

MARCH 2018 - In This Issue:



THE OPIOID EPIDEMIC

MOUNTAIN FAMILY OFFERING A MODIFIED INTENSIVE  
OUTPATIENT PROGRAM (MIOP)

THANK YOU FOR STANDING UP FOR COMMUNITY HEALTH  
CENTERS

BUILDING HEALTH FOR ALL

DANYELLE CARLSON WINS CCHN AWARD

20,000 PATIENTS

MOST POPULAR SERVICES & PRICES

MARCH MADNESS COULD BE A GOOD TIME FOR A  
VASECTOMY

VAIL SYMPOSIUM INCLUDES MOUNTAIN FAMILY PROVIDERS  
IN HEALTH PROGRAM

LT. GOVERNOR VISITS MOUNTAIN FAMILY

COLORECTAL CANCER AND YOU

MARCH MARIPOSA AWARD: RICARDO ZAVALA

EXEMPLARY CARE AWARD: DEBRA BURNS

CHECK OUT OUR LATEST VIDEOS

HEALTH  
*beat*

## THE OPIOID EPIDEMIC

What Are We Doing at Mountain Family and in the Roaring Fork Valley to Address It?

By Dr. Chris Tonozzi, MD, Director of Data Quality

Abuse of narcotic pain medication and the deaths associated with narcotic abuse have garnered lots of headlines recently. It's been the subject of many, many hours of discussion in health care circles.

We're left to wonder: how much is media hype and how much is real concern? Does it affect us here in rural Colorado? What's being done to address the problem? The Centers for Disease Control and Prevention (CDC) recently released a review of the drug overdose deaths from 1999 - 2016 and the findings are dramatic. The rate of deaths in 2016 was 21% higher than the rate in 2015.

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## **MOUNTAIN FAMILY OFFERING A MODIFIED INTENSIVE OUTPATIENT PROGRAM (MIOP)**

### **Providing Treatment Services for Patients with Substance Use Disorders**

By Oyen Hoffman, Behavioral Health Provider, MA, LMFT, LAC, MAC Clinical Specialist & Supervisor

At Mountain Family Health Centers, we believe that health care is a human right. We also believe that a Substance Use Disorder is an illness effectively treated with a proven combination of individual psychotherapy, group therapy, medication and medical care. Mountain Family believes it is our duty and responsibility to provide treatment services for patients with Substance Use Disorders.

In response to the looming opioid crisis, that often overshadows other common substance use disorders like alcoholism and addiction to prescription medication or to non-prescribed "street" drugs, Mountain Family is taking action. We are now offering Substance Use Disorder treatment services in the form of a Modified Intensive Outpatient Program (MIOP). Groups will be starting in Basalt, with MIOP group therapy on Tuesdays and Thursday from 4pm to 6pm for 12 weeks.

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## **THANK YOU FOR STANDING UP FOR COMMUNITY HEALTH CENTERS**

### **Congress Acted Early Feb. 9th to Restore Federal Funding to CHCs for Two Years**

By Ross Brooks, Chief Executive Officer, Mountain Family Health Centers

Thank you to our patients, staff, board, partners, and communities for standing up on behalf of community health centers (CHCs) nationally and Mountain Family Health Centers (MFHC) here at home. Your advocacy and thunderclap were heard nationally, and Congress acted early February 9th to restore federal funding to CHCs for two years.

Mountain Family Health Centers would like to thank Senator Michael Bennet, Senator Cory Gardner, Congressman Scott Tipton, Congressman Jared Polis, and the entire Colorado Congressional delegation for their bipartisan support of CHCs, and the many actions they took to advocate for the restoration of our federal funding. These included sponsoring and co-sponsoring legislation, conversations with Senate and House leadership, letters, ongoing social media posts, and of course their votes.



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## **BUILDING HEALTH FOR ALL**

### **The Basalt Integrated Health Center Campaign**

By Garry Schalla, Development Director

To meet the increasing demand for affordable, integrated health care services for all Roaring Fork Valley residents, Mountain Family plans to expand the Basalt Health Center this year, in 2018. The clinic will be relocated across Highway 82 to 123 Emma Road, the former Bristlecone Mountain Sports building, in partnership with Pitkin County and Aspen Valley Hospital. The building will be renovated to provide a new, 8,016-square-foot integrated health center with six medical exam and procedure rooms, two dedicated behavioral health rooms, four dental operatories, and for the first time at Mountain Family, an internal pharmacy. The center will also have space for intake and financial assistance, patient outreach, care coordination services and conferencing. This expansion will allow Mountain Family to increase the number of patients served each year from 2,000 to 3,500.



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## **DANYELLE CARLSON WINS CCHN AWARD**

### **Congratulations on Receiving the 2018 Community Health Advocate Award**

On Wednesday, February 7th, the Colorado Community Health Network (CCHN) presented Mountain Family Health Centers Advocacy Coordinator Danyelle Carlson with the 2018 Community Health Advocate Award. Here is an excerpt from her award:

"[Danyelle] took on Mountain Family's civic engagement work beginning in 2014, helping to bring voter registration opportunities to all Mountain Family sites and throughout the community... In addition, when the first [Community Health Center] funding cliff was going to occur in 2015, Danyelle lead a letter collection effort for Mountain Family, collecting hundreds of letters of support from patients, community members, partner organizations, and local businesses. She has continued this leadership throughout the past year with another federal funding cliff looming, ensuring patients, staff, and board members are aware of the risks and are poised and ready to take action."



