

# RURAL COMMUNITY HEALTH WORKER DIRECTORY

 **COLORADO  
RURAL HEALTH  
CENTER**

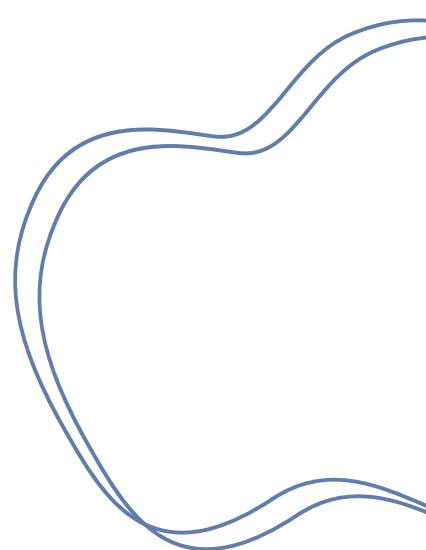
*The State Office of Rural Health*

**2024**  
**VULNERABLE  
POPULATIONS**





# HOW TO USE THIS DIRECTORY

- Understand the populations that make-up your community, the resources available and need, as well as how to advocate for equitable care.
  - The following directory is not an exhaustive list but rather a starting point for a number of priority populations.
  - Continue to expand knowledge, skills and education around the many vulnerable populations beyond this directory.
  - As you work alongside patients from these population, reference the directory for different resources. Compare recommendations through the directory at the local, state and national level.
  - Patients can benefit from a variety of resources. This guide is not intended to separate or categorize people solely based on their physical identify and best practice would be to work with the patient directly to best meet their needs.
  - **CLICK ON THE BOLDED HEADINGS TO ACCESS THE WEBSITE DIRECTLY.**
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# KEY DEFINITIONS

## PRIORITY POPULATIONS

The delivery of healthcare within inner cities and rural areas; and

- Healthcare for priority populations, which include:
  - Low income populations, Racial/Ethnic Minorities, Women, Children/Adolescents, Elderly & Individuals with special healthcare needs.

## MACRO-LEVEL HEALTHCARE

Macro- level factors in healthcare include social norms, values, regulations, etc.

## CASE MANAGER

A case manager is defined as a health care process in which a professional helps a patient or client develop a plan that coordinates and integrates the support services that the patient/client needs to optimize the healthcare and psychosocial possible goals and outcomes.

## SOCIAL WORKER

A social worker is defined as someone who can help clients who face a disability or a life-threatening disease or a social problem, such as inadequate housing, unemployment, or substance abuse. Social workers also assist families that have serious domestic conflicts, sometimes involving child or spousal abuse.

Some social workers conduct research, advocate for improved services, engage in systems design or are involved in planning or policy development. Many social workers specialize in serving a particular population or working in a specific setting.

## PATIENT NAVIGATOR

A patient navigator is defined as a patient-centric health care service delivery intervention, the principal purpose of which is to eliminate barriers, which may occur across the health care continuum, to timely diagnosis and treatment of cancer and other chronic diseases.

## HEALTH EDUCATOR

Health education specialists or Health Educator is defined as someone who can develop programs to teach people about conditions affecting well-being.

# POPULATION HEALTH

The Center for Disease Control (CDC) defines population health as an “interdisciplinary, customizable approach that allows health departments to connect practice to policy for change to happen locally. This approach utilizes non-traditional partnerships among different sectors of the community – public health, industry, academia, health care, local government entities, etc. – to achieve positive health outcomes. Population health brings significant health concerns into focus and addresses ways that resources can be allocated to overcome the problems that drive poor health conditions in the population.”

Addresses entire populations at a macro level

Helps identify inequities

Refers to health status and health outcomes within a group rather than health of one person at a time

Maximizes community resources to improve health outcomes

Identifies factors that contribute to disparities faced by specific populations

# WHAT IS A COMMUNITY HEALTH WORKER?

**Note\*** The Colorado Workforce is adopting the term Community Health Worker as an umbrella term to be more consistent with other states utilizing Medicaid reimbursement.

They are a member of the healthcare team who assist individuals overcome barriers to quality care.

They are usually a member of the community and have a close understanding of the community's needs and population.

They are effective at building patient connections by helping to support, educate and assist the care cycle.

They understand community and health resources.

They work to reduce health disparities, improve patient engagement, and enable patients to voice their care needs.



# 2024 SNAPSHOT OF RURAL HEALTH

From The Colorado Rural Health Centers' 2024 Snapshot of Rural Health, the below data points depict just some of why we need CHWs in rural areas and with a working knowledge of population health and vulnerable populations.

