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SCHOOL-BASED HEALTH CENTERS: CARING FOR STUDENTS

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.

"We want every student to have access to affordable, comprehensive, integrated health care services, regardless of their legal status, family circumstance, place of residence, or economic means," said Superintendent Rob Stein of the Roaring Fork School District. "Offering health services in school where our
students spend most of their time is a convenient and safe means of removing barriers to access and ensuring our students receive the care they need to be healthy and successful in school and life.”

Read more

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COPING WITH STRESS AND ANXIETY IN TROUBLING TIMES
by Gary Schreiner, PhD, Behavioral Health

Can you believe it? A deadly virus sweeping through our country, fires ravaging our local environment, smoke filling our valleys and on top of all the natural occurrences, distance learning and new schedules for teaching our children at school or at home. Many of us also worry about if we will have a job or enough money to pay the bills. How many times have you said, “I can’t take any more of this!”

We are here for you during this stressful time. We have 15 behavioral health providers, many of whom are bilingual speaking English and Spanish. We have clinics in Basalt, Glenwood Springs, Rifle, and Edwards, in addition to our school-based health centers in Basalt, Carbondale, Glenwood Springs, and Avon. We can help with individual, marital, and/or family issues too.

Please schedule an appointment by calling 970-945-2840 or visit us at www.mountainfamily.org. We look forward to caring for you and your family.

Link here to see 6 helpful tips to help you manage stress and anxiety.

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HOW MOUNTAIN FAMILY'S HEALTH SOLUTIONS HELPED ME
by Tenley Steinke, Patient

Growing up as a type 1 diabetic since age 8, I never thought that I would have to deal with the stresses of finding affordable health care. Doctors and nurses who help me guide the treatment of my disease and proper prescriptions have been integral to helping me stay healthy and lead a balanced life. Now age 26, I think my story is similar to that of many others in the Roaring Fork Valley and western Colorado.

Before moving to Colorado, I grew up in Minneapolis. My family took trips to Montana and out west, and I fell in love with the mountains. I told my parents that as soon as I graduated from college, I was
going to move to the mountains. I got a job in Vail and worked as an assistant wrangler on a ranch and then worked at Brush Creek Ranch in Saratoga, Wyoming.

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FOR MORE INFORMATION ON GIVING:
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(617) 595-8500
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MAKE A GIFT

DR. ROQUES ON MEDICAID (HEALTH FIRST COLORADO) AND CHP+
Watch the short video to see how you may benefit from either health insurance program

Dr Maria Roques- Medicaid- CHP+- English

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OUR OUTREACH AND ENROLLMENT TEAM IS HERE FOR YOU

Our Outreach and Enrollment Team can help you apply for private or public health insurance to cover the cost of care. If you have lost your employment or health benefits due to the COVID-19 pandemic, you may now be eligible for Medicaid, federal subsidies for commercial health insurance coverage, or other financial assistance programs. Additionally, Mountain Family offers a membership program to families called Health Solutions. This program, which is not insurance, provides access to high quality, affordable integrated health care for a set monthly fee.

Please call 970-945-2840 to speak with a representative from our Outreach and Enrollment team and/or click here to learn more.

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WORDS TO REMEMBER

"Accept - then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it."

- Eckhart Tolle, *The Power of Now*

REGISTRATION TO VOTE IS IMPORTANT. HERE'S WHY:

by Jonathan Ramírez, Executive Assistant

We are living in unusual and rough times. With many issues rising in our nation and communities it must be noted that we must learn to voice our concerns. I believe that everyone should vote as we all have an opinion and a say in what goes on in the political world. We must come to realize that our vote can have a great impact in our future and the future of our next generations.

Participating in elections is one of the key freedoms of American life. Many people in countries around the world do not have the same freedom, nor did many Americans in centuries past. No matter what you believe or whom you support, it is important to exercise your rights. Individuals who are already registered to vote, can fill out an online pledge card. Research shows that people who complete a Pledge to Vote (PTV) and plan how they will vote, are more likely to vote. This is important because it still allows for engagement and commitment from individuals who are already registered.

Are you registered to vote?

Link [here](#) to check your registration status, or update your registration.

Already registered? Make a plan and show our community is committed to voting by completing a Pledge to Vote.

[Read more](#)

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EAGLE VALLEY BEHAVIORAL HEALTH WINS NATIONAL AWARD

Congratulations to our partner in Eagle County

The American Hospital Association (AHA) today announced that it will honor five programs with the AHA Dick Davidson NOVA Award for their hospital-led collaborative efforts that improve community health. One of the winning programs is Eagle Valley Behavioral Health, Vail Health, Vail, Colo.

