



HEALTH CONNECTION

January 2017

Annual Meeting Brings New Ideas For 2017

CHAC's Annual Meeting was held on January 13 with a large group of 32 people representing multiple organizations and committed individuals. After a brief update about "My Life: Deciding in Advance" and a review of 2016, many issues were brainstormed, discussed, and then voted upon to determine the top three priority areas for action by CHAC in 2017. Results were: behavioral health (15 votes), political action (13 votes), suicide (8 votes), oral health (6 votes), housing as a health issue (5 votes), depression, obesity, and care coordination (3 votes each), substance abuse, and insurance (2 votes each). Suicide, depression, and substance abuse will be incorporated into behavioral health. Insurance will be included in political action. In fact, it was agreed that political action could be a component of the other two areas of behavioral health and oral health.

In summary, the three top areas were behavioral health, political action, and oral health. Each topic had small groups that outlined more specific ideas. Please contact pattie if you want more details.

Political action will be a primary, immediate focus of CHAC while continuing to support the existing behavioral health and oral health teams' efforts. Other themes that will be important to keep in mind within the priorities include common language, consistent messaging, seniors, health equity and veterans.



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Better Health for All

CHAC News



Congratulations to Bob Cox, recipient of CHAC's 2015 Health Hero award. At the annual meeting, Bob received a personal plaque for this honor. Bob is tireless and completely dedicated in his efforts to improve health in our community whether it be his current role as co-lead of CHAC's Advance Care Planning initiative, "My Life: Deciding in Advance," formerly serving on the CHAC Board, being instrumental in the success of the La Plata Community Clinic or whatever he sets his sights on. Thank you, Bob; you're much appreciated! No award was given for 2016 since this was an unconventional year for CHAC.

Political Action

By Eileen Wasserbach, CHAC Board President

CHAC Board members met on January 19 to address the elements that were identified by the Political Action workgroup at the CHAC Annual Meeting, especially noting that the group stated there was urgency to take action.

A process is needed to determine whether action would be taken on any individual issue and to identify the best course for CHAC as an organization.

Although the process is still being fleshed out, these are the main points that were agreed upon:

- Any member of CHAC can propose that the organization take a position on an issue. To the extent possible, the member proposing action should provide educational points supporting his/her request.
- The Board will meet, either in person or via email, to discuss the request.
- The Board will determine whether action will be taken and what that action will be.
- Regardless of whether the Board approves action from CHAC, the membership will be provided with the information in case they would like to take action individually as well.

The issues which the Board believes are timely and may need addressing in the next month or so include:

- Replacement of the Affordable Care Act – CHAC may advocate for specific provisions to remain in the replacement legislation;
- Maintain Medicaid expansion in Colorado, including increased eligibility and services, such as dental services for adults;
- Maintain the Health Insurance Exchange in Colorado as long as needed by the residents;
- Support the fluoridation of Durango City water supply; and
- Support Planned Parenthood as a provider of health services eligible for Medicaid and Title 10 reimbursement.

CHAC Board of Directors

Eileen Wasserbach, Chair
Bob Juskevich
Lon Erwin
Lynn Westberg
Sheila Casey

CHAC Staff

pattie adler, Executive Director
Kathy Sherer, Administrative Coordinator

Board Applications

If you have an interest in becoming a member of the CHAC Board, applications are currently being accepted. See the last page of this newsletter for an application.

For more information, contact:
Eileen Wasserbach 563-4517
pattie adler 799-0218

"The Community Health Action Coalition (CHAC) is the coordinating body for communication, collaboration, education and other health related activities in La Plata County.

We advocate for the prevention of disease and disability, and for healthy lifestyles and integrated health services that are accessible and affordable for everyone."

2017 Meeting Schedule

Monthly meetings are held the second Friday of each month from 8—9:30 a.m. at the Durango Recreation Center.

February 10
March 10
April 14
May 12
June 9
July 14
August 11
September 8
October 13
November 10
December 8



CHAC to begin “My Life: Deciding in Advance” Services

Please contact Kathy Sherer starting mid-February to schedule a free presentation for a group – some examples may be community groups and service clubs, businesses, non-profits, workplaces, professional organizations and more. She can be reached at kathy@chaclaplata.org or (970) 884-2355.

There will also be Personal Resource Specialists who can spend more time answering questions and helping complete documents at no charge. We are grateful to the following organizations for offering in-kind support to provide staff for this purpose: Axis Health System, Mercy Regional Medical Center, La Plata Senior Services, and San Juan Basin Health Department.

Other Personal Resource Specialists not affiliated with an organization will also be available by phone or to meet in community settings or homes. Announcements will be made via CHAC and media when these Specialists become available which will be March.