**64** TOTAL COUNTIES



**17** urban



**24** rural



**23** frontier



**59%**

of the counties experienced natural population decrease due to aging, COVID and fewer births in 2021



**RURAL:** A non-metropolitan county containing no municipalities over 50,000 residents.

**FRONTIER:** A county with a population density of 6 or fewer residents per square mile.

## RACE AND ETHNICITY OF RURAL COLORADO

**1.4%**



Black or African American

**1.0%**



Asian

**3.0%**



American Indian & Alaska Native

**0.1%**



Native Hawaiian & Other Pacific Islander

**72.4%**



Non-Hispanic White

**22.2%**

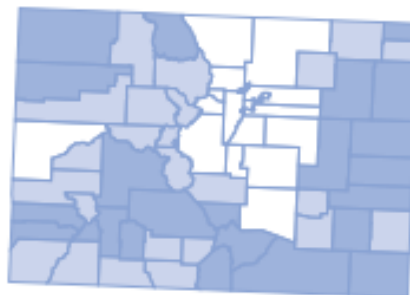


Hispanic



**719,343 people**

are the estimated rural population in 2023 (12.2% of the total population)



**77%**

of Colorado's landmass is considered rural or frontier



### Cost of dental healthcare

is a larger barrier in rural areas

Black and hispanic/latinx are less likely to get dental care



**11 rural counties** do NOT have an **active** licensed dentist, which contributes to a disparity in access



High school graduation racial disparity in Colorado is among the worst in the nation, **ranked 42 out of 50**



of rural adults worry about affording nutritious foods

### VETERANS IN RURAL COLORADO

**21%** have a service-connected disability

**32%** have a disability

### 80,000 COLORADANS DIDN'T GET NEEDED SUBSTANCE USE TREATMENT IN 2021



**72.3%**

**did not feel comfortable** talking with a professional about their problems



**51.4%**

**were concerned** about what would happen if someone found out they had a problem



**36.6%**

**did not think** insurance would cover it



**55.9%**

**were concerned** about the cost of treatment



**22.8%**

**had a hard time** getting an appointment



**36% of rural women**

had their first prenatal care visit at 3 months in 2022

Fewer than half of women in rural areas can find perinatal care within 30 miles



SCAN ME

# COLORADO CHW TRAINING PROGRAMS

## PATIENT NAVIGATOR TRAINING COLLABORATIVE

Start your career as a community health worker (CHW) or learn new skills. Grant funds are available for Colorado residents to enroll in this comprehensive training program.

Program includes flexible training plans and on-the-job experience during an internship.

## OTERO JUNIOR COLLEGE

Do you enjoy advocating for others and have a commitment to social justice? If so, becoming a Community Health Worker will provide you with a rewarding career in line with your passions. Similar to becoming a social worker, this one-semester certificate prepares individuals to coordinate resources, provide social support and informal counseling, while advocating for individual and community health needs.

## CU MULTIDISCIPLINARY CENTER ON AGING

The CU Anschutz Multidisciplinary Center on Aging is offering an unique training program for older adults interested in being trained/dually trained health navigators and older adult research peer specialists.

## METRO STATE UNIVERSITY

Take your first steps towards becoming a healthcare navigator and trusted patient advocate in the healthcare field. MSU Denver's online, self-paced, healthcare navigation training has a mission to improve health, one patient at a time with comprehensive education.

Health Navigators help patients overcome barriers to receiving quality care, including understanding insurance coverage, appointments, billing, treatment schedules, and more.

## BOOMERS LEADING CHANGE

BLC seeks Fellows to serve as Health Navigators at Jewish Family Service of Colorado in Denver. The Fellow will provide emotional support, advocacy at medical appointments, transportation, accompany appointments, and advocate on behalf of older adult clients. The selection process for Experience EngAGED considers each applicant's interests and skills and requires a 10-15-hour weekly commitment. Please contact Susan Kayler-Daly at [skdaley@BoomersLeadingChange.org](mailto:skdaley@BoomersLeadingChange.org) or Merrie Reardon at [mreardon@BoomersLeadingChange.org](mailto:mreardon@BoomersLeadingChange.org).



# CHW REGISTRY

The Community Health Worker Workforce Development Initiative (formerly the Health Navigator Workforce Development Initiative) housed under CDPHE is heading efforts to define CHW competencies and standardization for unlicensed CHWs, introduce credentialing and the Registry

Under the umbrella term “Community Health Worker” those with pre-existing similar titles will not be impacted as these titles offer similar services

Changes to the Colorado CHW infrastructure will not impact those already working as a CHW in Colorado.

If you are already listed in the Colorado Health Navigator Registry you will remain in the registry under the new CHW Registry.

After successful completion of a CDPHE approved training program, one can apply for the Registry.

Currently approved training programs include virtual, and in-person hosted by:

- Patient Navigator Training Collaborative (Level 1, Care Coordination and Basic MI certificates)
- Otero Junior College
- Boomers Leading Change
- Metro State University
- CU Multidisciplinary Center for Aging

# ANCILLARY TOOLS



## **BATTLING BURNOUT**

Health Leads outlines CHW specific self-care and organizational tools to increase community health worker retention and satisfaction.

## **PROFESSIONAL QUALITY OF LIFE SCALE**

The Professional Quality of Life Scale utilized by the University of Buffalo School of Social Work is intended for any health care professionals, social service workers, emergency response, etc. to better understand the positive and negative aspects of helping those who experience trauma and suffering and your ability to help them and keep your own balance.

## **NONJUDGMENTAL LISTENING**

Mental Health First Aid outlines skills like nonjudgmental listening for encounters with patients or people experiencing mental health symptoms and diagnosis. It gives basic tools to assist that are within scope.

## **DEVELOPING GOALS AND MEASURABLE OBJECTIVES**

The Center for Disease Control, developed this tool for creating SMART goals and objectives that can be utilized with patients.

