**CU College of Nursing Baccalaureate Programs Come to SW Colorado!**

SWCAHEC is partnering with CU College of Nursing to offer both a dual enrollment, bachelor of science in nursing program with SW Colorado Community College and an RN to BSN program. Russelyn Connor, SWCAHEC’s Nurse Programs Manager, is the CU Liaison for the program. She provides guidance, mentoring, and support to both prospective and current nursing students. Once students are accepted into the Community College nursing program, they submit an additional application to CU for the online nursing program. Students can get their BSN in as little as one semester after graduating with the associates degree. This is the first ever baccalaureate nursing program in SW Colorado!

The RN-to-BSN program has been developed for associate degree-prepared nurses who are already working in the field. CU College of Nursing and local hospitals have committed to developing tuition reimbursement and tuition deferment options that can cover much of the cost, to employees to entice nurses to pursue their BSN. This is a fully online program that can take as little as 2 years, or as much as 4-5, in order to accommodate nurses’ busy schedules.

To date, four students have enrolled in the dual enrollment program, with 3-5 enrolling in January 2018. One RN to BSN student is enrolled in that program currently, and a couple more will enroll for the next term.

**Southwestern Colorado AHEC**

**pathways to health**

**Save the Date**

National Western Stock Show Health Screenings

January 6-21, 2018
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;

**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 outcomes in rural and medically underserved areas.

**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 evidenced-based health information, accredited high quality continuing education programs and support for health practitioners serving in rural and medically underserved areas in Colorado.
Ashcraft said, and spices, sauces, and other basic ingredients will be available and ready to go so that teams have the opportunity to choose a specific cuisine, such as Asian or Italian.

When time’s up, a panel of judges – which includes Wendy Rice, a Colorado State University area extension agent for family and consumer science, will determine the team with the best offering. The winning dish will be served as part of the camp’s menu on June 15.

Ultimately, Ashcraft says that the goal is to show young people not only that good, nutritious meals are essential for overall well-being, but also that cooking can be quick and relatively easy. She notes that while occasionally opting for Hamburger Helper or fast food is fine, “getting food out of a box isn’t a way to live.”

“Society is doing huge things to change the perception of what is acceptable for food, and we, as food providers, need to assist with that,” she said.
Interested in becoming a doctor or nurse? Want to improve your health care knowledge and apply it to your job? Maybe you want to know more about the opioid epidemic or aging successfully?

Southwestern Colorado Area Health Education Center has a course for you. For eight weeks, the free Mini Med School program brings presentations about health-related topics to communities around Colorado via live broadcast from the University of Colorado Anschutz Medical Campus. Locally, classes are broadcast at the Commons Building in Durango, in Cortez and in Silverton.

The speakers are CU professors, and the topics are different every year, said Karen Rider, education liaison for the Southwestern Colorado Area Health Education Center.

“These speakers are so engaging. The fact that you’re getting these professors at CU and Anschutz Medical Campus – they’re on the cutting edge of information, so you’re getting the latest and greatest of information on whatever topic they’re talking about,” she said.

The courses, which began Sept. 6 with a talk about the current opioid crisis, include topics such as medical ethics (Sept. 27); what science tells us about how to lose weight and keep it off forever (Oct. 11); emergency medicine (Oct. 25); and how doctors diagnose (Nov. 1).

Dr. Jeff Wallace presented “The Secrets of Successful Aging” on Sept. 13. Wallace, a specialist in geriatric medicine, covered a host of aging issues in his hourlong talk: Mental health and aging, vitamins, diet and exercise were some of the topics he touched on. The presentation was followed by a 30-minute question-and-answer session.

Rider said that about 750 people were reached during the presentation. The 12 people who attended the class at Southwest Colorado Community College in Durango were a mix of students interested in the medical field and professionals using the classes to add to their skill sets. There were also people just interested in that particular class topic.

Elizabeth Gallegos drives in to Durango each week from Ignacio for the classes. Gallegos, who works for the Southern Ute Tribal Health Department, sees the program as a chance to further her knowledge.

“When I saw that this was available, I thought it would be an excellent opportunity to take advantage of because we’re seeing some of these issues through the people that we serve,” she said. “I thought, the more I know, the better able I am to serve the people I work with.”

Gallegos said the knowledge she gains through Mini Med School will make her a one-stop shop for her clients.