Director's Dialogue

Thank you to those who were able to attend our annual meeting earlier this month; your input for CHAC's future is valued. There was a strong turnout and lively, thoughtful discussion. Priority ideas were: behavioral health, political action, and oral health. Possible next steps will be considered by the Board at its February meeting and brought back to CHAC supporters. Your active involvement will be vital, as any success depends on all of us.

“My Life: Deciding in Advance” Advisory Committee members have been busy developing Advance Care Planning (ACP) community education, professional training and making Advance Directives available in electronic medical records. You may have noticed ACP messages in the local media over the holidays encouraging people to talk with loved ones while gathered for the holiday season. We'll be training volunteers in late February/early March to become ACP speakers and Personal Resource Specialists (PRS) as described above. PRS will answer questions and help complete documents as a follow-up to community education, discussions with healthcare providers and information in the media.

Please contact me (pattie@chaclaplata.org) or Bob Cox (bob@bioforecast.com) ASAP if you'd like to volunteer. Please contact Kathy Sherer (kathy@chaclaplata.org) to schedule a free presentation for your workplace, service group, church, business, or any group anywhere in La Plata County.

Appreciation goes out to the Ballantine Family Fund for its grant to support the program activities of “My Life.” This is in addition to major funding for two years from the Colorado Health Foundation.

Please remember to join or renew your annual membership; a form is at the end of this newsletter. As has been announced at recent meetings, memberships will be effective on January 1 of each year at the low annual rate. It is a great way to support knowing what's going on in La Plata County related to health, being informed about political action to consider about health, promote your activities, and networking with others. Your financial support is appreciated at any time.

As always, CHAC appreciates the time and expertise that organizational representatives, devoted individuals and Board members commit to our efforts.

Sincerely,

pattie

Funding Opportunities



The Colorado Health Foundation™



The Colorado Health Foundation's next grant application deadline is Feb. 15, 2017. We invite you to visit our new website at www.coloradohealth.org/funding-opportunities to learn more about our open funding opportunities which include:

- Activating Places and Spaces Together
This funding opportunity supports place-specific efforts to get people outdoors and actively engaged in their neighborhoods through activating existing infrastructure in public places.
- Change Capital
This invite-only initiative will support organizations that are interested in exploring and assessing their business models and capital structures with the Nonprofit Finance Fund to build financial strength and adaptability.
- Creating Healthy Schools - Local Implementation and Local Planning and Assessment
These funding opportunities aim to support local planning, capacity-building and community collaboration efforts and assist strategy execution in specific areas related to healthy schools work.
- Energizing Tween Scenes
The goal of this funding opportunity is to promote and support quality physical activity for tweens by increasing access to tween-focused public spaces.
- Health Insurance Literacy
This initiative is designed to support organizations seeking to improve health insurance literacy by increasing opportunities for individuals to gain information on how to better understand and use health insurance.
- Healthy Living Advocacy: Leadership Development, Long-Term Policy Initiatives and Organizational Capacity Building
These funding opportunities aim to support advocacy leadership development programs; promote or preserve policies that create social, physical and economic environments that promote health; and build capacity of organizations working to promote or preserve those policies.
- Out-of-School Time Physical Activity
This funding opportunity will support organizations to provide quality, structured physical activity in out-of-school time settings.
- Strengthening Primary Care
This initiative, in partnership with Vital Healthcare Capital, aims to increase the number of Coloradans receiving quality primary care services through grant and loan funds for physical and health information technology infrastructure as well as working capital related to expansion or improvements to care delivery.

Thank you for your interest in joining us as we work to
make Colorado the healthiest state in the nation!

Current Events

SAN · JUAN · BASIN HEALTH

Community Water Fluoridation Supporting Good Health in Durango

- Water fluoridation was named one of the top 10 great public health achievements of the 20th century. In children, it strengthens growing teeth and in adults, it protects tooth enamel from plaque, leading to less tooth decay. This means lower health costs and the opportunity for everyone to live a healthier life.
- Fluoride is a naturally occurring mineral that comes from the earth and is released by rocks and absorbed by water. Our oceans, rivers, lakes, and streams have naturally occurring fluoride in them.
- Tooth decay is the most common chronic childhood disease in the U.S. Water fluoridation ensures that everyone, no matter their economic background or age, has a chance at good oral health for life.
- The fluoridation of Durango's water is a highly cost-effective way to ensure that all of our residents benefit from better health. For every dollar spent, an average of \$38 in dental treatment is saved per person. Lower overall healthcare costs benefit individuals, local businesses, and governments.
- There is lots of misleading information circulating regarding community water fluoridation. For years, naysayers have shared false information and bad science about water fluoridation despite decades of research showing that fluoridation works and is perfectly safe. It is important that accurate information is shared on this subject and that the voices of support for fluoridation from local pediatricians, dentists, public health practitioners and others are heard.