Since its inception in 2019, Eagle River Behavioral Health, an outreach of Vail Health, has served as a hub for integration and coordination of behavioral health resources, providers and organizations, with the goal of eliminating barriers and increasing access to behavioral health care. Eagle Valley Behavioral Health's website lists every community practice and provider in the area and includes provider recruitment materials. The site also hosts a "Get help now" button to connect users to emergency services. Committed to the health of its community, Eagle Valley Behavioral Health created a media campaign to destigmatize behavioral health needs, led a successful campaign for a tobacco tax to support public health services, aided in a co-response crisis program, and played a leading role in bringing 25 mental health providers to the Eagle River Valley. With the recent economic impact caused by COVID-19, Eagle Valley Behavioral Health established Olivia's Fund, providing financial assistance to anyone locally in need of behavioral health services, regardless of insurance or immigration status.

GOV. JARED POLIS SIGNS HEALTH CARE BILLS INTO LAW

SB20-215, Health Insurance Affordability Enterprise:
C. Kennedy | J. McCluskie; D. Moreno | K. Donovan

On July 6, 2020, United States of Care (USofCare) celebrated the Colorado Health Insurance Affordability Enterprise (SB20-215) being signed into law by Colorado Governor Jared Polis. The bipartisan legislation expands access to more affordable health insurance in Colorado by stabilizing the health insurance market.

SB20-212, Reimbursement For Telehealth Services:
S. Lontine | M. Soper; F. Winter | J. Tate

Concerning reimbursement for health care services provided through telehealth, and, in connection therewith, making an appropriation.

HB20-1236, Health Care Coverage Easy Enrollment Program:
S. Lontine | P. Will; J. Tate | J. Bridges

The act creates the Colorado affordable health care coverage easy enrollment program (program) for the purpose of leveraging the tax filing process to connect uninsured Coloradans to free or subsidized health care coverage through a health care coverage affordability program, which includes medicaid, the children's basic health plan, or a subsidized health benefit plan, or other creditable coverage.

SB20-033 Allow Medicaid Buy-in After Age 65:
Tate / Fields; Lontine

The act directs the department of health care policy and financing (department) to seek federal authorization to expand the program to include individuals in the work incentives eligibility group, which is defined, to match federal eligibility criteria, as individuals who are age 65 years or older with a disability who, except for assets or income, would be eligible for the supplemental security income.
The department shall submit necessary state plan amendments to implement the program and must implement the program by July 1, 2022. Read more

EXEMPLARY CARE AWARD: SEPTEMBER 2020
This month's award goes to Dr. Zachary Kent

"I am happy to nominate Zach Kent for the Exemplary Care Award. His first year has had many challenges that he has met with organized and well thought out plans. His leadership during the COVID crisis has been reassuring that we were working in a safe environment. He shared information from the county team, to keep us abreast of current information regarding spread and protective measures for the clinic. His guidance was comforting. He showed his ability to be able to work with the key players in Eagle county in a coordinated fashion.

He has been helpful in maintaining a team spirit during the transition of many long time staff members leaving and new members filling those roles. His sense of humor has been an attribute, always leading with a glass ½ full attitude." -Diane Purse, FNP

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SEPTEMBER 2020 MARIPOSA AWARD WINNER
This month's award goes to Cristal Otero Chavez

"I would like to nominate Cristal Otero for the Mariposa award. I have had the pleasure of working alongside Cristal for many years. She is incredibly knowledgeable in what she does and has been instrumental to the billing team. Anytime I have needed her assistance with patient accounts, billing questions, or just to show me where to find something, she has always been very willing to help. There was one time that it was after her clock out time and I needed help as I had the patient on the line and she said "It is never too late to help". From sitting next to her, I have also heard how she explains the billing world to patients. She is kind and ensures she is explaining it in a way they understand (Insurance is confusing). In the past six months, she has walked me through the billing and adjustment process for our prenatal charges and answers any questions for me when I am in doubt. For these reasons and many more I might have missed, Cristal is my nomination for the Mariposa award." -Silvia Santana, Outreach and Enrollment

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WHAT WE'RE READING
Evictions Loom as Next Challenge in Roaring Fork Valley's Economic Crisis
by Scott Condon, Aspen Times
A nonprofit organization is trying to establish a special fund to prevent an anticipated surge in evictions of renters from Aspen to Parachute this fall.

The Mountain Voices Project has set up the Regional Landlord-Tenant Recovery Fund and is hoping for cash infusions from the governments of Pitkin, Eagle and Garfield counties along with contributions from nonprofits such as the Aspen Community Fund and private donors.

“How can we all share in the burden to keep this community intact?” Mountain Voices Project representative Jon Fox-Rubin asked in a recent presentation to the Eagle County Commissioners.

Many nonprofit groups in the human services field have focused during the COVID-19 economic crisis on providing direct cash aid to families and individuals in need. Evictions haven’t been part of the crisis, but that could change.

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