“I do benefits coordination, as well referrals, and so I've built up a rapport and trust with a lot of the people that we serve, so if I can have an answer for them rather than having (to say), ‘Well, why don’t you go talk to so-and-so,’ or ‘Why don’t you go down there?’ or ‘I don’t know the answer’ – the more knowledge I have, the better able I am to serve them,” she said.

For high-schoolers, it’s a way to figure out what their future in the medical field may look like.

Caitlyn Steiner, a sophomore at Durango High School, is attending Mini Med School for her second year. She says the weekly class commitment hasn’t been a strain.

“I’ve always wanted to go in to the medical field, so it just seems worth it to me,” she said. “It’s kind of
Mini Med School continued...

just diving into every single field for an hour. Every time, you get to learn about a whole new field. It kind of helps you understand what you don’t want to do and what you might want to do.”

Rider said the Mini Med School is just the tip of the iceberg of the programs the local AHEC offers. AHEC’s mission is to try to improve access to quality health care, she said, and it does that through a multitude of programs, including the health careers camp for students held every year and through continuing medical education for primary care doctors.

“It’s just another way to help let you know that AHEC is out there. AHEC is just such a great resource whether you’re a community member, whether you’re a health care provider, whether you’re a student considering a health care career,” she said. “We’re a fantastic resource that can point you in the right direction.”

THE Durango Herald

Centennial Area Health Education Center

Recently, the CAHEC Board of Directors spent an entire day discussing the importance of growing our board and agency. The event was hosted by Nancy D’Albergaria who reviewed the basic components of Nonprofit Board management including:

Duty of Care- act as ordinary prudent person
Duty of Loyalty- act in good faith
Duty of Obedience- ensure compliance

Using SWOT as a common tool for community review the board assessed the agency’s strengths, weakness, opportunities and threats. Many times, a factor was both an opportunity and threat at the same time. Using SWOT helped the board map out a plan for the coming year and reaffirmed what is important to the CAHEC region as we move forward with the new HRSA grant and direction. Colorado AHEC presented to and was agreed by HRSA the following objectives:

OBJECTIVE 1: EDUCATION AND TRAINING

OBJECTIVE 2: COMMUNITY-BASED EDUCATION, FIELD PLACEMENTS, INTERPROFESSIONAL EDUCATION

OBJECTIVE 3: PRACTICE TRANSFORMATION

In the coming months a will update our Mission Statement for alignment with regional needs and continue as a board to further the regional importance of CAHEC by developing a strategy to embrace these new objectives.

Change and opportunity are among us and only by working together can each regional achieve success and this collaboration will be critical in the coming months as we all implement this new HRSA direction. Our Board retreat reinforced the need for all AHECs to come together to show our collective strength and the wonderful opportunities Colorado AHEC has to offer.

By Monica Mika, MRCP, MS
2018 Nurse Educator’s Conference In the Rockies

The NEC in the Rockies brings together nurse educators from around the nation to develop new skills, demonstrate best practices, exchange lessons learned, share current evidence-based research, and discover valuable resources. With over 300 attendees, dozens of exhibitors, and close to one hundred seminars and educational events to choose from, NEC is the premiere conference for nurse educators in the 5 state region. Save the Date and plan to attend from July 11 – 13 in beautiful Vail, Colorado.

Call for Abstracts Open

Due February 9, 2018

You are invited to submit an abstract for the 28th annual Nurse Educator Conference in the Rockies being held July 11-13, 2018 in beautiful Vail, Colorado. The theme of the 28th Annual Nurse Educators Conference in the Rockies is Visioning in Vail: Innovation and Inspiration.

Submit an abstract today!

The planning committee invites abstract submissions that will enhance the theme from a person or group of people wishing to present in the following formats:

- Skill-Building Session (1 - 2 hours)
- Educational Showcase /Podium Session (1 hour)
- Poster Session

Abstracts are due no later than February 9, 2018.

For more information about the conference, please visit www.NECintheRockies.com.

To submit an Abstract, please visit:

http://cahec.formstack.com/forms/2018necabstracts
Whether you are a healthcare consumer or provider, the quality of service is of utmost importance. Employers in the healthcare field have expressed that across their pool of applicants, there is a shortage of what are called “21st Century or essential skills”. These skills encompass simple but valuable attributes that are lacking in today’s workforce such as critical thinking skills, technology use, and interpersonal skills. In response to this need, Central Colorado AHEC has developed the Healthcare Pre-Apprenticeship Program. The aim of our Healthcare Pre-Apprenticeship Program is to not only to provide exposure to different careers in healthcare, but to hone these 21st Century skills for emerging adults. We want our participants to be the most qualified, competitive candidates, while making sure they have the skills to be successful in any healthcare industry job they are interested in.