Source: www.coloradowaterfluoridation.org

Behavioral Health Team Meeting

January 26, 3:00 PM

Mercy Medical Center, Room B, Garden Level

Contact: Jenny Treanor (jennytreanor@centura.org)

**For information about the Oral Health Team,
please contact Keri Plante at kplante@sjbhd.org**

What's Happening in March:

REGISTER NOW!

At www.ecclaplata.org/trainings

Touchpoints Individual Level Training

A 3-day seminar for healthcare, childcare, early education, and social services providers who want to incorporate elements of the Touchpoints Approach into their practice.

March 3rd 10th & 17th 9am – 4pm

At the Early Childhood Council Training Room 130 Rockpoint Drive, Durango

For more information contact Mary Gilden 970-247-0760 maryg@ecclaplata.org

“Touchpoints is one of very few philosophies that truly provide a foundation in whatever work you do with infants, toddlers & their families.”

Mary Dodd



SILENT ART AUCTION

Celebrating the Art and Science of Nursing

Accepting Art From Nurses, Friends and Family

Silent Auction to Benefit
The Community Nursing Scholarship Fund

March 16th at 7pm
Nightingale Luminary And Star Awards
The Henry Strater Theater
699 Main Ave, Durango, CO

Enter Your Beautiful Artwork
(Paintings, Jewelry, Pottery, Sculpture etc...)
into our Silent Auction by March 14, 2017
Contact Mary at mary.frey@swcahec.org

Southwestern Colorado



www.swcahec.org

April Training:



COLORADO
Office of Behavioral Health
Department of Human Services

SAMHSA Substance Abuse Prevention Skills Training (SAPST)

Upcoming SAPST Training: Durango, CO

Dates: April 18-20, 2017
Time: 9:00 a.m. to 5:00 p.m. each day
Location: Vectra Bank South
Training Room
Corner of Dominguez Dr. & Escalante Ave.
Durango, CO
Registration deadline: March 28, 2017

Who Should Attend?

New to primary prevention work?
Or are you an experienced prevention professional who would benefit from a review of the basics?
If so, then SAPST would be a great course for you.
This training is required for CCPS II

COURSE OVERVIEW

INTRODUCTION TO SUBSTANCE ABUSE PREVENTION: UNDERSTANDING THE BASICS (Online): 5 hours of online coursework to be completed anytime between April 3-14, 2017

This foundational course offers practitioners new to the field of prevention, or working in related fields, an introduction to the history of primary prevention, key concepts and definitions, specific drug effects, and an informative glimpse into the effects of substance use and addiction on the brain.

IN-PERSON SUBSTANCE ABUSE PREVENTION SKILLS TRAINING: April 18-20, 2017

This 3-day training addresses the following *primary prevention* topics:

- ◆ Behavioral health
- ◆ Institute of Medicine's Continuum of Care
- ◆ Public health approach
- ◆ Risk and protective factors
- ◆ Developmental perspective
- ◆ Application of SAMHSA's Strategic Prevention Framework: assessment, capacity, planning, implementation, and evaluation
- ◆ Cultural competence and sustainability

AVAILABILITY OF CONTINUING EDUCATION HOURS

Participants will receive two certificates for training hours – one for 5 hours (upon completion of the online course) and one for 26 hours (upon completion of the in-person training).

These certificates can be submitted to your respective credentialing authority responsible for providing certification or approving continuing education credit.

Registration Information

To register, go to this SAPST Registration page on Eventbrite:

<https://www.eventbrite.com/e/substance-abuse-prevention-skills-training-sapst-durango-co-tickets-26956045257>

OMNI reserves the right to cancel this training if it does not meet the minimum number of required participants.



For more information or questions,
email jthompson@omni.org



This training was developed under the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for the Application of Prevention Technologies contract (Reference #277-08-0218). This course can count toward the Colorado Certification for Prevention Specialists.

Job Openings:



EVENINGS PORCH ASSISTED LIVING

Evenings Porch is accepting resumes from the following candidates:

- *Individuals who want to work in a supportive environment.
- *Individuals who are mature, positive and willing to ask for assistance when needed and have good communication skills.
- *Individuals who want to earn \$13-\$15 per hour with opportunity for advancement.
- *Individuals who have strong values, excellent people skills and who understand the challenges that can come with working with elderly and especially those with dementia.
- *Individuals who are driven to succeed professionally.

Send your resume to erin@eveningsporch.com if interested!