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## 20,000 PATIENTS

Mountain Family Served More than 20,000 Patients Over the Past 18 Months

Mountain Family is excited to announce that, as of February, we have served more than 20,000 patients over the past 18 months. (18 months is the time period we use for tracking visits and other quality measures.) We also nearly reached 90,000 visits during that same period. This is great news and a "first" for Mountain Family, as our goal is to reach as many residents in our service area as possible who live at 200% or below of the federal poverty level.



[More](#)

## MOST POPULAR SERVICES & PRICES

Curious About How Much We Charge?

We've posted the prices for our 15 most common medical, dental, and behavioral health services [on our website](#). We've added [these prices](#) in accordance with a new law, [Colorado SB17-65 Transparency in Direct-Pay Health Care Pricing](#). The prices listed are the amount paid when patients are paying out of pocket, and may be different when patients [are insured](#) (due to private insurance contract adjustments) or qualify for our [sliding fee discount scale](#).



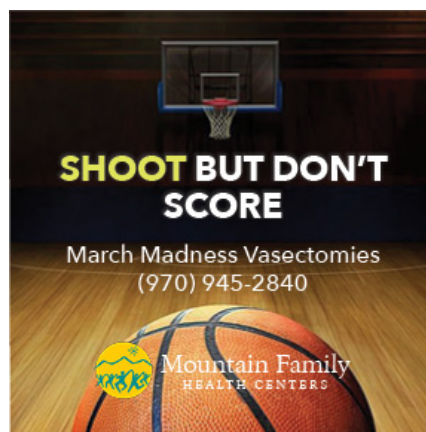
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## MARCH MADNESS COULD BE A GOOD TIME FOR A VASECTOMY

Shoot, But Don't Score!

Have you made plans yet for watching basketball in March? Yes, we're talking about \*the\* NCAA tournament. If you think a vasectomy is right for you, and you're also a basketball fan, consider a vasectomy during this time. You'll have a great excuse for lounging on the couch!

[More](#)



## VAIL SYMPOSIUM INCLUDES MOUNTAIN FAMILY PROVIDERS

Conger and Petrie Eloquently Represent Mountain Family

Thank you [Vail Symposium](#) for an excellent women's health program in February, which featured Mountain Family providers Certified Nurse Midwife Carol Conger and Dr. Kent Petrie. As Jenny Lang put it, Conger and Petrie "eloquently represented MFHC and the hard work we do every day. Thank you, Kent and Carol." Photo courtesy Arzu Basyildi with Vail Symposium.



## LT. GOVERNOR VISITS MOUNTAIN FAMILY

### Discussing Health Care Landscape in Garfield, Eagle, Pitkin and Rio Blanco Counties

Colorado's Lieutenant Governor and Chief Operating Officer Donna Lynne stopped by our Glenwood Springs health center on Monday, February 19th. We appreciated the opportunity to talk with her about the health care landscape in Garfield, Eagle, Pitkin, and Rio Blanco counties and how we care for our 20,000 patients. Thank you, Lt. Governor Lynne, for your support of Community Health Centers statewide and for ensuring access to affordable, medical, dental, and behavioral healthcare for all! Photo credit: Garry Schalla.



## COLORECTAL CANCER AND YOU

### Mountain Family Participating in Colorectal Cancer Awareness Month

By Carolyn Hardin, Development Consultant

To increase awareness about colorectal cancer and the importance of screening for this prevalent disease, Mountain Family Health Centers is participating in Colorectal Cancer Awareness Month in March by sharing information about colorectal cancer, its signs and symptoms and how to prevent this disease.

In the United States, colorectal cancer is the second leading cause of death from cancer. It is the third most commonly diagnosed cancer in both men and women. According to the American Cancer Society, approximately 4.6% of men (one in 22) and 4.2% of women (1 in 24) women will be diagnosed with colorectal cancer in their lifetime. They estimated in the United States in 2017, 135,430 people would be diagnosed with colorectal cancer with about 50,260 people dying from the disease.



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## MARCH MARIPOSA AWARD

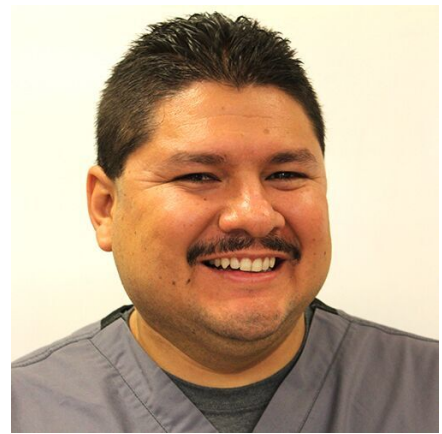
### Congratulations to Ricardo Zavala

Congratulations to Ricardo Zavala, Lead Dental Assistant, for winning the Mariposa Award for March! He

was nominated by dental provider Dr. Connor Rivers, who described his appreciation for Ricardo this way:

"Ricardo has to be one of the hardest working employees in our organization. Not only is he a fully capable assistant in dentistry, but he is a fully capable mechanic that spends many hours outside of his normal hours to care for our mobile dental RV."

[More](#)



## EXEMPLARY CARE AWARD Congratulations to Debra Burns

Congratulations to Family Nurse Practitioner Debra "Deb" Burns for receiving the Exemplary Care Award. Deb was nominated by Jenny Lang for her dedication to helping patients. Way to go, Deb!

[More](#)



## CHECK OUT OUR LATEST VIDEOS

### Veronica "Roni" Morales - How Her Knowledge and Advocacy Supports Our Patients

Mountain Family's latest video features Patient Health Advocate Supervisor Veronica "Roni" Morales. Check out her story and how her knowledge and advocacy supports our patients. English and Spanish videos of Roni's story [can be seen here](#).

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