



# Routt County Health & Human Service Plan 2018 - 2020

Routt County Human Resource Coalition  
c/o Routt County United Way  
PO Box 774005  
Steamboat Springs, CO 80477  
970-879-5605

**Table of Contents**

**Introduction and Background .....2**

**Mission Area Outcomes, Current Trends and 2018-2020 Goals .....3**

    Basic Needs .....3

    Early Childhood .....8

    Youth Services .....13

    Community Safety.....17

    Physical, Behavioral and Mental Health Services.....22

**Appendix**

History and Process of Plan .....28

Guiding Principles .....29

List of Participating Human Service Agencies .....30

## **Introduction & Background**

The first Routt County health and human service plan was published in 2011 and had a three year life. The enclosed is a revised, updated plan to include our accomplishments from the last three years and our goals for the next three years. We have divided the health and human service sector into five mission areas: basic needs, early childhood, youth services, community safety and physical, behavioral and mental health services. We included special populations such as English language learners, disabled or developmental disabled, and our aging populations into all five mission areas.

The plan describes the outcomes by mission area since the last plan revision in 2015. We then have described recent trends that we are seeing in our society. Our goals for the next three years will address these trends and ongoing human service problems. Finally, you will find a list of all the agencies that participated in revising the 2018-2020 Routt County Health & Human Service Plan.

### **Background**

For several years, various human service funders including Routt County, the City of Steamboat Springs and major community funders such as Routt County United Way, the Yampa Valley Community Foundation and the Craig-Scheckman Family Foundation have been independently discussing ways to increase the impact of available funding. These discussions have included issues such as improved community planning, maximization of resources and measurement of intended community outcomes. Meanwhile, nonprofit service providers have also grappled with the need for comprehensive and inclusive program planning and coordinated service delivery to meet the human service needs present in Routt County.

This plan is intended to serve as a *road map* to both funders and service providers. For funders it will provide a prioritized set of community needs and goals to help ensure that funding decisions are targeted and can have the greatest impact. Service providers will be able to use the community goals for each prioritized need to identify areas where organizations can collaborate to have a greater impact. Likewise, they will be able to identify gaps in services and programs and work to respond to neglected community needs.

### **Desired Outcome**

Using an inclusive and broad collaborative process, the goal of this planning project is to maintain a process that results in a dynamic, accessible, coordinated, community-wide human service delivery system effectively addressing the needs of Routt County.

## **MISSION AREA BASIC NEEDS**

*We believe the following 5 areas represent Basic Needs for Routt County's citizens, and our goal is to meet these Basic Needs through communication, collaboration and partnership.*

### **HOUSING**

*Premise: Safe affordable housing is the foundation for self-sufficiency and stability.*

#### **Outcomes:**

- This year, the Yampa Valley Housing Authority completed a low-income housing project through a public private partnership that provided 48 two and three bedroom apartments. They hope to use the success of this model to build more seasonal, low-income and entry level units.
- LiftUp was able to assist 345 clients with \$229,764 in rental or mortgage assistance from 2014 -2016. This assistance helped stabilize families and individuals in crisis, and allowed these clients to remain in their homes.

#### **Trends:**

- The demand for housing has dramatically exceeded our supply. In the past few years, we are finding that entry level condos are being sold as soon as they come on the market, thus reducing the supply of affordable rentals. Additionally, owners are significantly raising rents as leases are renewed, thus reducing the supply of affordable homes.
- LiftUp has seen a 75% increase in the number of clients assisted and 45.6% increase in funds provided to clients for rental or mortgage assistance 2014 to 2016.

#### **Goals:**

- The goals to resolve the housing crisis are in the Yampa Valley Housing Authority's development plan. By 2030, the YVHA will have produced 350 seasonal beds, 350 low income units and 150 entry level units.
- Through additional housing, the overwhelming need for crisis response agencies, human services and youth agencies will be reduced as the density in homes decreases.
- LiftUp will continue to provide much needed support to individuals and families in crisis collaborating with the Good Shepard Fund, LiftUp's Housing Needs and Special Needs funds to promote self-sufficiency and stability to Routt County residents.

## **TRANSPORTATION**

### **Outcomes:**

- In 2016, Routt County Council on Aging (RCCOA) provided 3,946 van rides to 70 individuals 60 years or older to lunch sites, medical appointments, grocery shopping, the bank and other errands as needed.
- RCCOA provides transportation on organized field trips to facilitate engagement and socialization for seniors. There are usually at least two outings per month, and include activities such as trips to Steamboat Lake, Craig for shopping and to local museums.

### **Trends:**

- RCCOA rides increased 33% in 2016 from 2015 (3,946 in 2016 vs. 2,639 in 2015), and unique individuals served increased 6.5 % in 2016 from 2015 (317 in 2016 vs. 298 in 2015).

### **Goals:**

- RCCOA is working with other organizations to develop a transportation “hub” where residents of Routt County can select from a menu of transportation options based on cost and schedules/routes that meet their needs.
- The organizations serving this area aim to develop more transportation options for residents that live in outlying areas of the county.

## **FOOD SECURITY**

### **Outcomes:**

- 2016 LiftUp of Routt County distributed 23% more food by weight to the same number of Routt County households and individuals than 2015. LiftUp has substantially increased the amount of fresh fruit and vegetables available to all clients; Routt County residents, seasonal, and transient populations. LiftUp distributed 207,138 lbs. of food to seasonal, Routt and non-Routt County residents excluding the USDA “Senior Box” and Colorado Department of Agriculture “TEFAP” programs. During 2016 LiftUp distributed a total food dollar value of \$582,633 to all clients served, excluding Senior boxes and TEFAP. LiftUp has seen a 59% increase in senior box distribution from 2014 to 2016. LiftUp has seen a 157% increase in TEFAP box distribution from 2014 to 2016.
- From June 2015 thru June 2017 Routt County Department of Human Services (RCDHS) case numbers fluctuated each of those 3 years between 562 in 2015 and 456 in 2017 ending with a 12.3% decrease in ongoing Food Assistance/SNAP households. The total benefits issued thru June 2015 were \$852,160, which was the high amount for those three years. The total benefits issued thru June 2017 were \$644,530. This resulted in a 13.2% decrease in the amount of assistance issued to Routt County households. There has been a lot of returned mail with forwarding expired or unclaimed (general delivery) notices indicating that the household has possibly moved. Some households have not renewed their

assistance due to the implementation of the Employment First program. This program is mandatory under federal guidelines for certain households that do not meet the minimum employment and wage criteria. A majority of those cases are single adults either working part time or not at all that do not meet the criteria to be exempted for the program.

- In 2016, Routt County Council on Aging provided 8,383 congregate meals to 279 individuals and 2,698 Meals on Wheels deliveries to 38 individuals.

**Trends:**

- While the number of Routt County residents that utilize the food pantries in Hayden, Oak Creek, and Steamboat remains constant from 2014 to 2016, the amount of food support to Routt County residents and senior residents has increased dramatically from 2014 to 2016.
- While there has been a drop in the number of households that receive Food Assistance/SNAP benefits, that number is going back up. The ongoing caseload went from 562 (2015); to 373 (2016); and is increasing this year and is at 456 (06/2017).
- RCCOA congregate meals served increased 14% in 2016 from 2015 (8,383 in 2016 vs. 7,180 in 2015), and unique individuals served remained consistent (279 in both 2016 and 2015). RCCOA Meals on Wheels served increased 8.5% in 2016 from 2015 (2,698 in 2016 vs. 2,466 in 2015). Unique individuals served through Meals on Wheels increased 10.5% in 2016 from 2015 (38 in 2016 vs. 34 in 2015).