## **AHRQ HEALTH LITERACY UNIVERSAL PRECAUTIONS TOOLKIT**

The Agency for Healthcare Research and Quality built this toolkit focusing on helping a patient understand the information you are providing them in order to ensure success with follow up. Although its focus is health literacy, meeting a patient at their level is key to ensuring successful outcomes

- Communicate Clearly – Tool #4 – pages 16-17
- Use the Teach Back Method – Tool #5 – pages 18-20
- Follow up with Patients – Tool #6 – pages 21-22
- Assess, Select and Create Easy to Understand Materials – Tool #11 – pages 35-38
- Link Patients to Non-Medical Support – Tool #18 – Pages 58-60
- Make Referrals Easy – Tool #21 – Pages 66-68

## **PATIENT DECISION AIDE**

From the Ottawa Hospital Research Institute & University of Ottawa, Canada, this patient decision aide can help guide someone making any health or social decisions (or could be used independently by the person making the decision).

## **THE CERTIFICATE OF LATINO HEALTH**

From the University of Colorado this is the only graduate public health certificate in the country dedicated to addressing the needs of Latino/Hispanic communities.

## **COLORADO LANGUAGE CONNECTION**

Services include:

- Interpretation
- Medical and Mental Health Interpreter Training
- Documentation Translation
- Cultural Competency Training
- Over 75 languages available
- Language Proficiency Assessment

# TEAM SETTING TRAINING

## HEALTH TEAM WORKS

Health Team Works' mission is to collaboratively transform healthcare through performance improvement, organization development and training resulting in strengthened community and culturally responsive high-quality care.

## THINK CULTURAL HEALTH

Think Cultural Health is dedicated to advancing health equity and provides information, education opportunities, resources and more for health care professionals wanting to learn about culturally and linguistically appropriate services (CLAS)

## LYDIA HILL INSTITUTE FOR HUMAN RESILIENCE

By conducting cutting-edge research focused on human resilience, our scientific discoveries are paving the way for tomorrow's breakthroughs in mental health therapies to address the needs of trauma survivors. Today, our Healing division works with a variety of clients, ranging from veterans and first responders to UCCS students and community members, with a focus on helping individuals and families heal from trauma. And our Community Training & Empowerment division provides training and workshops to empower individuals, communities, and organizations with the tools needed to build mental health resiliency.


## DENVER HEALTH RESTORE

Denver Health RESTORE trains staff to provide immediate, confidential peer-to-peer support to all Denver Health personnel who experience distress, which can include the loss of a patient, workplace violence, or an adverse clinical care situation.

## CO-CARES

CO-CARES is the Colorado Alliance for Resilient and Equitable Systems serving the health care and public health workforce. The Colorado Department of Public Health and Environment proudly launched the CO-CARES initiative to support people who helped Colorado through the pandemic — and continue helping every day. CO-CARES is for health care and public health workers of all kinds, including: clinical and non-clinical staff at hospitals, long-term care facilities, skilled nursing facilities, emergency medical service providers, public health, coroners, funeral home employees, emergency managers, behavioral health community providers, home health care, and more.

## TRAININGS INCLUDE:

- Greater Resilience Information Toolkit Training (GRIT)
  - Toolkit Talks (webinar series)
    - Joy in Work
    - Racial Justice Competency Model
  - Coaching for Change
  - Resilience Workshops
  - TRAILS Ambassador Program
  - Past the Pandemic: Individual Well-being, Connection & Support
  - First Priority Peer Support Program
  - Work and Well-being Webinars
  - Work and Well-being Office Hours
  - Leadership Learning Series
  - Cultivating Organizational Wellness
  - Organizational Wellness Consultation
  - Health Links, Total Worker Health Program
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# RESOURCES FOR AMERICAN INDIAN & ALASKA NATIVE POPULATIONS

## INDIGENOUS & TRIBAL CARE COOKBOOK

Developed by Southwestern Colorado Area Health Education Center, this indigenous e-recipe book is one of many resources that shares recipes inspired by indigenous culinary experts and cooks. The goal of this recipe booklet is to ensure most ingredients are accessible and likely to be affordable to people.

## CENTERS FOR AMERICAN INDIAN & ALASKA NATIVE HEALTH

Housed in the Colorado School of Public Health, resources include:

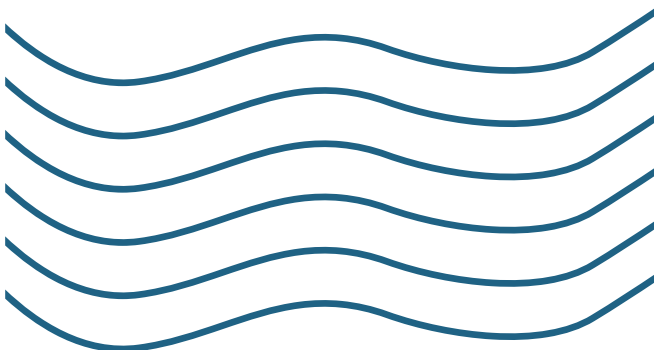
- AI & AN Mental Health Research Journal, case studies and other articles around behavioral, social and health scienced as it relates to mental health status of AI & AN Populations
- Trainings
- Projects in partnerships with Native communities and human services organizations

## SOUTHERN UTE INDIAN TRIBE

The official webpage for the Southern Ute Indian Tribe, learn about the governmental structure, culture and history of the Southern Ute Indian Tribe and the Southern Ute Reservation.