Our pilot program for in-school youth, held in conjunction with the Wheat Ridge Career Explore program, included 12 participants ages 17-18 who were identified as not on track to graduate or had attendance issues in a traditional school setting. The school partnered with CCAHEC (along with partners in construction and hospitality) to engage their students in a different way, as well as giving participants alternate means of recovering high school credit. 8 of our participants identified as Hispanic/Latino, 1 as Non-Hispanic/Latino, and 3 chose not to report. It consisted of 3 weeks of programming on the St. Anthony & Lutheran Medical Center campuses with weekly tours of the medical facilities and resources available. Class discussions included career exploration, employability skills, communication and technology etiquette, teamwork, self-awareness, time management, problem solving, adaptability, interpersonal skills, and critical thinking.

Results of the 2017 Health Careers Pre-Apprentice Wheat Ridge High School Career Explore Program:

- 91% of participants finished the program and are now on track to graduate high school on time.
- 88% of participants felt confident or very confident that they possess the essential/21st Century skills necessary to enter the workforce.
- 100% of participants felt confident or very confident that they have knowledge of the certificates that might be required in their preferred fields.
- 100% of participants felt very confident that they understand how to be a competitive applicant.
- 100% of participants felt very confident that they are empowered to achieve their career goals.

by Mitch Fittro

Due to the success of our pilot program, CCAHEC is partnering with Wheat Ridge again, but with twice the number of students in our next cohort. Central Colorado AHEC has also been approached by multiple schools in Jefferson County and Adams County to replicate the program at their respective schools in the coming year. Central Colorado AHEC is very excited to partner with new schools and districts in our region to make a difference in young adults’ academic and professional lives. To learn more contact mitch@centralcoahec.org.
CCHEC put on a Kickoff event to get teachers and students informed & excited for the coming Denver Metro Regional Science & Engineering Fair (DMRSEF). The Kickoff was held on the University of Colorado Denver campus on Friday September 15, 2017.

Science teachers and parents from many schools from around the region came to the Kickoff. There were presentations from our Executive Director Lin Browning noting the 2018 DMRSEF schedule and any happenings that day and the Awards Day which will be the Sunday after the Science Fair this year at the King Center on the University of Colorado Denver campus. We also heard from Dr. Jennifer Hellier who shared an overview of paperwork that is needed to be filled out for each project, depending on what the project is or what it involves. The DMRSEF follows ISEF (International Science & Engineering Fair) rules from the beginning so that three projects chosen will be ready for their all-expenses paid trip to Pittsburgh, PA in May 2018 for ISEF.

Having the Science Fair Kickoff on the CU Denver campus helped familiarize the teachers, parents and students where the Science Fair will be held and where the projects will be displayed. There were also some students, winners from last year’s Science Fair, that attended the Kickoff and brought their projects to display to the parents and teachers. This helped present to all that were there what a project display might look like. There were some self-guided station activities setup for all to take in, including a 3-D printer!

Questions were asked of both Lin and Jennifer as teachers and parents learned more about what the paperwork was needed for the projects. One of the groups that look over each and every science project, once the project has been registered, is the Scientific Review Committee or SRC. This committee checks that all the paperwork or forms have been created and signed correctly for each project, if any forms need to revised or “fixed” the SRC will send the form to the registrant through email with an explanation as to what needs attention.

The Science Fair Kickoff was a great way to show our region what the Science Fair is all about, where it is going to be held in 2018 and how best the teachers or parents might get their students ready with their projects for this event. It was very informative for so many and a good starting point for many to call or email their questions early and before the participants start their projects! by Pat Fenton.
CCAHEC was pleased to work this summer with the Aurora Public Library on Discover Health/Descubre la Salud, a project funded by the National Institutes of Health Science Education Partnership Award. Along with the interactive programs for families at the library, a medical clinic was featured at the open house on September 16, 2017. Present were student nurses from Platt College School of Nursing, medical students from University of Colorado School of Medicine, a MPH student from the University of Florida and the Professional Education Manager from Central CO AHEC. They organized taking vital signs, measuring blood glucose, and providing health education and guidance. In two hours, over 20 people were seen. Two people demonstrated they were in crisis. One person had extreme hypertension, another was homeless and hungry. In a team approach, decisions were made to alleviate the crisis for these persons.

The reactions of the people at the clinic were gratifying. Exposure to safe and caring people who were, above all, kind, created a climate of trust and peace for people seeking health care. It was palpable to all present.

