



# **TELLER COUNTY PUBLIC HEALTH & ENVIRONMENT**

**2023-2027  
COMMUNITY HEALTH  
IMPROVEMENT PLAN**

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## Plan Authorization

This Community Health Improvement Plan (CHIP) was developed as a “living” document to help guide improvements in the status of identified health concerns in Teller County. The plan will be implemented, monitored, and revised over the next 5 years as goals are met and new needs identified.

The Community Health Improvement Plan (CHIP also known as a PHIP or Public Health Improvement Plan) is a part of the health assessment process. The plan will focus on the top health concerns identified and then prioritized in the early phases of the CHA. The CHIP serves as a roadmap for TCPHE and community partners to collaborate in setting goals and objectives to improve the overall health and wellness in the county. Part of the planning process included a capacity assessment within TCPHE and with our partnering organizations to identify community assets, strengths and potential barriers or gaps.

Approved by the Teller County Board of Health (BoH)



Erik Stone, Chairman



Date

## Acknowledgments

Teller County Public Health and Environment (TCPHE) respectfully and gratefully acknowledges the following agencies and citizens as partners in our efforts to improve the health and wellness of our community. Thank you to those who participated in the Community Health Improvement Plan (CHIP) process for Teller County. TCPHE would also like to extend our gratitude to the Office of Public Health Planning and Partnerships (OPHP) at the Colorado Department of Public Health and Environment (CDPHE) for their expertise and assistance during the assessment and planning process. In addition to our state and local partners, we would like to also add a special thank you to the Colorado School of Public Health (CSPH), OMNI Institute, Karissa Larson, and Martha Hubbard for their assistance and support during the TCPHE 2023-2027 CHAPS process.

## Community Participants/Partners

Organization	Participant
City of Woodland Park	Michael Lawson, City Manager
City of Woodland Park, Police Department	Chief Chris Deisler
City of Cripple Creek	Jeff Moser, Projects Director Frank Salvato, City Manager Carol Stotts, HR Director
City of Cripple Creek Parks and Recreation	Connie Dodrill, Director
City of Cripple Creek Police Department	Chief Charles Bright
Colorado Community Health Alliance	Andrea Kedley
Community Cupboard	Susan Tanner
Community of Caring- Aspen Mine Center	Ted Borden, Director Lisa Noble
Community Partnership Family Resource Center	Cory Gorton, Vice President of Programs Emily Hopkins Jodi Mijares, Director
Cripple Creek Victor School District & School Based Health Center	Rachel Gray Miriam Mondragon, Superintendent Laureen Murray, RN
Crystal Creek Counseling	Jeri Yingling, LPC, RTP-S
CSU Extension: Teller County and Region	Jennifer Aengst, Regional Derek Lowstuter, Regional Mark Platten, Director
Day Break Adult Day Program (former)	Elisa Santos, Executive Director
Diversus Health	Lynn Shull
Divide Fire Protection District	Lisa Pitts
EMS Liaison	Christine Sines
Families and Communities Together (F.A.C.T.)	Morgan Richardson, Coordinator

## TELLER COUNTY PUBLIC HEALTH & ENVIRONMENT

<b>Organization</b>	<b>Participant</b>
Family Care Center	Eli Varney
Forest Ridge Senior Living Center LLC	Lawrence Cowan
Four Mile Fire Protection District	Chief Kirk Greasby
Little Chapel Food Pantry	Judi and Ken Hesselberg, Directors
Teller Community Members	Anonymous
Palome' Child and Family Specialists	Heidi Lynch
Peak Vista Community Health Center, Divide	Laura Lawrence
Pikes Peak Area Agency on Aging	Melissa Marts
Southwest Teller County Emergency Medical Service	Eric Murray, Director
Status: Code 4, Inc.	Ann Rush, PhD.
Teller County Coroner	Steve Tomksy, Coroner Jill Schulman, Deputy Coroner
Teller County Department of Human Services	Phyllis Burton, RN Pam Elliott Kim Mauthe, Director
Teller County Government	County Commissioners: Bob Campbell Eric Stone Dan Williams County Administrator: Ross Herzog
Teller County Public Health Department/ Physician	Laura Boschert, MD Susan McMaster, DO
Teller County Mental Health Alliance	Ashlee Shields
Teller County Sheriff Office	Lt. Renee Bunting Sheriff Jason Mikesell
Teller County Veterans Service	Cindy Meyer
Teller Senior Coalition	Kathy Lowry, Executive Director
The Independence Center	Maria Cordova, Outreach Specialist
UC Health Pikes Peak Regional Hospital	Ron Fitch, CEO Henry Lewis, Provider Liaison Michael Rodriguez, CNO
Ute Pass Regional Health Service District	James McLaughlin, Director Community Paramedics Ryan Brown, Captain Community Paramedics
Woodland Park School District	Tina Cassens and Del Garrick, Interim Superintendents

## Teller County Board of Health

TCPHE leadership and staff, our community partners, and the community are grateful to our local Board of Health (BoH) for their support towards our work to improve the health needs of our community for our mission for healthier mountain living. We would also like to express our gratitude to our county administrator and medical directors.

Commissioner Robert Campbell

Commissioner Erik Stone

Commissioner Dan Williams

County Administrator Ross Herzog

Medical Officer TCPHE: Dr. Laura Boschert

Medical Director Women's Services: Dr. Susan McMaster

## Writers/Editors/Content Experts/Subject Matter Expertise

A special thanks to all of the TCPHE staff members who assisted in the creation of this document and to the commitment to our community to improve our mission and vision for the health of our community.



TCPHE 2022-2027 CHIP is an action-oriented, 5-year strategic plan. It is a “living” document that will be reviewed and/or revised at least once a quarter and as the work towards improving the healthcare needs of our community continues. This document was created by TCPHE in collaboration with our local Board of Health (BoH). The goals and strategies outlined in the document provide a high-level overview. This “living” document outlines the action plan with timelines, leads, and completion status. It can be found on our website at <https://www.co.teller.co.us/publichealth/>.

## Executive Summary

The TCPHE Community Health Improvement Plan (CHIP) for Teller County, seeks to embrace healthy mountain living by improving the health and wellness of our community and the county's visitors, based on the health needs prioritized from the county wide community health assessment process.

The Colorado Legislature enacted the **Colorado Public Health Act of 2008**, Senate Bill 08-194 (the Act). Starting in 2008, all Local Public Health Agencies (LPHA) are required to conduct a Community Health Assessment (CHA) every five years. The CHA serves as a roadmap to create a five-year Public Health Improvement Plan (PHIP), also referred to as a Community Health Improvement Plan (CHIP). The CHA examines the current health status and needs in our community. Once the CHA is completed, there is a process of prioritization that takes place using the results of the survey and feedback from focus groups. Based on the identified health priorities, a plan is set with the objectives and goals for each identified priority. Goals are established using strategies and objectives focused on the target populations identified through community engagement and collaboration. The action report and the plans are then reviewed and approved by our local BoH.

To date, TCPHE has completed three Community Health Assessments for 2013-2017, 2018-2022 and 2023-2027. In 2017, TCPHE completed a community health assessment and plan that prioritized mental health (including suicide), substance use and abuse, injuries and violence, and access to healthcare. For the 2023-2027 CHA, mental health, substance use, and access to healthcare again stood out as top priorities for Teller County. Other health concerns that have been prioritized include food access and access to aging adult care.

During the initial phase of the CHA, TCPHE, along with the Colorado School of Public Health (CSPH) collected data through various resources to prioritize health needs and environmental issues in our community. This process engaged our community key leaders, community health, and human service resources. During the initial phase of our CHA, we conducted a pilot survey and data was collected during April-May 2022, then synthesized by the CSPH. The information was then transitioned over to OMNI Institute to launch the community wide survey. OMNI conducted four separate focus groups to gain a better (qualitative) understanding of the health needs and concerns of the community. The focus groups were held both in person and virtually. Virtual groups included youth and healthcare workers. The two general in-person focus groups were held in Woodland Park and Cripple Creek. OMNI presented their findings and final report to the local BoH, community partners, and several members of our community on October 18, 2022.

COVID-19 has been the priority public health concern for a majority of the last three years. The pandemic has continued to put a strain on an already weakened healthcare system. We can do our part and help alleviate that strain by providing resources, and

implementing health measures and interventions that reduce preventable communicable diseases and chronic disease, impacting our community. TCPHE will continue to support you, our residents, and provide resources for your public health concerns in Teller County. We value and welcome people of all ages, genders, races, religions, cultures and socioeconomic status. Our mission is to prevent disease and to protect and promote the health and environment of Teller County residents and visitors by assuring quality health programs, education, and services. Join TCPHE in protecting your health and embracing your future. Become a part of fostering healthy habits and nurturing wellness and join TCPHE with our mission to promote *Healthy Mountain Living!*

*In Good Health,*  
*Michelle Wolff, MSN, WHNP-BC*  
*Director, Teller County Public Health and Environment*

*“Let food be thy medicine & medicine be thy food”*  
*-Hippocrates*

*“You are not your illness. You have an individual story to tell.*

*You have a name, a history, a personality.*

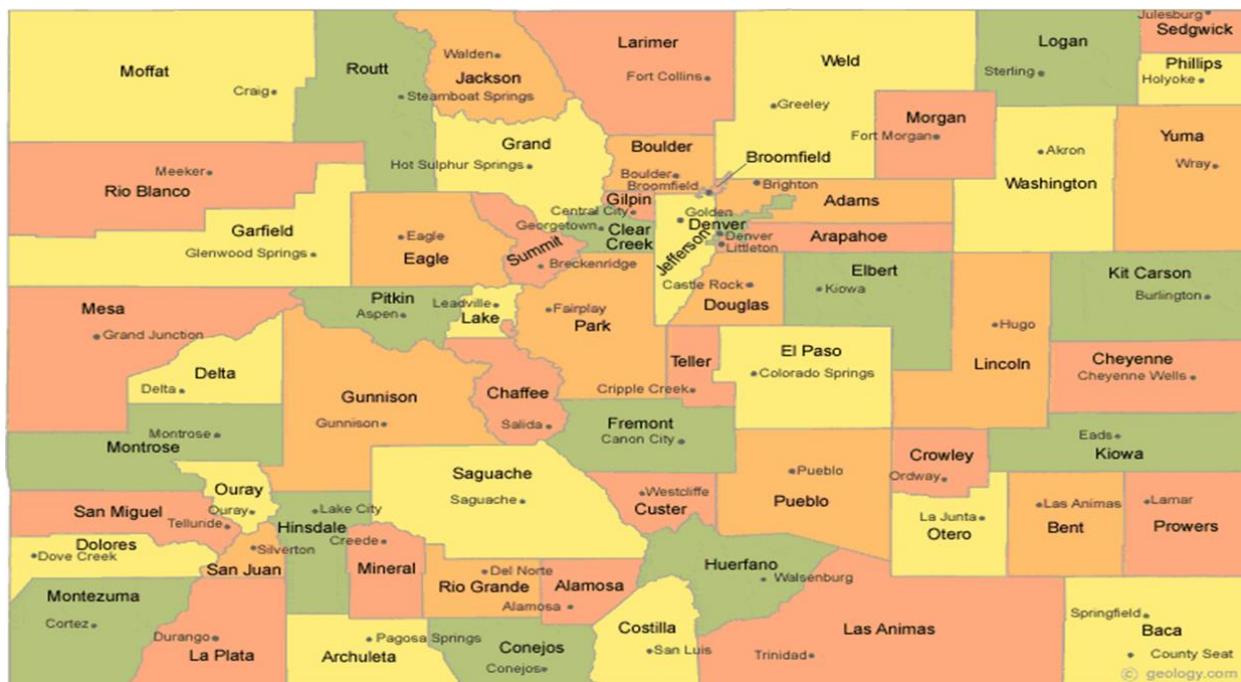
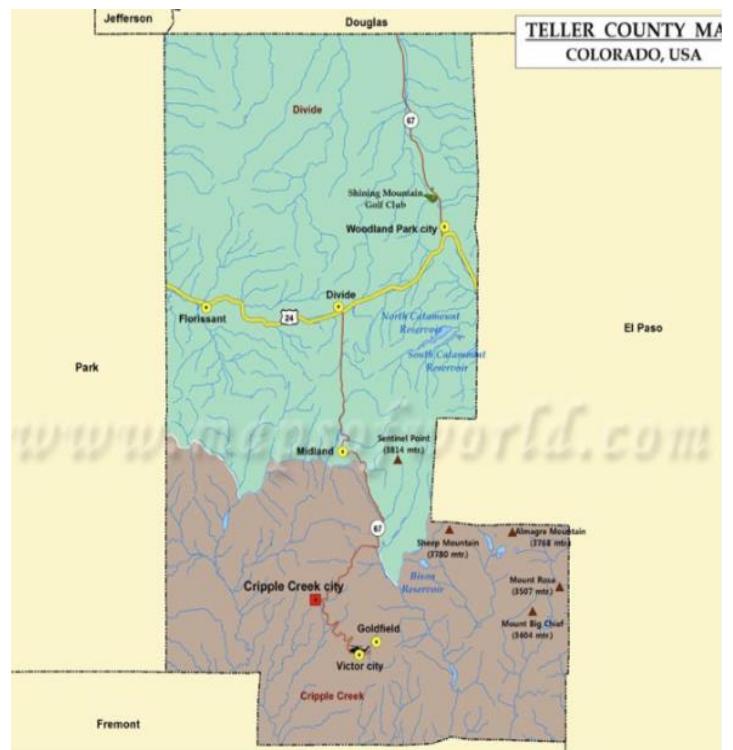
*Staying yourself is part of the battle.” — Julian Seifert*

## Teller County Profile

### Teller County

Teller County, located in central Colorado just west of the Front Range, was carved out from the western slope of Pikes Peak. The county was named after [US Senator Henry M. Teller](#).

