Southeastern Colorado Area Health Education Center

What’s New at Southeastern Colorado AHEC?

Southeastern Colorado AHEC keeps a tight schedule to accommodate multiple programs and events that impact its 16-county region. Staff members, Executive Director, Doreen Gonzales; Health Educator, Mario Aguilera; Programs Manager, Eva Muniz Valdez; Health Educator Specialist, Shanae Gutierrez; and Business Manager, Debra Ball, are cross-trained to meet programming needs.

Outreach with Diabetes Self-Management (DSMP) and Chronic Disease Self-Management Program (CDSMP) education enabled trained staff members in the Pueblo County and Arkansas Valley region to provide classes to community members. Transportation is the number one barrier in accessing quality healthcare in rural areas, thus SECAHEC staff members travel to the remote areas to provide healthcare education.

Recently, SECAHEC staff members Eve Muniz Valdez and Shanae Gutierrez were trained to add Chronic Pain Self-Management Program (CPSMP) to SECAHEC offerings. CPSMP will help clients improve their health with less pain and disability, will decrease their dependency on others, and increase mental and physical health.
In addition to health education programming, staff members are trained in Cooking Matters. As part of the No Kid Hungry initiative, Cooking Matters teaches community members how to cook healthy at low-cost. SECAHEC is excited to bring Cooking Matters as part of our programming to enable our communities fulfill a healthy living lifestyle.

Delta Dental of Colorado Foundation enables SECAHEC to provide children’s oral health care education to parents of children ages 0-5 as part of the ‘Cavities Get Around’ program. In addition, SECAHEC formed a children’s oral health coalition to engage communities and organizations to encourage water for children rather than sugary beverages.

SECAHEC provides other healthcare education such as Patient Navigation and Mental Health First Aid. These community healthcare awareness and organizational convening events are quality programs that are tailored to the SECAHEC region and healthcare professional needs. events are quality programs tailored to the SECAHEC region and healthcare professionals’ needs.

SECAHEC is committed to student pipeline activities to promote and support students in healthcare careers and healthcare career development. Our active role in community and healthcare industry partnerships address rural healthcare worker shortages and rural student support through scholarships, MASH camps, and other various student-centered events. Since January 1, 2017 to date, SECAHEC has provided 72 healthcare students serving their rural clinical rotations with over 2,100 nights of housing in rural areas. In addition, SECAHEC takes pride in its annual signature Nightingale event held in March. This year, we recognized fifteen local and rural nurses for their contribution to their community healthcare needs.

Student interns from Colorado State University-Pueblo and Pueblo Community College are instrumental in SECAHEC’s administrative and programming needs. Our current intern from Colorado State University-Pueblo, Andrea Tuck, is a wealth of assistance and creativity. She fulfills our day-to-day administrative activities, takes advantage of any volunteer training, and regularly volunteers for programming events.

SECAHEC promotes and engages in community healthcare education programs such as Project ECHO Colorado to increase local capacity for healthcare and health improvement through training and community development. SECAHEC continues to search for health professionals to provide expertise that enables rural healthcare professionals to gain specialty care education and information. Additionally, SECAHEC is a partner in the Discover Health/Descubre la Salud Exhibit project. In collaboration with Pueblo County-City Library District, SECAHEC is currently working on display programs that reflect healthcare awareness and concerns in Pueblo County.

SECAHEC keeps a busy pace to adapt to our community healthcare education needs as well healthcare student support to meet the current and future healthcare professional demand in Southeastern Colorado.
Southwestern Colorado

SWCAHEC Offers Summer Health Careers Camp for Area Teens

DURANGO, CO – Southwest Colorado Area Health Education Center (SWCAHEC) is pleased to announce the Health Careers Camp for area teens. The overnight camp, to be held on the campus of Fort Lewis College June 13-16, 2017, is open to rising 9th, 10th and 11th grade students from eight counties: Archuleta, Dolores, Hinsdale, La Plata, Montezuma, Ouray, San Juan and San Miguel. Students will have the opportunity to explore the many fields within the healthcare industry.

