NEWS FROM THE CEO

MFHC Joins Colorado Health Policy Coalition

Dear Friends of Mountain Family Health Centers,

More than 100 organizations have come together to form the Colorado Health Policy Coalition, which is focused on urging Congress to develop a comprehensive and thoughtful health care framework before taking action to repeal the nation’s current health care policies.

The coalition, made up of more than 100 businesses, health care providers, consumer groups, and advocacy groups from across the political spectrum and all parts of the state, made its position known through a letter delivered to Gov. John Hickenlooper as well as Colorado’s entire
congressional delegation yesterday.

The coalition members typically not aligned on health care policy found strong agreement in one particular area: Colorado needs stability in its health care marketplace and that the current “repeal and delay” approach at the federal level will create uncertainty and chaos. That will be bad for all health care consumers, everyone serving in health care, and all state and local governments.

Not all coalition partners agree with plans to repeal or alter the current law, however all recognize this as an opportunity to improve the country's current system. By focusing on calling for a “clearly identified and carefully considered replacement plan,” the coalition hopes to engage Colorado's congressional delegation in a conversation about the important elements for any plan proposed.

We've outlined principles, including protecting vulnerable populations and empowering rural communities, which we believe should be part of any new plan that is considered. Health care has been such a divisive topic in this country in recent years. We believe it sends a powerful message to bring together a group this big and this diverse on the values that should underlie our path forward. We hope Senators Gardner and Bennet view this coalition as a helpful resource in informing and shaping their efforts. Read on...

Sincerely,

Ross A. Brooks, CEO
Mountain Family Health Centers
RBrooks@mountainfamily.org
970.945.2840

CONTACT US AT:
970.945.2840
www.mountainfamily.org

DONATE TODAY

TAKE ACTION TODAY
Join the MFHC Advocacy Task Force

Dear Friends of Mountain Family Health Centers,

task force _ noun _ a force organized for a special operation

The U.S President-Elect Donald Trump will be inaugurated on January 20th, and with the new administration comes uncertainty about the Affordable Care Act (often called ObamaCare) and its components. Our friends at the National Association of Community Health Centers (NACHC) have strongly suggested all of us, as a health center and a community, stay informed and be prepared to act when called upon.

I invite you to join the Mountain Family Health Centers Advocacy Task Force
Register via this link or on the MFHC website www.mountainfamily.org/take-action-today.

We are a group of Mountain Family employees, patients, partners, supporters and community advocates who will be arming ourselves with knowledge and then educating the community to encourage civic action. The MFHC Advocacy Task Force will report regularly via this newsletter, special e-blasts, our website www.mountainfamily.org and our Facebook page.

Mountain Family will be requesting your engagement to contact our legislators when key issues need activism. The MFHC Advocacy Task Force team will make it easy for you to “click” through to your local, state and federal representatives.

Some of the issues we will be closely following are:

- Medicaid and Affordable Care Act (Obamacare) changes
- Community Health Center grant programs
- Workforce legislative impacts

Federally Qualified Health Centers have enjoyed strong bipartisan support because they deliver value and high impact for the health system and taxpayers, via:

- **Access:** 25 million patients served annually at nearly 10,000 CHC locations
- **Integrated Care:** Medical, Dental and Behavioral care all provided under one roof
- **Cost-Savings:** 24% lower TOTAL Medicaid costs for patients served at CHCs
- **Economic Impact:** 188,852 employees, $39 billion in economic activity nationally

With the tremendous care and economic impact provided by Community Health Centers across the nation, I urge you to be proactive for those we serve, our communities and our long-term wellbeing.

Sincerely,

Danyelle Carlson
MFHC Advocacy Task Force Chair
Administrative Assistant to the CEO

MFHC AVON SCHOOL-BASED HEALTH CENTER AWARDED $30K
MFHC Avon SBHC Awarded $30,000 by Town of Avon

Early this month, Mountain Family Health Centers’ Avon School-Based Health Center (SBHC) was awarded $30,000 by the Town of Avon. In its letter to Mountain Family, Avon representatives wrote, “The work of Mountain Family Health Centers is important to the Avon community and, on behalf of Avon’s residents, the Avon Town Council would like to express its appreciation for your passion and commitment to the program by awarding Town funds.”