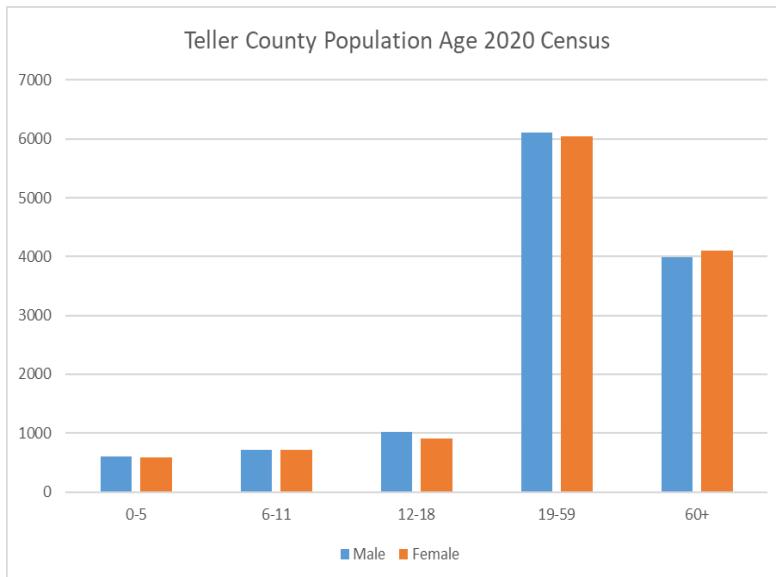
Teller County spans over 557 square miles of land with two square miles of water. Over 50 percent of the land is public, with the Pike National Forest covering 124,000 acres across the county. Teller County begins 20 miles west of Colorado Springs and is accessed via State Highway 24 West. The elevation in Teller County ranges from 8,465 feet in Woodland Park to over 14,000 feet on the back side of Pikes Peak.



## Demographics

The population is at 24,710 based on the latest 2020 Census data. It encompasses the City of Woodland Park, and Towns of Cripple Creek, Florissant, Victor, and Divide. Cripple Creek and Victor are considered incorporated.

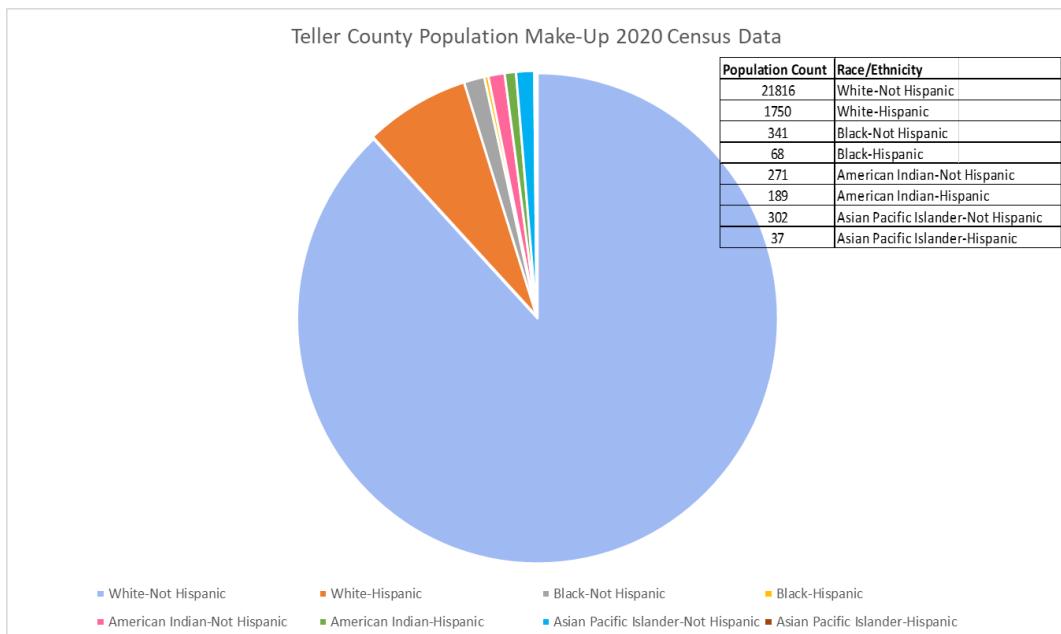
**Table 1: Teller County Population 2020**

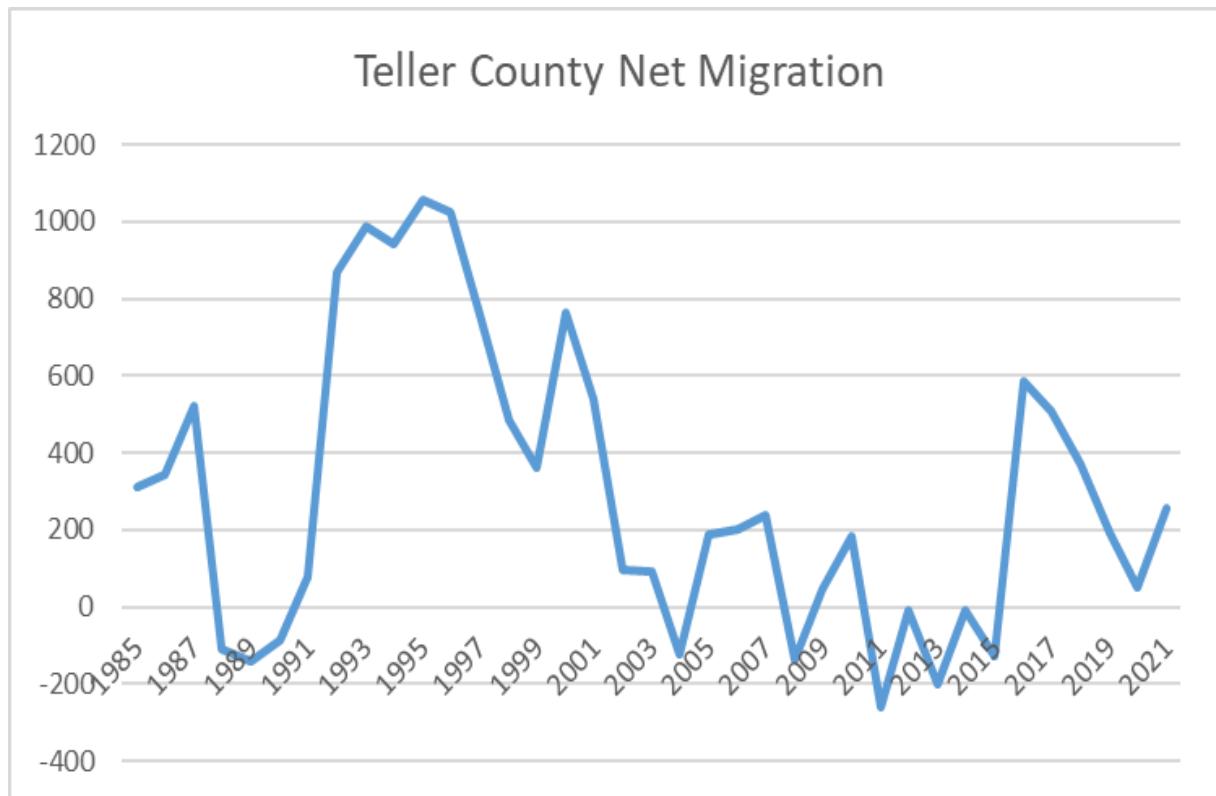


This age and sex breakdown for the population of Teller County was obtained from the Colorado Department of Local Affairs web site based on the 2020 census data. The graph shows a rather even distribution between males and females based on the age populations. Ages were broken down based on services available through TCPHE and other community partnerships, (such as preventable disease, vaccine clinics, family planning clinics, and women's health clinics).

**Table 2: Teller County Race/Ethnicity**

This diagram chart is based on the data provided by the Colorado Department of Local Affairs 2020 census data. The pie chart shows the actual number breakdown with the categories provided by the State of Colorado. The population of Teller County is predominately white, not Hispanic, followed by white Hispanic, followed by Black, not-Hispanic.



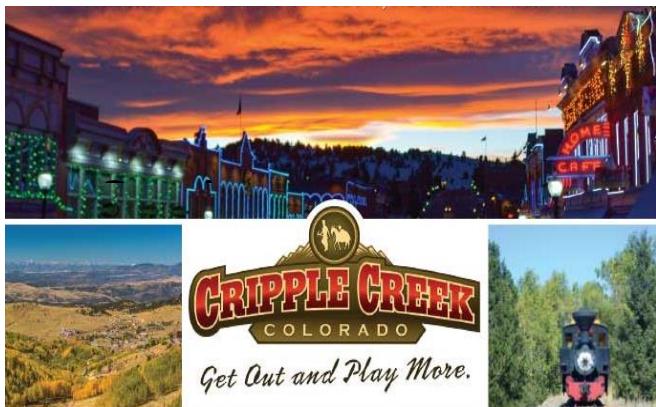
**Table 3: Teller County Net Migration**

Teller County is a great community sought out by many as evidenced by the substantial growth. Since 1985, Teller County has added more than 10,000 residents, nearly doubling its size.

**Table 4: Net Migration from 1985-2021**

YEAR	Net Migration	YEAR	Net Migration	YEAR	Net Migration
1985	313	1995	1,055	2009	44
1986	344	1996	1,027	2010	185
1987	524	1997	760	2011	-261
1988	-108	1998	485	2012	-8
1989	-140	1999	362	2013	-200
1990	-87	2000	766	2014	-10
1991	80	2006	200	2015	-126
1992	868	2007	237	2020	49
1993	988	2008	-136	2021	256
1994	943				

## About Teller County



**Gaming**  
**Cripple Creek**  
The town promotes itself as a tourist destination with gaming and history at the forefront.



## Hospital

### UC Health

15 Bed Critical Access, the hospital and emergency room became part of UC Health system in 2018.



**Mining**  
**Cripple Creek-Victor**  
CC-V Gold Mine operates a gold mine and is the largest employer in the county. It is owned by Newmont Gold Corporation.



## Community Town

### Woodland Park

Woodland Park is the largest town, (around 10,000 people). Many residents commute to Colorado Springs for work.

## Facts About Teller County

Teller County not only has a history of gaming and mining industries, they remain the biggest employers today. In the 1940s, Cripple Creek began to promote itself as a tourist destination, offering visitors a glimpse into the past. In 1991, the town was opened to limited-stakes gaming. Today, the esteemed Gold Camp has reinvented itself as a full-service tourist destination, all the while preserving and showcasing its rich history. The county is known for its beautiful landscapes, wildlife, and outdoor recreation activities such as hiking, mountain biking, camping, fishing and hunting. It's a popular destination for travel due to its close proximity to many of the ski resorts and it's a short drive to the 2<sup>nd</sup> largest city in the state, Colorado Springs. Years before WWII, Pikes Peak became a popular ski area. During the war, many soldiers would ski Glen Cove (History and Mysteries of Catamount Ranch Open Space, 2000). The county is also known for its long history of agriculture, which still exists today. Woodland Park is about a 20–25-minute drive from Colorado Springs and serves as a bedroom community for many employed in the city or neighboring El Paso County. This helps explain the increased financial resources in northern Teller County. To learn more about Teller County's history go to <http://www.tellerlinks.com/index.php> .

There are two school districts located in the county. Cripple Creek-Victor (CC-V) in the southern side of the County, which has a school-based health center (SBHC). The CC-V school district has a higher percentage of socioeconomic disparity. Woodland Park School District is in the northern side of the county. There is also one charter school, Merit Academy and a private Christian school, Colorado Springs Christian School-Woodland Park, both located in the City of Woodland Park.