Campers will experience hands-on learning activities including application of sutures, checking for vital signs, and learning CPR techniques. Students will also participate in clinic site visits, health facility tours, and shadowing health professionals. A mock trauma event coordinated by local emergency response organizations will be staged. The camp will provide information about the educational requirements necessary to pursue a degree or certification in a health profession, as well as share information about the potential resources available for students from rural areas.

“Every summer at the Health Career’s Camp, we see kids excited about pursuing a career in healthcare,” said Karen Rider, SWCAHEC Student Services and Program Coordinator. “Knowing that, in the future, these young adults could address a need in the healthcare industry and make a livable wage while remaining in Southwestern Colorado greatly benefits the community.” Rider also said, “According to a study by the Association of American Medical Colleges, by 2025, they estimate a shortfall of between 14,900 and 35,600 primary care physicians nationwide. We hope to help bridge this gap by encouraging kids to think about a health career.”

The 3-night, 4-day camp will be limited to 30 students. The registration fee is $175. Scholarship awards are available, based on financial need. Help us make scholarships possible by “Adopting a Camper.” To register online, visit www.swcahec.org. For additional information, call the SWCAHEC office at (970) 426-4284.

Students in Summer Health Careers Camp with Easton LaChappelle
Nightingale Luminary and Star Award Winners Announced

Six Southwest Colorado Nurses Move on to Statewide Nightingale Event

More than 100 people gathered at the Henry Strater Theatre in Durango on March 16, 2017, to celebrate the 2017 Nightingale Luminary and STAR Nursing Awards. The Southwestern Colorado Area Health Education Center (SWCAHEC) annual awards and fundraising event shines a light on exceptional nurses from the region who inspire compassionate healthcare.

The fundraiser and silent auction raised more than $1,000 dollars for the Nightingale Community Nursing Scholarship fund topping last year’s event proceeds. Two exceptional second year nursing students, Roger Youngs and Tracey Beanland from Southwest Colorado Community College, were awarded the nursing scholarships.

“Everyday nurses work tremendously hard — selflessly giving and helping others,” said Executive Director, Kathleen McInnis. “This is a celebration to acknowledge all that they do and we hope that our fundraiser will encourage more young nursing professionals to strive for excellence in the healthcare profession.”

Six Nightingale Luminary Nominees from Southwest Colorado were awarded the “Nightingale Luminaries” and will go on to attend the statewide Nightingale award ceremony held in Denver on Saturday, May 13, 2017.

Winners include:

Clinical Practice
Advocacy — Susan Caudle, Mercy Hospice
Jody Lamb, Southwest Health Systems
Leadership — Nikole Young, Southwest Health Systems

Administration, Education, Research or Non-traditional Practice
Advocacy— Sara Carver, Southern Rockies Addiction Treatment Services (SRATS)
Innovation — Amanda Harrison, Pediatric Partners of the Southwest
Leadership — Terri Schmitt, Vista Mesa Assisted Living

As part of regional effort to honor novice and experienced nurses from the eight county region who embody the essence of nursing, SWCAHEC founded the STAR awards in 2014. The Shining STAR Award honors a registered nurse who has worked or is currently working within the field of nursing; has more than 10 years of experience; has demonstrated leadership skills; and has made an impact on the profession and/or on patients. The Rising Star Award recognizes a nurse who is currently working in SW Colorado; has ten years or less experience; and shows leadership and growth potential.
Shining STAR Nursing Awards—
Registered nurse Bobbi Lock of Montezuma County Public Health, a seasoned nurse with more than 10 years of experience received the Shining STAR Nursing award. Other nominees honored include: Kim Ackles, Jennifer Beckermeyer, Laura Schiavone, Talonda Sprague, Keith Swindell, Susan Tipton, and Kelley Unrein.