**Goals:**

- Develop a local food hub, education, and “maker space” (facility for use by small commercial food producers). Develop LiftUp programs that further the food hub goals by reducing food waste and increasing availability of nutritious food that include Adopt a Shelf, ProDo, Restaurant Rescue, Grocery Rescue, LiftUp’s greenhouse/community garden, and Grow a Row. Developmental collaborations include local ranchers, farmers, and other local food producers. These efforts as well as LiftUp’s association with CSU master gardeners, Community Ag Alliance, local restaurants, Colorado Mountain College, Sodexo, grocery stores, and Walmart are all designed to support the local economy, local business, and provide a steady abundant supply of nutritious food to the area’s (Routt county residents and senior citizens) food insecure. LiftUp’s efforts in this area are focused on building a collaborative distribution, education, and maker campus.
- The goal of the Routt County Department of Human Services is to assist as many households as possible that are in need of the Supplemental Nutritional Assistance Program to make sure they have quality food available that is adequate.

## **ACCESS TO HEALTH RESOURCES**

### **Outcomes:**

- From June 2015 to June 2017, Routt County has had a substantial increase on the number of individuals that qualify for Medical Assistance.
- The total number of ongoing cases for all programs (SNAP, Medical Assistance, Financial Assistance and child care) has a six percent increase from 3,355 in June 2015 to 3,544 in 2017.
- Northwest Colorado Center for Independence (NWCCI) Unduplicated Consumers (clients) served – 346 Total – 138 in Routt County – All NWCCI Consumers are people with permanent disabilities.
- NWCCI services provided – 7021 Total – 2808 in Routt County – Most prevalent services provided are in the following order 1) Advocacy 2) Independent Living Skills 3) Information and Referral 4) Transportation 5) Peer Counseling and 6) Benefits Application assistance.
- NWCCI also provides deaf services, access to Assistive Technology, attendant services, transportation, home repairs and maintenance.
- NWCCI Goals Met – 518 Total – 207 Routt County
- 

### **Trends:**

- The total recipients of Medical Assistance went from 4,161 in June 2015 to 4,483 in June 2017, an increase of 93%. Each year when open enrollment comes along, individuals that failed to apply the year prior and haven't obtained private insurance, have applied to avoid the ongoing, rising penalties.

### **Goals:**

- It is the goal of the Routt County Department of Human Services to assist and cover as many individuals in Routt County that may qualify for either Medical Assistance or Tax Credits towards private insurance.
- NWCCI Goals Set - 611 Total – 244 Routt County
- Northwest Colorado Center for Independence (NWCCI) works with those we serve to be engaged with our government and community partners in addressing identified basic needs in Routt County and bringing awareness to the issues that affect our ability to live well in the community. NWCCI continues to work with Routt County residents with disabilities to access tools, resources, services, supports and opportunities for achieving higher quality of life.

## **SELF-SUFFICIENCY**

### **Outcomes:**

- In 2016, Integrated Community, Yampa Valley Medical Center and NW Colorado Health created access to preventative health care, local law enforcement and crisis

agencies by providing professional interpretation for 8,070 appointments, thus removing linguistic barriers.

- LiftUp was able to help 4 clients with \$4,500 in housing needs that fell outside of their regular housing fund parameters, \$175 for medical and \$92 for education assistance in 2016, and 20 people since 2015.
- The Community Services Block Grant (CSBG) program is a federal program that is now on a Calendar Fiscal Year that goes from January – December each year. Therefore, the numbers will look different than those on the other programs. 2015 & 2016 are full calendar years while 2017 is only the first 6 months of the year. In 2015, the CSBG program served 50 households for a total of \$19,352. In 2016, the program served 32 households for a total of \$18,269 and in 2017 thru June 30<sup>th</sup>, it has served a total of 20 households for a total of \$10,712. This program has very strict guidelines on income, residency, whether the assistance needed is emergent and if it was an unforeseen problem. The maximum any household is eligible to receive in a calendar year is \$800.00. To receive this funding, the recipient has to be able to pay the expense/s moving forward.

**Trends:**

- The need for professional interpretation and bilingual capacity continues to grow dramatically as our immigrant community helps fill the demand for workers in the Yampa Valley. The Steamboat Springs School District is one of the top five districts in the state of Colorado for increase of English Language Learners (ELL) students.
- Need for self-sufficiency funds has remained constant 2014 to 2016. The majority of funds provided were for housing or housing repair 2014 to 2016. In the coming years, an increased need for funding for the self-sufficiency fund is anticipated, as LiftUp has is no longer conducting kettle drives for the Salvation Army.
- The trend of this program assistance seems to be leaning more to clients that are in need of rental assistance, car repairs/insurance, healthcare bills. Each of these items have specific requirements such as being evicted, vehicle is needed to obtain and/or keep employment and keep past due medical bills from going to collections so that the client may continue seeing the provider.

**Goal:**

- All community members have access to professional interpretation so they may communicate with medical providers, schools, youth and human service agencies, law enforcement and resources so they may actively participate and contribute.
- The goal of the Emergency Assistance fund is to provide a broad and discretionary source of funds with which LiftUp may assist in the stability of Routt County residents. Issues addressed can include car repairs, home repairs, maintenance, housing, medical, or education costs, micro-business development,

etc. Any expenditure from this fund is designed to promote a client’s ability to provide for them in a sustainable way going forward.

- The goals of Routt County Department of Human Services for this program are to assist as many people as we have funding for that meet the strict guidelines, to keep them housed, employed and able to see their healthcare provider.