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## Community Vision and Values

### Teller County Public Health and Environment

Mission Statement	Vision and Goals
<p>➤ <i>To prevent disease and to protect and promote the health of Teller County, Colorado Citizens by assuring quality preventative health programs and services.</i></p>	<ul style="list-style-type: none"> <li>• <i>Promote Healthy Mountain Living</i></li> <li>• <i>Identify the needs of individuals, families and the community in order to collaborate, develop, and design programs to address public health needs</i></li> <li>• <i>Provide resources, referrals, and health education for prevention of disease through multiple strategies</i></li> <li>• <i>Assure quality and fiscal responsibility in all programs and services</i></li> </ul>

### What is Public Health & Environment?

Public Health and Environmental services rely on data that is relevant locally. It looks at health through a different lens and sees not just a single person, but an entire community, to build and preserve preventative measures to get to the root of health and wellness.

Teller County Public Health & Environment (TCPHE) is a department within the Teller County Government that exists to promote our vision of "Healthy Mountain Living" in our community. Public health is to protect and monitor the health status of the Teller County citizens, form community partnerships to provide preventative health services, and identify and solve health problems. Environmental health also focuses on the health correlation between a community and their environment such as air, water, soil, and food (APHA, 2022). Public health and environment is about informing, educating, and empowering the community to take control of its health. Our goal at TCPHE is to develop policies and plans that support individual and community health.

TCPHE is funded by tax dollars and individual state and private grants. We apply for grants based on community assessment data and state legislation (example tobacco tax dollars) and fees for services and donations by individuals and businesses. TCPHE also accepts donations to enable continuation of our many programs. Our governing board is the Teller County Board of Health (BoH) who serve as the Board of County Commissioners (BoCC).

## Goal Statements

The key goals for the Teller County 2023-2027 CHIP align with Teller County's Strategic Plan for 2021-2036. This plan can be viewed at <https://www.co.teller.co.us/BOCC/> .

1. Support improving accessibility of mental health services in Teller County by reducing stigma, as well as promoting mental health services through educational and media campaigns
2. Support improving access to substance use disorder services and resources in and around Teller County through promotion of educational and social media campaigns.
3. Raise awareness of current food resources to improve food access in Teller County by promoting current food access services in the county through educational and media campaigns.
4. Increase the awareness of all available healthcare resources in Teller County to reduce barriers to access to healthcare.
5. Support increasing access to aging adult care. After re-evaluating the health priorities identified in the CHA, we have elected to include access to aging adult care in our CHIP.

***Protect the Past.....***  
***.....Embrace the Future***



## Community Health Improvement Planning Process

### What is a CHIP?

The Community Health Improvement Plan (CHIP also known as a PHIP or Public Health Improvement Plan) is a part of the health assessment process. The plan focuses on the top health concerns identified and then prioritized in the early phases of the CHA. The CHIP serves as a roadmap for TCPHE and community partners to collaborate in setting goals and objectives to improve the overall health and wellness in the county. Part of the planning process included a capacity assessment within TCPHE and with our partnering organizations to identify community assets, strengths and potential barriers or gaps. This assessment will be used to set measurable goals and objectives. Once the CHIP is completed and approved by the local BoH, it is then required to be submitted to the OPHP for review and submission to the State Board of Health. The collaboration with our state partners in OPHP and State BoH helps to ensure alignment of our goals and strategies for our health priorities. If you are a community member or if your organization wants to be more involved, please visit our website for our contact information <https://www.co.teller.co.us/publichealth/>.

### Stakeholder and Community Participation

Members of our community, our community partners, and other key stakeholders were invited to participate in the focus groups and the community wide-survey. We also requested their participation in an online capacity assessment survey regarding their own capacity and willingness to assist TCPHE in promoting, supporting, and improving the health and wellness of our community. We asked what services and engagement capabilities their organizations already have in place. In addition, we encouraged participants to identify any gaps and barriers when navigating both the healthcare and mental health system and issues with accessing food and if they had any suggestions in how we can make improvements. The best way to optimize our approach to improve the health and wellness needs of our community is by taking a collaborative approach with not just our local, regional, and state partners, but members of our community. Collectively, we will continue to work with our partners and community members to improve health goals and outcomes in our community.

### Capacity Assessment

“A public health capacity assessment is a set of questions or a process to measure the ability of an agency, partners, and/or systems to deliver or ensure public health and environmental health services, programs and activities, or to address local priority issues,” (CDPHE). TCPHE conducted a capacity assessment survey through Survey Monkey from December 13, 2022 through January 4, 2023. The 21-question survey was sent to stakeholders in the community as well as community members. A total of 37 responses were collected. Of those, only 32 responses were eligible to analyze and review. The reasons for ineligibility included lack of answers or the questions were simply left blank.

**Table 5: Capacity Assessment Results**

Health Priorities	Provide Services	Provide Resources/Referrals
<b>Mental Health</b>	>35%	>44%
<b>Substance Use</b>	<20%	<40%
<b>Food Access</b>	>50%	<25% (Report NO referral system)
<b>Healthcare Access</b>	>50%	40%
<b>Aging Adult Care</b>	<25%	35%

To learn more about what types of services are provided in our county, please refer to the next section on page 18, ***Improving Healthy Mountain Living in Teller County***, to review the tables under each specific priority.

## Determining Health Priorities: Summary

### Top Ten Health Issues

OMNI presented the survey respondents with a list of health areas and asked respondents to select the three health areas that need the most improvement in Teller County. The top three concerns identified were the need for more general healthcare providers, affordable housing options, and mental health treatment options (e.g., counseling, support groups). The following reflects the top ten health areas identified by the community members (The OMNI Institute, 2022).

**Table 6: Top 10 Priorities**

<b>More general health care providers (38%)</b>
<b>More affordable housing options (38%)</b>
<b>More mental health treatment options (32%)</b>
More specialty care providers (28%)
More affordable health services (21%)
Higher paying employment opportunities (18%)
Safer roads and drivers (16%)
Positive teen activities (13%)
More and improved aging adult care options (13%)
Access to healthy food choices (12%)

Using the CHA results and the themes which developed during the focus groups, TCPHE leadership and staff were able to identify the following actionable priorities to focus on promoting and improving in collaboration with our community partners and key stakeholders over the next five years.

**Table 7: Prioritized Actionable Health Needs**

1. Mental Health Care
2. Substance Use
3. Food Access
4. Access to Healthcare
5. Access to Aging Adult Care



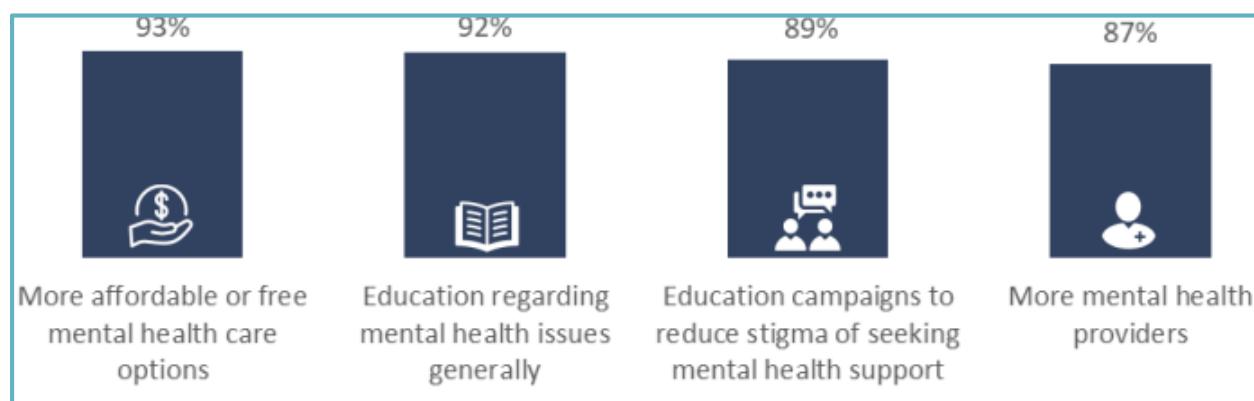
## Improving Healthy Mountain Living in Teller County

### Mental Health Care

**Mental health** has been a top priority area for TCPHE since 2013 and remains a top health priority for the next five years. Mental disorders can affect anyone regardless of gender, age, or socioeconomic background. The COVID pandemic has weighed heavily on our community with many residents impacted by death of loved ones, job loss, interrupted support of essential services, (such as school and health care), general angst, and more. However, it is not just the impact of the pandemic that may burden us; it may be a personal traumatic life event or ongoing struggle. Mental health is essential to a healthy, thriving community.

In the 2022 Community Survey, respondents rated the need to improve mental health care availability and accessibility a 4.66 out of 5. Additionally, 2022 focus group participants discussed a low awareness of mental health services and resources and noted a lack of specialized mental health care services in the county. The chart below displays the survey respondents' indication of the importance of improving the accessibility of mental health services and increasing education efforts regarding mental health issues. The suicide rate in Teller County, 39.6/100,000, is higher than that of Colorado, 21.4/100,000 (The OMNI Institute). Age adjusted rates of intentional self-harm injuries were also higher in Teller County compared to the state, 232.3 vs. 143.3 (The OMNI Institute, 2022). Additionally, 20% of respondents reported that they or a loved one have received mental health in the county over the last year and another 20% reported that they or a loved one needed mental health resources in the last year, but did not receive help.

**Chart 1: Importance of improving accessibility of mental health services**



**Alignment: How does it align with state and federal priorities?**

Mental Health aligns with Colorado's Public and Environmental Health Improvement Plan (PHIP) 2020-2024 as well as alignment with 37 additional local health departments as a priority area in their public health improvement plans. The state's strategies include (1) supporting the implementation of the Behavioral Health Authority (BHA) to improve access, (2) addressing the "upstream" stressors on mental health by strengthening the social determinants of health, (3) implementing and expanding evidence-based prevention strategies for health care systems, and (4) increasing prevention, intervention, and post-intervention efforts for populations disproportionately impacted by suicide, overdose, and related behavioral and mental health needs (Braga, A., Bui, A., Dillon, A., and Dyett, A., 2019). Additionally, the strategy aligns with multiple national programs and prevention efforts. These include the Healthy People 2030 goal to improve mental health through prevention, screening, assessment, and treatment of mental disorders and behavioral conditions and improve the health and quality of life for people affected by these conditions. This also aligns with Senate Bill 22-181, Behavioral Healthcare Workforce which addresses the BHA's issues related to the delivery of behavioral healthcare services in Colorado (Colorado General Assembly).

**Assets: What are the existing programs, efforts, agencies, etc. to support the priority?**

The prioritization of mental health in the county has created a strong foundation of community collaboration. The Teller County Mental Health Alliance (TCMHA) is a multi-organization collaborative supporting the mental health needs of the community. The Alliance began in 2018 as a grassroots effort to improve mental health care in Teller County with goals to reduce stigma, provide education, and focus on several priority populations including veterans, first responders and healthcare workers, seniors, and all youth. TCPHE has been one of the leading agencies in efforts to address the established **vision**, "Connecting the people in and around Teller County with mental health resources that foster a resilient and healthy community," and **mission**, "Support the mental health of Teller County and surrounding communities through improved access to care, increased utilization of resources, and a collaborative network providing continuity of care." TCPHE's continued leadership with TCMHA's grant-funded work towards collective impact to reduce suicide in the county is a key asset for addressing this priority.

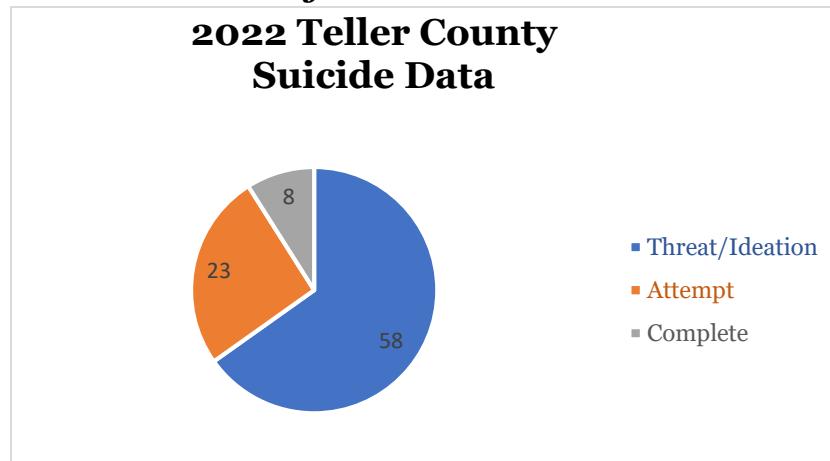
Additional Teller County assets contributing to the strengths of addressing mental health in the community include the availability of current resources and programs and supportive government services. TCPHE has been providing and updating the Teller County Mental Health Care Provider Directory which, as of September 2022, lists over 20 mental health care services offered in Teller County and over 20 support services. Key partners include the local providers, the Aspen Mine Center, UCHealth Pikes Peak Regional Hospital (PPRH), each of the local school districts, Community Partnership,

the Department of Health and Human Services (DHS), and Ute Pass Regional Health Service District (UPRHSD). Each of these entities have established mental health as a priority or have existing programs to support mental health promotion in the community. Pikes Peak Hospital Community Health Assessment 2020 lists improving access to behavioral health care as a top priority.