## UTE MOUNTAIN UTE TRIBE

The official webpage for the Ute Mountain Ute Tribe, Learn about the governmental structure, culture, history, resources and services of the Ute Mountain Ute Tribe in Ute Mountain Ute Reservation, a Sovereign Nation in Towac, Colorado.



## DENVER INDIAN HEALTH & FAMILY SERVICES

Denver Indian Health and Family Services (DIHFS) is Denver's only Urban Indian Health Program providing culturally appropriate care for American Indian and Alaskan Native adults, children, and families. We serve primarily the Denver Metropolitan area including Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas, Jefferson, and Weld Counties. We are uniquely positioned to meet the health needs of our patients in a culturally competent way.

## URBAN INDIAN HEALTH INSTITUTE

Urban Indian Health Institute is decolonizing data to ensure that Native communities have access to accurate data that better reflects the unique cultures, traditions, and health needs of urban Indian communities.

## ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER

The Albuquerque Area Southwest Tribal Epidemiology Center Services:

- Public Health Alerts
- Good Health & Wellness in Indian Country
- Tribal Injury Prevention Program
- Tribal Colorectal Health Program
- public Health Data Improvement
- Technical Assistance, Training & Program Evaluation
- Community Health Worker Program for COVID-19 Response & Resilient Tribal Communities

## HEALTH INSURANCE 101 FOR ALASKA NATIVES

From the Center for Medicare and Medicaid Services, this infographic tool breaks down health insurance for Alaska natives.

# RESOURCES FOR ASIAN AMERICAN & PACIFIC ISLANDER POPULATIONS

## **COLORADO ASIAN PACIFIC UNITED**

Expand your knowledge of Asian Pacific American cultures and histories through education, equitable empowerment, collaboration, and representation from the Colorado Asian Pacific United.

## **APIA VOTE**

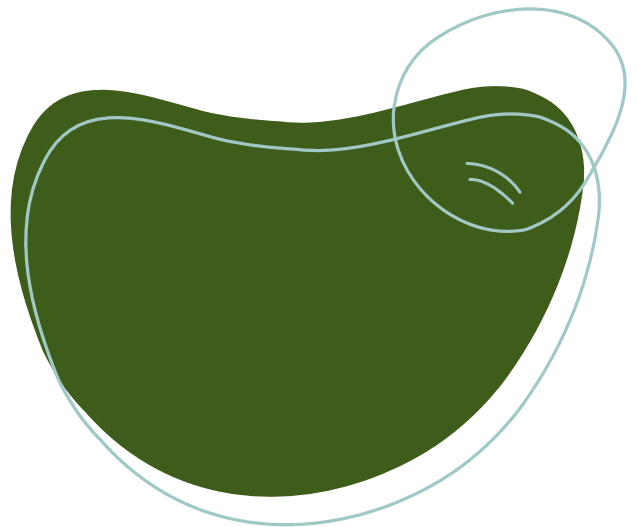
Asian and Pacific Islander American Vote (APIA Vote) is the nation's leading nonpartisan nonprofit dedicated to engaging, educating, and empowering Asian American and Pacific Islander (AAPI) communities to strengthen and sustain a culture of civic engagement

## **COLORADO ASIAN CULTURE AND EDUCATION NETWORK**

Colorado Asian Culture and Education Network provides programs and services for Asian American Native Hawaiian Pacific Islanders (AANHPIs) to be able to be their authentic selves. Through cultural education, advocacy, and awareness, CACEN works to create equitable spaces in Colorado, while celebrating the uniqueness of Asian cultures.

## **ASIAN PACIFIC DEVELOPMENT CENTER (APDC)**

APDC is powered by its rich heritage of AANHPI advocacy and exists today to serve and support all immigrant, and refugee communities with a whole health, community-based engagement approach through health, education, and advocacy. APDC provides a fully integrated system of care which includes behavioral health services, adult education, youth programming, victim assistance and health policy advocacy.





# RESOURCES FOR BLACK/ AFRICAN AMERICAN POPULATIONS

## CENTER FOR AFRICAN AMERICAN HEALTH

The Center for African American Health works to improve the health and wellness of Denver's Black community by helping individuals navigate systems that have an impact on health. Resources and programs include:

- Therapists of Color Collaborative Referral Program
- Mental Health and First Aid Training
- Strengthening Families
- Mental Health
- Oral Health
- Food Access
- Family Services

## THERAPIST OF COLOR COLLABORATIVE

The collaborative believes "When therapy looks like you," you feel a deep connection knowing that you have entered a space when you no longer feel misunderstood. Services include:

- Colorado based therapy
- Culturally-centered
- Removed bias and trauma-informed
- Direct care
- Training

## COLORADO BLACK HEALTH COLLABORATIVE

The mission of CBHC is to achieve health equity in Colorado's Black community. This non-profit organization provide services and programs that improve the health and wellness of Colorado's Black/African American communities. Services include:

- Sports-based Youth Mental Health Wellness Program
- Maternal Mental Health Program
- Barbershop and Salon Health Outreach Program
- Project HairCare
- Prince Project (awareness surrounding opioid addiction)
- Tackling Menthol in the Black Community