The Avon SBHC is a comprehensive health care clinic, located at Avon Elementary School. THE SBHC provides physical, behavioral and dental health care to children where they are, at school, to ensure they are
healthy and able to learn and thrive. Services are delivered regardless of ability to pay. Town of Avon funds will be used to provide care for those medically underserved, low-income students, who are ineligible for public or private health insurance. These patients have access to MFHC’s sliding fee scale for services, however even this can be cost-prohibitive for many and these students often require specialty care, medical supplies or prescriptions they cannot afford. This funding from the Town of Avon is particularly important during this first year of MFHC’s operating the SBHC, as it will take time to build up patient revenues from those who do have public or private insurance. In this first year, MFHC plans to increase the number of patients served at the SBHC by 165% to 1851, with an estimated total number of visits of 2563.

Let’s give a special shout out and BIG thank you to our talented grant-writing team: Carolyn Hardin and Elise Thatcher.

[Click HERE](https://ui.constantcontact.com/visualeditor/visual_editor_preview.jsp?agent.uid=1126827736194&format=html&printFrame=true) to learn more.

**MFHC EDWARDS RECEIVES PCMH RECOGNITION**

Congratulations to the MFHC Edwards Team for Their Hard Work and Dedication

The National Committee for Quality Assurance (NCQA) has granted Patient-Centered Medical Home (PCMH) Recognition to the MFHC Edwards clinic. Congratulations to the Edwards team for their hard work and dedication. A special thank you to Dr. Petrie for championing the process and adding an element of fun. Mountain Family looks forward to seeing the MFHC Edwards Team continue to keep the Patient-Centered Medical Home model and Team-Based Care initiative (funded by The Colorado Health Foundation) alive as well as continue to learn and grow.

The following clinician(s) are linked to this Recognition:

- Kent Petrie MD
- Debra Burns ANP-C, GNP
- Carol Conger CNM
- Joshua Rusk MD
- Diane Purse PNP
- Joanne Teak PA-C

"Well done to the entire MFHC Edwards team. This is excellent validation of the high-quality care, and continuous quality improvement, delivered at MFHC Edwards."

- Ross Brooks, CEO

[Click HERE](https://ui.constantcontact.com/visualeditor/visual_editor_preview.jsp?agent.uid=1126827736194&format=html&printFrame=true) to learn more.

**GRIN AND SHARE IT**

Congratulations to Crystal Mecham and Cathy Lettice on their Certification as SMILES ITR Specialists

Crystal Mecham began working at with Mountain Family Health
Centers in June of 2015, as a Dental Hygienist at the Rifle clinic. Crystal’s certification as a SMILES Interim Therapeutic Restoration (ITR) Specialist will allow her to head up Mountain Family’s SMILES Program at Bea Underwood Elementary School and Grand Valley Center for Family Learning in Parachute, scheduled to open later this month. She will also expand the program to Coal Ridge High School in New Castle later in 2017.

Cathy Lettice runs the Avon School-Based Health Center Dental Clinic, which will also become a SMILES site shortly because of her SMILES ITR certification. Cathy started working for Mountain Family Health Centers in June 2016, and was recruited specifically for the Avon SBHC site.

Project SMILES (Spanning Miles in Linking Everyone to Services) is a community-based initiative of the Caring for Colorado foundation designed to “expand access to oral health care for Colorado’s most vulnerable populations.” SMILES is based on the “Virtual Dental Home” model developed by Pacific University’s Arthur A. Dugoni School of Dentistry.

"The Virtual Dental Home creates a community-based oral health delivery system in which people receive preventive and simple therapeutic services in community settings where they live or receive educational, social or general health services. It utilizes the latest technology to link practitioners in the community with dentists at remote office sites."

Click HERE to read more.

