

## Delta County

### Strengths

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Collaboration between medical, behavioral health, dental and school district

Hospitals Regional collaboration

Behavioral Health collaboration; county-wide, lead by Families Plus

Center for Mental Health services, location is accessible

Integration happening: Surface Creek, Stony Mesa, DCMH Family Medicine, School District (Middle and elementary), Delta Health and Wellness, PACE (senior care)

Judicial system mandated behavioral health treatment exp. Child protective services

Drug Free Delta County- substance free activities, funding for Mental Health services, transition house

Funding for mandated behavioral health counseling (community representation) to address behavioral health in community, monthly meetings

Partners

Children's Clinic with integrated behavioral health

Inservice for sheriff/police for behavioral health training

Center for Mental Health- new CEO, increase in funding

Sharing physical facilities

Decrease stigma with co-location (River Valley) with goal of integration

AA, Al-Anon, Al-ATeen Programs

Mental Health First Aid training thru Center for Mental Health, many agencies have used it

Emergency Services- Crisis center in Montrose- goal of 24/7 support, Transported to center thru Peers

Network of Churches

Suicide Prevention textline for teens

Primary care physicians required to screen for behavioral health due to funding (Medicare, Medicaid reimbursement)

Themes
<b>Built Environment</b> <b>Access- Transportation, Vouchers/reduce cost, programs</b> <b>Organizations/Collaboration</b> <b>Education</b> <b>Marketing/Promotion</b> <b>Funding</b> <b>Policy</b>

## Montrose County

### Strengths

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Private therapists and Center for Mental Health in county- all parts of the county  
Basin Clinic in Naturita, Montrose Memorial Hospital, Jail, Health and Human Services

Screen in dental clinic at PIC and Peak

Screen for every child at Pediatric Associates

Center for Mental Health highly collaborative- grown in this capacity in last few years

Growth of mental health awareness is huge in last few years- physical capacity increased with new building on 1st St- crisis center

Grass Roots collaborators (community lead, no organization): Bullying, Peer Kindness, Suicide Prevention

Good Community Corrections

Good Alcoholic Anonymous in Montrose

Center for Mental Health, Hilltop, Dept of Health And Human Services- Improvement in terms of stigma

Strong Health and Human Services department, hardworking and caring  
Mental Health First Aid trainings, increase awareness, who to go to for crisis.  
Available to county and business

Small community- support is close because you know everyone  
prevention focus: Dolphin House, Casa, Hilltop

Peer Specialists

Law Enforcement Personnel

Spanish Speaking Therapist at Center for Mental Health

Navigators/ Promotoras within multiple agencies

WCPHP Regional work to further discussion

Screening for perinatal depression

High School Campaigns- citizenship agreement to play sports and be in organizations

Upheld Citizenship Agreement- 2 students withheld from state championship game

Community awareness increasing about suicide prevention

Suicide prevention coalition

Texting line for teens

PEAK Academy- online alternative school for middle and high school



## **Gunnison**

### **Strengths**

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GCSAPP

CMP

System of care regionally

Substance Abuse Prevention in schools for 6-12th grade

QPR & Mental Health First Aid in community

Community Awareness

Expansion of public health programs and awareness

Sources of Strength in Gunnison High School and Gunnison Middle Schools

Wellness Program at Work- County

Level of collaboration in the community

Center for Mental Health

Center for Mental Health- Willing to work outside of box and walls

Opioid Prevention with GVH Opioid Free

Hospital ER Dept in CO Pilot Project

Youth Spaces in Community

Mentors

STEPP program

FTE increase in Mental Health at Western State Colorado University

Location/Beauty of the area

Tobacco Prevention/Tobacco Free Policy

Prescription drop off point in Gunnison open business hours

Community Churches

Library weekly family programs



## **San Miguel County**

### **Strengths**

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Collaboration among providers

Region Behavioral Health Commission- quarterly meetings

Private Practice Providers

Existing programs support prevention and education

Champions within City, Town, County

Increase awareness, conversation, closeness, checking in on each other

Advertising in paper

Right people at the table to make a plan- law, PH, Schools, Non-profit, ...etc.