Rising Star Nursing Awards—
Martha Anchando of Hospice of Montezuma was awarded the Rising STAR Award. Other four corners nurses nominated include: Francesca Ferlita, Amy Galyon, Heidi Larrick, and Rebecca Wells.

About the Nightingale Awards
The Nightingale Awards event was founded in 1985 to honor nurses who best exemplify the philosophy and practice of Florence Nightingale, a 19th century nursing pioneer who epitomized the art of helping people toward their optimal health. In May, the Colorado Nursing Foundation will honor up to 60 Nightingale Luminaries statewide. Area Health Education Centers and private Nightingale committees in 10 regions will select the Luminaries from among hundreds of applicants.

About SWCAHEC
SWCAHEC is a regional non-profit organization in Southwestern Colorado that broadly focuses on improving access to quality healthcare in eight counties; Archuleta, Dolores, Hinsdale, La Plata, Montezuma, Ouray, San Juan and San Miguel. SWCAHEC provides support and coordinates programs for the community, health professionals and students interested in advancing health.
CU Rural Track Medical Student Promotes Health Careers to Middle & High School Students in Montrose and Delta County

Claudia Temmer, a 3rd year University of Colorado School of Medicine student, explains the numerous and diverse career paths available to students interested in healthcare careers at the 2017 Olathe High School Career and College Symposium on March 29, 2017.

Delta High School students pick up flyers on WCAHEC’s Nurse Aid Training Course.

WCAHEC & WCCC Partner to Bring Professional Women’s Career Development Training to Grand Junction

At the 2017 Delta High School Procrastinator's Fair on April 15, 2017, Claudia explains to students how becoming a Certified Nurse Aide can be an entry point to a career in healthcare.

WCAHEC and Western Colorado Community College hosted a Women’s Career Development Training by Edith Johnston, PhD, LPC, on February 17, 2017.

Dr. Johnston has 30+ years experience as an author, coach, and counselor. Her talk explored the three Dilemmas of Smart Professional Women and the most common reasons they become disenchanted with their careers.
CU Rural Track Students Bring HPV Vaccination Continuing Education to Clinicians Across Western Colorado

Thirty healthcare providers across 7 Western Colorado communities received the latest CDC HPV Vaccination education thanks to CU Medical School’s Rural Track students and a grant given to WCAHEC. Providers in Montrose, Meeker, Grand Junction, Granby, Steamboat Springs, Rangely, and Craig received training in the latest 2-dose vaccination schedule and how to overcome objections to the vaccine.

“We are well on our way to meeting our annual goal of educating 300+ medical providers and medical students thanks in part to the diligent efforts of CU medical students in the Rural Track Program,” WCAHEC Executive Director Georgia Stewart said.

Twelve Grand Junction Middle School Students Complete Red Cross Babysitter/First Aid/CPR Program Over Winter Break

Middle school students from five School District 51 schools attended the WCAHEC Winter Break Babysitter/First Aid/CPR camp. All 12 students successfully completed the program and attained their American Red Cross certifications in Babysitting, First Aid, and Child & Infant CPR.

The next Babysitter/First Aid/CPR camp is scheduled for July 10-14, 2017. The cost for the week long camp, which runs Monday through Friday from 9AM to 4PM, is only $60 and includes lunch and snacks.

Future babysitters can register by calling WCAHEC at (970) 434-5474.
New Personal Care Provider Training Program in the Works

WCAHEC and the Mesa County Workforce Center are joining forces to develop a new job readiness program for personal care providers (PCPs). The program is in high demand as home care service agencies need qualified PCPs to care for an increasing number of elderly and disabled clients, reports a workforce center representative.

“This is an opportunity to provide consistent, quality training to local employees serving our communities most vulnerable populations. We are excited by the opportunity we have to make a difference in their care,” said WCAHEC Executive Director Georgia Stewart.

The program includes training in Home Care and Personal Care Services, lessons in Legal and Ethical Issues, and Respecting Cultural Diversity.

The first class will be held May 15-19, 2017, at WCAHEC. Those interested can contact WCAHEC at (970) 434-5474 or the Workforce Center.