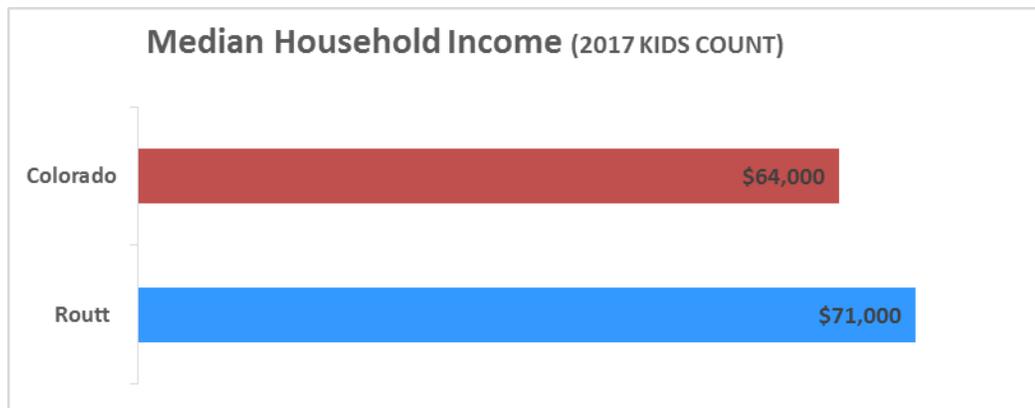
**MISSION AREA**  
**EARLY CHILDHOOD CARE AND EDUCATION**

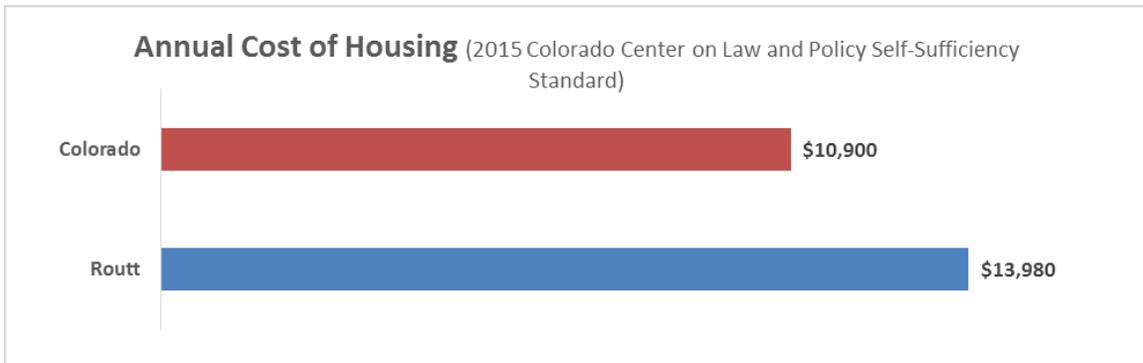
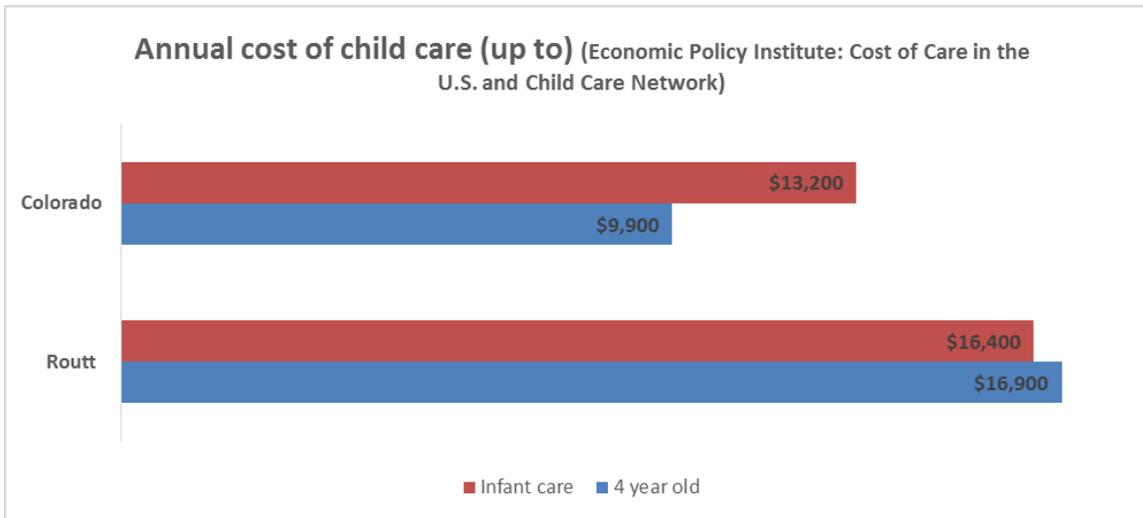
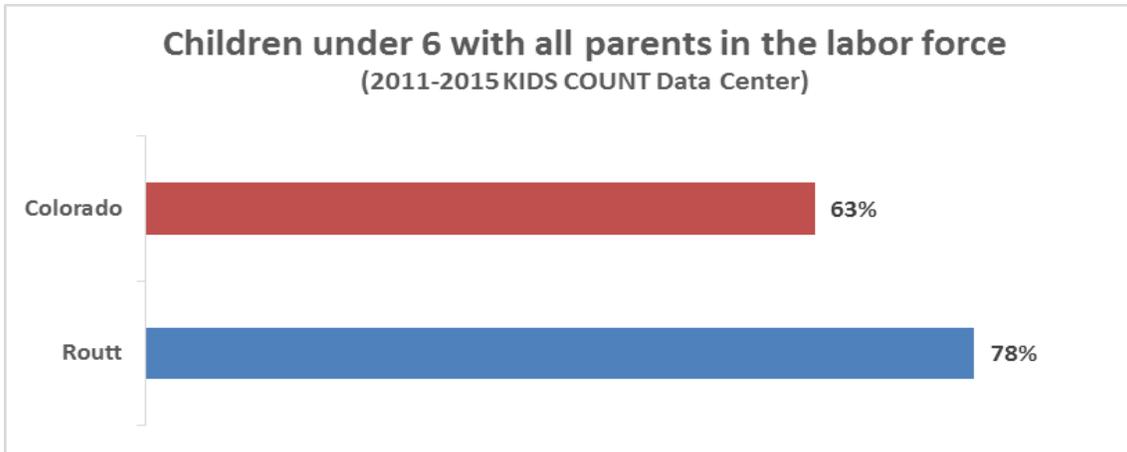
**Outcomes:**

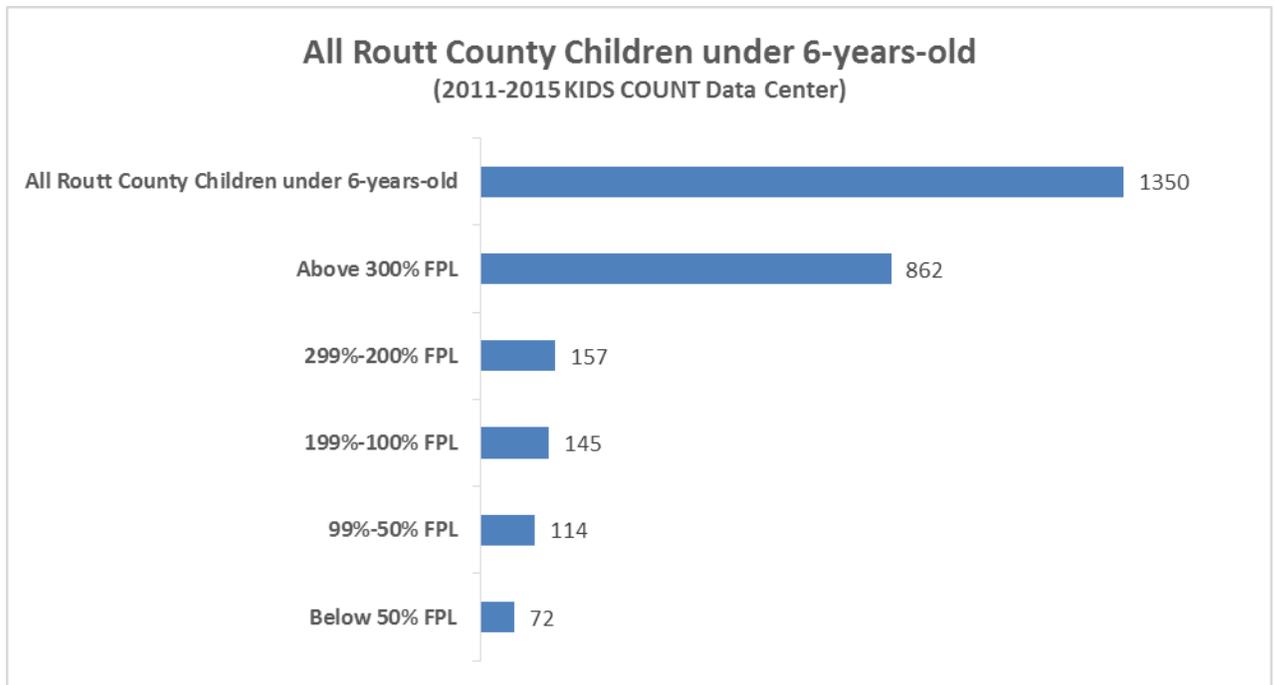
- Increased number of licensed infant and toddler slots from 40-44; 10% increase.
- Increased child care subsidy funding by \$211,500 from 2015 (\$966,480) to 2016 (\$1,178,000); 22% increase.
- 42 preschool aged English Language Learners (ELL) served in licensed early childhood care and education programs. Steamboat Springs School District (SSSD) ELL Kindergarten enrollment for 2016-2017 equals 17.
- Successful partnership with Yampa Valley Autism Program supporting Hayden licensed family child care provider to fully serve children on the Autism spectrum.
- All early childhood care and education professionals are registered in the Colorado Professional Development Information System and have access to free, online trainings.

**Trends:**

- Child care in Routt County is still expensive. In order for child care to be affordable it should not exceed more than 10% of a family’s household income (US Dept. Health & Human Services).







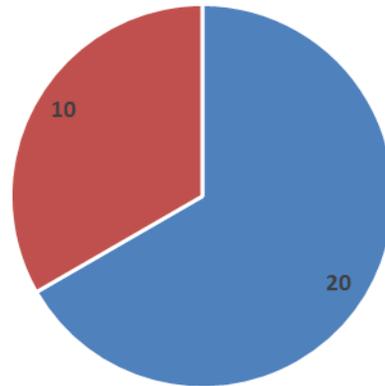
**Trends (continued):**

- More ELL receiving preschool education.
- Increasing behavioral support services needed in early childhood care and education settings.
- Increasing federal and state regulatory requirements for early childhood care and education programs and professionals.

