be available during the school days, with some sites offering extended hours. We will keep our website updated with current hours and any changes.

Read more

YOUR GIFTS ARE HAVING AN IMPACT

Mountain Family Health Centers wishes to celebrate our federal, state, and local partners along with generous individuals who have made gifts during this exceptional time with the COVID-19 pandemic. Every gift has made a difference. Grants and donations are helping Mountain Family address a variety of evolving needs related to COVID-19, from acquiring more Personal Protective Equipment to increasing our medical and behavioral health telehealth visits, to increasing our pro-active outreach to our patients by telephone and in our clinics.

Investing in Mountain Family through a gift goes a long way to help us care for over 21,000 patients in Pitkin, Eagle, and Garfield counties. Join many who have made a significant difference for us by making a gift here.

Read more
WELCOME KENDRA NAGEY, OUR NEW PEDIATRIC NURSE PRACTITIONER
She is also a lactation specialist and loves working with new moms and newborns

Kendra will be working out of our Rifle clinic and was born and raised outside Boston, MA. She attended Johns Hopkins University School of Nursing for her BSN and MSN. Before becoming a PNP, Kendra worked as a pediatric emergency nurse. After completing her PNP training, Kendra joined a large pediatric practice in Annapolis, MD. During this time, Kendra became an International Board Certified Lactation Consultant (IBCLC). Kendra enjoys caring for well and sick children at every stage, with special interests in newborn care, lactation, and pediatric and adolescent mental health. Outside of work, Kendra loves to spend as much time as she can outside with her children, husband, and their pound-puppy.

WELCOME ALL OF OUR NEW BEHAVIORAL HEALTH PROVIDERS

Mountain Family has 15 behavioral health providers to care for you and your family. As a part of integrated care, we have providers located in our clinics in Basalt, Glenwood Springs, Rifle, and Edwards. In addition, we staff our school-based health centers at schools in Basalt, Carbondale, and Glenwood Springs. Many of our providers are bilingual in English and Spanish, ensuring we can care for our communities. Here are the newest additions to our team:

Natalie Willey, LPC
Natalie has been practicing counseling since 2016. Natalie earned her Bachelor’s Degree in Psychology from the University of Wyoming in 2014. Read more

Ericka Dries, MSW
Ericka grew up in the Roaring Fork Valley and is passionate about serving her community. Ericka earned her Master of Social Work Degree from the University of Denver Graduate School of Social Work in 2019. Read more
Ryan Coyle, LCSW
Ryan Coyle was born and raised in the Chicago area. He graduated with a Bachelor’s degree in Religion from Colorado College in 2008, and earned his Master's in Social Work from the University of Illinois at Chicago's Jane Addams College of Social Work in 2015. Read more

PARENTING DURING THE PANDEMIC
by Gary Schreiner, PhD, Behavioral Health Director

These are surreal and unusual times. We need to adapt to these uncommon times by keeping our family and ourselves physically and emotionally healthy.

Remember the saying, “Kids don’t do as we say but do as we do”? If your children see you anxious, feeling down, and/or angry, then they will also feel those same emotions. Children need to feel secure in their homes, and they get that security from their parents. It is okay to tell your children how you feel as long as you continue to reassure them that mom and dad will be there for them. Accept and acknowledge your children’s feelings. Don’t try to talk them out of them. Let them know that it is okay to feel scared, frustrated, and/or angry. We all get frustrated with our children, and we tend to yell or discipline them too much. If that is the case, calm down and go to your child and tell them you love them and that you too were frustrated with the situation. Complaining in front of your children continuously will just increase their complaining, in turn, will be annoying to you.

Read more

AUGUST 9-15 IS NATIONAL HEALTH CENTER WEEK
National Health Center Week is an annual celebration with the goal of raising awareness about the mission and accomplishments of America’s health centers over the past five decades.