WCAHEC Healthcare Training Programs Update:
24 Graduate Nurse Aide Program, 32 Receive QMAP Certification

As of January 1, 2017, WCAHEC has graduated 24 students from its two Certified Nurse Aide Training Classes. “Our classes have historically been held in the evenings, but we are excited
to start offering daytime classes to keep up with the demand for this training,” explains WCAHEC Executive Director Georgia Stewart. The first daytime class began April 4, 2017, with 6 students. The next daytime class is scheduled to begin on May 30, 2017. Five more evening classes are scheduled for the remainder of 2017.

Of the 44 students that attended the four WCAHEC Qualified Medication Administration Person classes, 32 were certified. Certified QMAPs, employed by a wide variety of facilities in Colorado, are allowed to administer medications to patients with stable conditions for which no type of judgment, assessment, or evaluation is necessary. Certified QMAPs have passed both a written and a hands-on practical exam. Twelve more QMAP classes are scheduled for the remainder of 2017.

“Our programs provide an entry into the healthcare workforce and we are proud to offer an opportunity for so many to take their first step on the healthcare career ladder,” says Stewart.

For a schedule of upcoming classes visit www.wcahec.org or call (970) 434-5474.

WCAHEC and the Colorado Trust Bring Health Equity Learning Series to Colorado Mesa University

Nearly 40 community members gathered together to eat dinner and watch a prerecorded presentation by Rachel R. Hardeman, PhD, MPH, of the University of Minnesota, School of Public Health and Partners in Equity and Inclusion on January 26, 2017, at Colorado Mesa University. Dr. Hardeman’s presentation explored the historical context of structural racism and its role in creating health inequities in the United States and the importance of naming and recognizing racism in order to mitigate its impact on society and health. After the presentation, a conversation on “Racism as a Barrier to Health Equity” was facilitated by the Colorado Trust.

The next Health Equity Learning Series event occurred on April 2, 2017, at Colorado Mesa University, Maverick Center Auditorium. The conversation explored Disability Justice with an intersectional focus on communities of color and LGBTQ communities.
Heart Healthy Solutions Program Active in the San Luis Valley

The San Luis Valley AHEC has collaborated with the Colorado Prevention Center’s Heart Healthy Solutions program since 2008 on prevention and improvement of cardiac health by identifying community members at risk for cardiac events. Our Community Health workers assess risk using height, weight, blood pressure, cholesterol levels, blood sugar, and body mass index to determine cardiac risk.

Screenings are performed in Costilla, Conejos, and Alamosa counties, with over 3,000 community members screened over the last nine years. Follow up counseling on healthy eating habits and exercise in a customized approach to improved health habits is available to all participants. Almost 90% of the participants receive a referral to a local healthcare provider and other health lifestyle resources.

Lisa Casias is the Community Health Worker for Costilla County and Melanie Salazar is the Community Health Worker for Conejos and Alamosa Counties. Lisa and Melanie are invested in improving the health of their communities and seeing positive overall outcomes, with decreases in overall blood pressure, total cholesterol and LDL cholesterol, as well as an increase in HDL cholesterol.
“UPSTREAM Together”

In continuing the work of addressing youth concerns in the San Luis Valley, the SLV AHEC is a participant in the University of Colorado Anschutz Medical Campus “UPSTREAM Together” project.

_Preventing Mental, Emotional, and Behavioral Health Problems_

Mental, emotional, and behavioral (MEB) problems have been consistently identified as a top priority for Colorado communities – often their greatest health concern. UPSTREAM! is a Colorado collaboration propelled by the San Luis Valley Area Health Education Center, 2040 Partners for Health, and the High Plains Research Network aiming to prevent MEB problems in the San Luis Valley, northeast Colorado, and the neighborhoods surrounding the University of Colorado Anschutz Medical Campus with Dr. Jack Westfall, Linda Zittleman and Linda Niebauer.