**Goals:**

1. Increase number of licensed infant and toddler slots by 25%.
2. Serve 50% of children eligible for the Colorado Child Care Assistance Program.
3. Support all licensed early learning programs with participating in the Colorado Shines five level Quality Rating and Improvement System.

67% of Routt County's licensed early learning programs are engaged in the five level Colorado Shines Quality Rating and Improvement System at a Level 2 or higher

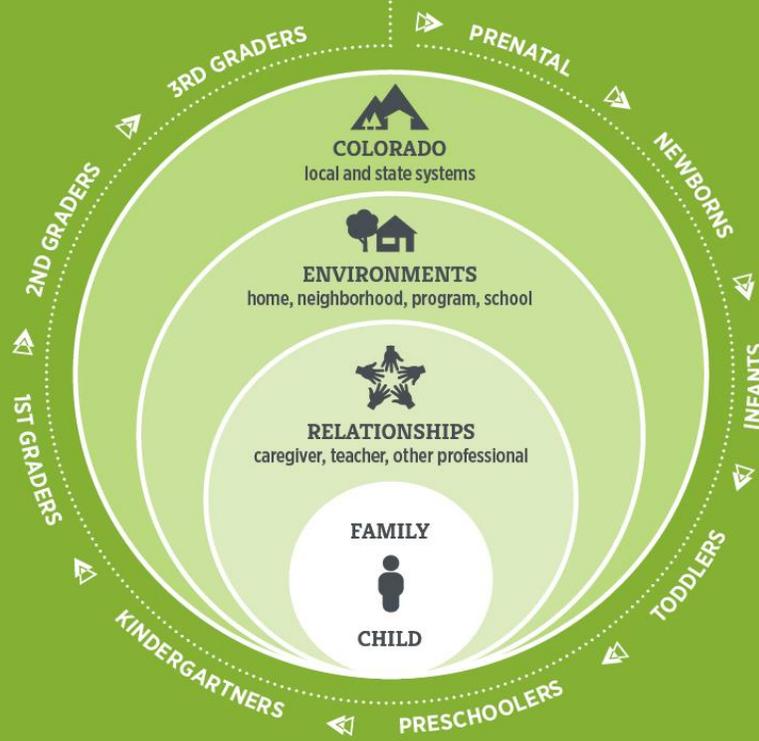


■ Engaged in Colorado Shines ■ Not engaged in Colorado Shines

4. Increase the number of children accessing early childhood education that experience barriers due to economic, cultural, and/or logistical factors.
5. Promote full participation for families utilizing the Ages and Stages Questionnaire (ASQ) app for early identification and needed referrals.

# Colorado Early Childhood Framework

all children are valued, healthy and thriving



## Results



### CHILD

Young children reach their developmental potential and are ready to succeed in school and in life



### ENVIRONMENTS

Environments that impact children are safe, stable and supportive



### RELATIONSHIPS

Adults are knowledgeable, responsive and interact effectively with and on behalf of children



### COLORADO

Localities and the state attain economic and social benefits by prioritizing children and families

## **MISSION AREA YOUTH SERVICES**

**Vision:** To ensure positive youth development in Routt County so that all youth have the opportunities to become healthy, self-sufficient and responsible citizens.

### **2015-2017 Goals:**

Goal 1: All Routt County youth will engage in positive meaningful activities that result in a reduction in risky behavior and an increase in resiliency skills.

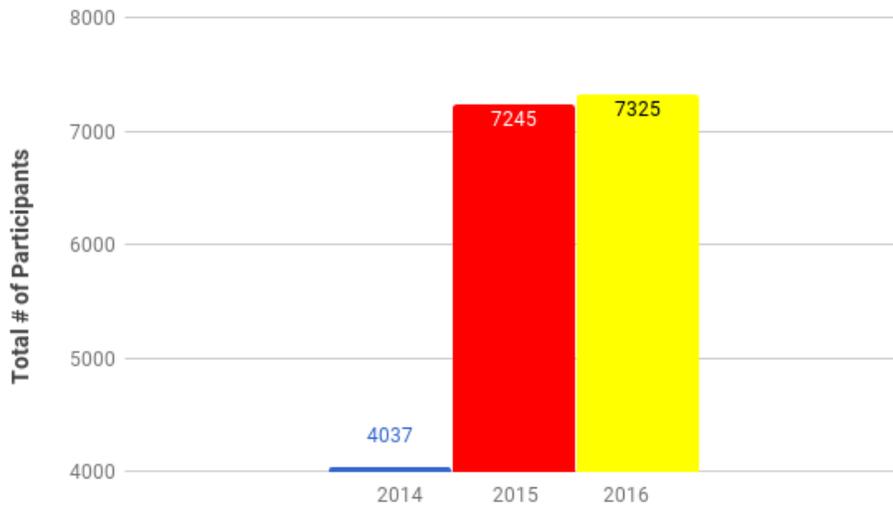
Goal 2: All Routt County youth and their families will have access to comprehensive youth services, programs and activities.

Goal 3: A greater number of North, South and West Routt County rural youth will have access to positive youth development activities, either within their own community, or through affordable, accessible transportation to existing program sites. An estimated 500 youth will be impacted through participation in positive youth activities.

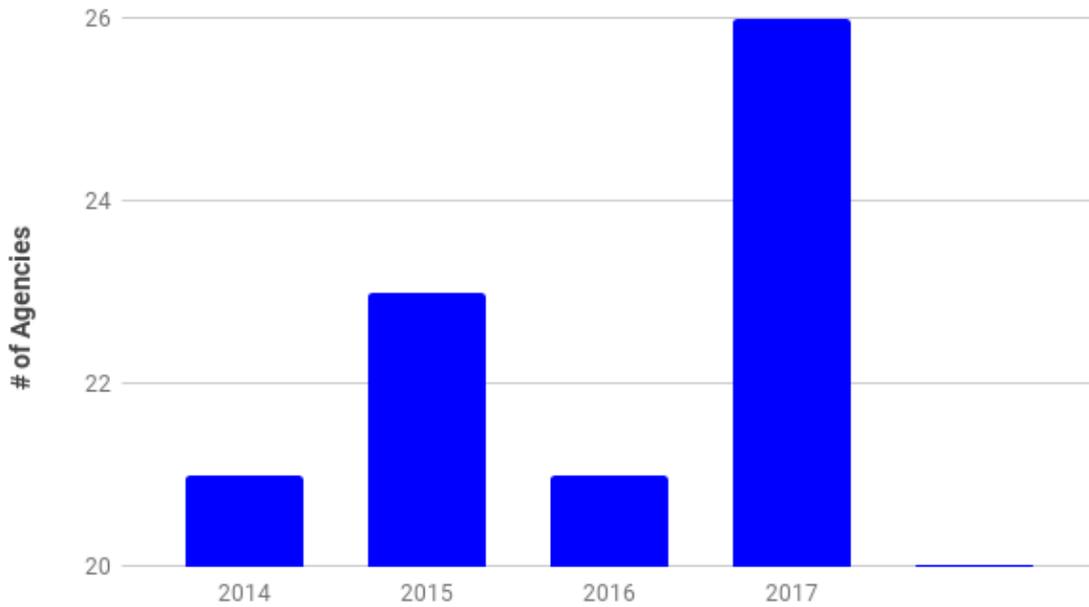
Goal 4: The Routt County teen population, ages 13-20, will experience increased frequency and variety of programs and activities. Participation data will demonstrate an increase in the number of teens involved in structured activities and the number of hours of programming.