# RESOURCES FOR DEMENTIA CARE



## COMPASSIONATE CARE TRAINING PROGRAM (CAHEC)

The Compassionate Care Training Program administered by the Centennial Area Health Education Center (CAHEC). For more information on training contact Wendy Abbot, Compassionate Care Training Specialist at [wendy@cahec.orh](mailto:wendy@cahec.orh)

## DEMENTIA TOGETHER

Services include:

- In-person and virtual support groups
- In-person and virtual memory cafes
- Dementia and care partner education
- Care Consultations
- Business and professional education
- Volunteer Opportunities

## DEMENTIA SOCIETY OF AMERICA

Dementia Society of America is a volunteer-driven nonprofit charity serving those with: late and young-onset Alzheimer's Disease, Vascular Dementia, Mixed Dementia, Lewy Body Dementia, Frontotemporal Dementia. Programs offered include education, local resources and life enrichment opportunities.

## POSITIVE APPROACH TO CARE

Positive Approach to Care (PAC) provides a wide variety of services to enhance awareness and increase dementia care skills including:

- PAC Speakers
- Trainings
- Teepa Talks
- Certifications

## ALZHEIMER'S ASSOCIATION EDUCATION CENTER

Services include:

- In-person and virtual support
- Community education programs
- Care Consultations
- Memories in the Making (art therapy)
- Early-stage services

## DEMENTIA CAREBLAZERS


Developed by Natali Edmonds, board-certified geropsychologist, Dementia Careblazers provides clear dementia education, community support, staff training, speaking engagements, support groups and creative dementia care solutions

## BOOKS:

- A Loving Approach to Dementia Care by Laura Wayman
- Alzheimer's Through the Stages: A Caregiver's Guide by Mary Moller
- Contented Dementia by Oliver James
- Creating Moments of Joy by Jolen Brackey
- Dementia with Dignity and The Dementia Handbook by Judy Cornish
- My Two Elaines by Martin J. Schreiber
- The 36-Hour Day- A family Guide to Caring for People Who Have Alzheimer's Disease, Other Dementias and Memory Loss- By Nancy Mace, MA and Peter Rabins, MD MPH

# RESOURCES FOR IMMIGRANT & REFUGEE POPULATIONS

African Community Center (Denver/ Metro area)  
American Civil Liberties Union of Colorado (Denver/ Metro area)  
Asian Pacific Development Center (Aurora, CO)  
Catholic Charities of Denver- Immigration Services (Denver, Glenwood Springs, Greeley)  
Catholic Charities of Pueblo (Pueblo, CO)  
Colorado Crisis Services  
Colorado Immigrant Rights Coalition (across Colorado)  
Colorado People's Alliance (Denver & Aurora)  
Ethnic Counseling and Community Outreach Services (Denver/ Metro area)  
Family & Intercultural Resource Center (Silverthorne & Breckenridge)  
Family Resources Center  
Hispanic Affairs Project (Montrose, CO)  
Jewish Family Service of Colorado (across Colorado)  
Rocky Mountain Immigration Advocacy Network (Westminster, CO):  
Las Estrellas (Yuma, CO):  
Northern Colorado Immigrants United (Boulder, CO)  
Project Worthmore (Aurora, CO)  
Mi Casa Resource Center (Denver, CO)  
Mi Familia Vota (Denver/ Metro area)  
The Rural Communities Resource Center (Yuma, CO)  
Servicios de La Raza (Denver/ Metro area)  
San Luis Valley Immigrant Resource Center (Alamosa, CO)  
United Leaders in Higher Education (across Colorado)



These resources were identified by M.O.S.A.I.C, The Multicultural Office for Student Access, Inclusiveness, and Community (MOSAIC) and the lesbian, gay, bisexual, trans, queer (LGBTQ+) Resource Center are student advocated support services designed to cultivate the holistic development of historically and currently marginalized students at UCCS. All UCCS students can expect ongoing programs, trainings and workshops, leadership development, intentionally designed resources, and active advising from the full-time staff.



# RESOURCES FOR INTELLECTUAL & DEVELOPMENTAL DISABILITY POPULATIONS

## **CASE MANAGEMENT AGENCY DIRECTORY**

Case Management Agencies assist individuals and families with accessing necessary services and support to meet their needs.

Services include:

- Intake
- Eligibility determination
- Service plan development
- Arrangement for services
- Delivery of services
- Service and support coordination
- Monitoring
- Termination and discharge from services

## **HCBS WAIVERS FOR IDD**

Waivers include:

- Children's Extensive Support Waiver
- Children's Habilitation Resident Program Waiver
- Developmental Disabilities Waiver
- Supported Living Services Waiver

## **ENVISION**

Creative support for people with developmental disabilities. Services include:

- Early Intervention
- Case Management
- Program Services
- Adult Comprehensive Services
- Residential and Day Programs
- Supported living services

## **COLORADO DEPARTMENT OF EDUCATION**

A list of agencies for anyone seeking support and resources for individuals with disabilities with specific callouts to:

- General resources
- Behavioral & Mental Health
- Brain Injury
- Cerebral Palsy
- Deaf/Blind
- Developmental/Intellectual/Learning
- Down Syndrome
- Dyslexia
- Health Care
- Independent Living
- Legal
- Prevention
- Tourette Syndrome
- Transition Services, Assistive Technology/ Vocational Rehabilitation

## **ABILITY CONNECTION COLORADO**

Provides critical early childhood education, innovative pathways to employment and parent-driven family support services for people with special needs and other life challenges.