MARIPOSA AWARD WINNER
Congratulations January Mariposa Award Winner: Barbra Corcoran

Nominated by: Gary Schreiner, Mary Patterson, Sandy Deveny

I would like to nominate Barb Corcoran for this recognition. Since Barb began her tenure at Mountain Family, she has taken on every task with exuberance and intellect. A self-proclaimed “geek,” she is always searching for answers, whether it is researching a mental health diagnosis, improving a work flow at the clinic, educating staff about behavioral health issues, or consulting with the entire medical staff. She is the epitome of a team player, always striving to make the ‘team’ better with her own actions and by helping others. Barb is also deeply involved in the community. She serves on several boards, one which is the Garfield Suicide Coalition which is helping educate the community about how to get help for anyone with suicidal ideation. Barb has immersed herself in the MFHC culture with ease, and she has become an asset to our organization as well as a strong advocate for our patients. - Gary Schreiner

Barb is awesome. She is such an asset to Mountain Family. Barb is so approachable and she truly cares about every patient. She makes my day better just knowing she is here. I am so lucky to know her personally and professionally. - Mary Patterson
I would like to add on to the nomination for Barb for the Mariposa award. We are so fortunate to have Barb on our BH team. She is proactive, relates very well with patients, gives timely feedback and is extremely dedicated to the mission. She also looks out for the staff's mental health, providing "yoga break space". Thank you Barb. She is a tremendous asset to our team. - Sandy Deveny

Click HERE to read more.

HAPPY NEW YOU
Cheers to a Happier, Healthier 2017

Here are six steps suggested by Weigh and WIN, for sticking with your New Years' Resolutions

1. **Start Small** - Set realistic goals and timelines. Create a goal of hitting the gym 3-4 times a week instead of every day or losing 10 pounds in two months instead of 60 pounds in one year.

2. **Focus on One Thing** - Unhealthy behaviors don't develop overnight and neither do healthy ones. Don't overwhelm yourself with a laundry list of goals. Focus on one thing at a time. Once you feel confident in sustainable change with one habit, tackle another.

3. **Seek Support** - It's easier to stick with your resolution if you're not doing it alone. Encourage a family member, friend or co-worker to join the journey or sign-up for a program like Weigh and Win for support. Our Health Coaches are always available to help you.

4. **Be Easy on Yourself** - Did you skip a couple workouts or over-indulge on unhealthy foods over the weekend? Don't beat yourself up or let it derail you. Missteps will happen. Get back on track and keep working on your resolutions.

5. **Track and Evaluate** - Keep track of your progress and recognize any set-backs. Do you frequently skip going to the gym after work? Start working out in the morning instead.

6. **Celebrate your Successes** - Did you hit 10,000 steps every day this month? Did you achieve your weight loss goal? Celebrate those successes in a way that won't undo your hard work like a massage or new workout clothes.

Click HERE to read more.

WAYS TO GIVE IN 2017
Will You Join Me in Ensuring Access to High Quality, Affordable Care for Our Neighbors?

Please take time to consider your support for those less fortunate. More than 25% of those living in the communities we serve live in poverty. Your donation of as little as $20 to Mountain Family will pay for health services such as prescriptions, medical equipment and specialty care for children and families who cannot afford these
services. Every donation works toward improving our community’s well-being and makes an immediate difference for the most vulnerable families in our community.

I am asking each of you to join me in becoming a "Heartbeat Member," and make a monthly commitment. As a Heartbeat Member you will receive "insider" quarterly updates from MFHC CEO Ross Brooks, and you will be honored at the annual Heartbeat Society Dinner on Saturday May 6th, 2017.

I invite you to be a champion in supporting the excellent, affordable, integrated healthcare we provide to the neediest in our community. Whether you make a onetime gift, or a recurring one through a Heartbeat Membership, your support will provide many of your neighbors with access to vital medical, dental and behavioral healthcare they may otherwise not be able to afford.

Your generous donation is fully tax deductible and always deeply appreciated by those in need.

Click HERE to see the many ways you can donate to Mountain Family Health Centers.

OUR FAMILY, CARING FOR YOURS
Rob Stein, MFHC Board Chair

Mountain Family Health Centers’ Board Chair, Rob Stein, who is also Superintendent of the Roaring Fork School District, talks about his experience as a patient and a board member of MFHC.

Please take a moment to listen to his story as he describes the correlation between education and healthcare. You can make a difference too. Will you join us in ensuring access to high quality, affordable care for our neighbors?

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