

OCTOBER 2017 - In This Issue:



VOTE YES ON 1A IN EAGLE COUNTY

LATINO HEALTH FAIR IS COMING

BREAST CANCER AWARENESS MONTH

NATIONAL DENTAL HYGIENE MONTH

TAKE THE PLEDGE: LEARN ABOUT MENTAL ILLNESS

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

TOGETHER WE CAN MAKE A DIFFERENCE

HEALTH LITERACY

# HEALTH beat

## VOTE YES ON 1A IN EAGLE COUNTY

### Increase Desperately Needed Mental Health Funding

By Ross Brooks, Chief Executive Officer

Eagle County voters are being asked to vote on ballot issue 1A to support behavioral health services throughout the county. Mountain Family Health Centers and I are asking you to vote yes on this important initiative.

Behavioral health, including mental health and substance use disorders, has been ranked among the top health issues in our region for decades. This includes the soon to be released Eagle, Garfield, Pitkin Public Health improvement Plan. Our entire region is designated as a Health Professional Shortage Area for Mental Health by the federal Health Resources Services Agency (HRSA).

Funding for behavioral health services is woefully inadequate to meet the high needs in our region. This tax on the sale and production of recreational marijuana will provide revenues in excess of \$1 million annually for the provision of the mental health services so desperately needed in our communities.

Mountain Family Health Centers is the region's Federally Qualified Health Center. We provide high quality, affordable, integrated primary medical, dental and behavioral health care to the more than 18,500 persons in the region who call Mountain Family their health care home.



It has been widely shown that integrating behavioral health care into medical care settings increases access to the diagnosis and treatment of mental health and substance use disorders and improves health outcomes.

In partnership with Eagle County, Mountain Family will open a new state-of-the-art integrated health center in Edwards in 2019. This new space will allow us to increase our number of behavioral health providers and counseling rooms to increase access to behavioral health services for Eagle County residents. We are doing the same in Basalt, in partnership with Pitkin County and Aspen Valley Hospital.

Revenues from the new recreational marijuana tax will ensure there is funding for Mountain Family and other behavioral health providers such as Mind Springs Health to provide a continuum of mental health and substance use disorders services from prevention to treatment to recovery and beyond in Eagle County.

Voting Yes on ballot issue 1A will ensure access to behavioral health services for our family and friends in Eagle County. I urge you to vote Yes on 1A.

[More](#)

CONTACT US AT:  
970-945-2840  
[www.mountainfamily.org](http://www.mountainfamily.org)

GIVE

## LATINO HEALTH FAIR IS COMING

November 5, 2017 at Basalt High School

By Silvia Santana, Outreach and Enrollment Supervisor

This year's Latino Health Fair will be hosted on November 5th at Basalt High School. In addition to providing health education and information, Mountain Family will be offering blood draws for testing and is excited to be able to offer other screenings, including dental status, thanks to a partnership with Henry Schein, Inc. a medical and dental supply company.

Screenings offered will include cholesterol level, thyroid function, complete blood count, and liver and kidney function. Many members of the Latino community have not had these types of screenings in many years, due to barriers including a lack of insurance or transportation which prevent them from seeing a doctor regularly.

Please join us on November 5th to learn about your health.

[More](#)



## BREAST CANCER AWARENESS MONTH

No One Should Face Breast Cancer Alone

By Siouxsanne R Mease, RN, BSN  
Rifle Clinic Operations Manager

October is National Breast Cancer Awareness Month. It was founded in October of 1985 in a partnership between the American Cancer Society and AstraZeneca (a producer of several anti-breast cancer drugs). Their aim has always been to promote mammograms as the most effective weapon against breast cancer.

According to the Centers for Disease Control, breast cancer is considered a group of diseases affecting breast tissue found in both men and women. It is much more common in women. In the United States alone, one in eight women will be diagnosed with breast cancer. It is the most commonly diagnosed cancer in women and is the second leading cause of cancer deaths among women. It is estimated that every year over 246,660 women will be diagnosed with breast cancer and more than 40,000 of those women will die.



Breast cancer is a familial disease, meaning your risk is higher if there is a history of breast cancer in your family. The United States Preventative Services Task Force recommends "average-risk women who are 50-74 years old should have a screening mammogram every two years." The American Cancer Society's recommendations for mammograms in women are:

1. Optional: beginning age 40
2. Annually: ages 45-54 with high risk or family history
3. Biennially: ages 55 and older
4. Additional: MRIs may be indicated for some who have high risk or a strong family history

Screening mammograms are covered by most health insurance programs and generally come without any co-pays or out of pocket expense. You are very important to Mountain Family Health Centers. Please check with your provider and ask for a referral for mammography screening today. If you do not have health insurance coverage, Mountain Family has access to funds from Susan G. Komen to cover your costs if you qualify. Take a pro-active stand for your health by getting regular mammograms, and don't forget to wear pink in the month of October.