## **SPECTRUM**

Services include:

- Residential Services
- Spectrum Day Services
- Supported Living Services
- Children's Extensive Support Services
- Family Caregiver Services

# RESOURCES FOR LATINOS/ HISPANIC POPULATIONS

## **LATINA SAFEHOUSE**

A safehouse for Latina domestic abuse/ violence survivors. This unique organization offers:

- Spanish speaking staff
- Foundation of cultural aspects that may influence someone to stay in a damaging situation
- Assistance with navigating community resources

## **SABOR Y SALUD**

MHP Salud and Hebni Nutrition Consultants, Inc. created a brochure to help Hispanic and Latino Communities build nutritious plates with familiar fresh foods. The brochure also includes portion sizes, nutrition facts and tips for individuals to adopt healthier eating habits.

## **CENTERO HUMANITARIO**

Denver's only day laborer center promoting, work, dignity, and community. The Center's model offers programs that link day laborers, domestic workers and other low-wage and immigrant workers to employment and education opportunities with the goals of enhancing job and life skills while building leadership and strengthening relationships with the community.

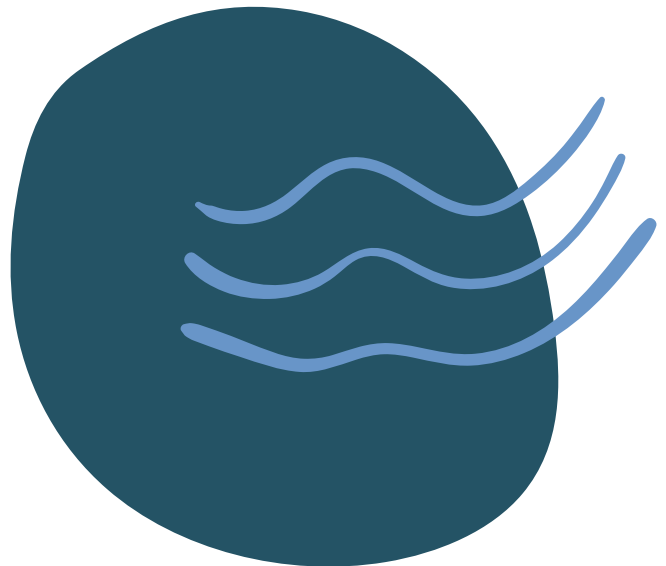
## **LATINO RESEARCH & POLICY CENTER**

The Latino Research & Policy Center (LRPC) is part of the Department of Community and Behavioral Health at the Colorado School of Public Health. Their goals include: to work together with students to reduce the disparities that affect Latino communities; to increase collaborative partnerships with community-based organizations, academic institutions, and state/city elected officials; and to work toward eliminating the health and education disparities affecting Latino communities in Denver, in Colorado, and beyond.

## **PUEBLO HISPANIC EDUCATION FOUNDATION (PHEF)**

PHEF was founded to assist and educate high school students on available opportunities for higher education. Program topics include:

- Building and Working Towards Educational Goals
- Create an Effective Time Management Plan
- Reading to Learn
- Financial Literacy
- Managing Your Health and Stress
- Your Career After College



## **INTEGRATED COMMUNITY**

Integrated Community helps immigrants and their families become self-sufficient and independent. Services include:

- Navigation with referrals to medical, employment, housing, legal and other basic needs
- Professional interpreters including 24/7 emergency on call interpreters for local law enforcement and crisis response agencies
- Education for children and adults including access to tutors, learning the English language and Medicare guides.



# RESOURCES FOR LGBTQ+ POPULATIONS



## **GLAAD**

Founded in 1985, GLAAD is a non-profit organization focused on LGBTQ+ advocacy and cultural change. GLAAD works to ensure fair, accurate, and inclusive representation and creates national and local programs that advance LGBTQ+ acceptance. Serving as a storyteller, media force, resource, and advocate, GLAAD tackles tough issues and provokes dialogue so that authentic LGBTQ+ stories are seen, heard, and actualized. GLAAD strives to protect all that has been accomplished and helps create a world where everyone can live the life they love.

## **GENDER HEALTH TRAINING INSTITUTE**

GHTI supports professionals seeking to take the journey of becoming gender-affirmative providers for transgender / gender expansive children, youth, and their families, as well as for couples and families where one or more partners are trans. Through our digital courses, workshops, and bootcamps, clinicians are taken on a journey to becoming a gender affirmative provider. We take clinicians from the basics of working with transgender clients and their families through complex issues that one may encounter in this work.

## **INSIDE OUT YOUTH SERVICES**

Based in Colorado Springs, Inside Out Youth Services builds equity and power for youth aged 13-24 through leadership, advocacy, community-building, education & peer support.

