

# TRI-COUNTY HEALTH NETWORK REGIONAL BEHAVIORAL HEALTH UPDATE

INTERGOVERNMENTAL MEETING  
FEBRUARY 12, 2018



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## TOPICS

- MENTAL HEALTH FIRST AID-YOUTH AND ADULT
- TRAUMA INFORMED CARE
- REGIONAL CRISIS SERVICES
- PRESCRIPTION DRUG DROP-OFF FACILITIES
- TELETHERAPY IN SCHOOLS
- SAN MIGUEL COMMUNITIES THAT CARE COALITION
- NORWOOD COMMUNITY COALITION
- ONLINE REGIONAL BEHAVIORAL HEALTH GUIDE
- UPCOMING EVENTS



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## SAN MIGUEL REGIONAL BEHAVIORAL HEALTH COMMISSION

Community Member	Mandy Miller	Community Member w/Lived Experience
Education	Mike Gass	Telluride School District Superintendent
Law Enforcement	Jim Kolar	Telluride Town Marshal
Medical Community	John Gardner	Telluride Medical Center
Medical Community	Scott Bookman	Uncompahgre Medical Center
Mental Health	Shelly Spalding	Center for Mental Health
Non Profit Community	Lynn Borup	Tri-County Health Network
Non Profit Community	Riley McIntyre	San Miguel Resource Center
Social Services/Govt.	Carol Friedrich	San Miguel & Ouray CO Social Services
Non Profit Community	Paul Reich	Tri-County Health Network-Facilitator



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### MENTAL HEALTH FIRST AID CPR FOR THE BRAIN

#### Adult Mental Health First Aid

- To assist adults who may be experiencing a mental health crisis or the beginnings of a mental health or substance use disorder
- 1 in 5 Coloradans will experience a mental health or substance use disorder in 2018
- 225+ trained in 2017
- January 2018:
  - 18 Telski Employees
- February 2018:
  - Feb. 13—Mountain Village Staff
  - Feb 17—Rotary Club

#### Youth Mental Health First Aid

- For adults who work with youth ages 12-18
- 50% of all mental illnesses start by age 14
- 75% start by age 24
- 100 + trained in 2017
- January 2018:
  - 26 Telluride School District Staff




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### TRAUMA INFORMED CARE

- Training to organizations and agencies to help them understand the role of trauma in informing present behaviors, how to be sensitive to the issue in the lives of their clients or employees
- Trained staff at the following agencies:
  - Uncompahgre Medical Center
  - Telluride Ski & Golf
  - Telluride School District (Feb 13-15)
- "To gain a greater understanding of trauma-sensitive practices in school and advance your expertise to promote and nurture the ability to adapt to adversity and trauma among staff and students."




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### REGIONAL CRISIS SERVICES

- Meeting with key stakeholders October 2017 & January 2018 to identify issues and explore solutions
- Identified 4 main priorities:
  - Standardize triage and evaluation of individuals and evaluation by Center for Mental Health Crisis Team, and the use of the Rocky Mountain Crisis Line
  - 24/7/365 Trained & Certified practitioners in San Miguel County to respond to crisis incidents
  - Detox unit and Walk-in Facilities in San Miguel County
  - Crisis Stabilization Unit in San Miguel County w/walk-in services




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**REGIONAL CRISIS SERVICES**  
SAN MIGUEL COUNTY EXPERIENCE

**JULY 2016-JULY 2017**

- FACE TO FACE CRISIS ENCOUNTERS
  - 23 SAN MIGUEL
  - 682 MONTROSE
  - 106 GUNNISON
- M-I HOLDS
  - 14 SAN MIGUEL
  - 150 MONTROSE
  - 36 GUNNISON
- ROCKY MTN CRISIS PARTNERS CALLS
  - 121 SAN MIGUEL
  - 1323 MONTROSE
  - 267 GUNNISON
- CALLS DIRECT TO CRISIS SERVICES
  - 54 SAN MIGUEL
  - 652 MONTROSE
  - 123 GUNNISON

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**REGIONAL CRISIS SERVICES**  
SAN MIGUEL COUNTY EXPERIENCE

**OCTOBER 2017-  
JANUARY 2018**

- 16 CRISIS EVALUATIONS
- 7 OF THE 16 INVOLVED 2 INDIVIDUALS
- WAIT TIME '0' MINUTES TO 2.5 HOURS
- 3 M-I HOLDS--5, 7 AND 9 HOURS

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**PRESCRIPTION DRUG DROP OFF FACILITIES**

TO PREVENT THE IMPROPER DISPOSAL OF PRESCRIPTION DRUGS IN TRASH OR IN TOILET


TO PREVENT THE USE OF PRESCRIPTION DRUGS BY INDIVIDUALS OTHER THAN THOSE FOR WHOM THE MEDICATION IS PRESCRIBED

UNCOMPAGHRE MEDICAL CENTER  
TELLURIDE MARSHAL'S OFFICE

Uncompahgre Medical Center Pharmacy

Telluride Marshal's Office

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### TELETHERAPY IN SCHOOLS

- TELLURIDE SCHOOL DISTRICT
  - 12 students served
  - Bilingual therapist
- NORWOOD SCHOOL DISTRICT
  - 2 students served
- WEST END SCHOOL DISTRICT (SEPARATE GRANT)
  - 8 students served