## Teller County Suicide

There is likely not one person who has not been affected by suicide in one way or another in their lifetime. Teller County had the highest suicide rates in the state in 2020, (17 deaths). In 2021, there were 14 deaths due to suicide. Between 2016 and 2020, there were 3 suicide deaths among children under the age of 18. Men between the ages of 45-65 are more likely to die by suicide. The most common method used is a firearm (CDPHE). Tragically, Teller County had two Murder-Suicide's within weeks of each other.

**Chart 2: Teller County Suicide Data.**



## Suicide Prevention Coordinator

What work is being done to prevent suicide deaths in Teller County? In 2022, the TCMHA sought a funding opportunity with Community Health Partnership (CHP) and the Colorado Springs Health Foundation (CSHF). The Alliance was awarded \$330,000 in funding over the span of two years. The grant is to create a Collective Impact infrastructure for the Teller County Suicide Prevention Collective Impact Initiative. CHP serves as the fiscal agent. They hired a project manager who is housed at UPRHSD. The TCMHA hosted their first annual Suicide Awareness Symposium on January 16, 2023 as one major step towards suicide prevention work. The planning committee is spearheaded by the project manager and several members who are comprised of health experts, mental health experts, representatives from the schools, and community members. One of our goals is not only to spread awareness about the impacts of suicide, prevention and postvention, it is to **END THE STIGMA** around mental health and suicide.

**Table 8: The following was obtained from the capacity assessment and is not an exhaustive list of mental health services in the community.**

Organization	Mental Health Services Provided
Community of Caring-Aspen Mine Center	Behavioral health specialists on site through Diversus Health and Willows Bends Counseling Services.
Cripple Creek Parks and Recreation	Provides ASIST training and Mental Health First Aid.
Cripple Creek-Victor School District	Student counselors, therapeutic counseling, on-site therapist, EAP (employee assistant) services and referral services for mental health.
Crystal Creek Counseling	Mental health counseling for children and adolescents.
CSU Extension	Annie's Project, Agrability for disabled ranchers and farmers and resources for a suicide hotline for ranchers and farmers, 4-H youth mental health tools.
Diversus Health	All age access to mental health care, medication management and crisis services. Offers training for Mental Health First Aid, ASIST (Applied Suicide Intervention Skills Training) and QPR (Question, Persuade, and Refer).
Family Care Center	Mental health, medication management; specializes in trauma, EMDR (eye movement desensitization and reprocessing), depression, DBT (dialectical behavioral therapy), CBT (cognitive behavioral therapy), Choice therapy and MI (motivational interviewing).
Pikes Peak Area Agency on Aging	Funds services for PEARLS of Colorado.
Peak Vista Community Health Center	Behavioral health.
Status: Code 4, Inc.	Counseling, education and informative resources for mental health.
Teller County Mental Health Alliance	Offers Recourse and is the landing page/central hub for mental health services available in Teller County.
Ute Pass Regional Health Service District	EMS response and Mental Health Assessment Program (MHAP) and virtual mental health resources.



**TELLER COUNTY**  
MENTAL HEALTH ALLIANCE



## Barriers

The CHA identified some of the barriers to accessing mental health in Teller County. These include the lack of knowledge of available services and stigma. The TCMHA also identified the following barriers through the support of Community Health Partnership (CHP).

**Table 9: Mental health barriers identified in the CHA**

Barriers for Accessing Mental Health: TCMHA	
<b>Accessibility</b>	Residents who live in rural communities often have to travel long distances and are less likely to have insurance for mental health services and are not as likely to recognize mental illness.
<b>Availability</b>	Nationwide, there is a shortage of mental health professionals and they are less likely to practice in rural communities.
<b>Affordability</b>	Cost of services may not be affordable for many residents living in rural areas, out-of-pocket costs, and lack of insurance coverage.
<b>Acceptability</b>	Rural communities are more susceptible to stigma around needing and receiving mental health services; “everyone knows everyone or someone they know” which leads to concerns of lack of confidentiality.

**Table 10: The following table defines common themes identified in the capacity assessment**

What is working well?	Barriers/Gaps
Medicaid has been expanded and more private practices/providers are accepting Medicaid.	Lack of insurance coverage, Dual eligible Medicaid, Medicare services.
Evidence based PEARLS (Program to Encourage Active Rewarding Lives for Seniors) of Colorado.	Lack of staffing, funding, and support groups.
For seniors, social engagement, volunteerism, and having a sense of purpose.	Stigma, open dialogue about suicidal ideation, need more community voices to stamp out stigma.
Working with VA to set up Veteran's Choice options.	Communication of available services and availability of providers /limited resources.
TCMHA work to reduce stigma and promote services.	Waitlists and not enough providers for youth.
On-site services for staff and students and contracts with schools for therapists at schools.	Addressing mental health in seniors, especially those experiencing dementia.
Multi-faceted approach to mental health.	Recruiting and retaining qualified behavioral health providers.
MHAP program.	Long commutes and limited access/technology for telehealth.
Referral systems in place.	The need for mental health services in long-term care facilities (LTCF).



Do you have feelings you just can't shake?

Anxiety

Sadness

Easily Irritable

Isolation/Loneliness

Trouble Sleeping

Depression

***Talk to someone, it OKAY to not be okay. There is help!***

*If you or someone you know is struggling or in crisis:*

*Call 844-493-8255 or*

*Call or text 988 or*

*Chat online at 988lifeline.org*

*This is a free confidential service that is always available.*

***If you or someone you know is experiencing a life-threatening emergency call 911.***

Go to <https://tcmha.org/> to learn more about what happens when you call 911 or use the Colorado Crisis Services during a mental health crisis.

**Mental Health Resources for Youth: <https://imattercolorado.org/>**

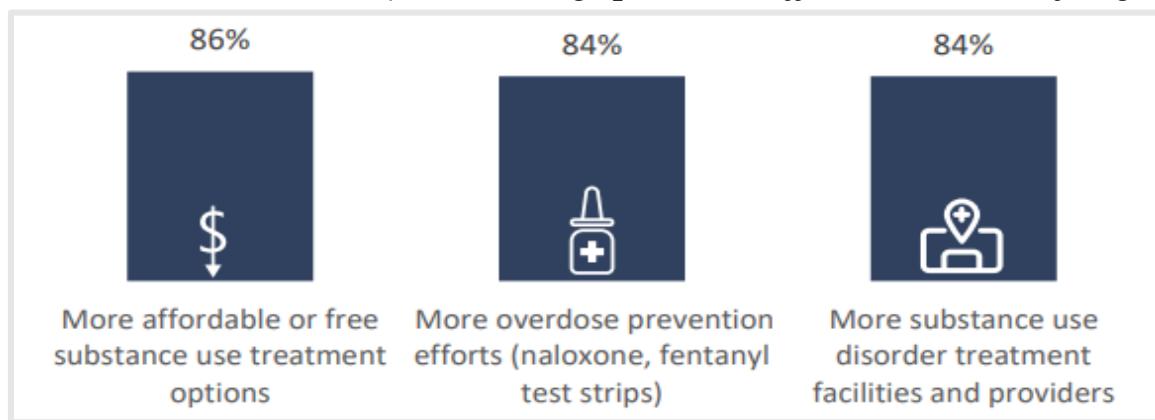
**I Matter.**

## Substance Use

**Substance use** has been a top priority area for TCPHE since 2018 and remains a top health priority for the next five years. Long term use of tobacco, alcohol, and other drugs, including the misuse of prescription medications, may have a negative impact on behaviors, health outcomes, and the community. The type of substance use varies across settings and the availability of resources for support is variable across the country, state, and county.

In the 2022 Community Survey, respondents rated the importance of improving substance use-related issues 4.51 out of 5.

**Chart 3: Survey respondents' indication of the importance of improving certain substance use related needs/issues through prevention efforts over the next five years.**



In 2020, Teller County had an average annual age-adjusted rate of opioid (prescription or heroin) overdose deaths per 100,000 of 21.1, which was higher than the Colorado average of 16.2 (The OMNI Institute). The average annual age-adjusted rate of drug overdose deaths per 100,000 associated with methamphetamine use from 2019-2020 was higher in Teller County, (12.6), than Colorado, (7.3) (The OMNI Institute).

## Alignment: How does it align with state and federal priorities?

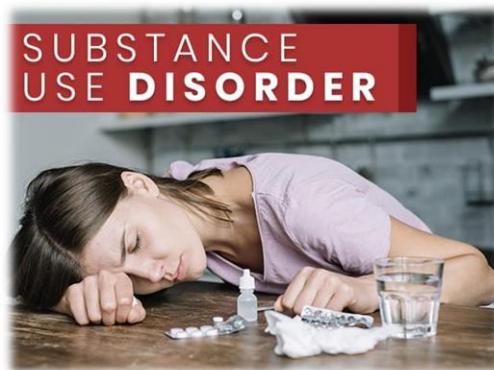
Substance use prevention aligns with Colorado's Public and Environmental Health Improvement Plan (PHIP) 2020-2024 as well as alignment with 17 other local Colorado health departments as a priority area in their public health improvement plans. The state's focus is on overdose prevention as fatal overdoses remain a public health issue. Overdose deaths have increased significantly primarily due to fentanyl and methamphetamine (Braga, A., Bui, A., Dillon, A., and Dyett, A., 2019). Additionally, the strategy aligns with multiple national programs and prevention efforts. This includes the Healthy People 2030 goal to reduce the use of drugs and alcohol and help people with substance use disorders get treatment. This also aligns with the Child Fatality Prevention System's (CFPS) 2022 Legislative report's top focus on opioid overdose prevention.

**Assets: What are the existing programs, efforts, agencies, etc. to support the priority?**

The prioritization of substance use in the county has created a strong foundation of community collaboration. TCPHE was a grant recipient for implementation of the evidence-based Communities That Care (CTC) program from 2016-2021. The implementation of CTC in the community left a positive impact in addressing the risk and protective factors of adolescents in the community. Although TCPHE is no longer a recipient of the funding, other community agencies and collaborative groups continue the prevention efforts for adolescents.

Recent state legislation will also support prevention efforts for substance use. The 2015 Senate Bill 15-053 and 2019 Senate Bill 19-227 expanded access to the life-saving drug naloxone (sold under the brand name Narcan), which is used to reverse overdoses of narcotic drugs such as opioids and heroin (Braga, A., Bui, A., Dillon, A., and Dyett, A., 2019). Additionally, state funding opportunities exist through the Comprehensive Opioid Stimulant and Substance Abuse Prevention Program and Harm Reduction Grant Fund Program.

The Colorado Opioid Abatement Council (COAC) consists of seven appointed state officials and six members that were appointed by local governments. The COAC was formed by the Department of Law to assist local governments in the distribution of an infrastructure share of opioid funds. The funding was received in lieu of the supplemental opioid settlement funds. There are 19 regions in Colorado. Region 16 includes both El Paso and Teller Counties (Colorado Opioid Abatement Council). Region 16 is in the early stages of planning. We anticipate our implementation efforts towards the following allowable strategies for spending to change as our efforts to combat the opioid epidemic to expand. The five allowable strategies to battle substance use are; prevention, treatment, recovery, harm reduction and criminal justice involved persons. Go to <https://coag.gov/opioids/colorado-opioid-abatement-council/> to learn more about COAC, opioid resources, and funding.



**Table 11: The following was obtained from the capacity assessment and is not an exhaustive list of substance use resources in the community.**

Organization	Services/Resources
Community of Caring-Aspen Mine Center	Onsite behavioral health therapists.
Cripple Creek Parks & Recreation	Drug and alcohol awareness classes, referrals to addiction services.
Diversus Health	Specialized outpatient substance use treatment for adolescents and adults.
Family Care Center	MI, DBT, EMDR.
Palome' Child and Family Specialists	Substance use support group.
Teller County Public Health & Environment	Harm Reduction; Naloxone, refer out to addiction services.
Ute Pass Regional Health Service District	EMS services for SUD (substance use disorders), MHAP and referrals to addiction services.