- Safe space
- Hang-out and make friends
- Engage in discussion groups
- Community building programs
- Additional resources

Inside Out Youth Services is NOT a crisis center\*

## **TREVOR PROJECT**

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ young people. We provide information & support to LGBTQ young people 24/7, all year round. LGBTQ young people with at least one accepting adult in their life report significantly lower rates of attempting suicide

## **HUMAN RIGHTS CAMPAIGN**

The Human Rights Campaign logo is one of the most recognizable symbols of the lesbian, gay, bisexual, transgender and queer community. It has become synonymous with the fight for equal rights for LGBTQ+ Americans.

## **BELOW THE SURFACE**

Colorado Crisis Services has a free confidential and professional hotline 24/7

- Text TALK to 38255
- Walk-in centers are open 24/7 and provider in-person crisis support, information, and referrals

# RESOURCES FOR MATERNAL CARE POPULATIONS

## **COLORADO PERINATAL CARE QUALITY COLLABORATIVE (CPCQC)**

The Colorado Perinatal Care Quality Collaborative (CPCQC) works with healthcare facilities, community-based organizations, and patients here in Colorado as well as national partners to advance best practices and improve outcomes in maternal and infant health

## **MATERNAL HEALTH LEARNING & INNOVATION CENTER**

The Maternal Health Learning & Innovation Center offer various Toolkits including but not limited to:

- Advance Birth Equity
- Rural Maternal Health Toolkit
- Perinatal Mental Health Advocacy Toolkit
- Successful Engagement
- Perinatal CHW Toolkit
- Postpartum Toolkit for Providers

## **COLORADO MATERNAL MENTAL HEALTH COLLABORATIVE & FRAMEWORK**

The Colorado Maternal Mental Health Collaborative & Framework Framework aims to overcome barriers to connecting referrals and services, collecting data to support work, and creating policy change. Resources include but are not limited to:

- Fact Sheets
- Gender Inclusive Language Guide
- Perinatal Continuum of Care Toolkit
- Parents Thrive Toolkit
- Virtual Training Opportunities

## **ALLIANCE FOR INNOVATION ON MATERNAL HEALTH**

The Alliance for Innovation on Maternal Health (AIM) Technical Assistance (TA) Center provides comprehensive, high impact, TA to the AIM quality improvement initiative within the United States. Resources include:

- AIM for Safer Birth Podcast
- Webinar Series
- Urgent Maternal Warning Signs Graphic
- CME/CE Credits

## **COLORADO TEEN PARENT COLLABORATIVE**

Colorado Teen Parent collaborative is an interactive resource map that helps teen parents connect with a range of services and supports, including mental health services, home visiting programs, prenatal care, education, social support, and more.

## **COLORADO- MAKING BREASTFEEDING WORK FOR MEDICAL OFFICES**

This guide for the Breastfeeding Friendly Medical Office was created to optimize interactions between parents and the medical community, with the goal of increasing educate on and support to enable each and every family to reach or surpass their own breastfeeding goals.



# RESOURCES FOR SUBSTANCE USE DISORDER POPULATIONS

## **SUBSTANCE USE DISORDER & MEDICATION FOR OPIOID USE DISORDER**

The RHI Hub outlines substance use disorders and recovery practices that are free of judgement or biases can lead to ore effective treatment and quality of care

## **OVERCOMING ADDICTION TOGETHER (CAHEC)**

The Centennial Area Health Education Center offers presentations and trainings on:

Substance Use Disorder & How to Identify When Help is Needed

The Opioid Epidemic

Peer Recovery

Medication Assisted Treatment (MAT)

Harm Reduction and Narcan Training

## **NARCAN TRAINING**

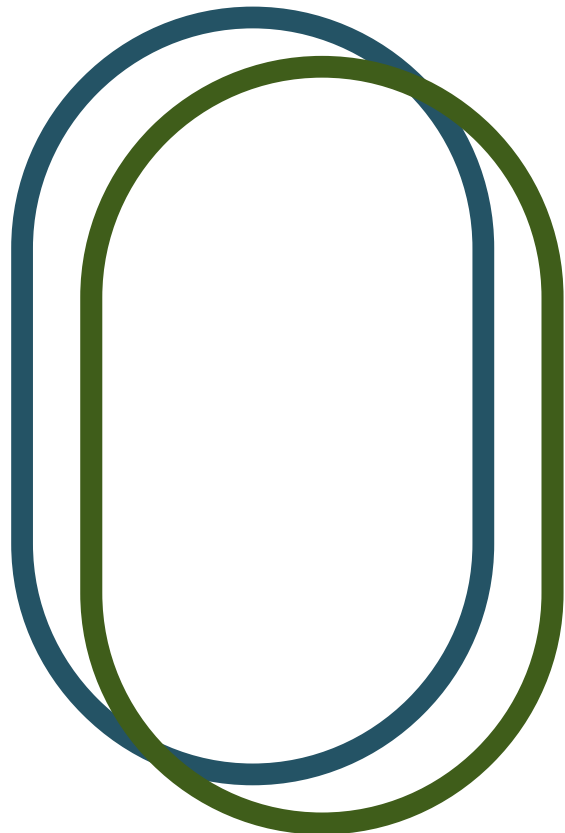
Narcan can treat narcotic overdose in an emergency situation. Schedule a free training session with a State Certified Trainer. Contact Erika Greenberg at Centennial Area Health Education Center.