[More](#)

## NATIONAL DENTAL HYGIENE MONTH

### Practice the Daily 4

In honor of National Dental Hygiene Month, the American Dental Hygiene Association and the Dental Team at Mountain Family Health Centers remind you to practice the Daily 4 to ensure you maintain your oral health.

BRUSH twice per day  
FLOSS daily  
RINSE with mouthwash  
CHEW sugar-free gum



[More](#)

## TAKE THE PLEDGE

### Learn About Mental Illness

By the National Alliance on Mental Illness

This year, October 1-7 was Mental Illness Awareness Week, a time to shine a light on mental illness and replace stigma with hope. Each year the National Alliance on Mental Illness (NAMI) works to fight stigma, provide support, educate the public and advocate for equal care.



One in five adults experiences a mental illness in any given year. These illnesses can contribute to the

onset of more serious long-term conditions such as major depression, bipolar disorder or schizophrenia. Approximately one-half of chronic mental illness begins by the age of 14. Unfortunately, long delays-sometimes decades-often occur between the time symptoms first appear and when people get help.

It is critical to learn to recognize early symptoms of mental illness and talk with a doctor about any concerns. Early identification and treatment can make a big difference for successful management of a condition.

Mountain Family Health Centers integrates behavioral health care into medical care to facilitate those with mental illness in getting help. Please let your provider know if you are experiencing symptoms of mental illness so you can be screened, diagnosed and if needed, seen by a behavioral health specialist at the same clinic where you receive your medical care, or call 970.945.2840 or visit [www.mountainfamily.org](http://www.mountainfamily.org).

NAMI is a national organization with a local Roaring Fork chapter. In addition to providing education and advocacy for mental health, NAMI also offers free local education classes and support groups. Call their HelpLine (800-950-NAMI [6264]) or visit [www.nami.org](http://www.nami.org). #IntoMentalHealth #StigmaFree

[More](#)

## OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

### Taking a Stand - What is Domestic Violence?

By the National Coalition Against Domestic Violence

Domestic Violence Awareness Month was launched nationwide thirty years ago in October 1987 as a way to connect and unite individuals and organizations working on domestic violence issues and raise awareness. Domestic violence is a huge public health issue in our nation.

#### What is Domestic Violence?

Two words, one big concept - domestic violence. Formerly known as "wife beating", sometimes used interchangeably with intimate partner violence, and including a number of individual abuses, domestic violence is a problem that impacts individuals but must be addressed as a nation. Domestic violence is an epidemic affecting individuals in every community, regardless of age, economic status, sexual orientation, gender, race, religion, or nationality. Understanding what domestic violence is and the many ways it can show up in relationships is the first step to creating a culture that has zero tolerance for domestic violence. After all, how can you change what you can't understand?



Domestic violence is the willful intimidation as part of a systematic pattern of power and control perpetrated by one intimate partner against another. Frequency and severity of domestic violence can vary dramatically, but the constant of domestic violence is one partner's consistent efforts to maintain power and control over the other.

#### What Does Domestic Violence Include?

It's important to note that domestic violence doesn't always manifest in one specific way. Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually what makes others aware of the problem. But regular use of other abusive behaviors by the abuser, when reinforced by one or more acts of physical violence, make up a larger scope of abuse. Although physical assaults may occur only occasionally, they instill fear of future violent attacks and allow the abuser to control the victims' life and circumstances. A lack of physical violence doesn't mean the abuser is any less dangerous to the victim, nor does it mean the victims is any less trapped. Emotional and psychological abuse can often be just as extreme as physical violence. What kinds of actions are considered abusive? Click [HERE](#) for examples of each kind of abuse.

[More](#)

## TOGETHER WE CAN MAKE A DIFFERENCE

### Red Ribbon Week is October 23rd to 31st

By Denise Kipp Red Ribbon Project, Executive Director  
Eagle River Youth Coalition, Prevention Manager

Red Ribbon Week in October is an opportunity to commit to and support the fight against illegal drug use. Red Ribbon Project and Eagle River Youth Coalition are committed to doing our part by teaching our students to refuse alcohol and other illegal substances, not just during Red Ribbon week but throughout the year.