The library asked if we could come again—make the clinic a regular feature at the library. This is being considered.

One of the creative aspects of this experience was that we could use the health education brochures developed by previous third-year medical students during their rural rotation community service learning projects.

The brochures developed can be found at http://www.centralcoahec.org/health-education.htm and are available to all practitioners to use.

There are many books at the library and much to learn, but the lesson we learned the day of the clinic did not come from books. People helping people is as old as humanity itself and we all learned how good that feels!
Permanent Prescription Disposal Drop Box in Gilpin County

Four billion prescriptions are filled in the United States every year. Up to one-third of those prescriptions go unused. The average American household possesses four pounds of unused prescription medications. Disposing of medications like opioids, sedatives and stimulants helps prevent these drugs from being misused or abused. Through the Colorado Consortium for Prescription Drug Abuse Prevention, the Take Meds Seriously Campaign offers each county without a current drop box site in Colorado the opportunity to install a drop box free of charge to encourage the safe disposal of unused and expired prescription medications. Additionally, residents are encouraged and educated on proper disposal to avoid flushing prescription drugs down the toilet and negatively impacting wildlife and the environment.

Communities all over the state of Colorado are installing prescription drop boxes in pharmacies and law enforcement agencies to take back these medications safely. This is specifically challenging in rural, mountain communities in Colorado that do not have a local pharmacy. Gilpin County is one such example. With 5,441 year-round residents, Gilpin County is mostly known for the Black Hawk Casinos, although most residents live outside of Black Hawk where there is not a primary care office, no pharmacy, no gas station and no grocery store. Transportation is sited by residents as why prescription drugs disposal is a challenge. Before a drop box was installed, Gilpin County Public Health received inquiries regularly that there was a need to dispose of prescription drugs appropriately.

As Regional Health Connector for Park, Clear Creek and Gilpin Counties, I was determined to assist with installing a permanent disposal drop box site in Gilpin County. After engaging Colorado Consortium for Prescription Drug Abuse Prevention, I was able to obtain the drop box application and other pertinent information for installing a drop box in Gilpin County. I was able to utilize her relationships with Gilpin County Public Health and a Gilpin County Commissioner, to begin discussing the permanent disposal drop box with local law enforcement. Through the collaborated efforts of Colorado Consortium for Prescription Drug Abuse Prevention, Gilpin County Public Health, a Gilpin County Commissioner, local law enforcement and the Regional Health Connector, Gilpin County now has a permanent drop box installed at local law enforcement to serve the residents. Additionally, through the Take Meds Seriously Campaign, I was able to receive informational brochures and materials to distribute in Gilpin County so residents can learn about the importance of safe drug disposal. I joined the Colorado Consortium for Prescription Drug Abuse Prevention Safe Disposal Work Group in an effort to stay engaged and informed about safe disposal efforts throughout the state of Colorado.

By Ashley Hill
Regional Health Connector
Park, Clear Creek and Gilpin Counties
CCAHEC
Mild Traumatic Brain Injury

Mild traumatic brain injury is the medical term for a head injury due to contact or any other force that causes the head to rapidly accelerate or decelerate. Concussion is a type of mild traumatic brain injury that is common in contact sports such as football. About 1.6-3.8 million athletes every year have a sports-related concussion, and the chance that a player will have a concussion during any one season is about 20%.

Some studies have shown that up to 80% of people who have had a concussion did not recognize it at the time. It is important to be able to tell when someone might be having a concussion in order to quickly get them to a hospital, know what to do after a concussion to allow the brain to heal, and some ways to prevent concussions from happening in the first place.

Here are the facts regarding some common misconceptions about concussions:

- A player does not need to be hit in the head to have a concussion. A direct blow anywhere on the body can transmit strong forces to the head that can cause damage to the brain.
- A CT scan of the brain will look normal. The damage from a concussion cannot be seen on any type of brain imaging because it happens inside cells that are so small they can only be seen with a microscope.
- Even if a player does not lose consciousness, they may still have had a concussion.

Here are some things to look out for. It is important to remember that these changes might happen right away or develop after minutes or hours after the accident.

Immediately or a few minutes afterward, look out for:

- Confusion, Not being able to remember things that happened just before or just after,
- Headache, Dizziness, Disorientation, Nausea and vomiting, Slurred speech

Over the next few days, look out for:

- Mood changes, Changes in ability to think and reason, Sensitivity to light and noise
- Problems with sleeping

If there is a chance that a player has had a concussion, it is important that they see a doctor as soon as possible.