## 2014-16 Accomplishments

TOTAL NUMBER OF YOUTH AGES 6-20 SERVED FROM ROUTT COUNTY

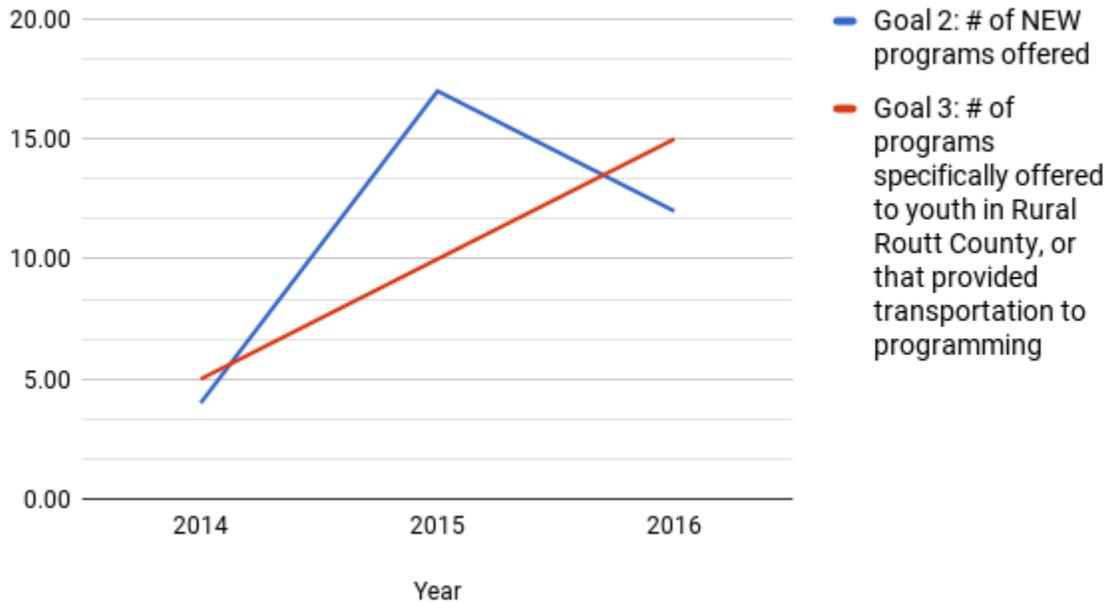


Routt County Youth Services Coalition Members

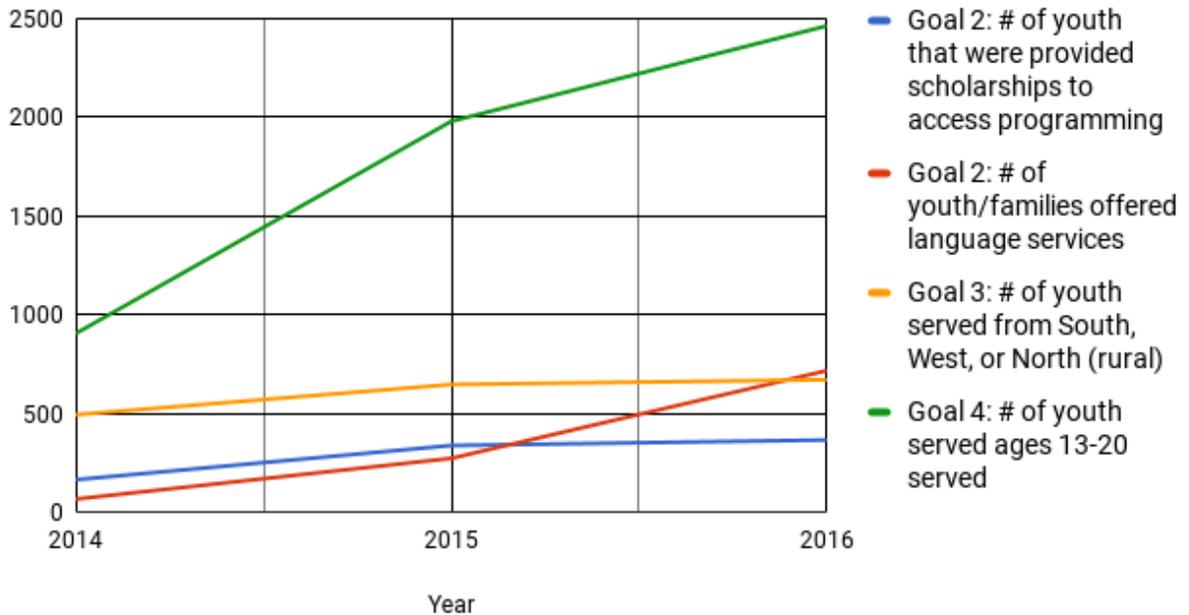


## 2014-2016 Outputs

### 2014-16 Total # of Programs Offered



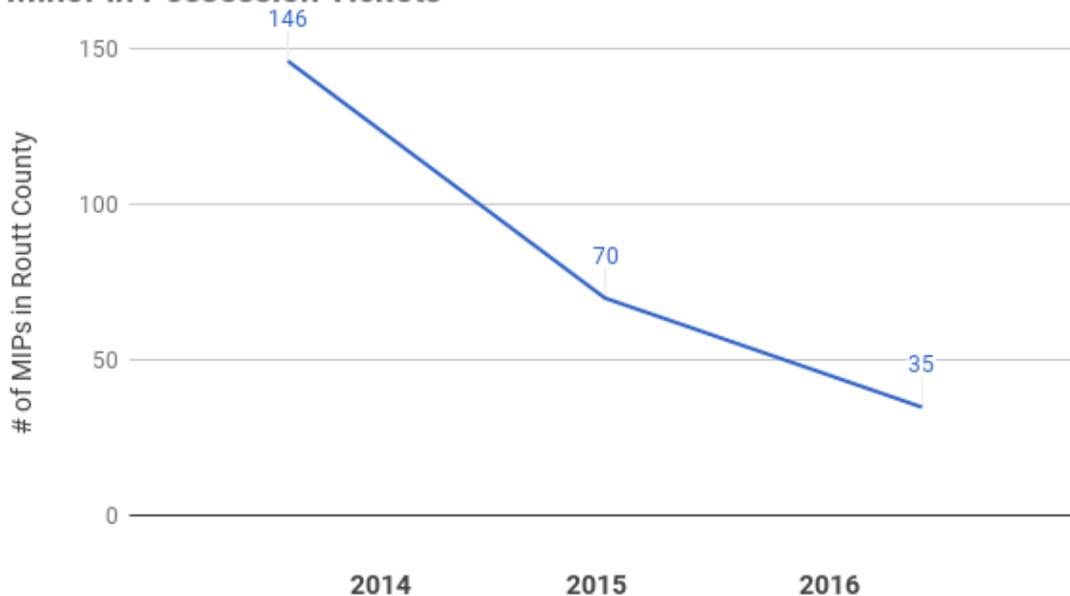
### 2014-16 Total Youth Served per Year by Category



## 2014-2017 Outcomes

- Total number of youth programs in Routt County has increased by 180% since 2014.
- Total number of youth participants in Routt County programs has by increased 81% since 2014.
- Routt County youth have a high level of protective factors according to the 2017 Communities That Care survey.
  - Protective Factors: exert a positive influence and shield youth from the negative influence of risk. For example: opportunities for prosocial involvement, positive peer relationships, meaningful educational activities.
- Many youth agencies are focusing efforts on Alcohol, Tobacco and Other Drugs (ATOD) use prevention and we are in beginning stages to capture relevant data to measure our effectiveness.
- Decrease in Minor in Possession (MIP) tickets by 78% since 2014.

### Minor In Possession Tickets



### 2017 Trends:

- Increase in availability and use of Opioids and Marijuana
- Increase in lethality of common drugs available to youth
- Increase in bullying, cyber bullying, violence, and sexual violence in schools
- Increased need for mental and behavioral health support
- Increased number of parents living in poverty, struggling with substance abuse, and mental health issues, and/or facing incarceration
- Increase in youth obsession/dependency with technology

- Increase in ELL and undocumented families that are facing barriers with youth trying to participate in youth programs
- Increased need for self-sufficiency skills in youth

**2018-2020 Goals**

**Goal 1:** Building resiliency and increased assets in our youth by increasing protective factors, while decreasing risk factors.

Measurable by: Developmental Assets, Resiliency Factor Scale, Healthy Kids Colorado Survey, and/or Communities That Care (CTC) Survey

**Goal 2:** Increasing capacity and collaboration with youth serving organizations such as Routt County Youth Services Coalition, Communities That Care Coalition, Human Resource Coalition, and other resources.