The first UPSTREAM Together Boot Camp Translation (BCT) in the San Luis Valley will take place on Saturday, May 6, 2017. Thereafter, three half-day BCTs will follow with conference calls between BCTs. Participant selections for this project are community members who will have the opportunity to weigh in on targeted approaches to addressing MEB in San Luis Valley communities.

_FOCUS on Prevention_

- Like cancer and heart disease, many mental, emotional, and behavioral problems can be prevented. There is a growing body of evidence that these problems can often be prevented by focusing on youth and strengthening families and communities.
- Unfortunately, there is a large gap between what can be done and what is being done to prevent MEB problems.
- UPSTREAM! is an opportunity for three Colorado communities to help close this gap and prepare to prevent a local priority MEB problem by working together and mobilizing necessary assets.

“MEB problems can be prevented by focusing on our youth.”
Discover Health/Descubre la Salud Exhibit

What is interactive learning? Sitting on the couch this summer and watching TV? It is more than reading and thinking, it is doing and creating. Centennial Area Health Education Center (CAHEC) is honored to be the first region to host the Discover Health/ Descubre la Salud program. We kicked off our regional event in January 2017 with an opening day at the Sterling Public Library. For three months the exhibit, along with extra programs, reached a total of approximately 3,500 participants. Many of the programs offered by the Sterling Public Library were geared toward youth and potential health career participants.

The program then moved to Evans at the Riverside Library. The exhibit will be in Evans until July 1, 2017. We are taking advantage of the summer months with exciting programs for the entire family. There will be 11 exhibits available from: “Look Inside the Brain” to “Fuel My Hike” and many more. Programs are designed to get participants active and engaged in hands-on learning events. For best management, the programming events are arranged by preschool, school age, teen, adults, and active senior program. Highlighted programs include “Toddler Little Dance Party”, “Survival in the Wild”, and “Healthy Grilling with Lew”. CAHEC is arranging for entire busloads of students to enjoy the event. If you have questions or would like to bring a group to explore the exhibits, please contact Nancy or Joseph at CAHEC at 970-330-3608.

Excerpt from a September 7, 2016, Denver Post Article:

Even though Colorado’s population swelled in the last year, the state’s waistlines didn’t. Colorado remained the leanest state in the nation in 2015, according to new data released earlier this month by the federal Centers for Disease Control and Prevention. The state has now held that title for more than a decade.

Colorado also has the lowest rate of adult diabetes, the lowest rate of physical inactivity, and the second-lowest rate of hypertension, according to an analysis of the CDC numbers by the Trust for America’s Health and the Robert Wood Johnson Foundation.

But health officials warn that the state is not as healthy as it could be. Though obesity rates in Colorado have held steady for the past five years, one out of every five Coloradans is currently considered obese — a huge increase from 1990 when about one
out of every 15 Coloradans, or fewer than 7 percent, were obese. Obesity rates are higher among African-Americans and Latinos, and more than 13 percent of Colorado kids live in households with limited access to nutritious food.

“Our efforts seem to be contributing to a growing awareness across Colorado of the health costs of obesity and the benefits of a healthy lifestyle,” Joan Brucha, the manager of the Colorado Health Department’s Healthy Eating Active Living Unit, said in a blog post on the new numbers. “But we can see there’s clearly more work to be done to make Colorado the healthiest state in the nation.”

Many volunteers and support agencies such as the Area Agency on Aging, Evans Police Department, NCMC Wellness Department, and local business owners and healthcare providers are jumping in to help with this program. Colorado is listed as one of the top ten healthiest states in the US and programs like this keep us, engaged in our health and community.

To see a complete listing of the creative events please visit http://www.mylibrary.us/discover-health/.

**Centennial AHEC Welcomes New Staff Member, Jeff Appleman**

Centennial Area Health Education Center (CAHEC) is pleased to announce we have hired Jeff Appleman to serve as the Regional Health Connector for Northeast Colorado. Jeff will be working within the counties of Morgan, Logan, Yuma, Phillips, Washington, and Sedgwick. As a Regional Health Connector, Jeff will assist local healthcare providers in connecting them with public health and community agencies to meet identified patient/population healthcare needs.