**Table 12: The following table defines common themes identified in the capacity assessment for substance use.**

What is working well?	Gaps/Barriers
Medicaid does cover substance use treatment	Lack of staffing, resources/providers and funding
Group therapy; Celebrate Recovery	Lack of insurance coverage
MAT (medical assisted treatment) and MHAP program, alternative EMS destinations	Lack of open dialogue about risks of vaping among youth, kids are not taking the risks seriously
TCMHA promotes services	Lack of LAC (Licensed Addiction Counselor) or CAC (Certified Addiction Counselor) counselors in Teller
Professional awareness	Stigma
	Group therapies that are at a central location and not always faith based
	Need for more group counseling
	No inpatient treatment centers or sober living facilities and challenges to get someone admitted as an inpatient
	Transportation and poor or lack of technology to support telehealth services
	Access to substances is too easy for youth and lack of awareness for risks of substance use for youth

## Food Access

**Food access** is impacted by the accessibility and affordability of food retailers including travel time to shopping, availability of healthy foods, and food prices (USDA ERS - Food Access, n.d.). Food insecurity can be defined as having difficulty at some point during the year providing enough food for all household members because of a lack of resources temporarily or over a prolonged period of time (Coleman-Jensen, Alisha, Matthew P. Rabbitt, Christian A. Gregory, Anita Singh, 2021). As with all identified priority issues, the cause can be complex. Food insecurity can be influenced by having a chronic condition or ability, a lack of affordable housing, poverty or unemployment, a lack of access to healthcare, and systemic racism or discrimination (Feeding America, n.d.). Unfortunately, the food access issue may be worsening due to inflation with food costs spiking 11.4% from 2021 to 2022 (Hunger in America, n.d.). Food insecurity is linked to health by impacting health conditions such as depression, hypertension, asthma, poor sleep outcomes, and obesity (Hunger in America, n.d.). In the 2022 Community Survey, respondents rated the importance of improving food access a 4.08 out of 5. The chart below displays information from survey respondents' indicating the importance of food assistance programming and information. In 2019, U.S. Census data indicates that a greater percentage of Teller County residents, 8.4%, live below the poverty line than the Colorado average of 7.4%, which is consistent with survey data. Additionally, survey data supports the need for education on eligibility for food assistance programming with 11% of respondents answering they did not receive Supplemental Nutrition Assistance Program (SNAP) benefits and stating they were unsure if they would qualify (The OMNI Institute).

### Alignment: How does it align with state and federal priorities?

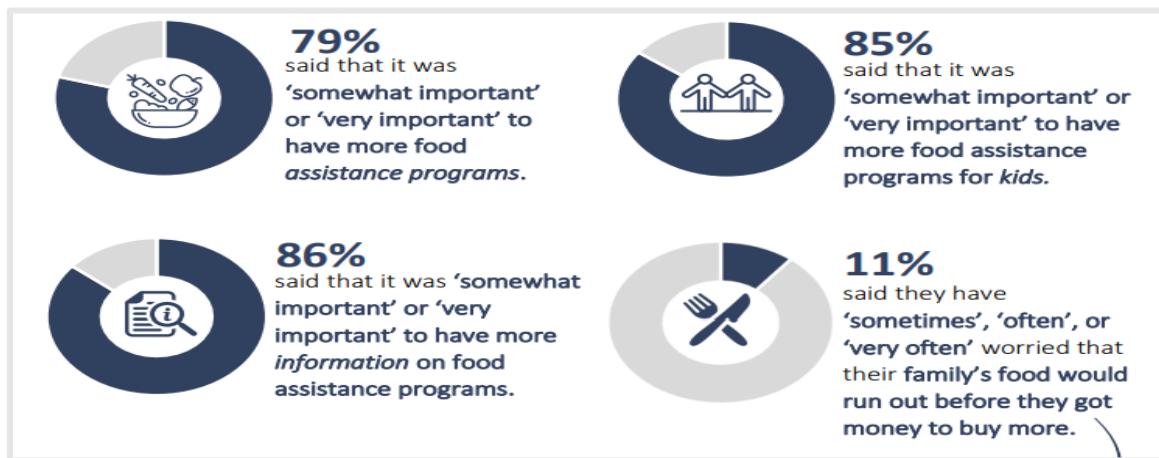
Although, Colorado's Public and Environmental Health Improvement Plan 2020-2024, does not specifically prioritize food access, the plan identifies the importance of the social determinants of health in addressing many public health priorities. They explain the factors that impact health and wellbeing include items such as affordable housing, access to health promoting goods and services, and much more. Nationally there is a need to address food access with interventions pointing to a need to strengthen food access programs and reduce the burden of accessing the programs (Hunger in America, n.d.). In an effort to improve health and lower obesity rates, Healthy People 2030 focuses its support on helping communities provide information on the recommended daily requirements for healthy food options such as whole grains, fruits and vegetables. They also recognize the concerns that many people do not have access to healthy foods or have the financial means to purchase healthy foods.

### Assets: What are the existing programs, efforts, agencies, etc. to support the priority?

The focus groups conducted within the community confirmed the need to prioritize food access but not because of a lack of resources. Focus group participants shared there are food markets and food bank options available within the county across different entities such as the Senior Coalition, Aspen Mine Center, or community churches. Focus group

participants acknowledged the numerous list of resources. However, the availability and accessibility of these services should be addressed.

**Chart 4: Food insecurity in Teller County**



Despite the overarching concern about food access in Teller County, the following table is a list local food banks and agencies that provide resources for improving access to food in our community. Several faith-based organizations may also have food pantries.

**Table 13: Local Food Banks and Resource Centers**

Food Bank/Resource Centers	Address	Hours
Community of Caring-Aspen Mine Center <ul style="list-style-type: none"> <li>➤ <i>Part of Care &amp; Share commodities</i></li> <li>➤ <i>Food pantry</i></li> <li>➤ <i>Averages 800 clients, 70 families a month who receive 40-pound boxes of food.</i></li> <li>➤ <i>Staffed by volunteers</i></li> <li>➤ <i>Accepts donations</i></li> <li>➤ <i>Emergency food through food pantry</i></li> <li>➤ <i>Commodity Distribution</i></li> <li>➤ <i>Senior Commodity Distribution</i></li> <li>➤ <i>Wednesday Lunches</i></li> </ul>	166 E. Bennet Ave. Cripple Creek, CO	Monday-Friday 9:00-4:00 pm
Community Partnership Family Resource Center <ul style="list-style-type: none"> <li>➤ <i>Offers food boxes</i></li> <li>➤ <i>Food pantry</i></li> <li>➤ <i>Offers Cooking Matters classes</i></li> <li>➤ <i>Assists families fill out SNAP applications</i></li> </ul>	701 Gold Hill Place S Woodland Park, CO	Monday-Friday 9:00-4:00 pm
Cripple Creek-Victor School District <ul style="list-style-type: none"> <li>➤ <i>Provides free breakfast and lunch for students regardless of income</i></li> <li>➤ <i>Food boxes for families in need</i></li> <li>➤ <i>Referral to AMC</i></li> </ul>	410 North B. Street Cripple Creek, CO 80813	Monday-Thursday
CSU Extension <ul style="list-style-type: none"> <li>➤ <i>Master Gardener Training</i></li> <li>➤ <i>Classes for how to grow produce</i></li> <li>➤ <i>Grow &amp; Give Campaign</i></li> <li>➤ <i>Donates extra food to food banks</i></li> </ul>	800 Research Drive, Ste. 224 Woodland Park, Co 80863	Monday-Friday 08:00-04:30pm.
Farmer's Market <ul style="list-style-type: none"> <li>➤ <i>Provides left over produce to AMC</i></li> </ul>	117 Center Ave Woodland Park, CO 80863	Friday- 08:00-01:00pm (late May-September)
Little Chapel Food Pantry <ul style="list-style-type: none"> <li>➤ <i>Food Pantry</i></li> <li>➤ <i>Accepts donations both monetary and food</i></li> <li>➤ <i>Offers Pet Food Pantry</i></li> <li>➤ <i>Faith based</i></li> </ul>	69 County Road 5, Divide, CO	January-October: 2 <sup>nd</sup> and 4 <sup>th</sup> Monday of the month November & December: 1 <sup>st</sup> & 3 <sup>rd</sup> Monday of the month. Hours: 2:00-5:00pm, extended to 6:30pm if needed.
Pikes Peak Area Agency on Aging <ul style="list-style-type: none"> <li>➤ <i>Funds to support delivered meals through Teller Senior Coalition</i></li> </ul>	14. S. Chestnut Colorado Springs, CO 80905	Monday-Friday 09:00-04:00pm

## TELLER COUNTY PUBLIC HEALTH & ENVIRONMENT

Peak Vista Community Health Center  ➤ <i>Food drives</i> ➤ <i>Care Coordination Team</i>	34 Hybrook Road S. Divide, CO 80814	Monday-Friday 07:30-06:oopm
Teller County Department of Human Services  ➤ <i>Assists families to apply for SNAP</i>	800 Research Drive, Ste. 100 Woodland Park, Co 80863	Monday-Friday 08:00-04:30pm.
Teller County Public Health & Environment  ➤ <i>WIC</i> ➤ <i>Referral for SNAP</i> ➤ <i>Referrals to food pantries</i> ➤ <i>Provided food boxes through Mountain Freshies; grant funded</i>	11115 W. Highway 24 Unit 2C Divide, CO 80863	Monday-Friday 08:00-04:30pm.
Teller Senior Coalition  ➤ <i>Part of Care and Shares Commodity Supplemental program -Senior Food boxes</i> ➤ <i>Food pantry</i> ➤ <i>Home Delivered Meals; frozen and shelf-stable</i>	11115 W. Highway 24 Unit 2D, Divide, CO	Monday-Friday 9:00-3:oopm
Ute Pass Regional Health Service District  ➤ <i>FISH (Friends in Serving Humanity) program: Provides non-perishable food program</i>	1017 Us-24 #2138 Woodland Park, CO 80863	
Woodland Park Community Cupboard  ➤ <i>Accepts donations, both monetary and food</i> ➤ <i>Provides Holiday boxes</i> ➤ <i>Serves Teller, Park and Ute Pass Communities</i>	414 N. Highway 67 Woodland Park, CO	Monday 9:30-11:30am Wednesday 9:30-11:30am Friday 9:30-11:30am

### **WIC**

In addition, county programs operate to support the food needs of the community for those that qualify. TCPHE offers the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). Our goal is to help keep pregnant and breastfeeding women and children younger than age 5 healthy. WIC is able to provide free healthy food, breastfeeding support, and nutrition education. Families that receive Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Family's (TANF) or Medicaid are automatically eligible for WIC.

**Table 14: As of June 2022, Teller County has 271 enrolled participants as of June 2022:**

WIC Participants	
27 Pregnant Women	3 Partial Breastfeeding Infants
24 Breastfeeding Women	27 Formula Fed Infants
12 Not Breastfeeding	159 Children
19 Exclusively Breastfeeding Infants	



To qualify for WIC, you must be pregnant, a mom breastfeeding a baby under the age of 1, a new mom who had a baby in the last 6 months, and children younger than 5 years old. WIC also welcomes dads, grandparents, foster parents, or any caregiver of a child under 5 years of age.

**Table 15: WIC Eligibility****WIC Income Eligibility Guidelines: July 1, 2022 - June 30, 2023**

Household Size	Gross Income				
	Yearly	Monthly	Twice Monthly	Bi-weekly	Weekly
1	\$25,142	\$2,096	\$1,048	\$967	\$484
2	\$33,874	\$2,823	\$1,412	\$1,303	\$652
3	\$42,606	\$3,551	\$1,776	\$1,639	\$820
4	\$51,338	\$4,279	\$2,140	\$1,975	\$988
5	\$60,070	\$5,006	\$2,503	\$2,311	\$1,156
6	\$68,802	\$5,734	\$2,867	\$2,647	\$1,324
7	\$77,534	\$6,462	\$3,231	\$2,983	\$1,492
8	\$86,266	\$7,189	\$3,595	\$3,318	\$1,659
For each additional family member:	+\$8,732	+\$728	+\$364	+\$336	+\$168

The Colorado Health Informatics System (CHIS) reports that 70% of our eligible community members are certified on the program. We have served 339 out of 483 eligible residents. The Teller County eligibility rate for children is 50.9%

**Table 16: Breastfeeding prevalence in Teller County compared to the State. The following data was obtained from July 2021-June 2022.**

TELLER COUNTY	STATE OF COLORADO
Exclusively breastfeeding at 1 week old - 60%	Exclusively Breastfeeding at 1 week old – 57%
Exclusively breastfeeding at 3 months old – 50%	Exclusively Breastfeeding at 3 months old – 38%
Exclusively breastfeeding at 6 months old – 41%	Exclusively Breastfeeding at 6 months old – 22%

Formula shortages began with the recalls in February 2022. The shortages are nationwide. Teller County started to be largely affected in April/May 2022. To combat the shortages for WIC families WIC has expanded the formula brands as well as the can sizes available for purchase.