Communities that Care- Youth Substance Abuse Prevention

Center for Mental Health- Emergency Services...conversations

Integration becoming standard of care- reimbursement





## Ouray County

### Strengths

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Access to medical care- Mountain Medical

Communities that Care- Voyager

Police Department/EMS training in Mental Health First Aid, sympathetic, positive approach

Tri County Health Network- Integration?

Public Health

Social Services (Grant IGA for increased need child/family wrap-around services)

Collaboration with other counties

Employee Assistance Program- Ouray County Gov't- wellness component, personal and conflict resolution

Voyager- Office of Behavioral Health- \$100 k grant Substance Abuse prevention, classes in schools and alternatives. Funds teen center

Good collaboration Mental Health, Law enforcement, Voyager, Juvenile services, Town/county gov't

Office of Suicide Prevention grant in schools

AA in Ouray county

Cavalier Church in Ouray class on depression, Paston is a counselor



## Hinsdale

### **Strengths**

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List of programs- school age related

Robust school counseling- targeted programs

Parenting Classes-with Gunnison and on own locally  
Choice Pass- parenting Nights

Mental Health First Aid class for schools staff and public  
Partnership with Mental Health providers- team meetings with families and schools, support access to Center for Mental Health and medical center

Trust with providers, school psychologist in Gunnison

Evaluations required for return to school

Teleconferencing with providers at school

Build a Generation from marijuana Funds  
No marijuana retailer

Faith-based organizations- support, financial collaboration to enable Medicare with Medical center, Wilderness- Public Lands, Library and Arts council meetings with families and schools, support access  
Zeller Wellness Center-Space

Relationship with Gunnison DHS- QPR Training  
Jessica Vogan from Center for Mental Health can travel

Center for Mental Health capacity increasing  
AA is regular

Food program at school- hot lunch

## Delta County

### Weaknesses

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Stigma in small community

Bad experience with treatment, may not return

Limited options

Disconnect from referral- no follow-up

Transportation- esp. seniors and those w/o license

Limited bilingual staff

Lack of specific services for 65+, Seniors forgotten

Lack of Volunteers from Millennial Generation

Center for Mental Health- new funding goes to existing infrastructure  
not new services

Lack of quality housing

In emergency room with behavioral health issue, transported to jail-  
will change soon

Lack of beds in Western Slope

Fighting for same funding to do the same work

Awareness for seniors on suicide prevention

Healthcare system- most vulnerable will not get to PCP- Fee for service  
system, lack of reimbursement for many services

Lack of mental health professionals (psychiatrists)

Lack of promotion for mental health field and new professionals

Lack of respect for mental health Professionals- low pay

Themes
<b>Built Environment</b>
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<b>Organizations/Collaboration</b>
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<b>Funding</b>
<b>Policy</b>

## Montrose County

### Weaknesses

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#### No inpatient behavioral health programs

Lack of Alcoholic Anonymous in the West End and rural parts of county

Lack of any services in the West End

Stigma utilize the Center for Mental Health (b/c of name)

Small community, hard to draw professionals/providers

No treatment center or detox center

Loss of psychiatric treatment at hospital

Lack of youth behavioral Health services- social services cases end up in

Marijuana Laws- influx in population

Drug problem in general- meth, heroin, opioids

Lossing community correction building b/c of unfunded mandate

Lack of narcotics anonymous meetings, county-wide

Transitional housing

Type/level of services influenced by socioeconomic status- Medicaid vs. private insurance, part of Stigma. Requirements of medicaid providers

Access to service with income level

Hazing in adults, especially with minority populations/Hispanics

Bootstraps mentality- taboo to ask for help

Lack of youth providers/services

Lack of providers for elderly

overbooked

Language/communication barrier with Latino community and Cora

Cultural barrier to accept/ask for mental health help with Latino and Cora

Environmental aspects of self-medication- stress of job/ multiple jobs, housing

Large population of young parents at increased risk

Permissiveness of under age drinking, marijuana use

Lack of understanding about social media influence on suicide ideation

Bullying (esp middle and high school)

## **Gunnison**

### **Weaknesses**

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Lack of programs 18-25 yrs for substance abuse prevention

Lack of programs for 25 yrs + for SA prevention

Availability of intoxicants/drugs

Availability of retail stores

Community norms favorable toward drug use and alcohol use

Details of SIM program

Payer system creates barriers

Understaffed at Center for Mental Health/ Turnover

Transportation for crisis patients out of county- requires law enforcement

Location/geography for getting outside assistance

Limited private providers (Crested Butte)