After having a concussion, the most important thing that an athlete can do to prevent serious long-term brain damage is to give their brains time to heal completely before returning to play. This is important for all athletes, but even more so for children and adolescents.

The NFL has made changes in recent years that have increased players’ safety:

- Stricter guidelines for return to play
- Prohibiting blows to the head of a defenseless receiver
- Increased enforcement of the rules prohibiting helmet to helmet contact
- Stopping play if a ball-carrier’s helmet comes off

Even with these changes, football remains a sport with a very high chance for brain injury. Football helmets have been standardized based on proof that they prevent skull fractures. However, they have not been standardized or proven to protect players from concussions. It is important to keep pushing for changes at all levels of play to keep our players safe.

By Amanda Glickman
MD Candidate, Class of 2019
University of Colorado School of Medicine

Amanda Glickman served her Rural Track clinical rotation in Pueblo County. As her community service learning project, she wrote an article focusing on Mild Traumatic Brain Injury.
Many of our health programs focus on healthy eating. Finding ways to motivate others to minimize sugary products is difficult. Face it......sugar is an addictive product and it makes us feel good. This is a true challenge for us at the SECAHEC office. To help keep healthy eating in focus, we utilize ideas from the volunteers to help us.

Sharisa Trujillo is one of those individuals! She does a variety of tasks around the SECAHEC office including traveling throughout the SECAHEC region to promote healthy lifestyles. More recently, she put a board together reflecting the amount of sugar in common products that are often found in our kitchen cabinets.

SECAHEC will be taking Sharisa’s board to various events to let the general public know how much sugar is actually in the products we view as “innocent” in our daily diet.

Our diabetes self-management classes always reflect the need for more education related to healthy food choices. Too often, we tend to “get stuck” on eating the same foods over and over.

The message to be reinforced is “try a new healthy food every week”. Half the plate should be veggies and we should all think about identifying brightly colored veggies for a good source of nutrition.

The American Heart Association recommends no more than 6 teaspoons of added sugar for children, no more than 6 teaspoons for adult women and no more than 9 teaspoons of added sugar for males.

SECAHEC is very appreciative of our many volunteers and we want recognize Sharisa’s many volunteer hours and passion to help our communities build a healthier lifestyle.

By Eve Muniz Valdez
CU Pharmacy Student Delivers HPV Education at 2017 Academy of Family Physicians Wellness Conference

A new initiative from the American Academy of Family Physicians (AAFP) seeks to educate providers, staff and patients about the vital need to vaccinate teenagers. In Colorado, vaccination rates among teens for HPV, flu, meningitis and others are below the goals set by Healthy People 2020. The CAFP hosted a panel during the 2017 Wellness Conference to remind physicians of the most updated recommendations, and what is at stake for adolescent patients and their families.

Lynn Trefren, Immunization Branch Chief from the Colorado Department of Public Health and Environment shared the most updated guidelines for adolescent vaccines; what vaccines, when, and why. Michael Ball, a 4th year pharmacy student at CU’s Skaggs School of Pharmacy added to Lynn’s presentation by giving an in-depth look at the science and recommendations behind the HPV vaccine.

CU Medical & Pharmacy Students Share Their Career Path Stories with Delta High School Students

Kaitlyn Biernacki, 3rd year University of Colorado, School of Medicine Student joins with Megan Wary & Bronwyn Crandall, 4th year University of Colorado, Skaggs School of Pharmacy students to explain the numerous and diverse career paths available to students interested in Healthcare careers. The trio shared their career stories & passions to Delta High School juniors & seniors looking to gain exposure and insight into possible career pathways as part of the 2nd Annual CareerTalks, on Wednesday, Oct. 4 at Delta High School.
WCAHEC Forges New Community Partnerships Bringing Mini Med School to Seven Counties Across Western CO

New community partnerships with St. Mary's Hospital in Grand Junction, Montrose Memorial Hospital in Montrose, Colorado Northwestern Community College in Craig, Grand Valley High School in Parachute, and Steamboat Springs High School in Steamboat Springs, along with established partnerships with Delta County Memorial Hospital in Delta and Eagle Valley Library District in Avon have increased the reach of Mini Med School from last year’s attendance of 138 to 331 in 2017.

Mini Med School, the long-standing lecture series offered by the University of Colorado, School of Medicine is an eight week-long lecture series delivered by doctors at the Anschutz Medical Campus in Aurora and live streamed to a number of communities across the state. There is no charge to attend the lectures and those who attend five of the eight programs receive a “Mini Med School Diploma”.