Measurable by: Attendance of various coalition meetings, number of staff collaborations and trainings

**Goal 3:** Reduce use and abuse of ATOD.

Measured by: Healthy Kids Colorado Survey, Rise Above Colorado Survey, Communities That Care Survey

<p><b>MISSION AREA COMMUNITY SAFETY</b></p>
---

Our community has a responsibility to provide safety for children and adults. Unfortunately, intimate partner violence, sexual violence, suicide, child abuse and bullying continue to occur in alarming numbers in Routt County. The health and human service sector recognizes that the health and safety of children and families is impacted if these issues are not addressed.

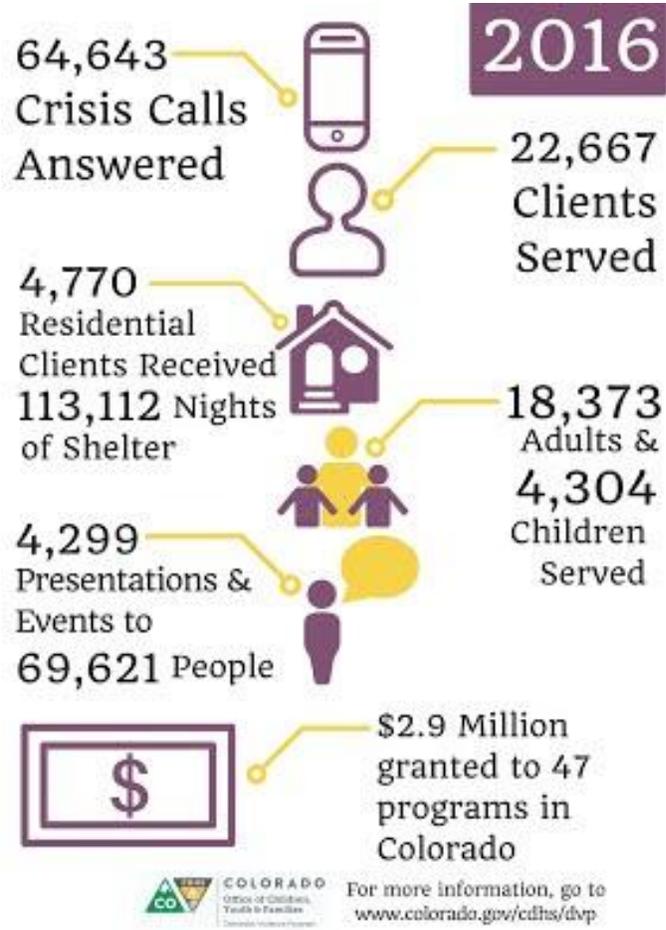
Each health and human service agency’s staff are trained to identify safety concerns and assess for appropriate resources related to the service they provide.

**2015-2017 Outcomes:**

- **Reaching Everyone Preventing Suicide (REPS)** offered two Applied Suicide Intervention Skills Trainings (ASIST) reaching 66 people. We also trained 540 community members in Question Persuade, Refer (QPR) with 14 presentations. Free Counseling/therapy services were utilized by approximately 22 youth and 34 adults.

- **It Takes Courage** (ITC) reached 314 students and facilitated 12 presentations on the impacts of bullying and promoting the importance of standing up and speaking out to eradicate bullying. ITC provided our youth with tools that instill courage and inspire growth of an empathetic community.
- **Advocates Building Peaceful Communities** (ABPC) reports that ninety-five percent (95%) of shelter clients increased their knowledge of intimate partner violence. Ninety-two percent (92%) of shelter clients reported an increased understanding of the cycle of violence. In-person and phone contacts increased by fifty-three percent (53%) in 2016. Ninety percent (90%) of outreach victims reported having learned how to identify two new skills and/or knowledge regarding safety. One hundred percent (100%) of victims received immediate response.
- Presentations were provided by Advocates' staff for South Routt middle school students, Yampa Valley School and Steamboat Springs High School students addressing teen dating violence, bullying, sexual violence, and healthy relationships.
- Advocates initiated and championed "The Maryland Project" – Lethality Assessment Program (LAP) in 2016. All four law agencies are collaborating members in the effort to assess for lethality when investigating domestic violence. This collaborative effort is a best-practice opportunity to assess and potentially save the lives of victims of domestic violence.
- Advocates has locally enhanced outreach and awareness in the community to increase awareness about domestic violence and the impact on children and families. A recent initiative is our '**Domestic Violence – Make It Your Business**'; providing tri-fold cards to employers throughout the county with information about recognizing, responding and referring when concerned about employees.
- **CASA** have helped several children in Routt County navigate the court system. We have returned the children to their families after determining the home had become safe for them to return to, or we have found them a permanent home with a family that will meet their needs and keep them safe. We will continue to be sure that we can provide a voice for these children and provide them the safety and security they are entitled to.

Report from Colorado Department of Human Services – Domestic Violence Report for the State of Colorado



### **Current Trends:**

Although community safety is being addressed; children and families continue to experience victimization at an alarming rate.

- Increasing use of cyber-bullying by youth.
- Increased number of suicides in youth and young adults.
- At least four women and three children have been murdered in the past thirteen years as a result of family violence and intimate partner violence in Routt County. The most recent domestic violence murder occurred in July 2016. (Although we do not identify these murders as a trend. These statistics cause grave concern for the need for Routt County safety planning.)
- Promoting mental health is a flagship priority in the five-year state health plan, and the Suicide Prevention Commission's goal is to reduce the suicide rate by 20 percent by 2024. Other promising initiatives of the office and commission include the Gun Shop and Emergency Room projects.

### **2018-2020 Goals:**

- **CASA** To place at risk children in a safe permanent home or return them home with parents or other family.
- **CASA** Make sure that these children receive the needed services, advocacy, and that they receive all recommended checkups, dental and other services.
- **REPS and It Takes Courage** will develop and implement an expanded bullying prevention model into the Elementary Schools.
- **REPS** will decrease the number of suicides by 2020 by 25% by implementing the Colorado Zero Suicide Model.
- **Advocates'** goal is to provide 'Make It Your Business – Domestic Violence' tri-fold cards to five hundred (500) employers to increase safety awareness (Please note that two women had informed their employers "If I don't show up to work, call the police".)
- **Advocates'** goal is to increase in-person contacts with victims of domestic and sexual violence by twenty percent (20%). Ninety percent (90%) of these in-person contacts will identify an increase in knowledge of safety planning.
- **Advocates'** goal is to provide presentations to at least 300 middle and high school students with discussions to include healthy relationships, teen dating violence, sexual violence, cyber bullying and harassment.

# SUICIDE: COLORADO 2017 FACTS & FIGURES

## Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Colorado	1,093	19.46	9
Nationally	44,193	13.26	

Suicide is the **7th leading** cause of death overall in Colorado.

On average, one person dies by suicide **every 8 hours** in the state.



Based on most recent 2015 data from CDC. Learn more at [afsp.org/statistics](http://afsp.org/statistics).



Suicide cost Colorado a total of **\$1,053,409,000** of combined lifetime medical and work loss cost in 2010, or an average of **\$1,217,814** per suicide death.

## IN COLORADO, SUICIDE IS THE...

- 1st leading** cause of death for ages 10-14
- 2nd leading** cause of death for ages 15-44
- 4th leading** cause of death for ages 45-54
- 6th leading** cause of death for ages 55-64
- 16th leading** cause of death for ages 65 & older

**Five times as many** people die by suicide in Colorado annually than from homicide; the total deaths to suicide reflect a total of **23,267** years of potential life lost (YPLL) before age 65.