Separation between Crested Butte and Gunnison- lack of connection between communities

Risky behavior in high school leading to mental health problems later

Small community with limited peer groups

Lack of suicide prevention for adult males 40-65 yrs

Lack of behavioral health integration in primary care, schools and jails

Funding

Poverty, lack of jobs

Climate- long winters (SAD)

Remote location/ isolation

Community groups lacking- limited social networking if outside of community norms

Access to inpatient care





## San Miguel County

### Weaknesses

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Lack of access to direct services providers \*

Stigma- think everyone should be happy in beautiful place

Stigma- Admitting substance abuse within resort community

Stigma- b/c of closeness of community

Isolation

Substances at all celebrations

Substance Use Celebrated- eg festivals

Access to substances under age, alcohol and marijuana

Small area= lack of funding and attention

Secure stable housing

Economic, stress to live here

Emergency services/crisis care too far away \*

No Detox Center- new facility at jail but not medical detox

Key voices missing from this meeting (Medical/schools)

Widespread challenges

indirect)

priority

care does not permit adequate care/coordinated care

Lack of transportation

as you age

Lack of services for non english speaking

Isolation of undocumented population

Lack of beds/holding facility



## Ouray County

### Weaknesses

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Limited law enforcement personnel- loss of personnel during transport, decreased access to training

Limited staff, primary care, social services

Limited resources in rural community- stretched further when have to serve outside residents

Small community- stigma, perceived lack of privacy

No detox center

No long term rehab. center

Lack of mental health beds, youth beds (7 total on Western Slope)

No definitive care with hospital/EMS

No wrap around for adults in need

Patients need to feel "safe" okay with warm handoff, patient buy-in

Locality draws private people

Communication/marketing, lack of awareness of programs, access

Current access is limited to crisis situations- exp. breaking laws to gain access

EMS liability with helping person in crisis

Lack of wrap-around care

Lack of continuity of care

Lack of services to provide long term wrap around care

reach people (w/o alcohol)

Brown Center is closing

Lack of AA in Ridgway

DUI education far, in Montrose

Community geographically dispersed- 3 parts, no communication between

Populations- 3 distinct: elderly, youth, adults, need to reach with different communication, outreach



## Hinsdale

### **Weaknesses**

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Liquor stores/capita

Transient population

Lack of space at school for small group meeting, lack of privacy for counseling

Consistency of Center Mental Health access in Lake City

Internet affects availability of telemedicine

Lack of social opportunities for alcohol free

No gym at school to host substance free events, less connection

No regular alanon

## Delta County

Opportunities	Votes
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Wrap-around services for 1 individual	6
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Telehealth, Telemedicine, Tele-Counseling	4
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Integration could benefit senior population	4
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administration, efficient use of limited funding, active grant seeking, awareness of all grant streams in	2
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Public Awareness Campaign	1
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Living Room Approach- for people in crisis to talk to peer or counselor	1
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Peer Counseling	1
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Screenings as tools- used more frequently- senior screening tool, new mom screening tool	1
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Screening at dental clinics	1
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Education for medical providers on Behavioral Health, how to address	1
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Consolidation of health care, exp hospital with clinics, hospital can make policy that focuses on integration and prevention for all clinics

Colorado Health Foundation- Behavioral health is a Priority

CO Trust Funding

National Health Service Corps- Loan repayment for new Behavioral Health providers

Para-professional in mental health? Mid-level? LCSW??

Volunteers

Teaching in Clinics about integration, how to integrate behavioral health into overall health

Change model of delivery, think outside the box

Final phase of integration- fully integrated

Public education and training- Bridges Out of Poverty

De-stigmatize behavioral and mental health

Apps and new technology opportunity for services

Advertising tech solutions- crisis texting line

Behavioral Health field) about Behavioral Health resources,  
Improved housing

Funding for housing through CO housing and Financing  
Authority  
Habitat for Humanity  
Dental Professional identity Behavioral Health issues  
Active Church Community To identify need  
New Church Model