“Special thanks to the medical students who helped assist with this program by setting up, taking attendance and relaying questions from the audiences,” said Georgia Hoaglund, Executive Director of WCAHEC. Special thanks goes out to 3rd year SOM Rural Track students: Heidi Yen, Molly Thayer & Ross Crandall for their help at the Montrose Mini Med School; Kaitlyn Biernacki for her contributions to the Delta Mini Med School; and Christine Burton for her work at the Mini Med School in Craig.

CU Rural Track Medical Student Educates First Responders on Altitude Sickness in Aspen

Wafik Sedhom, 3rd year University of Colorado, School of Medicine Student explains the signs and symptoms of Altitude Sickness to the first responders of Aspen Mountain Rescue.
On October 4, 2017 the Western CO Area Health Education Center, in conjunction with the Center for Independence, Dr. Edith Johnston and the Grand Valley Brain Injury/Epilepsy Support Group hosted the first of a three part educational series on Brain Injury. The FREE programs are made possible by a grant from the Colorado Brain Injury Program. The first program educated medical and behavioral health providers about the unique service needs of high intellectual ability individuals experiencing mild to moderate brain injuries and introduced self-advocacy tools for high intellect brain injury survivors.

“Our goal is to get the knowledge in the hands of providers and individuals that can best use it,” explains WCAHEC Executive Director, Georgia Hoaglund. To reach that goal the program is free to attend in person or remotely via weblink.

Overwhelming Response to Regional TBI Lecture Series

On October 4, 2017 the Western CO Area Health Education Center, in conjunction with the Center for Independence, Dr. Edith Johnston and the Grand Valley Brain Injury/Epilepsy Support Group hosted the first of a three part educational series on Brain Injury. The FREE programs are made possible by a grant from the Colorado Brain Injury Program. The first program educated medical and behavioral health providers about the unique service needs of high intellectual ability individuals experiencing mild to moderate brain injuries and introduced self-advocacy tools for high intellect brain injury survivors.

Our goal is to get the knowledge in the hands of providers and individuals that can best use it,” explains WCAHEC Executive Director, Georgia Hoaglund. To reach that goal the program is free to attend in person or remotely via weblink.

WCAHEC Offers Blended Learning Option For CPR Training

In an effort to meet demand for flexible training options, WCAHEC is now offering Blended Learning Courses in CPR/First Aid. The new option allows students to take computer simulated training from any computer with an internet connect, whenever it is most convenient for them. Once complete, students print out or email a copy of their course completion record to WCAHEC and then schedule a skills check.

During the skills check students meet one-on-one with an instructor to verify that they can demonstrate the life saving CPR and First Aid skills they learned in the computer simulation training. To schedule a blended learning course, contact WCAHEC at (970) 434-5474 x3.

WCAHEC and CU Advocates Welcome Incoming Freshmen

More CU Regent Gallegos, along with members of the CU Advocates and the Western CO AHEC, joined than 100 people at Two Rivers Convention Center in Grand Junction on August 1, 2017 to welcome and celebrate new students who will be attending a CU campus as an incoming freshman this year. Welcome to the CU family!
This year, for the first time, the COAHEC Program Office and Southeastern AHEC worked together to perform health screenings at the Colorado State Fair & Rodeo. During the 11-day event full of concerts, rodeo, livestock shows, horse shows, carnival rides, and food, staff and volunteers provided free health screenings to almost 300 attendees.

The target population of the event is hard working individuals from rural and underserved communities; however, all were welcome to participate.

Men and women from rural communities are a population that is often difficult to reach because of both the nature of their professions (e.g., ranchers and farmers) and their self-employment status often leading to scarce insurance coverage. Additionally, rural communities tend to have limited access to healthcare simply due to the lack of providers in their area.

In addition to being a service to fair goers the event provided an opportunity for health professions students, faculty, and staff and interprofessional learning opportunity.

Volunteers came from multiple schools and organizations across the CU Anschutz campus including Dental, Medicine, Nursing, Pharmacy, Physician Assistant, Physical Therapy and Public Health.

The success this year is leading to dreams of this becoming an annual event.
Here is everything you need to know about how to take advantage of this exciting new incentive aimed at increasing the rural primary healthcare workforce!