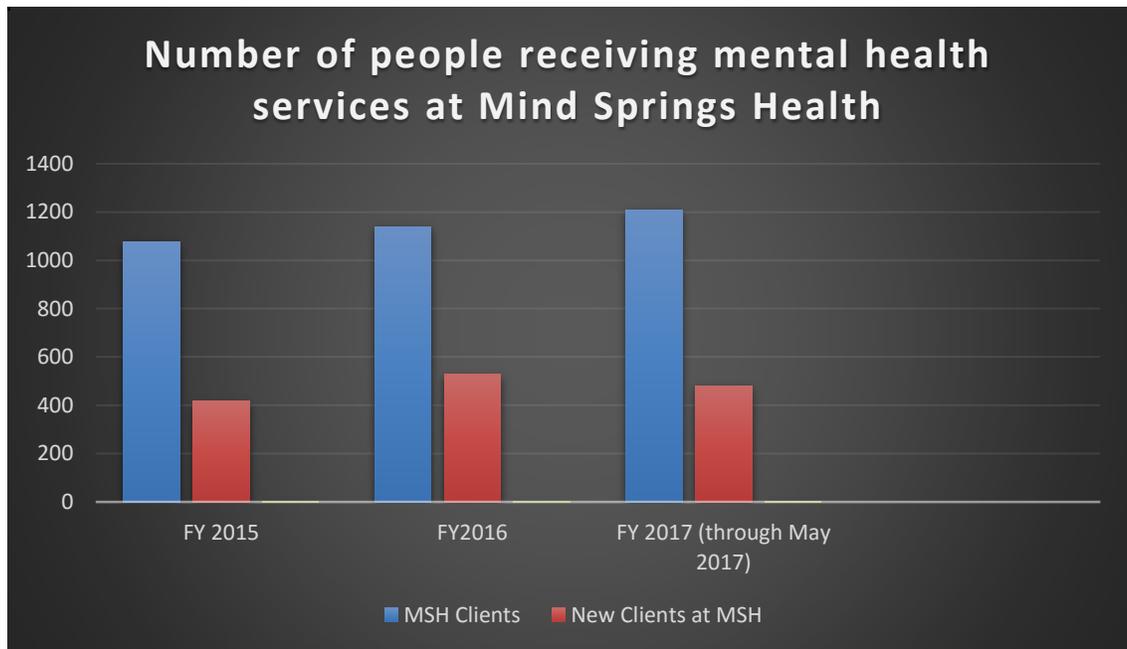
AMERICAN FOUNDATION FOR Suicide Prevention

[afsp.org](http://afsp.org)

**MISSION AREA**  
**PHYSICAL, BEHAVIORAL AND MENTAL HEALTH SERVICES**

2015-2017 Outcomes:

1. Routt County health partners convened in 2017 to update the application process to continue to meet the needs of our uninsured and/or underinsured clients. The revised process also helps ensure that clients are receiving all eligible benefits.



2. Decrease in repeat substance abuse issues: Of 178 admissions (primary substance abuse diagnosis) between FY 2016 and FY2017, re-admissions dropped from 8 in 2016 to 4 in 2017.
3. NW CO Health recently acquired the Dental Coalition to support access to dental care for Medicaid and/or CHP+ clients in 2017.

**Current Trends**

There are some alarming trends of increase tobacco use, opioid related overdoses, childhood obesity that require our attention. We believe that the root cause for many of these issues facing Routt County residents is connected to Mental Health Stigma.

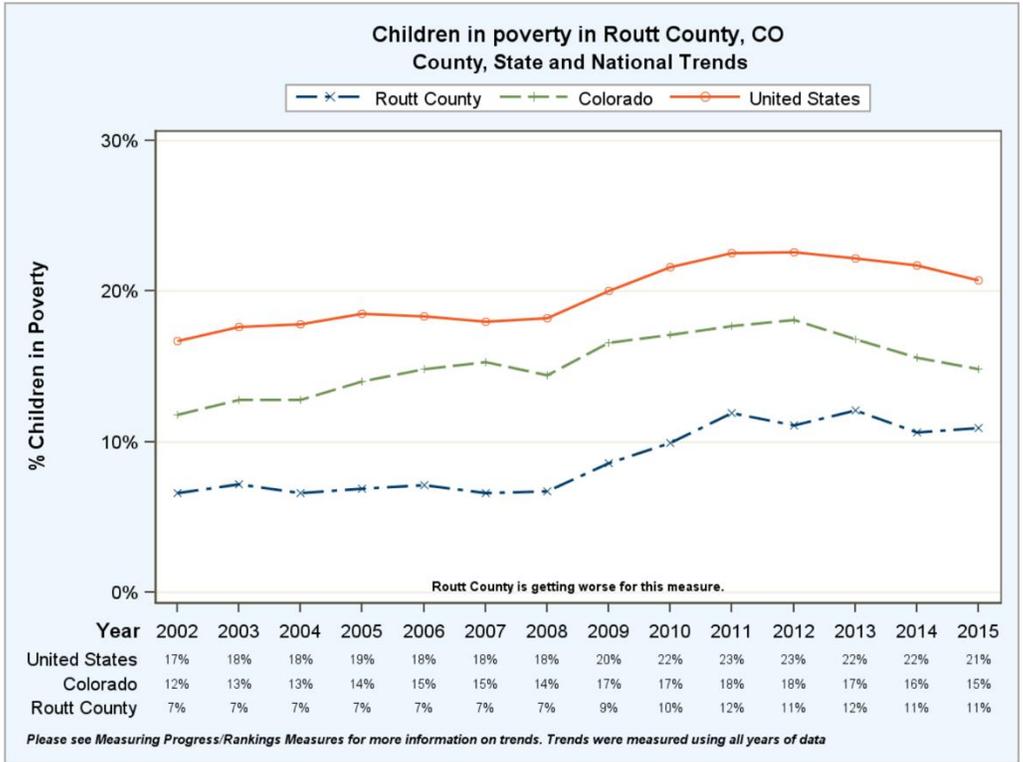
## **Health & Health Insurance Trends:**

- 18.5% of children Eligible, But Not Enrolled (EBNE) in Medicaid and/or CHP+ or Subsidies Source: Kids Count Data 2015 (Colorado average is 5.6%)
- The prevalence of overweight or obesity was significantly higher in Colorado among children who also had food insecurity, household incomes of 250% federal poverty level or less and had no medical home.
- According to claims based data from Rocky Mountain Health Plans only 4 out of 10 Medicaid insured youth ages 3 to 9 receive well care visits which correlates to missed opportunities for healthy weight counseling and lifestyle modification for our most at risk youth in Routt.

## **Social Determinants of Health**

Community residents face healthy food access challenges (May 2017 [foodsystems.colostate.edu](http://foodsystems.colostate.edu));

- Food, housing, and transportation costs are high relative to other parts of the state;
- Residents of the region may be food insecure yet ineligible for food assistance programs;
- Increasing SNAP eligible and number of Free and Reduced Price eligible students, but low participation rates;
- Declining health outcomes with regard to consumption of fresh fruits and vegetables and BMI ratings.
- 13% of population in Routt County report food insecurity according to the Colorado Health Institute, while 24% have free and reduced lunch eligibility.



- A limited number of non/limited English Speaking residents access behavioral health services. Out of 9,400 services provided in 2013, only 161 were to Spanish speaking clients. This number had been up by over 50 sessions from the 2016. Last year, Mind Springs Health (MSH) had over 270 services delivered to Spanish speaking clients. We also now have access to 24/7 interpretation for crisis contacts.

**Behavioral & Mental Health**

- Barriers (i.e. awareness, social stigma, education, transportation, etc.) prohibit residents from seeking services when needed. In a 2015 statewide survey found:
  - couldn't get an appointment as soon as you needed one: up to 18/7% previously 15% in 2013
  - couldn't get a mental health or counseling appointment when needed up to 9% from 7.8% in 2013
  - Coloradoans who indicated they did not receive needed mental care in the past 12 months:

Why	Past 12 months	Previous Year
You were concerned about the cost of treatment	57.3%	75.6%
You didn't think your health insurance would cover it	43.3%	55.3%

You didn't feel comfortable talking about personal problems with a health professional	40.2%	31%
You were concerned about what would happen if someone found out you had a problem	27.6%	19.8%
You had a hard time getting an appointment	34%	30.5%

- One of 10 (9.9%) of Coloradans report eight or more days of poor mental health in the past month.