Themes
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## Montrose County

Opportunities	Votes
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Center For Mental Health Crisis Center (to be open 24/7)	5
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Earlier Intervention- depending on agency...in home assessments, training in elementary schools for staff,	5
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CEHS (state organization) higher up going to West End to see isolation in this community	4
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HHS, Hilltop, Casa, Region 10, Center for Mental health, Housing Authority, ...	4
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Texting Crisis line- more community involvement/volunteers	2
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Training for nursing home/assisted living staff	2
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Tele-therapy, option if not able to leave home, help with stigma of small community, could also be used for AA or	2
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Montrose Daily press attending meetings to report to community	1
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Broadband capability for tele-therapy	1
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Peer counseling/support (in crisis center) non clinical support	1
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Prevention	1
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Mental health First Aid- all organizations, residents- Spanish option	1
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Mental Health assessments in Public health and through Medical Community	1
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Resources to know who is available to take new patients, and which insurance they accept	1
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State of CO applying for suicide prevention grant  
Detox/treatment facility

Methadone clinic possibility- have building, looking for staff

Grant for social workers into schools- help identify Behavioral Health issues sooner

Montrose Memorial Hospital applied for grant for telemedicine in West End

Warm Lines

Integration in nursing homes

Hilltop has navigators, Spanish speakers

New company for translation- AB translation



## Gunnison

### Opportunities

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SIM- not matched potential yet  
Plans for Sources of Strength (SOS) in Crested Butte Community  
School- Staffing concern

Worksite Wellness/ Mental Health First Aid in county and private sector  
Train youth serving organizations on same language of SOS and SOS model

Shaping SIM to work (in rural/small communities)

Level of collaboration in community

Crisis services  
State Legislation about M-1 Holds- collaboration b/t law enforcement, hospital, and Center for Mental Health

Increased Substance abuse prevention and education at WSCU

Teaching tolerance and confidence in school, etc.

Peer involvement

Face to face conversations, more accountability

Prevention work with Adults

Advertise Amnesty Boxes

TIPPS Program with bartenders  
More Prescription drug drop off points

Expanded youth spaces to college age and in CB

# beds emergencies, residential Mental Health Services

Center for Mental Health Montrose Facility  
Liquor Store/Frontline education funding  
DHS rural telemedicine



## San Miguel County

Opportunities	Votes
Telehealth- broadband	8
Emergency Crisis services- follow up	4
Integrate mental health into jail, Center for Mental Health-emergency	4
Looking to build detox facility	3
Disaster and Behavioral Health, Response Capacity	2
Peer Counseling	2
Awareness on how seniors can be prepare for health aging in the valley	2
Better reimbursement for integrated Behavioral Health services	1
Collaboration b/t law enforcement and behavioral health	1
Recruit Providers	
Include SIM, Public Health, other in conversation and with funding for Regional Behavioral Health Commission	
Marijuana Industry- Funding	
Behavioral Health Recovery	
Alternative therapy options- Yoga, exercices groups, equine therapy, nature walks	
Change reimbursement, funding sources	
SIM Cohort 3	
Threat: Lack of inpatient beds nationwide	1



## Ouray County

### Opportunities

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Better collaboration to create system of communication/care  
Local church example of care system that works

Social Services Grant for at risk families- possible for adults?

EMS trained when to refer to social services- police, fire

Board open to training for volunteers of EMS

Behavioral Health Office of Behavioral Health CO Dept. of  
Human Services Grants

Increased Communities that Care present in County,  
Additional members, connection to AA population

Communication about all resources

Center for Mental Health new office- possible increase access-  
patient's need for regular contact

Coping strategy education for community, Mental Health First  
Aid

Visibility of resources- banks good place for fliers

Parenting Classes

Montrose Crisis Center (opening soon)

Faith-based community- for larger community,  
Communication about this resource

Further Behavioral Health integration into PCP, Public Health

Health services within home- community paramedicine,  
mobile integrated healthcare

Collaboration b/t public and non-profits to seek funding

Center for Mental Health offering Alcohol and Drug Classes





## Hinsdale

### Opportunities

Victims Advocacy- linked to Child Support Services (CSS)

Caring for Colorado- integrating behavioral health into primary care at Medical Center

Transportation- Liberty Mobility?

Funding for Medicaid transportation

Victims Advocacy from judicial system

iPads for referrals to mental health- using technology  
Center for Mental Health has online tracking of symptoms

State Innovation Model (SIM) grant

Medical Center Applied for SIM

Community support for addressing mental health-  
Leadership Support