Just ribbons and pencils don't change behavior, however. It takes a real partnership between schools, the community and families to increase the probability our students will make wise choices regarding the use of alcohol and other drugs. We hope the ribbons and pencils serve to remind students to make safe choices, and remind adults of their role in prevention.

Eagle County and other rural resort region counties are often marketed in ways celebrating alcohol and marijuana consumption. There are numerous events sponsored by large alcohol companies with very high visibility. Teen binge drinking in this region continues to occur at a higher rate than in the rest of the state and nation, according to the Healthy Kids Colorado Survey (a biennial survey measuring risk behaviors among youth).

I have recently noticed public-service announcements saying "Parents: The Anti-Drug", or "Parents: You Make the Difference." Parents: you do make the difference. School interventions alone will not change behaviors outside of school. Parents, are you:

1. Modeling safe and healthy choices?
2. Providing opportunities for your children to see you having fun without the use of alcohol?
3. Communicating clear, consistent messages regarding no drug use and no underage use of alcohol?
4. Supervising, supervising, and supervising? You supervised your children when they were toddlers and during the early elementary years. Supervision in the later elementary years, middle school years, and on into the high school years is critical. The average age of first experimentation with substances is 11 years old and is usually done in a child's home after school hours, or in other hangouts where they get dropped off. If a child is vigilantly supervised, early experimentation is less likely. Stop in at parties also and check with the hosting parent to confirm that they will be providing supervision.

Let's join together as prevention partners. Talk to your children this month. Re-emphasize your rules and expectations. Plan alcohol-free family activities. Wear a red ribbon during October. Together we can make a difference.

[More](#)

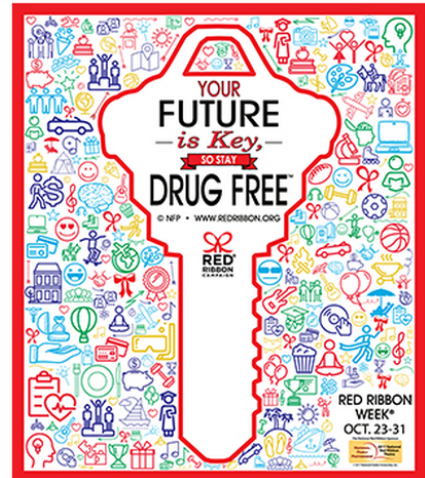
## HEALTH LITERACY

### Understanding Health Information is Key to Health

By Becky McCaulley, RN

Health Literacy is the degree to which individuals have the capacity to obtain, process and understand basic health information and the services needed to make appropriate health decisions (Centers for Disease Control [CDC]).

**We can all become Health Literacy Ambassadors.**





Those who provide health information and services to others need health literacy skills to help patients find information and services, communicate well about their health and healthcare, process what people are asking them for, and decide which information and services will work best.

Those who need health information and services also need health literacy skills to find them and to communicate their needs and preferences, process the meaning and usefulness of the information and services received, and understand the choices, consequences and context of the information. They can then decide which information and services match their needs and preferences so they can act on their own behalf (CDC).

As part of a community health center, Mountain Family staff are in a prime position to support health literacy by identifying a variety of practices and health education materials and that are appropriate for our patients. Ninety percent of individuals have some difficulty understanding complex jargon-filled health information. Low health literacy can result in increased morbidity and mortality and increased costs for healthcare. We can all improve health literacy by practicing communicating clearly using concepts and words that are familiar (Health Resources and Services Administration).



### How can health care professionals can help?

Begin by identifying patients with limited literacy levels. Use simple language in short sentences, and supplement instructions with pictures or models. Use the Teach Back method, asking patients to explain your instructions ("I want to make sure I explained this to you correctly. Can you tell me in your own words how you understand the plan?"). Ask questions that begin with "how" and "what," and avoid closed-ended yes/no questions. Be sure to organize information so the most important points stand out and repeat them. Consider the age, cultural, ethnic and racial diversity of patients. Offer assistance with completing forms (Agency for Healthcare Quality and Research).

Lastly, be sure to be positive and empowering. Our patients rely on us to navigate this complicated healthcare system.

[More](#)

CONTACT US AT:  
970-945-2840  
[www.mountainfamily.org](http://www.mountainfamily.org)

GIVE

STAY CONNECTED



Mountain Family Health Centers, 1905 Blake Ave., Suite 101, Glenwood Springs, CO 81601

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by [info@mountainfamily.org](mailto:info@mountainfamily.org) in collaboration with



Try it free today