**WHO can take advantage? and WHAT do I get?**

**WHO?** Rural CO preceptors for these disciplines: MD, DO, APN, PA, DDS, DMD

**WHAT?**

$1,000

tax credit against taxes owed per income year for an eligible preceptorship provided during the tax year in which the credit is claimed.

**WHEN?**

Eligible preceptorships taking place in a tax income years 2017-2019.

**WHERE do I have to be precepting?**

Eligible preceptorships must take place in Colorado rural and frontier counties. In order to find out if you are in a rural or frontier county, please visit the following website: www.ruralhealthinfo.org/am-i-rural

**HOW do I get started?**

In order to claim this credit, the preceptor must:

1. Complete the Department of Revenue certification form, located at [http://coruralhealth.org/precept](http://coruralhealth.org/precept) stating that the preceptor satisfied all requirements to receive the credit from the institution for which the preceptor teaches or from the regional AHEC office with jurisdiction over the area in which the preceptorship took place.
2. Send an electronic copy of this completed certification by email to dor_preceptor@state.co.us
3. If the preceptor receives notification from the Department that the credit has been issued to him or her, file a Colorado income tax return and claim the credit on his or her return. However, providing this form by mail is only necessary if the preceptor is filing a paper return.
4. Please complete our survey to ensure the Rural & Frontier Health Care Preceptor Credit will be reauthorized in the future: [http://coruralhealth.org/preceptor-survey](http://coruralhealth.org/preceptor-survey)

Up to 200 credits will be issued each tax year in chronological order based on the timestamp of the email the Department receives from the preceptor, which must include an electronic copy of the completed certification.

**Additional Details**

- The aggregate amount of the tax credit awarded cannot exceed $1,000 per income tax year, regardless of the number of preceptorships provided.
- The preceptorship must last a total of not less than four weeks during the income year.
- No more than 200 eligible preceptors per year are entitled to claim the credit.
- If the amount of the credit exceeds the amount of income tax owed, the amount of the credit not used will not be refunded to the tax payer, but may be carried forward an applied against the income tax due in the next 5 succeeding income tax years.
- The regional AHEC may charge a fee for certification of the tax credit.
- A preceptor may precept multiple eligible students to satisfy the preceptorship duration requirements.

[Logo of CDA, Colorado Dental Association, Colorado Academy of Family Physicians, Colorado AHEC, Rural Health Center]
Calendar
(Tentative Dates)

October 3, 2017 to January 2, 2018
Pueblo City-County Library District – Rawlings Branch
100 E. Abriendo Avenue, Pueblo, CO 81004
Phone: 719-562-5600
Website: http://www.pueblolibrary.org/

January 3, 2018 to April 2, 2018
Alamosa Public Library
300 Hunt Avenue, Alamosa, CO 81101
Phone: 719-589-6592
Website: http://www.alamosalibrary.org/

April 3, 2018 to July 2, 2018
Cortez Public Library
202 N Park Street, Cortez, CO 81321
Phone: 970-565-8117
Website: http://www.cityofcortez.com/index.aspx?NID=141

July 3, 2018 to October 1, 2018
Mesa County Libraries Central Library
443 N 6th Street, Grand Junction, CO 81501
Phone: 970-243-4442
Website: http://mesacountylibraries.org/

October 2, 2018 to January 2, 2019
Delta Public Library
211 W 6th Street, Delta, CO 81416
Phone: 970-874-9630
Website: http://www.deltalibraries.org/

January 3, 2019 to April 2, 2019
Rifle Branch Library
207 East Avenue, Rifle, CO 81650
Phone: 970-625-3471
Website: http://www.gcpld.org/

April 3, 2019 to July 2, 2019
Pikes Peak Library District (Library 21C)
1175 Chapel Hills Drive, Colorado Springs, CO 80920
Phone: 719-884-9800
Website: http://ppld.org/library-21c
VOLUNTEERS NEEDED

HEALTH SCREENINGS

Health Professions Students, Clinical & Non-Clinical Faculty & Staff

Screenings Include:
- Health Assessment Interview
- Blood Pressure
- Pulse Oximetry
- Blood Glucose
- BMI Calculation
- Vision Screening
- Balance Screening
- Oral Health Screening
- Health Education for adults & kids

Sign up for shifts & a training session today at:
http://www.ucdenver.edu/life/services/AECHistory/HealthProfessionStudents/Pages/NationalWesternStockShowHealthScreenings.aspx
Apply for SIM cohort-3