(Source: Colorado Health Access Survey). *Data collection around barriers to care in Routt County need to be developed in order to determine when and why needed services are not being accessed.*

- Routt County has a high suicide rate per capita compared to the state. From 2011-2013 the rate of suicides per 1,000 people in Routt County was 24.1 compared to 19.1 at the state level. (Source: Colorado Health Information Dataset, Death Statistics 2011-2013). There were 5 suicides in Routt County in 2013
- 8.3% of students in our region seriously considered suicide in the past 12 months and 16.1% reported feeling sad or hopeless almost every day for 2+ weeks in a row Source: Healthy Kids Survey 2013.
- 19.0% of adolescents in our region reported binge drinking 5 or more drinks in a row compared to 16.6% in Colorado Source: Healthy Kids Colorado Survey 2013
- 5+ alcoholic beverages consumed on any occasion in the last month: 2009-2010 - 21% (16.2%)
- Some people receive multiple DUIs or have multiple visits to Detox. This issue has not been officially measured in the past, but a baseline will be developed for future measurement.

**Dental Health:**

- From 2009-2010 only 28% of children on Medicaid received dental services compared to 46% of Colorado. Source: CDPHE, Maternal Child Health 2011 Data Set unnecessary pain and suffering.
- Children who engage with dental services by age 1yr. reduce their lifetime dental disease burden by 50%.

## **NEW THREE YEAR 2018-2020 PLAN GOALS**

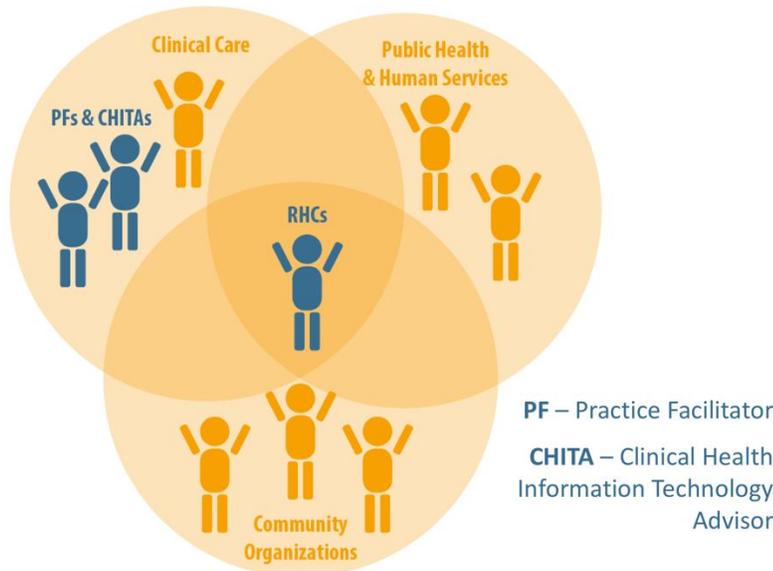
### **Health & Health Insurance**

1. Increase connections between health care sliding scale approach (Colorado Indigent Care Program, Community Assistance Program Cards, etc) with community service organizations and dental health providers to better support patients and clients.
2. Increase childhood immunization entries in the Colorado Immunization Information System (CIIS).
3. Increase the number of clinics (physical health, behavioral health and mental health) engaged in practice transformation efforts to align with the Quadruple Aim:



### **Social Determinants of Health**

4. Work with all clinics in Routt County to learn:
  - a. what screenings are currently being done
  - b. increase provider knowledge around social determinants of health screenings
  - c. work to close the gap between screening and referrals and improving success with treatment plans.
5. Using the Accountable Health Communities Model and Regional Health Connector (RHC) to strengthen the linkages between clinical and community services to improve population health for Routt County.



6. Increase access to services (health, dental and behavioral health) in primary language through increasing access to language services 24/7.
7. Identify transportation barriers for clients and patients in Routt County and work collectively to address barriers and find innovative solutions regarding Medicaid holds, transport for medical services, behavioral and mental health services.
8. Decrease the number of transports for specialty care outside of Routt County by identifying top 5 chronic conditions that could be supported locally via visiting specialty clinics.
9. Increase equity awareness through community and agency based trainings on topics like implicit bias.

### **Behavioral & Mental Health**

10. Increase community knowledge around early childhood mental health and adult mental health needs through trainings and shared communication strategies to reduce social stigma around mental health concerns for all populations.
11. Decrease the quantity of opioid prescriptions, reduce high risk prescribing behaviors, and strengthen Rx Task Force activities, with a goal of decreasing drug overdose deaths related to opioids by 50% by December 31, 2020.

### **Dental Health**

12. Increase the rate of dental care for children in Routt County by 25% by December 31, 2020.

## HISTORY AND PROCESS OF THE ROUTT COUNTY HEALTH AND HUMAN SERVICE PLAN

**Project Goal:** Develop a data-driven *Routt County Health and Human Services Plan* that identifies prioritized human service needs and sets community goals for those needs. The plan should serve as a “road map” for public and private funding and for program/services development.

**Project History:** This project is a prime example of the effective relationships and collaboration regularly practiced among the health and human service community of Routt County. It stems from plans developed by the Human Resource Coalition (HRC) in the past 17 years. Earlier plans did not have the data driven focus that is the core of this planning project. This project began in the spring of 2010 with the impetus for the plan coming from Vickie Clark with the Routt County Department of Human Services and Routt County United Way’s commitment to identifying human service needs to continue its movement toward targeted community impact funding.

### **Process:**

- 1. Process Planning** – HRC has spent numerous hours both in their 2017 monthly HRC meetings and in sub group mission area meetings to determine what accomplishments have been made the last four years and what they plan to accomplish in the next three years.
- 2. Data Review and Analysis** – HRC pulled most recent data for their accomplishments and determined what measurements they will use in the coming years.
- 3. Review of community goals for each of the prioritized needs** – HRC subgroups
- 4. Plan production** – Each subgroup submitted 2015-2017 outcomes, current trends, 2018-2020 goals for each of their mission areas to United Way for compilation.
- 5. Community Engagement and Feedback** – HRC subgroups will meet with community members and leaders to recruit feedback on the plan.
6. Presentation to the city and county planning commissions on September 19, 2017.
7. Resolution or Approval by Steamboat Springs City Council and Routt County Board of Commissioners.

## GUIDING PRINCIPLES

**The following guiding principles serve as the basis and rationale for the community needs and goals included in the plan.**

- Our human service system maintains a safety net of services for Routt County’s most vulnerable residents, while remaining flexible enough to identify and respond to emerging needs.
- Our human service system recognizes, respects, and builds on the strengths of **ALL** individuals, families and communities within Routt County.
- Our human service system values moving people along the continuum toward self-sufficiency or stability, while providing ongoing support to those who need it in a manner that promotes maximum independence.
- Our human service system is responsive and accountable to the public for the best use of available resources in providing quality services.
- Our human service system values and promotes collaboration and coordination on every level including among local governments, private funders, non-profit community organizations, and our residents and consumers.

## **2018-2020 Routt County Health & Human Service Plan**

The health & human service organizations that participated in the plan revision are as follows:

Advocates Building Peaceful Communities  
Boys and Girls Club of Northwest Colorado  
Colorado Workforce Center  
Craig-Scheckman Family Foundation  
Discovery Learning Center - Family Development Center  
First Impressions  
Grand Futures Prevention Coalition  
Horizons  
Integrated Community/Comunidad Integrada  
Junior Achievement Rocky Mountains  
LiftUp of Routt County  
Mind Springs Health  
Northwest Colorado Center for Independence  
Northwest Colorado Health  
Northwest Colorado Community Health Partnership  
Northwest Colorado Rocky Mountain CASA  
Partners in Routt County  
Planned Parenthood of the Rocky Mountains  
Reaching Everyone Preventing Suicide  
Rocky Mountain Youth Corps  
Routt County Council on Aging  
Routt County Department of Human Services  
Routt County United Way  
Routt County Youth Services Coalition