"Community Health Centers: Lighting the Way for Healthier Communities Today and in the Future"

Community Health Centers serve as the beacon of strength, service, and care in their communities. In moments of pain and loss, they offer support and love. In moments of triumph, they offer hope and a vision for the future. Let's come together this week to celebrate the roles Community Health Centers have played in both our recent moments of loss and triumph. This National Health Center Week honors those frontline providers, staff, and beloved patients who lost their lives during the (ongoing) COVID-19 pandemic. From the very beginning of the crisis, Community Health Centers began finding innovative ways to provide preventative and primary care to their patients. During this week of remembrance, light a candle for those community health leaders, patients that we lost. As we commemorate those lives and celebrate the future of Community Health, let’s shine a light across the country that will embody the future of primary health care aces for underserved populations. Shine a light on your Community Health Center and share the value that it brings to everyone who it touches.

Read more
NEED HEALTH COVERAGE? WE ARE HERE FOR YOU
Silvia Santana, Outreach and Enrollment Manager can be reached 970.945.2840 ext 7218 to answer your questions and help you determine the best way to get and use your health coverage.

EXEMPLARY CARE AWARD: AUGUST 2020
This month’s award goes to Natasha Ellwood

"I get to work with some of the best people here at the Rifle clinic. From the medical providers to dental and even our beloved behavioral health providers, I am constantly counting my blessings and expressing my gratitude for the team I get to work alongside. I’d like to especially recognize Natasha because of several reasons. Natasha is a pleasure to work with. She is consistent in her mood and demeanor, always humble and kind to her teammates and to her patients. Natasha never expects or demands, rather she expresses her thoughts and feelings in the most appropriate manner, always putting patient care first and foremost. Natasha has internal ego strength that she may not even rightly acknowledge." -Oyen Hoffman, Behavioral Health Specialist

AUGUST 2020 MARIPOSA AWARD WINNER
This month’s award goes to Consuelo Gaytan

"Consuelo is very deserving of this month’s Mariposa Award. Consuelo exemplifies the values and principles of Mountain Family Health Centers by showing high quality work in whatever task she is working on. I am thankful for the leadership she has provided to the team in Basalt during the last half a year. She has managed her time working between two sites and has done a great job. She has come and provided support to our staff and is always dedicated to teach us new things. I appreciate the work and commitment she has put into helping improve our compliance measures at the clinic and working to make sure that our VFC program is maintained. She is dedicated in her role and mission at Mountain
Family and is not often recognized as much as she deserves. Thank you Consuelo for all your hard work!” - Nataly Meraz

Read more

**STAY HEALTHY, SPEND LESS: SIGN UP FOR HEALTH SOLUTIONS**

New Members Enrolling Now

Have you heard about Health Solutions? Our new medical, dental and behavioral health service offers affordable health care for employers, employees and dependents. No deductibles, copays or limits. We’re signing up members now.

For more information click here, call 970-456-1233 or email HealthSolutions@mountainfamily.org.

**WHAT WE’RE READING**

Rising above: Recent high school grad turns hate crime experience into sharing, learning and teaching opportunity

“What started as an evening of celebration at a Glenwood Springs restaurant last summer turned into a night that would forever change Brandon Torres’s perspective on growing up Latino in his native Colorado.

Torres was the victim of an ethnic-bias-motivated physical and verbal assault - an event which he could have allowed to weigh negatively on his senior year in high school.”

Read more

Stolen Breaths

He was a black man detained on suspicion of forgery, an alleged offense that was never litigated or even charged, but for which he received an extrajudicial death sentence.

"Please - I can't breathe."

He was only 46 years old.

Read more

**MVP Housing Recovery Plan: The Landlord Tenant Housing Recovery Plan**

It became clear a couple of months ago that the financial fallout from COVID was going to be severe - and not let up soon. And that the hardship would really overturn some people’s lives. And perhaps pull apart our community and our local economy. Some people and small businesses were getting propped up by government assistance; some, of course, weren't being hit badly; but others were being devastated.

Read more

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