Jeff has recently moved to Colorado from Moline, Illinois. He attended Indiana University and completed his Bachelors in Psychology in 2013, then went on to earn his Master’s in Science Management and Health Care Administration. In his free time, Jeff enjoys playing any sport, spending time with his family and friends, hiking, and listening to live music. We invite you to reach out to Jeff with any questions regarding his position. To better serve the Northeastern counties Jeff is looking to relocate to the region and if anyone has any available housing to rent, please contact Jeff at jappleman@cahec.org.
Regional Health Connector HSR 17

By Ashley Hill

CCAHEC is pleased to be a recipient of the Regional Health Connector (RHC) program for Colorado Health Statistic Region (HSR) 17 which covers Park, Clear Creek and Gilpin Counties. The Regional Health Connector program is a joint effort between Trailhead Institute, formerly Colorado Foundation for Public Health and the Environment (CFPHE) and Colorado Health Institute (CHI). Funding was received through two practice transformation initiatives in Colorado which include EvidenceNOW Southwest (ENSW) and the Colorado State Innovation Model (SIM). As a host organization, CCAHEC is hosting one of the twenty-one RHCs that are located throughout the state. All these efforts are part of the overarching coordinating partnership called the Colorado Health Extension System.

Although the local relationships and priorities identified in each region will drive the work of each RHC, there are five common goals that all RHCs must adhere to: 1) address local priorities within program target areas; 2) support practice transformation efforts; 3) support population health strategies; 4) address Social Determinants of Health; and 5) build and strengthen regional partnerships. RHCs are housed locally to ensure local connection.

RHCs work with local partners, public health, human services, and local organizations in order to review existing initiatives and data, align local priorities, identify opportunities for coordination, develop implementation plans, and find additional resources as needed. Measurable RHC activities include networking, coordinating, and collaborating. The Regional Health Connector program focuses on Social Determinants of Health (SDoH) in an attempt to address the social and health disparities within the local population. For HSR 17, these include transportation, isolation, and access to care.

CCAHEC would like to introduce Ashley Hill as the RHC selected for HSR 17. Ashley is a licensed attorney with ample experience volunteering and assisting low income individuals through the health care system. Ashley lives in Park County and has previous health nonprofit experience in Park County.
Ashley faces some unique challenges in HSR 17. She works as an RHC without any primary care offices located within the entire region. HSR 17 encompasses some very rural, isolated mountain communities. Each community presents unique health challenges.

In all three counties, healthcare services must be obtained outside of the region. HSR 17 has no practicing physicians, no hospitals, no urgent care centers and no pharmacies. As healthcare must be obtained outside the county, rugged terrain, poor roads and unpredictable weather present significant barriers. Cost of gasoline and lack of a reliable vehicle are frequent reasons for missed care. Patient follow-up and follow-through are adversely impacted by the long distance from their source of care and by the fact that facilities and care givers outside the county are unaware of the difficulty their patients face trying to find prescribed services. As a resident of HSR 17, Ashley understands the health challenges faced in this region which is essential to address the physical and emotional barriers that prevent residents from receiving the healthcare they need.

Ashley spent her first month as an RHC reviewing the available needs assessments of each county and working with community partners to review the existing assessments. Based on the review of the existing data and initiatives, Ashley began her grassroots effort to address the gaps in statistics with community members and local partners. Ashley’s focus has been on connecting resources throughout the region. She is working with local partners to bring Mental Health First Aid trainings to Clear Creek County with the help of Park County partners. With the assistance of Clear Creek County resources and Park County partners, Ashley is working to form a Health District in Park County which would enable the creation of a clinic in Park County. Ashley has also joined many community organizations in order to continue to connect existing resources. Being able to facilitate this connection of resources has helped with not only efficiency, but it also creates a bigger sense of community within the mountainous region.
Subsequently, three target areas were identified for the region. HSR 17 identified **access to primary care, access to mental health services and resources along with suicide prevention, that may also include addressing the prevalence of substance abuse and misuse**, as the three potential target areas. The RHCs had a retreat April 24-April 25, 2017, that guided the development of the three projects that stem from the identified target areas. CCAHEC has formed a Regional Health Advisory Committee that assists in locating resources and guiding Ashley’s duties and responsibilities. If you or someone you know should be part of this conversation in HSR 17, please contact Ashley at ashley@centralcoahec.org.