Evenings Porch is looking for a QMAP/caregiver to work Saturdays plus one or two additional shifts during the week. Must be a hard worker, a team player, and have a good work ethic and reliable transportation. Experience is a must! Competitive pay in a great work environment. Send your resume to erin@eveningsporch.com.

Fundraisers:



We are trying to raise funds for a grant writer to help us write our next Drug Free Communities grant.

Our focus is as our name suggests, Celebrating Healthy Communities. We work with youth and community partners to create healthy events, normalize healthy choices, promote youth created media projects about drugs and alcohol, and build adult-youth partnerships to promote positive social change.

If you've seen our *They Are Listening* campaign, the *Too Busy* campaign, participated in our *Designated Driver* program, or come to one of our Coalition meetings or workshops, please consider making a donation today so we can keep pushing forward!

To donate, please go to:

www.facebook.com/CelebratingHealthyCommunities/ and click on [Donate](#).

Please join us in our quest for "Better Health For All."



Community Health Action Coalition
Membership Application

Everyone is welcome at the CHAC table regardless of membership status. However, please show your support of CHAC by becoming a paying member. The membership fee demonstrates that you value this convening organization. Our hope is to have 100% of our participants contribute through a membership fee and/or a donation. Select a membership below and please consider offering an additional donation. **Membership fees and donations both ARE tax deductible, annual, and due January 1st.**

Please check desired Membership level:

- _____ Individual: \$25
- _____ Organization/Business: Suggested minimum \$75
- _____ Student member (under 21 or with current student ID): Free

Name: _____ Date: _____

Title: _____

Organizational affiliation: _____

Email: _____

Address: _____

Telephone number: _____

Donations (separate from membership): \$ _____

A scholarship may be available upon application to and approval of the CHAC Board of Directors.

Thank you for your support! Please make check payable to the Community Foundation with a notation that it's for CHAC and send completed form with payment to:

Community Foundation
C/O Community Health Action Coalition
PO Box 1673
Durango, CO 81302

rev. Nov. 2016

CHAC Membership Investment Program

Value and Benefits from CHAC Membership:

CHAC Membership (Individual and Organizational/Business) gains the benefits of:

Attending CHAC meetings to:

- gain access to the information presented at the meeting;
- have a voice in discussions that take place;
- access networking opportunities;
- learn about education, training and job opportunities;
- market themselves and/or their organization;
- receive CHAC emails to gain access to information about what is going on in the county, region and state in terms of health and wellness initiatives;

and

- **“pull”** information from CHAC including newsletters and announcements;
- **“push”** information using CHAC resources, including announcements via the CHAC email list to advertise their upcoming programs, distribute surveys to the CHAC community, and gain outreach and networking opportunities;
- make presentations at CHAC meetings, allowing targeted messaging to a dedicated audience that is interested in healthcare in La Plata County;
- vote on CHAC issues and assist in determining the future direction of CHAC; and
- participate on CHAC committees, teams and Board of Directors to influence the health and wellness of our community.

Organization/Business members have their membership in the name of the organization rather than the name of a person. They vary in size and for-profit/non-profit status. The number of individuals from the organization/business who receive CHAC correspondence is at the discretion of and designated by the organization or business.

Organization/Business members are listed on the CHAC website and can gain visibility, recognition and marketing reach through logos, profiles and links to their own websites on the CHAC website and within CHAC newsletters.

Honorary membership is awarded by the Board and could include elected City and County officials, representatives of the offices of our elected State and National officials (senators and representatives), and retired former CHAC members.

Annual Membership Dues by Level (Dues are *tax deductible*)

1. Individual Membership.....	\$25
2. Organization/Business Membership.....	Suggested minimum \$75
3. Student Membership.....	free
4. Honorary Membership.....	free

Membership dues will be assessed every January for that calendar year. They support CHAC's convening activities that result in collaboration, education and community action. Your dollars help to pay for: meeting space and coffee service at monthly meetings, communications among members, marketing efforts, and much more. Support CHAC with your membership and/or donation and obtain a year's worth of networking, education and community service opportunities for a moderate cost.

Scholarships may be available upon application to and approval of the CHAC Board of Directors.



Community Health Action Coalition Board Membership Application

Name _____ Phone _____

Address _____

How many years have you been a member of CHAC? _____

Relevant experience and/or employment (attach a resume if relevant) _____

Why are you interested in our organization? _____

Name other volunteer activities and/or boards you have served on in our community

Area(s) of expertise/contribution you feel you can make _____

=====

For Board Use

___ Nominee has had a personal meeting with either Executive Director, board chair, or other board member. Date _____

___ Nominee reviewed by the committee Date _____

___ Nominee attended a board meeting Date _____

___ Nominee interviewed by the board Date _____

Action taken by the board _____