

Community programs: behavioral health

Community Paramedics

In Fort Collins, patients who have mental or behavioral health issues receive help from the Community Paramedics Program in collaboration with the Medicaid Accountable Care Collaborative team, which provides help for patients who require complex care. Paramedics provide medical care but also help patients by teaching coping skills, how to properly use resources – appropriate visits to an emergency room or fire department – and greater understanding of their behavioral health needs. Through this program, patients receive proper medical and emotional support and are provided with valuable information about resources available in non-urgent social situations.

Imagine Zero

Imagine Zero is a coalition of health care professionals, agencies and community members who meet to improve inter-agency communication and coordination of behavioral health services in northern Colorado. UCHHealth actively participates in this coalition and, with support from the Colorado Health Foundation, has implemented evidence-based suicide prevention awareness training to employees in our northern Colorado region. The training is being expanded to leaders throughout all UCHHealth regions.

The Emergency Department Safety Assessment and Follow-up Evaluation (ED-SAFE)

The Emergency Department Safety Assessment and Follow-up Evaluation (ED-SAFE) program is part of a national effort to examine the effect of universal screening and intervention on individuals at risk for suicide in an emergency department setting. This resource includes provider tools, a Patient Safety Screener to be administered by ED nursing staff and a Patient Safety Secondary Screener to assess if referral to mental health treatment is warranted. It also includes patient handouts in English and Spanish for self care, how to stay safe and a personal safety plan.

Let's Talk Colorado

UCHHealth participates in Let's Talk Colorado, a campaign that encourages an open conversation about mental illness. It was developed in collaboration with local health care and community partners so people will be more willing to seek the care they need.

Prescription Drug Monitoring Program

Created in conjunction with the University of Colorado School of Medicine, Colorado Hospital Association and the state of Colorado, the single-click PDMP link gives physicians a quick and direct line of sight into a patient's narcotic prescription history. Using a custom-created app that pulls relevant data from a state database into the provider's EMR workflow, providers can easily see previous prescribed narcotics and opioid prescriptions for those patients who may be at risk for abuse or addiction.

Opioid Alternative Program

UCHHealth initiated a program to standardize the protocol for all physicians when opioid prescriptions are medically advisable. This standardization is based on research that guides providers on the medical necessity of opioid use for pain management. Just this standardization alone reduced by one metric ton the amount of opioids prescribed at UCHHealth Memorial Hospital in Colorado Springs without negatively impacting patient pain management in any way.

Integrated Transgender Program

A team of professionals helps transgender and gender-diverse adults in their journeys to achieve their personal health goals. From initial evaluation through hormonal therapy, surgical procedures and routine health maintenance, the program offers a range of services including gender-affirming hormone therapy, primary medical care, mental health care, sexual health, STI screening, fertility preservation and surgical and dermatological care.

Community programs: accessible care

Cancer Treatment at Memorial Hospital

The population in northern El Paso County and southern Douglas County has grown significantly since Memorial Hospital North opened in 2007, and the demand for expert cancer care has grown more than expected. To help meet the needs of our community and provide much-needed access to cancer care, UCHHealth has expanded the services offered at the north campus.

A new tower opened in 2019 with additional space for medical oncology, hematology, chemotherapy and research. These clinics will be outfitted with brand-new, state-of-the-art equipment to ensure we are providing the latest treatment advances to our patients. In addition, a multipurpose conference room will be available for support groups, yoga, exercise and cooking classes. This expansion will offer patients on the north side of town access to the same nationally recognized comprehensive cancer care and clinical trials as other locations.

Mobile Stroke Treatment Unit (MSTU)

Now available in Aurora, Colorado Springs and other areas, the UCHHealth MSTU is a specialized ambulance with emergency stroke care that can respond on-scene along with the local EMS crew to help a possible stroke patient. The MSTU has everything on board necessary to evaluate and begin treating a stroke patient in as soon as 15 minutes. This includes a CAT scanner, a UCHHealth TeleHealth connection back to a dedicated stroke team at one of our comprehensive stroke centers and a clot buster called IVTPA that allows us to begin treatment at the spot of the clot.

Community Case Management

The Community Case Management program serves at-risk families and individuals who lack resources and are ineligible for typical in-home service programs. The free program involves Poudre Valley Hospital case managers, advanced practice nurses and licensed social workers engaging with patients in their homes to manage a variety of health problems.