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### SAN MIGUEL COMMUNITIES THAT CARE COALITION

- 21 KEY LEADERS
- 40+ COMMUNITY MEMBERS
- IDENTIFIED PRIORITY RISK FACTORS AND PROTECTIVE FACTORS
- RISK FACTORS: CHARACTERISTICS OF A YOUNG PERSON OR THEIR ENVIRONMENT THAT MAY INCREASE THEIR RISK OF ENGAGING IN PROBLEM BEHAVIORS
- PROTECTIVE FACTORS: EXERT A POSITIVE INFLUENCE AND MAY SHIELD A YOUNG PERSON FROM THE NEGATIVE INFLUENCE OF RISK




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### PRIORITY RISK AND PROTECTIVE FACTORS

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|---|---|
| <p><b>RISK FACTORS</b></p> <ol style="list-style-type: none"> <li>1. COMMUNITY LAWS AND NORMS FAVORING SUBSTANCE USE</li> <li>2. PARENTAL ATTITUDES FAVORING SUBSTANCE USE</li> <li>3. ATTITUDES FAVORING SUBSTANCE USE (AND PERCEPTION OF HARM OF SUBSTANCE USE) BY YOUTH</li> </ol> | <p><b>PROTECTIVE FACTORS</b></p> <ol style="list-style-type: none"> <li>1. OPPORTUNITIES FOR PROSOCIAL INVOLVEMENT IN FAMILY, SCHOOL AND COMMUNITY</li> <li>2. RECOGNITION AND REWARD FOR PROSOCIAL INVOLVEMENT IN COMMUNITY</li> </ol> |
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**YOUTH USE: REALITY VS. PERCEPTION**

ADULTS ASSUME THAT MANY YOUTH ARE USING SUBSTANCES  
YOUTH ASSUME THAT MOST OF THEIR PEERS USE SUBSTANCES

- 70% OF SENIORS AND NEARLY 75% OF SOPHOMORES **DID NOT** USE CANNABIS WITHIN THE PAST 30 DAYS
- MORE THAN 50% OF 10<sup>TH</sup> GRADERS **DID NOT** DRINK ALCOHOL WITHIN THE PAST 30 DAYS
- **96% OF 10<sup>TH</sup> GRADE STUDENTS DID NOT** DRINK AND DRIVE WITHIN THE PAST 30 DAYS—AND **NO SENIORS** REPORTED DRINKING AND DRIVING
- 95% OF 8<sup>TH</sup> GRADE STUDENTS HAVE **NEVER USED** MARIJUANA
- 78% OF SENIORS AND 80% OF 8<sup>TH</sup> GRADE STUDENTS REPORTED STRONG FAMILY ATTACHMENT

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**NORWOOD COMMUNITY COALITION**

- FACILITATE COMMUNITY DISCUSSIONS ABOUT SUPPORTING YOUTH
- FEBRUARY 21 COMMUNITY MEETINGS
- 50+ INVITEES
- DEVELOP PLAN TO CREATE A COMMUNITY COALITION TO SUPPORT NORWOOD YOUTH

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**ONLINE REGIONAL BEHAVIORAL HEALTH GUIDE**

On line resource to find providers in our region

Searchable

Find it at [www.tchnetwork.org](http://www.tchnetwork.org)  
Click on : Programs Behavioral Health  
Click on the link for the resource guide



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UPCOMING EVENTS

- MENTAL HEALTH FIRST AID—FEBRUARY 13 AND FEBRUARY 17
- NATIONAL ALLIANCE FOR MENTAL ILLNESS—APRIL 3
- DR. JENNIFER GOLICK, MUIR WOODS REHABILITATION CENTER-MARIJUANA AND THE TEEN BRAIN—APRIL 26/27
- CDPHE-MARIJUANA AND YOUTH-MAY 2
- TELLURIDE EDUCATION FOUNDATION FILM AND TALK SERIES
  - MARCH 7<sup>TH</sup>—'ANGST' SCREENING
  - APRIL 25<sup>TH</sup>—'BIOLOGY OF STRESS' SCREENING
- NATIONAL PREVENTION WEEK—MAY 13-18




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IMPORTANT INFORMATION

**CONTACT INFORMATION**  
 Paul Reich, Behavioral Health  
 Program Manager at Tri-County  
 Health Network  
 970-708-1012  
 PMBH@TCHNETWORK.ORG

- National Suicide Prevention Hot Line: **1-800-273-TALK (8255)**
- Rocky Mountain Crisis Line: **1-970-252-6220**
- Colorado Crisis Support Line: **1-844-493-TALK (8255)**
  - Or Text **"TALK"** to **38255**
- Crisis Text Hotline: **TEXT 741741**




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