WIC has a pharmacy from which we are able to purchase some formulas that are delivered to our office, and picked up by participants for their monthly formula benefits. This varies based on formula availability.

TCPHE WIC started participating in a Community Support Agriculture (CSA) food box program beginning in 2019. Grant funding from Nourish Colorado and collaboration with a local Colorado farm provided farm fresh produce boxes for 15 weeks for selected WIC families.

For the 2022 growing season we had 15 participating families. We were able to provide 1-2 person boxes to 5 families and 3-4 person boxes to 10 families. TCPHE WIC received these farm boxes from Mountain Freshies – Austin Family Farm, in Paonia, Colorado. The boxes came weekly for 15 weeks from July through October, 2022.

## SNAP

SNAP is a federal program run by the United States Department of Agriculture (USDA) which provides qualifying individuals and families with assistance to purchase groceries. Your tax dollars help support this program. SNAP also helps support our economy by supporting our local grocers and small business owners. Funds are loaded once a month onto a Quest Electronic Benefit Transfer (EBT) card and then can be used as a debit card at grocery stores, convenience stores, and at our local farmer's market.

In Teller County, for the year 2022, the total number of children eligible for SNAP/PEBT (Pandemic Electronic Benefit Transfer) was 256 and the total number of eligible households was 184, for a total of paid out funds equaling \$100,096. For PEBT only, 902 eligible children and 902 eligible households received benefits in 2022. The total about paid in PEBT was \$352,682 with a grand total of \$452,778 for both PEBT only and SNAP/PEBT.

**Table 17: SNAP Benefits**

Benefits of SNAP
Improving overall health, well-being and happiness
Helps to lower the cost of health care and improving long- term health
Boosts work productivity
Helps to promote stability and independence among older adults
Supports small business owners, local farms and ranches
Boosts academic successes
Increases the chances of children graduating high school



TCPHE	Program	Participants	Percentage
	Medicaid	357	86.86%
	No Boxes	51	12.41%
	None	3	1.3%
	SNAP	72	17.52%
	TANF	5	1.22%
<b>Divide Clinic</b>	Medicaid	199	86.52%
	No Boxes	28	12.17%
	None	3	1.30%
	SNAP	32	13.91%
	TANF	3	1.30%
<b>Cripple Creek Clinic</b>	Medicaid	158	87.29%
	No Boxes	23	12.71%
	None	0	0.00%
	SNAP	40	22.10%
	TANF	2	1.10%

**Tables 18 & 19: Local and State support program comparisons.** Other support program participation has been compared statewide versus county support. The data collected for this comparison is from 09/30/2021-10/01/2022, it was analyzed on 11/23/2022.

Colorado	Program	Participants	Percentage
	Medicaid	134,323	84.78%
	No Boxes	4,592	2.90%
	None	18,864	12.01%
	SNAP	43,711	27.66%
	TANF	4,229	2.70%



**Table 20: The following table defines what common themes were identified in the capacity assessment for food access.**

What is working well?	Gaps/Barriers
SNAP application process.	Lack of staff/volunteers.
Gardening classes, Greenhouse tour, Grow & Give.	Short growing season, poor soil.
AMC food security program.	Challenge to order canned produce from Care & Share; has to shop at "Big Box" stores.
COVID program helped to increase food access for seniors.	Need for increased communications; flyers with food access information.
Free meals at CC-V schools.	Federal limit does not address cost of living, thus decreasing amount of people who can qualify for benefits; SNAP.
Volunteers at the AMC.	Limited funding for food boxes, increased demand, food sometimes goes to waste, there is a need for food boxes delivery; parents unable to pick up boxes.
Teller County has at least 5 locations for food access and the FISH program.	Stigma of asking for help.
Teller County Sheriff's Office (TCSO) does a great job-sharing food access resources on their social media accounts.	Cost of food is increasing, some food that is donated is expired or is not a healthy option.
Cripple Creek Parks & Recreation greenhouse.	Transportation; cost of gas, expansion for disabled.
	Need for expanded services.
	Lack of understanding of eligibility requirements for SNAP and WIC



## Healthcare Accessibility

**Healthcare access** has been identified in multiple community assessments as a top priority area. It is a top priority for TCPHE for the next five years. Access to care has long been acknowledged as a vital component for individuals in reaching positive health outcomes. Multiple barriers may exist to limit access to care, such as insurance status, income, geographic proximity to providers, etc. The COVID pandemic also proved to be a barrier to accessing healthcare since March of 2020. Teller County residents face challenges accessing care with rising costs, the rural geography of the region, and transportation barriers.

In the 2022 Community Survey, respondents rated improving health care availability and accessibility as 4.55 out of 5. Over 20% of survey participants noted affordable health services as one of the health areas that need the most improvement in Teller County.

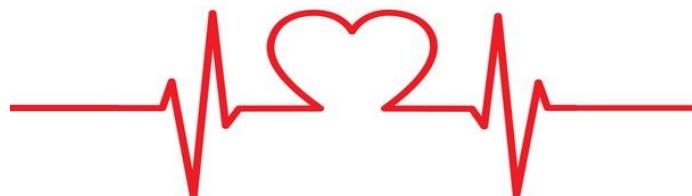
In the most recent data from 2019, there were 12 primary care providers, *with a patient to clinician ratio of 2,120:1, which was higher than the state average of 1,202:1.* (The OMNI Institute).

### Alignment: How does it align with state and federal priorities?

The US Department of Health and Human Services Healthy People 2030 priority areas include objectives that highlight the importance of social determinants of health in improving health outcomes. Health care access and quality is one of the five domains organizing the social determinants of health. They suggest increasing the use of telehealth, lowering healthcare costs, and making improvements in health insurance coverage as possible solutions. Improving communications among providers and patients to improve health and wellbeing is another possible strategy to improve access to care.

### Assets: What are the existing programs, efforts, agencies, etc. to support the priority?

Teller County is fortunate to have assets in the community like UCHealth Pikes Peak Regional Hospital (PPRH) and family practices, Peak Vista Community Health Center, a Federally Qualified Health Center (FQHC), as well as several other private practices throughout the community. These clinics and hospitals are all working to increase access to care through expansion of services, efforts in rural areas, and recruitment of a diverse and talented workforce. Please refer to <https://www.co.teller.co.us/publichealth/> for a list of medical providers in Teller County.



## **TCPHE Health Services**

### **Immunizations**

TCPHE offers routine vaccines for all ages as well as seasonal vaccines. We offer low cost to no cost immunizations for uninsured or underinsured children birth through 18 years of age through the Vaccines for Children (VFC) Program. This program provides vaccines to children whose parents or guardians may not be able to afford them. The CDC recommends that children receive immunizations at 2, 4, 6, and 12-18 months of age and again at 4-6 years, 11-12 years and 16-18 years. Adults also need immunizations. The type of immunizations recommended depends on geographic location, age, lifestyle, and conditions that may place individuals at higher risk for contracting certain diseases. We also offer limited travel immunizations like Hepatitis A, Hepatitis B, polio, tetanus, and measles/mumps/rubella. For more information about our vaccine program visit <https://www.co.teller.co.us/PublicHealth/Immunizations.aspx>.

### **Healthcare Services**

The TCPHE Family Planning Program offers low-cost, confidential sexual health services for both men and women for those underinsured and uninsured. The fees are based on income on a sliding scale. Patients are never turned away due to inability to pay and the services for patients under 18 are typically free. We also have a Women's Wellness Connection (WWC) program. This program offers patient navigation and clinical services to women for prevention and early detection of breast and cervical cancer. For more information about our healthcare services programs visit <https://www.co.teller.co.us/publichealth/>.

### **Environmental Health**

Our environmental health team provides several services to ensure the health and safety of our community. These services include our food service program (restaurant inspections and food borne illness), child care centers and school inspections, septic system inspections, zoonotic disease investigations, and waterborne disease investigation. These types of disease investigations are often done in collaboration with local, regional, and state partners. We also offer free in-home radon testing kits and water test kits which can be picked up at our office in Divide.

To learn more about what our environmental health team does, visit <https://www.co.teller.co.us/PublicHealth/EnvHealth.aspx>.



**Table 21: The following table defines common themes identified in the capacity assessment.**

What is working well?	Gaps/Barriers
Medicaid, more families on insurance due to COVID.	Lack of staffing.
Transportation- TSC, Envida.	Lack of technology and internet services to better support telehealth services.
HOME program with telehealth through EMS.	No urgent care, no pediatricians.
SBHC (School Based Health Center) at CC-V School.	Availability of providers; waitlist, need for more primary care providers, limitations on accepting under and uninsured.
Advocacy at AMC to assist with making doctor appointments, wrap-around services; Medicaid Navigator and case management.	Long commutes to see VA or specialists.
Women's health care services and vaccine availability at the health department.	Veterans have difficulty receiving wrap-around care.
Improved communications with hospital dispatcher and TSC.	Challenges navigating the healthcare system and understanding health insurance, lack of awareness of services.
	Lack of knowledge about the HOME program with telehealth services through EMS and many other programs/providers.
	Poor health education.
	Issues with referrals to specialists that are not in the patient's network.
	Lack of home health services and insurance coverage for these services.



## Increase Access to Aging Adult Care

**Access to aging adult care** has been identified in a few community assessments as a top priority area. It is a top priority for TCPHE for the next five years due to our aging population. Access to aging adult care has long been acknowledged as a vital component for individuals in reaching positive health outcomes. As with overall access to health care, there are similar barriers that may exist to limit access to care, such as insurance status, income, geographic proximity to providers, transportation, limited or lack of long-term care facilities (LTCF), limited home healthcare access, etc. (The COVID pandemic also proved to be a barrier to accessing healthcare since March of 2020). The pandemic is also one of the reasons that our longest standing LTCF in Teller County had to close its doors in 2022.

In the 2022 Community Survey, respondents rated improving aging adult care availability and accessibility a 4.38 out of 5. 30% of survey participants noted that Teller County does not have resources and facilities to meet the long-term needs of aging residents. 5 % of the participants reported having someone in their home not being able to perform activities of daily living (ADLs).

### Alignment: How does it align with state and federal priorities?

The US Department of Health and Human Services Healthy People 2030 priority areas include objectives that highlight the importance of social determinants of health in improving health outcomes. Healthy People 2030 focuses on reducing health problems and improve the overall quality of life for older adults. The National Institute on Aging (NIA) also focuses on improving overall quality of life and recommends preventing social isolation and loneliness, promotion of physical activities, nutrition, and scheduling regular check-ups with their healthcare providers.

### Assets: What are the existing programs, efforts, agencies, etc. to support the priority?

As mentioned in the access to healthcare assets, Teller County is fortunate to have several assets in the community. The Golden Bridge Network (GBN) is an organization that was to bring seniors 50 and over together in Teller and surrounding counties. As of today, the GBN is comprised of approximately a dozen community partners which all aim to improve the quality of life among our aging senior population, providing seniors services, resources, and activities. TCPHE is an active member of the GBN Board.



**Table 22: The following was obtained from the capacity assessment and is not an exhaustive list of aging adult resources in the community.**

Organization	Services
Community of Caring - Aspen Mine Center	Case management, assistance with food, stable housing, mental and physical healthcare, transportation, social security and disability, job placement, emergency assistance and Homemaker program
Cripple Creek Parks & Recreation	Silver Sneaker Classes, Renew Active, Active and Fit, and Social Security Memberships
CSU Extension	Aging Mastery Program
Forest Ridge Senior Living LLC	LTCF for seniors and disabled
Pikes Peak Area Agency on Aging	Funds services for Teller, Park and El Paso Counties
Teller County Public Health & Environment	Seasonal and routine vaccines, WWC to age 64
Teller Senior Coalition	Provides transportation
The Independence Center	Helps those with disabilities, social engagement, advocacy and life skills

**Table 23: The following table defines common themes identified in the capacity assessment.**

What is working well?	Gaps/Barriers
Some providers are able to provide care in home	Lack of providers and staff
Aging Mastery Program	Lack of home health care services
Services provided by AMC	Only 1 LTCF, housing concerns, loss of LTCF in southern part of the county in 2022
Services provided by TSC	Caregiver support and education
Services provided by the Senior Center	Lack of knowledge about transportation
Services provided by Forest Ridge	Long waitlists and cost of LTCF
Strong referral system in place among other organizations	Lack of knowledge of resources available and insurance; increase communication of services
Volunteerism	

## Action Plan

### ***Mental Health: How can we reduce suicide and stigma to improve mental health outcomes for the Teller County community?***

#### **Priority Area: Mental Health Care**

##### **Goals:**

1. Support improved access of mental health and behavioral health services in Teller County.
2. Reduce stigma around mental in Teller County using evidenced based strategies.
3. Promote resilience and emotional health for children, youth, and families.
4. Reduce suicide rates in Teller County.