**The Importance of Quality Communication with Partners**

By Micahlynn Kaza

When it comes to non-profit organizations, having effective partnerships is critical to your organization’s success. With good partnerships, you can reap multiple benefits to help your organization succeed and also provide mutual benefit by helping partner organizations to reach their own goals.

The key to making partnerships work, as with most everything else, is good communication.

**Consistent & Concise Communication**

A good communication plan is critical for maintaining effective communication with partners. It allows you to thoughtfully plan the information you think is important for your partners and weed out non-essential information as it comes up. It also gives your partners a reliable channel for potential opportunities.

In planning your communications, please be considerate of other people’s time and attention. Only include relevant information that will be meaningful to your audience, get to the point, and provide resources or links for them to pursue if they need more information. Also make sure to segment your distribution lists by topics so you can easily send out communications only to relevant contacts.

**Reach Unique Audiences**

When developing partnerships, take into consideration their audience reach and negotiate the use of their contact lists. Many partners are very willing to pass along your important
Youth Mental Health First Aid Training

Krislyn Erickson joined Central Colorado AHEC’s team in September 2016 as the Youth Mental Health First Aid (YMHFA) Instructor. She received her Youth Mental Health First Aid Instructor training in November 2016. Since Erickson's training, CCAHEC has partnered with Colorado Behavioral Health Council (Mental Health First Aid Colorado), Denver Department of Human Services, and Centura Health to provide 5 Youth Mental Health First Aid (YMHFA) trainings for community members to attend. Erickson recently taught YMHFA to Wheat Ridge High School students through the Healthcare Pre-Apprenticeship (HCPA) program.

Youth Mental Health First Aid is an 8-hour evidence-based public education course that teaches adults how to recognize warning signs and risk factors of mental health challenges in youth, to understand the importance of early intervention, and to provide initial help in crises and non-crisis situations. Upcoming trainings for YMHFA take place on June 1st, June 2nd, and June 16th, 2017. To register for a YMHFA course, email Krislyn at Krislyn@centralcoahec.org.

Get Important Introductions
Another benefit of actively working with partners is the development of crucial and important relationships. Make sure you keep your partners up to date on your latest programs and services and be sure to ask if they know of any key contacts that can assist you in achieving desired goals. Many times, it is who you know that makes a difference.

Now is a great time to review your current partnerships and how you interact with them. When you review, see if you can improve quality of communication and create a consistent schedule of getting that information to them. Once you have your new communication plan in place, adding on new partnerships will be easier and you can let them know what to expect from you in terms of regular communication.
In March 2017, the Colorado AHEC (COAHEC) Program Office submitted a competitive, grant renewal proposal to the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services. This proposal will provide the next 5 years of funding for COAHEC with a new mission:

**Diversity:** Increase the potential for secondary, college, and health profession students from underrepresented populations, educationally disadvantaged, and rural backgrounds to successfully pursue a health profession career with an emphasis in public health.

**Distribution:** Increase the potential for health profession students in medicine, dentistry, nursing, pharmacy, public health and allied health to practice in a rural or urban underserved community by immersing them in underserved community experiences through Community-Based Education Training Programs, Field Placements, and Interprofessional Education and Training; provide access to evidence-based health information, accredited high quality continuing education programs and support for health practitioners serving in rural and medically underserved areas in Colorado.