## **LIFT THE LABEL**

Lift the Label created public awareness materials and campaign resources that strive to remove damaging labels and stigma that prevent those with opioid addiction from seeking effective treatment.

## **HARM REDUCTION RESOURCES**

The National Harm Reduction Coalition aims to connect people who use drugs to resources and community for safer drug use until and individual is ready to become sober.



# RESOURCES FOR VETERAN POPULATIONS

## THE PACT ACT

The PACT Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and other toxic substances. This new law expands and extends eligibility for care and benefits for Veterans and survivors related to toxic exposures.

## THE COMPACT ACT

This Act guarantees veterans in suicidal crisis can go to any VA or non-VA health care facility for free emergency health care. Veterans in suicidal crisis can go to any emergency room to receive medical care.

## THE CLELAND-DOLE ACT

This Act expands eligibility for VA hospital care, supports development of a self-scheduling pilot program so veterans can set and manage community care appointments, and addresses veteran homelessness, telehealth, Vet Centers, long-term care, rural health, behavioral health, etc.

## PEER SPECIALIST TOOLKIT

This document is a collaborative project between the VISN 1 New England MIRECC Peer Education Center, and the VISN 4 MIRECC Peer Resource Center. The toolkit helps Veterans with serious mental illnesses and substance use disorders to successfully engage in their treatment.

## RURAL VETERAN OUTREACH TOOLKIT

The U.S. Department of Veterans Affairs, built this tool to assist VA personnel in collaborating with community partners to reach rural veterans through education and outreach.

## VA COLLEGE TOOLKIT

The U.S. Department of Veterans Affairs, provides members of college faculty, staff, and administration with resources to support student veterans.

## VETERANS CRISIS LINE

The Veterans Crisis Line is a 24/7, confidential crisis support for Veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect. DIAL 988, THEN PRESS 1

## VETERANS EMPLOYMENT TOOLKIT

Aims to help employers, managers and supervisors, human resource professionals, and employee assistance program providers relate to and support their employees who are veterans and members of the Reserve and National Guard.

## SAMHSA FOR VETERANS

The Substance Abuse and Mental Health Administration (SAMHSA) aims to help employers, managers and supervisors, human resource professionals, and employee assistance program providers relate to and support their employees who are veterans and members of the Reserve and National Guard.

## PTSD: NATIONAL CENTER FOR PTSD

## EMPLOYER GUIDE TO HIRING VETERANS

## VETERANS WITH TBI AND/OR MENTAL HEALTH SYMPTOMS TOOLKIT

## VA OFFICE OF RURAL HEALTH

# RESOURCES FOR YOUTH MENTAL HEALTH

## **IMATTER.**

I Matter provides up to six free therapy sessions for youth in Colorado and reimburses participating licensed therapists.

To access services, youth can visit [IMatterColorado.org](http://IMatterColorado.org), take a brief survey, find a therapist, and schedule a free therapy session. Youth 11 and younger must have a parent/guardian fill out the survey with them.

## **SAFE2TELL**

Reports can be submitted by calling 1-877-542-SAFE (7233), using the link on the website, or through the [mobile app](#).

Safe2Tell will send your report to appropriate school and/or law enforcement officials and verify report receipt and response.

## **988 CRISIS LINE**

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, call, or text 988. A skilled, trained crisis worker who works at the Lifeline network crisis center closest to you will answer the phone. This person will listen to you, understand how your problem is affecting you, provide support, and share resources that may be helpful.

## **PSYCHOLOGY TODAY**

Psychology Today has a free mental health practitioner directory specific to Colorado. You can search health professionals by:

- Ethnicity served
- Sexuality
- Language
- Religion

## **QUESTIONS YOU CAN ASK WHEN SEARCHING FOR A MENTAL HEALTH PROVIDER:**

- Do you have a particular approach, expertise, or training?
- In your practice, do you have someone who prescribes medicine?
- Are you willing to communicate with my other doctors and therapists to coordinate care?
- How do You Determine What Kind of Care I Need?
- How will we assess my progress?
- What specialty licenses and certifications do you have?
- What should I expect from a typical session?
- Do you have experience providing therapy to people with similar issues as mine?
- What are your policies around cancellations, insurance, and payments?
- How will I know it's working?
- How should I prepare for my first session?
- What are some things I should know before working with you?
- What are your expectations of me during this process?
- Do you offer sliding scale services?

## **COPPCAP**

CoPPCAP, Colorado Pediatric Psychiatry Access & Consultation Program, is a Child Psychiatry Access Program (CPAP) developed to assist Colorado pediatric primary care providers assess and provide treatment for pediatric behavioral/mental health conditions presenting in the primary care setting.



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# COLORADO RURAL HEALTH CENTER

The Colorado Rural Health Center (CRHC) is Colorado's nonprofit State Office of Rural Health. CRHC works with federal, state, and local partners to offer services and resources to rural healthcare providers, facilities and communities. We have a diverse and inclusive statewide constituency serving organizations in every corner of the state.

Established in 1991 by members of the Colorado Rural Health Consortium, Colorado Rural Health Center (CRHC) was created with start-up support from the Federal Office of Rural Health Policy and several other public and private organizations around the state. CRHC was developed as a nonprofit organization and is one of only three nonprofit offices of rural health in the country.

## CRHC CONTACT



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*The State Office of Rural Health*