##### **Strategies:**

1. Collective impact model to continue addressing mental health in the community by mobilizing partnerships and resources from a variety of sectors in the community.
2. Provide education and media campaigns to support mental health promotion and help-seeking strategies and ending stigma around mental health.
3. Promote suicide prevention and resources.

**Objective:** Support the ongoing growth and maintenance of the existing collaborative networks in the county working towards improving the accessibility of mental health services in Teller County. Advance policy and community approaches to improve mental health.

##### **Indicators:**

1. Increase in providers in the county (increase current ratio of behavioral health providers to residents).
2. Stigma reported in pilot survey and in capacity assessment.
3. High suicide rate.
4. Lack of mental health and behavioral health resources for youth.

**Target groups:** Reach is community wide. Target populations; youth, veterans, first responders and healthcare workers, senior citizens, and the LTGBQ community. Community Engagement: Engage schools, youth programs in the community, senior citizen programs, VA programs, faith-based organizations, healthcare partners and key stakeholders; include willing community members' participation to achieve sustainable outcomes and decision-making processes.

<b>Activities</b>	<b>Timeline</b>	<b>Process Lead</b>	<b>Date Completed/Status</b>
Active involvement and attendance at 80% or more of Teller County Mental Health Alliance (TCMHA) Advisory Council monthly scheduled meetings.	2023-2027	TCPHE; Director or Proxy	Ongoing
Active participation in the Teller County Mental Health Alliance through attendance at 80% or more of Teller County Mental Health Alliance Partner quarterly scheduled meetings.	2023-2027	TCPHE; Director or proxy	Ongoing
Fiscally contribute/sponsor the Suicide Awareness Symposium (2022-2027).	2023-2027	TCPHE; Director &/or Proxy	1/16/2023: Sponsored, planned and attended 1 <sup>st</sup> Annual Suicide Awareness Symposium
Strengthen growth, maintenance, and collaboration among existing and newly developed networks in the county working towards improving access to mental and behavioral health services for all citizens in Teller County, by increasing awareness of resources, cross training first responders and other key stakeholders, and reducing stigma.	2023-2027	TCPHE leadership & staff in collaboration with TCMHA	Ongoing
Increase community understanding of suicide, its prevalence, and the risk factors for specific populations, and acquire tools for prevention, assessment, and intervention.	2023-2027	TCPHE leadership & Staff in collaboration with TCMHA	Ongoing

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Collaborate with CSU Extension and other community partners within the Teller County Mental Health Alliance to improve and increase mental and behavioral health resources for youth, i.e., Your Thoughts Matter and Health Rocks 4H Curriculum.	2023-2027	TCPHE and CSU Extension Directors and/or staff in collaboration with TCMHA	Launch mid-late 2023; ongoing
Completion of Mental Health First Aid or similar training by all public health staff within three-six months of hire. Examples of other training - ASIST, QPR, ACES, motivational interviewing, trauma informed care.	2023-2027	TCPHE leadership & staff	<p>April 2022, ~2/3 TCPHE attended Mental Health First Aide Training</p> <p>8/30/2022: TCPHE staff attended ACES training</p> <p>2/2023: 90% of staff attended ASIST training</p> <p>3/23/2023: ~3/4 TCPHE Trained in Psychological First Aide</p> <p>5/4/2023: Community Resiliency training</p> <p>5/2023-6/2023: Several sessions for Motivational Interviewing and Trauma Informed Care</p>
Partner with Regional CSU Extension Health Specialist to pilot program: Comics for Connection in collaboration with the library district and TCMHA.	2024-2027	Regional CSU Extension with TCPHE and CSU Extension Directors and/or staff in collaboration with TCMHA	<p>Research has shown that mental health was more applicable when comics were the method of teaching (Preigo &amp; Farthing, 2020).</p> <p>Pilot set to launch 2024 pending grant application approval per CSU Region.</p>
Decrease stigma through Anti-stigma campaigns (End the Stigma, Stop the Stigma), education and community awareness.	2023-2027	TCPHE; TCMHA	Ongoing

**Substance Use: How do we work together to reduce substance use in Teller County?****Priority Area: Substance Use****Goals:**

1. Support improved access to substance use disorder (SUD) services in and around Teller County.
2. Prevent overdoses.
3. Reduce fatal overdoses in Teller County.
4. Reduce stigma around SUD in Teller County.

**Strategies:**

1. Increase access to substance use treatment and referral base.
2. Participate in the Opioid Antagonist Bulk Purchase Fund and increase the number of organizations accessing it for harm reduction.
3. Identify, implement, and evaluate strategies that address positive social norms, connectedness and economic (CDPHE PHIP).
4. Overdose Prevention (CFPS Legislative Report).

**Objective:** Support the ongoing growth and maintenance of the existing collaborative networks in the county working towards improving the accessibility of substance use services in Teller County.

**Indicators:**

1. The number of organizations accessing the Opioid Antagonist Bulk Purchase Fund.
2. The fatal overdose age adjusted rate in Teller County.
3. Reduce stigma around SUD as identified in the capacity assessment.

**Target groups:** Reach is community wide. Target populations; youth, veterans, first responders and healthcare workers, senior citizens. Community Engagement: Engage schools, youth programs in the community, senior citizen programs, VA programs, healthcare partners and key stakeholders as well as willing community members participation to achieve sustainable outcomes and decision-making processes.

Activities	Timeline	Lead Agency/Agencies	Date Completed/Status
Completion of initial and renewal of Naloxone Standing Orders for TCPHE; renew every 2 years.	2023-2027	TCPHE Director in collaboration with TCPHE pharmacist and staff	Initial standing order completed 9/28/2022
Completion of initial Naloxone Policy for TCPHE by December 2022, review annually. This is to include the Naloxone Dispensing Log.	2023-2027	TCPHE Director in collaboration with TCPHE pharmacist & staff	10/2022, revised 11/2022
TCPHE staff will complete the required trainings by February 1, 2023 for establishment as a naloxone distribution center. Training to be completed annually and/or within three months of hire.	2023-2027	TCPHE Director	All TCPHE staff and the Deputy Coroner have completed Naloxone training as of December, 2022.
Attend at least 80% of Region 16: Opioid Policy Council monthly/quarterly meetings annually as a subject matter expert and a non-voting member of the council and participate in implementing actions in the approved 2-year plan for 2022-2024.	2023-2027	TCPHE Director or another TC representative; voting member	Ongoing
Engage local schools, EMS, fire, law enforcement for Naloxone education, awareness of substance use, standing order assistance and other support, i.e.; Community Resilience Training	2023-2027	TCPHE Director, Staff and in collaboration with Ute Pass Regional Health District	May 4, 2023 Community Resilience Training; 2 sessions Ongoing
Collaborate with CSU Extension and other community partners within the Teller County Mental Health Alliance to improve and increase mental and behavioral health resources for youth, i.e., Your Thoughts Matter and Health Rocks 4H Curriculum.	2023-2027	TCPHE and CSU Extension Directors and/or staff in collaboration with TCMHA	Initiate 2023; ongoing

**Food Access:** How do we work together to improve food access and resources in Teller County?

**Priority Area: Food Access**

**Goals:**

1. Improve food access in Teller County.
2. Increase eligible WIC participants in Teller County.
3. Increase participation in SNAP program.
4. Reduce stigma around asking for assistance.

**Strategies:**

1. Improve communication and education around existing food programs and supports.
2. Provide information and education on existing food programs and supports.
3. Form a food alliance of community partners; food pantries, schools, non-profit organizations.

**Objective:** To improve nutrition and health outcomes of Teller County residents through collaboration with community partners, local farms and food banks to improve access to food and to integrate an environmentally sustainable approach to access to healthy food.

**Indicators:**

1. Number of eligible WIC participants enrolled in program vs those that are eligible and not enrolled.
2. Lack of knowledge of food resources identified.
3. Access issues (transportation).

**Target Group** Reach/Target populations; county-wide. Engage with our community partners such as DHS, Community Partnership Family Resource Center, Aspen Mine Center as well as the local food banks and churches to improve access to nutritious foods to our underserved residence of Teller County.

Activities	Timeline	Lead Agency/Agencies	Date Completed/Status
Community Outreach to improve participation in the WIC program and increase awareness of WIC eligibility.	2023-2027	TCPHE WIC Educator or other WIC representative and other staff	Ongoing
Attend at least half of community events such as the Senior Expo, Kidsfest or Summer Expo annually and provide community outreach at Woodland Park Farmer's Market.	2023-2027	TCPHE WIC Educator and other staff	4/8/2023 Kidsfest and Summer Expo 4/29/2023 Senior Expo
Continue to seek grant funding to support food box/food share opportunities through state and local partners such as Mountain Freshies to serve those in need annually.	2023-2027	TCPHE WIC Educator and other staff	Summer/Fall 2023: 15 WIC eligible patients to receive boxes. Ongoing
Partner with local and state food bank resources and other non-profit organizations to improve access to healthy foods and awareness of resources available in Teller County.	2023-2027	TCPHE and CSU Extension-Teller; Directors or proxy	Pilot; initial meeting was 1/3/2023 monthly meetings
Pilot Teller Food Alliance.			

**Access to Healthcare:** How do we effectively increase access to care for Teller County residents?

**Priority Area: Access to Healthcare**

**Goals:**

1. Reduce barriers to access to care in Teller County.
2. Increase awareness of all available health resources.
3. Increase awareness of how to navigate the healthcare system.

**Strategies:**

1. Increase literature, training, and marketing of health care resources available and how to navigate the resources.
2. Improve interagency communications/referral process
3. Increase the percentage of individuals that receive the recommended preventative care.

**Objective:** Increase in immunization rates. Increase in preventative screenings (pap smears, HPV vaccine, mammograms, including all other services provided at TCPHE). Increase healthcare access to our local healthcare providers by improved referral system.

**Indicators:**

1. Immunization rates for Teller County.
2. Eligible participating WIC family's vs non-participating.
3. Cancer rates for breast/cervical cancers. Between 2018-2020, 73 women were diagnosed with breast cancer and 3 were diagnosed with cervical cancer; a slight increase from 2016-2018; 66 cases of breast cancer and zero cases of cervical cancer. The American Cancer Society reports (January 12, 2023) a decrease in rates of cervical cancer due to the increase in HPV vaccine rates.
4. Patient to clinician ration 2,120:1; higher than state average of 1,202:1.

**Target Group:** Reach-Community wide. TCPHE Target- underinsured and uninsured. Community engagement- engage adolescent youth, schools, healthcare providers in the community to improve access to health care needs in the community.

Activities	Timeline	Lead Agency/Agencies	Date Completed/Status
Continue work with CDPHE's Immunization Quality Improvement Program (IQIP) that was initiated in 2022.	2023-2027	TCPHE Immunization Coordinator and/or Proxy	Ongoing
Bi-annually visit our local healthcare partners to promote our services.	2023-2027	TCPHE Director and/or TCPHE staff program leads	Ongoing
Launch Lead Testing Program.	2023-2027	TCPHE Staff	Training date TBD
Annual Health fairs for health promotion and prevention services with healthcare partners such as UC Health. Recommend health fairs in both the southern and northern regions of the county.	2032-2027	TCPHE Administrative Assistant IV & UCH	Coordination efforts under way with UC Health- Fall 2023.
Attend at least half of the community events/expos to promote our services and build trust within the community.	2023-2027	TCPHE Director and/or TCPHE Staff	Attended Suicide Awareness Symposium 1/16/2023. Will attend Senior Expo 4/29/2023
Improve marketing and social media to market all TCPHE services as well as provide health information and available resources for healthcare, i.e., Tips and Tricks to Navigate the Healthcare system, health tips.	2023-2027	TCPHE Administrative Assistant II &/or IV or the staff program leads & CSU Extension	Pilot Tips and Tricks at Health Fair

***Access to Aging Adult Care: How do we effectively increase access to aging adult care for Teller County residents?***

**Priority Area: Access to Aging Adult Care**

**Goals:**

1. Empower senior capabilities in Teller County.
2. Bridge gaps in healthcare to improve health outcomes for seniors in Teller County.

**Strategy:**

1. Increase literature, training, and marketing of health care resources available and how to navigate the resources
2. Create community-building opportunities to bridge gaps between generations within Teller County.

**Objective:** Improve the quality of life for our aging population by improving access to healthcare and mental health through increased communications of resources, social networking among other seniors and youth as well as providing preventative care such as routine and seasonal vaccines.