HealthLink

HealthLink has been serving Colorado Springs for more than 20 years and offers a way for the community to engage with a health expert about specific medical needs. UCHealth invests more than \$700,000 in HealthLink, and the program is free to callers. HealthLink has proven to be of community value, not only in identifying emergency cases quickly, but also in helping patients avoid unneeded emergency room visits through home health care suggestions and referrals to primary care physicians and other resources.

HealthLink nurses follow up with emergency triage callers the next day or sooner depending on the situation. They also reach out to patients discharged from Memorial Hospital who have a high risk of readmission, making sure they're getting their prescriptions filled, that they're following discharge instructions and that they've set up their follow-up appointments.

The Medicaid Accountable Care Collaborative

The Medicaid Accountable Care Collaborative (MACC) program provides community-based care coordination services to Medicaid patients with complex health care needs in northern Colorado. The MACC team is based out of UCHealth's Community Health Improvement department in Fort Collins.

The program focuses on serving patients who have poorly managed chronic conditions such as diabetes, chronic obstructive pulmonary disease, heart disease, hypertension, asthma and/or complex behavioral health care needs. The MACC team is also able to connect with patients who exhibit high or inappropriate use of health care system resources, such as the emergency department, to offer support and ensure the patient is well-established with a primary care medical home.

Community programs: cardiovascular care

Healthy Hearts

Since 1992, the Healthy Hearts program has educated school-aged youth and their families about heart health, heart disease and promoting heart-healthy lifestyles. This program also conducts no-cost screenings to identify cardiovascular risks among youth within northern Colorado school districts. Participants receive 10–15 minutes of one-on-one coaching on their heart health, body-mass index, blood pressure and non-fasting cholesterol values. The program is dedicated to teaching people how diet, tobacco use, exercise choices and stress management affect heart health.

Speakers Bureau

Medical experts speak at local community centers to educate the public on how to eat healthier, how to identify a heart attack and why primary care doctors are a critical part of maintaining a healthy lifestyle.

Aurora Health Access

Aurora Health Access (AHA) offers an inclusive convening table where health and community leaders come together to discuss and develop solutions to health-access issues in their community. AHA discussions include inadequate primary care capacity, limited access to specialty care, inequitable distribution of health resources and fragmented approaches to solutions. AHA provides a practical, innovative and open approach to collaboration. This organization not only reacts to, but also tries to anticipate, the needs in the community.

Other programs

Abusive Head Trauma Prevention Program

Providing one-on-one education for new parents on how to calm frustration and avoid shaken baby syndrome.

Aspen Club

Health education, low-cost health screenings and social opportunities to those aged 50 and older in northern Colorado.

Bridges to Care

Connecting patients with community clinical care coordinators and primary care physicians.

Centers for Diabetes

Helping children and adults learn the skills to manage diabetes and prevent related complications.

Chronic Disease Self-Management Program

Providing participants with the skills necessary to set realistic goals and solve problems related to chronic disease.

The Conversation Project

A series of classes and coaching dedicated to helping people talk about their wishes for end-of-life care.

Create Your Weight

This program helps adults manage their weight with the help of registered dietitians and evidence-based research.

Enhance Wellness Program

An evidence-based program that provides classes and consultations to promote wellness through nutrition and symptom management.

Healthy Harbors

Improving medical, dental and mental health services for children with special health care needs who live in foster care, kinship care or are at risk of being removed from their biological parents' care.

Healthy Kids Club

A community health program that promotes health and wellness in elementary-age children through physical activity, quality health education and healthy eating.

Healthy Planet

Devoted to population health from the perspective of readmissions, tracking high-risk patients and ensuring they have primary care physicians.

HealthyU

In-person and virtual education on wellness, fitness, nutrition and prevention and a free video series for ongoing public education.

P.A.R.T.Y.

Prevent Alcohol and Risk-Related Trauma in Youth (PARTY) is an interactive awareness and prevention experience for youths aged 16 and older that shows the direct consequences of poor choices.

Project C.U.R.E.

UCHealth sends unused medical supplies and equipment to Project C.U.R.E., an organization that distributes the items to more than 130 countries across the world.

Safe Kids

A nationwide coalition implementing programs such as car seat checkups, safety workshops and sports clinics with the goal of preventing childhood injuries.

Seminars in Lone Tree

UCHealth Lone Tree Health Center offers free regular health events for the community, focusing on heart health, cancer, dermatology and orthopedics.

Trauma Nurses Talk Tough

Based at UCHealth Memorial Hospital, this program focuses on seat belt and helmet education among high school students.