

CHAC Monthly Meeting
August 10, 2018
Durango Recreation Center

Attendees:

Lynn Westberg, CHAC Board	Vic Lopez, CHAC
Anne Dizenzo, Axis	Kristin Markley, MRMC
Missy Krause, MRMC	Elsa Inman, MRMC
Bill Warren, Axis Board	Sara Alden, MRMC
Scott Wallace, CORHIO	Helen Griego, MRMC
Shelley Millsap, Axis	Scott Wallace, CORHIO
Leah Tanke, Durango 9-R	pattie adler, CHAC
Erin Youngblood, Comfort Keepers	Kathy Sherer, CHAC
Bob Cox, CHAC ACP	

“My Life: Deciding in Advance” (Advance Care Planning)

Our next large free community education event is scheduled for September 19, 8:30 AM to noon at the Durango Library. Completed documents can be notarized and delivered to Mercy for you. Flyers will be sent out soon. CORHIO has been involved with this initiative as they work on the storage, retrieval and sharing of electronic health records. The grant for this ACP initiative ends in October, but we are talking with CORHIO about a possible pilot project for the future.

Axis Health System (see powerpoint on CHAC website www.chaclaplata.org)
Shelley Millsap, Adult Outpatient Program Manager

Axis offers an integrated system of health care that follows a patient through time or through a range of services. The goal is to offer more comprehensive patient treatment that cares for the whole person.

In 2017, the number of patients served was: 5,300+ in La Plata County; 2,400+ in Montezuma County; 600+ in Archuleta County; and 1,000+ in Dolores, San Juan and other counties. There is one location in Cortez, one in Pagosa Springs, and seven in Durango.

Health services include:

- Senior Reach – support for older adults in La Plata County including referrals and counseling
- Detox Unit – up to 24-hour residential withdrawal management
- Jail-Based Services – substance use treatment during incarceration with referral and linkage at discharge
- Care Coordination – housing, transportation, referral, vocational support, and health insurance enrollment assistance
- Substance Use Treatment – treatment, DUI education and withdrawal management
- Acute Treatment Unit – short-term, residential crisis stabilization services
- Crisis Care – 24/7 crisis care with a mobile response team for the five counties in SW Colorado
- School-Based Healthcare – healthcare on site at two La Plata County schools in partnership with School District 9-R
- Healthy Lifestyle Support – nutrition counseling and diabetes education
- Oral Healthcare – dental care and oral hygiene for the whole family

- Mental Health First Aid – skill-building classes on how to identify, understand and respond to behavioral health issues
- Crisis Intervention Teams – partnership with local law enforcement teaching skills to prevent and de-escalate crisis situations
- Psychiatric Care – psychiatric care including medication management
- Outpatient therapy – family, group and individual counseling services for all ages
- LPIH Integrated/Primary Care – whole person care including wellness, chronic illness management and immunizations

Outcome-driven measures track progress and changes in response to treatment and allow for adjustment of treatment interventions. Screenings include:

- PHQ-9 (Patient Health Questionnaire)
- AUDIT (Alcohol Use Disorders Identification Test)
- HRQOL (Health-Related Quality of Life)
- Body Mass Index
- Blood Pressure

Evidence-based programming includes:

- Dialectical behavior therapy
- Trauma-focused CBT
- Motivational interviewing
- Integrated dual disorder treatment
- Strategies for self-improvement and change

New program directions include:

- Adolescent substance use disorders: marijuana brief intervention and matrix model (CBT)
- Zero suicide initiative: collaborative assessment & management of suicidality (CAMS) and applied suicide intervention skills training (ASSIST)

Updates and Networking

Leah Tanke – A program called “Sources of Strength” will be implemented at all 9R secondary schools this year. This is a research-based suicide prevention program with a peer positive messaging campaign. 9-R received a grant for this because we are one of the top four counties in the state for high suicide rates. Students are also being taught about the warning signs of suicide and how to talk to an adult about it. Crisis response by staff has also been redesigned and taught at 9-R.

Erin Youngblood – The Caregiver Learning Academy has on-line and classroom instruction for those who want to learn or enhance their caregiving skills and become caregiver certified. Tuition is \$250 and scholarships are also available. They can also help with job placement. A recent class had five graduates with three being “ESL” students.

pattie adler – The Behavioral Health Team coordinated by CHAC has been developing a grant over the past few months to “reduce loneliness among adults 50 and over in La Plata County.” The strategy is to increase social connectedness. We will hear from the *NextFifty Initiative* in December if we have been funded. It would be a 2-year project that starts in January.

Elsa Inman – Mercy ER will provide tele-psychiatric services starting this month. Saferooms in the hospital will also be created for people with psychiatric issues to alleviate problems in the ER in the near future.

Missy Krause – A spiritual care support group for LINK participants will start in October. If it goes well, it may become available through Mercy Family Medicine for non-LINK people. New enrollment for the LINK program will begin in October through December.

The next monthly CHAC meeting is scheduled for September 14, 8:30-10:00 a.m. at the Durango Rec. Center. Dr. Dan Caplin of the Southern Rockies Addiction Treatment Center will discuss opioids.

Meeting notes submitted by Kathy Sherer with minor additions by pattie adler