**Practice Transformation:** Facilitate and support practice transformation of Colorado’s healthcare system by promoting a patient-centered approach, addressing social determinants of health through a team-based, data-centered method with a focus on improving quality and community health.

The University of Colorado Anschutz Medical Campus is a strong supporter of COAHEC providing more than the required state $1:federal $1 match. This allows us to pass on more than 75 percent of funds to the regional offices.
outcomes in rural and medically underserved areas.

Practice Transformation is a movement within healthcare that promotes a quadruple bottom-line measure of success.

- Healthier population
- Lower costs
- Improved experience for patients
- Better work environment for healthcare professionals

COAHEC has a proud history of providing K-20 (kindergarten to college) health career pipeline programs, which focus on recruiting students of diverse backgrounds throughout Colorado. These programs target the first and second parts of our mission, and have shown to be instrumental in helping students be better prepared and stronger applicants for health profession schools. However, the new grant limits COAHEC to spend no more than 10 percent of HRSA funding for pipeline programs serving only high school students (9\textsuperscript{th}-12\textsuperscript{th} grades). Additionally, COAHEC will be required to provide new programming for current health profession students called AHEC Scholars. This program will be developed during the first year of the grant but will include 40 hours of didactic lectures and 40 hours of clinical experience focusing on six core topics (interprofessional education, behavioral health integration, practice transformation, social determinants of health, cultural competency, and current/emerging health issues).

COAHEC is excited to continue our support of practice transformation (third part of our mission) for Colorado through our collaboration with Colorado Health Extension System (CHES). Half of the COAHEC’s Regional Centers serve as hosts for Regional Health Connectors who will: help practices incorporate community programs and supports into their practice transformation efforts; engage local partnerships in region-specific projects addressing physical and behavioral health needs; and, build ongoing supportive relationships with practices that will last beyond the support funded by programs.

Our Goals for the next 5 years

- 10,000+ healthcare pipeline participants educated
- 90 AHEC Scholars trained each year (starting year 2)
- 150 academic advisors trained to prepare students for acceptance into healthcare schools/programs
- 800 health profession student clinical months performed annually
- 2,500 preceptors received continuing education units
- 30 practice transformation convening events attended
## Contact Us

<table>
<thead>
<tr>
<th>Area Health Education Centers</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| **Colorado AHEC Program Office** | www.ucdenver.edu/coahec  
13120 E 19th Ave MS-F433  
Aurora CO 80045-2568  
(303) 724-0348 Telephone  
(303) 724-0891 Fax |
| **Central Colorado AHEC** | www.cahec.org  
4650 West 20th St Suite A  
Greeley CO 80634-3295  
(970) 330-3608 Telephone  
(970) 330-3698 Fax |
| **Centennial Colorado AHEC** | www.centralcoahec.org  
10200 E. Girard Avenue, Suite B131  
Denver, CO 80231-5500  
(303) 481-8686 Telephone  
(303) 481-8554 Fax |
| **San Luis Valley AHEC** | www.slvahec.org  
300 Ross Avenue  
P.O. Box 1657  
Alamosa, CO 81101-1657  
(719) 589-4977 Telephone  
(719) 589-4978 Fax |
| **Southeastern Colorado AHEC** | www.secahec.org  
503 N. Main, Suite 221  
Pueblo, CO 81003-6107  
(719) 544-7833 Telephone  
(719) 544-7955 Fax |
| **Southwestern Colorado AHEC** | www.swcahec.org  
701 Camino del Rio, Suite 316  
Durango CO 81301-5596  
(970) 375-3250 Telephone  
(970) 375-3247 Fax |
| **Western Colorado AHEC** | www.wcahec.org  
2938 North Avenue, Unit B  
Grand Junction, CO 81504-5797  
(970) 434-5474 Telephone  
(970) 434-9212 Fax |

**Colorado AHEC Program Office**

13120 E 19th Ave MS-F433  
Aurora CO 80045-2568  
(303) 724-0348 Telephone  
(303) 724-0891 Fax