**Indicators:**

1. Closure of a Long-Term Care Facility (LTCF)/lack of facilities to meet long-term care needs of aging seniors.
2. Lack of home health services.
3. Concerns about inability to perform activities of daily living (ADLs); walking, bathing, clothing self.

**Target groups:** Senior population, caregivers, and healthcare partners.

Activities	Timeline	Lead Agency/Agencies	Date Completed/Status
Actively Participate in Golden Bridge Network monthly meeting; attend at least 10 of 12 meetings per year.	2023-2027	TCPHE Director or proxy	Ongoing
Fiscally contribute and participate in the annual Senior Expo.	2023-2027	TCPHE Director and Proxy, GBN	4/29/2023: Woodland Park Community Church
Promote vaccine services at TCPHE; increase community outreach. Increase vaccine services by 5% each year.	2023-2027	TCPHE Staff	Ongoing
Improve marketing and social media to provide health information and available resources for healthcare.	2023-2027	TCPHE Director and/or Staff	Ongoing
Explore/consider implementation of a Home Health Service program. Seek grant funding to support this work.	2023-2027	TCPHE Director and Staff	Exploration started early 2023, focus would be long-term goal.

## Summary

Prior to the COVID-19 pandemic, many did not know much about public health or know that public health even existed. As we navigate into the new normal of life after COVID, many still believe that all public health does is COVID. We hope that this CHAPS process has built trust in our local public health system as well as awareness that we do so much more than COVID. Your Local Public Health Agency (LPHA) bridges the gap in the healthcare system by providing access to healthcare for our underinsured and uninsured such as WIC, WWC, and reproductive health. TCPHE provide routine vaccinations including seasonal vaccinations for all ages. We are involved in the emergency preparedness planning for the county and are the coordinators for the Child Fatality Prevention System for the County. TCPHE sits on the advisory council for the Teller County Mental Health Alliance as well as the Executive Committee for FACT. We work closely with our community partners- local fire, EMS and law enforcement, as well as other local and state government agencies. In addition, we team up with other community resources such as faith-based organizations, Community Partnership and The Aspen Mine Center, the school systems, and senior services (this is not an exhaustive list). We want members of our community and our partners to know that we are here to work together to improve the health, safety, and lives of Teller County residents and visitors.

### ***Our sincerest appreciation from the TCPHE Team,***

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*Michelle Wolff, WHNP-BC, MSN, Nurse Practitioner, Director*

## Glossary of Terms

**Board of Health (BoH)** State BoH is the board that disseminates rules related to the public health in Colorado, approves funding for public health grant programs, appoints members to specific department committees, and advises the executive director as appropriate. The BOH is comprised of 3-5 members depending on the population size of the county. For Teller County, our local BoH is also our County Commissioners.

**Behavioral Health Administration** “represents one of Colorado’s many steps towards strategic investments in improving the behavioral health system. The BHA is a new cabinet member-led agency, housed within the Department of Human Services, designed to be the single entity responsible for driving coordination and collaboration across state agencies to address behavioral health needs. Because we believe all people in Colorado deserve to experience whole person health, we envision a world in which behavioral health services in Colorado are accessible, meaningful, and trusted. Therefore, we have made it our mission to co-create a people-first behavioral health system that meets the needs of all people in Colorado.”

**Colorado Opioid Abatement Council:** “The Colorado Opioid Abatement Council (COAC) was created by the Department of Law in agreement with local governments to provide oversight of the opioid funds and to ensure the distribution of those funds complies with the terms of any settlement and the Colorado Opioid Settlement Memorandum of Understanding. The COAC is specifically responsible for oversight of opioid funds from the regional share and for developing processes and procedures for the statewide infrastructure share.”

**Community Health Assessment & Planning System (CHAPs)** A strategic process of collecting, analyzing, and using data to educate and mobilize the community, develop priorities, garner resources, and plan actions to improve the public’s health. This includes an assessment and the planning process.

**Community Health Improvement Plan (CHIP)** A long-term, systematic effort to address issues identified by the CHA and community health improvement process. A solid CHIP can be used by partners to identify local public health needs and priorities. This is a living document and is also referred to as the PHIP or Public Health Improvement Plan.

**Community Health Partnership** Works to improve the health of the community in the Pikes Peak Region through its collaboration with community members, partners, and healthcare workers to improve the systems and increase healthcare equity for all people.

**Evidence-Based Practice** Evidence-based practice (EBP) is the preferential use of health interventions for which systematic empirical research has provided evidence of statistically significant effectiveness as treatments for specific problems. EBP promotes the collection, interpretation, and integration of valid, important, and applicable patient-reported, clinician-observed, and research-derived evidence.

**Health Indicators** A characteristic of an individual, population, or environment which is subject to measurement and can be used to describe one or more aspects of the health of an individual or population. Can be used to define public health problems at a particular point in time, to indicate change over time in the level of the health of a population or individual, to define differences in the health of populations, and to assess the extent to which the objectives of a program are being reached.

**Healthy People 2030** A national agenda from the Department of Health and Human Services (DHS) that communicates a vision for improving health and achieving health equity with a set of specific measurable objectives with targets to be achieved over the decade.

**Incidence** Measures the occurrence of new disease and is used to describe the number of health- related events in a population which occur within a specified period of time.

**National Institute on Aging** NIA is one of the 27 institute of the National Institute of Health leading scientific efforts to understand the nature of aging. It is the primary federal agency that is conducting research in Alzheimer's disease.

**Population-Based Health** The health outcomes of a group of individuals including the distribution of such outcomes within the group. It is an approach to health to improve the health of an entire population.

**Poverty** Income thresholds developed by the U.S. Census Bureau which vary by family size and composition to determine who is in poverty. If a family's income is less than the family's threshold, then that family and each individual member is considered in poverty. These thresholds are updated annually to account for inflation, and differ from the poverty guidelines issued by the DHS.

**Prevalence** Measures the existence of current disease and is used to describe the proportion of a population that has a disease, condition, or other attribute.

**Proportion** The ratio of a part to the whole, commonly expressed as a percentage.

**Public Health System** A public health system is defined as all public, private, and voluntary entities that contribute to the delivery of essential public health services within a jurisdiction. All of the entities within a Public Health System contribute to the health and well-being of the community or state.

**Qualitative Data** It is a descriptive finding that is collected through surveys, interviews and/or observations. Helps to explain results obtained through quantitative data.

**Quantitative Data** Expression of data through a certain number or quantity, an amount or a range. It is a form of data as it pertains to counts or numbers; numerical values.

**Rate** A measure of incidence that is often used to describe how fast or slow a health-related event is occurring in a population.

**Secondary Data** Refers to the data that is collected by another person or entity other than the primary source of data collection.

**Senate Bill 22-181** “Concerning the behavioral health administration's plan to address issues regarding the delivery of behavioral health-care services in this state, and, in connection therewith, making an appropriation”.

**Senate Bill 194** In July 2008, Colorado Senate Bill 08-194, the Public Health Act (the Act), was passed. The main purpose of the Act is to assure that core public health services are available to every person in Colorado with a consistent standard of care. Under Senate Bill 194, TCPHE is required to conduct a CHA and develop a CHIP.

**Teller County Mental Health Alliance (The Alliance)** “Is a multi-organization collaborative supporting the mental health needs of the community. The Alliance began in 2018 as the grassroots effort in response to growing community concerns about mental and behavioral health in the community. By pooling individual resources and establishing a shared agenda, The Alliance orchestrates a coordinated set of actions to foster a resilient and healthy community.”

## Acronyms

<b>ACES</b>	Adverse Childhood Events
<b>ADL</b>	Activities of daily living
<b>AMC</b>	Aspen Mine Center
<b>ASIST</b>	Applied Suicide Intervention Skills Training
<b>BHA</b>	Behavioral Health Administration
<b>BSN</b>	Bachelor of Science Nursing
<b>BoCC</b>	Board of County Commissioners
<b>BoH</b>	Board of Health
<b>CAC</b>	Certified Addiction Counselor
<b>CC-V SD</b>	Cripple Creek-Victor School District
<b>CBT</b>	Cognitive Behavior Therapy
<b>CDPHE</b>	Colorado Department of Health & Environment
<b>CFPS</b>	Child Fatality Prevention System
<b>CHA/CHAPS</b>	Community Health Assessment/Planning System
<b>CHIP</b>	Community Health Improvement Plan
<b>CHP</b>	Community Health Partnership
<b>CHIS</b>	Colorado Health Informatics System
<b>COAC</b>	Colorado Opioid Abatement Council
<b>CP</b>	Community Paramedic
<b>CP-FRC</b>	Community Partnership- Family Resource Center
<b>CSA</b>	Community Support of Agriculture
<b>CSPH</b>	Colorado School of Public Health
<b>CSU Extension</b>	Colorado State University Extension
<b>CTC</b>	Communities That Care
<b>DBT</b>	Dialectical Behavior Therapy
<b>DHS</b>	Department of Human Services
<b>EAP</b>	Employee Assistance Program
<b>EBT</b>	Electronic Benefit Transfer
<b>EMDR</b>	Eye Movement Desensitization & Reprocessing

**TELLER COUNTY PUBLIC HEALTH & ENVIRONMENT**

<b>EMS</b>	Emergency Medical Services
<b>FACT</b>	Families & Communities Together
<b>FISH</b>	Friends in Serving Humanity
<b>FQHC</b>	Federally Qualified Health Center
<b>FDA</b>	Food and Drug Administration
<b>GBN</b>	Golden Bridge Network
<b>LAC</b>	Licensed Addiction Counselor
<b>LE/LEO/LEO</b>	Law Enforcement/Officer/Agency
<b>LPHA</b>	Local Public Health Agency
<b>Lt.</b>	Lieutenant
<b>LTCF</b>	Long term care facility
<b>MAT</b>	Medication-Assisted Treatment
<b>MHAP</b>	Mental Health Assessment Program
<b>MI</b>	Motivational Interviewing
<b>MPH</b>	Master of Public Health
<b>MSN</b>	Master of Science Nursing
<b>NIA</b>	National Institute on Aging
<b>OPHP</b>	Office of Public Health Planning & Local Partnerships
<b>PEBT</b>	Pandemic Electronic Benefit Transfer
<b>PEARLS</b>	Program to Encourage Active Rewarding Lives for Seniors
<b>PHIP</b>	Public Health Improvement Plan
<b>PPRH</b>	Pikes Peak Regional Hospital
<b>QPR</b>	Question, Persuade, and Refer
<b>RN</b>	Registered Nurse
<b>RPT-S</b>	Registered Play Therapist-Supervisor
<b>SBHC</b>	School Based Health Center
<b>SMART</b>	Specific, Measurable, Achievable, Relevant and Time bound
<b>SNAP</b>	Supplemental Nutrition Assistance Program
<b>SUD</b>	Substance Use Disorder
<b>SWTEMS</b>	Southwest Teller Emergency Medical System
<b>TANF</b>	Temporary Assistance for Needy Families

**TELLER COUNTY PUBLIC HEALTH & ENVIRONMENT**

<b>TCMHA</b>	Teller County Mental Health Alliance (The Alliance)
<b>TCPHE</b>	Teller County Public Health & Environment
<b>TCSO</b>	Teller County Sheriff's Office
<b>TRG</b>	Teller Resource Group
<b>UCH</b>	University of Colorado Health
<b>UPRHSD</b>	Ute Pass Regional Health Service District
<b>US</b>	United States
<b>USDA</b>	United States Department of Agriculture
<b>VFC</b>	Vaccines for Children
<b>WIC</b>	Women, Infants & Children
<b>WHNP-BC</b>	Women's Health Nurse Practitioner- Board Certified
<b>WPSD</b>	Woodland Park School District
<b>WWC/CPED</b>	Women's Wellness Connection/Cancer Prevention Early Detection
<b>WWE</b>	Well Women's Exam

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## **Revisions/Review**

<b>Date</b>	<b>Remarks</b>	<b>Revised/Reviewed By</b>
<b>1/17/2023</b>	<b>Submitted to the BoH for review.</b>	<b>Michelle Wolff</b>
<b>5/1/2023</b>	<b>Revisions made to action plan per recommendations of the Mental Health Mapping completed by The Steadman Group 4/30/2023. Final review for grammar and formatting.</b>	<b>Michelle Wolff</b> <b>Mary Higgins</b> <b>Karen Muntzert</b>
<b>5/2/2023</b>	<b>Work session with the BoCC/BoH to approve plan.</b>	<b>Michelle Wolff, Teller County BoH, Ross Herzog</b>
<b>5/2/2023</b>	<b>Approved unanimously by the Teller County BoH.</b>	<b>BoH</b>
	<b>Submitted to CPDHE OPHP</b>	
	<b>Approved by CDPHE and State BoH</b>	