Release date: Nov. 15
Deadline: Jan. 10
Learn more: bit.ly/2yNCSxT

Benefits to SIM participation

- Achievement-based payments for meeting key activities and milestones
- Practice facilitators to guide care teams in change and quality improvement activities
- Clinical health information technology advisors to help you optimize technology and turn data into actionable information
- Opportunity to apply for up to $40,000 in additional small grant funding

- Commitment from at least one payer to support your practice with a value-based payment model
- Access to a regional health connector, who connects your practice with local resources
- Participate in collaborative learning sessions to earn MOC and CME credits
- Access to additional technical assistance provided through highly qualified organizations

An ROI: SIM practices make strides

The Colorado State Innovation Model (SIM) will help 400 primary care practices and four community mental health centers integrate behavioral and physical health during its four-year time frame. A few successes:

- SIM practices are increasing mental health screenings, such as depression. Cohort-1 SIM practices screened 130,336 eligible patients for depression; followed-up on positive results.
- SIM providers say integrated care is the best way to improve patient health, lower healthcare costs.
- SIM providers improved their ability to report clinical quality measures, and their confidence in the data, which helps them negotiate value-based contracts. Example: In quarter-2 of 2017, 100% of SIM practices reported at least one CQM.
- SIM helped create a new workforce in Colorado—21 regional health connectors are connecting providers with community resources.
- SIM is investing in 8 local public health agencies. Example: SIM funded “Let’s Talk Colorado,” a media campaign to reduce mental health stigma.
- SIM is reducing provider burden: Alignment of measures across state and national initiatives.
- SIM practices improved integration: 39 practices moved to a higher level at 12 months (42.4%).
- Check the SIM data hub for more statistics, takeaways and data points from SIM practices.
Who Should Attend?
Physicians and all other healthcare professionals.

**Foundations in Palliative Medicine** is for those new to the field, those who want to learn clinical applications of palliative care tools or anyone wanting a refresher.

**Frontiers in Palliative Medicine** is for those who are familiar with or have initiated practice in palliative care and are looking to enhance their palliative care clinical skills.

“Our ability to control the pain, suffering, and stress of serious illness has never been greater...make these techniques and approaches your own.”

~ Dr. Charles F. von Gunten
Program Overview

The Colorado AmeriCorps Community Opioid Response Program (CORP) is a statewide initiative to support local communities that are implementing strategies to reduce the impact of opioid abuse. From Sept. 1, 2017, through Aug. 31, 2018, 12 AmeriCorps members will work with the six regional Area Health Education Centers (AHECs) and several partner organizations around Colorado. The work will be focused on counties hardest hit by the opioid epidemic.

Partners

Central Colorado Area Health Education Center (CCAHEC) is the awardee for the Corporation for National Community Service (CNCS) grant with Serve Colorado. The CORP relies on a partnership between CCAHEC, the Regional Area Health Education Centers (AHECs), Rise Above Colorado, the Colorado Consortium for Prescription Drug Abuse Prevention (the Consortium), and the Colorado Attorney General’s Substance Abuse Trend and Response Task Force (Task Force).

The overarching goal of the partnership is to link the existing infrastructures of the AHECs, Rise Above, the Consortium, and the Task Force with local community coalitions. The CORP will use a “constellation model” approach that has been identified as a best practice, designed to bring together multiple groups or sectors and work toward a shared goal.

The CORP grant and AmeriCorps members will help the four partners increase support to local communities working to reduce the impact of opioid misuse.

AmeriCorps Activities

During the course of the program, three evidenced-based strategies will be used. The AmeriCorps members will work with the regional AHECs and partners in the community to:

- coordinate and facilitate provider education events about safe prescribing practices
- facilitate community educational events about safe storage and disposal of medications
- coordinate delivery of youth-focused opioid-related educational programming and resources

The AmeriCorps members will also disseminate related messaging campaigns, initiate, support, and enhance community-based collaborations, and assist in other opioid misuse efforts.
Goals and Performance Measures

The AmeriCorps members and partner organizations will work to jointly achieve pre-established goals.

- **Provider education** – the members will coordinate at least six two-hour provider education events statewide per year. The goal is to educate more than 300 clients, with more than 150 reporting an increase in knowledge about safe opioid prescribing practices.

- **Safe storage/disposal** – the members will coordinate at least six community education events statewide. More than 1,200 clients will participate, with 900 reporting an increased knowledge of safe storage and disposal practices.

- **Youth-focused education** – the members will coordinate delivery of educational programming created for youths ages 12 to 17. The members shall reach 3,000 clients, with 500 reporting an increase in knowledge about opioid usage.

Contact Information

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