

**Tri-County Health Network** is a nonprofit entity committed to improving the quality and coordination of health and healthcare services by increasing healthcare access and integrative health services at lower costs.

## Welcome from the Editor

Welcome to Tri-County Health Network's "Health Matters." The goal of this e-publication is to provide helpful and interesting information on diverse health topics. One of my passions is looking at health from a "whole person" perspective. This means not just focusing on physical strengths and challenges, but also on mental health. Tri-County Health Network (TCHNetwork) as an organization is consistently enhancing programs so that we are utilizing individual and community strengths to improve health. This includes focusing on not just individual behavior change, but looking for community solutions to reducing barriers to making healthy choices.

This month's newsletter includes articles on Youth Mental Health First Aid (YMHFA) and information on stigma against people living with mental health challenges. Mental and physical health are intertwined – it's very hard to focus on exercising more and eating healthy foods when you are stressed, depressed, or isolated. YMHFA is a workshop with tools to intervene early if a young person is struggling, and presents mental health conditions as just as real and impactful as physical health conditions.

We also focus on Patient Safety Awareness, kind words from a TCHNetwork client, and tips on how to spice up your salad!

Enjoy, Nicole

## Patient Safety Awareness Month

The National Patient Safety Foundation (NPSF) has announced [United for Patient Safety](#), a campaign designed to spark dialogue and promote action to improve the safety of the health care system for patients and the workforce.

This year, Patient Safety Awareness will be observed as a highlight of the campaign, seeking to instill the message that “every day is patient safety day.”



EVERY DAY IS  
**PATIENT SAFETY**  
DAY

Citing the recent NPSF report, *Free from Harm: Accelerating Patient Safety Improvement*, Tejal K. Gandhi, MD, MPH, CPPS, president and Chief Executive Officer of NPSF, said “We have seen some improvement in patient safety, but 1 in 10 patients still experiences a hospital-acquired complication, and many more harms occur in outpatient settings, where most care is provided, so there is still much work to be done.”

The Free from Harm report makes eight recommendations for achieving a culture of safety in health care. They include: support the health care workforce, partner with patients and families for the safest care, and ensure that technology is safe and optimized to improve patient safety. Patients, families, and consumers are encouraged to be active members of their health care teams by participating in care decisions and asking questions. Together we can increase patient safety!

## Ouray County Cares About Youth's Mental Health

Caring adults from across Ouray County have come together to participate in free Youth Mental Health First Aid (YMHFA) workshops.

YMHFA is the help offered to a young person experiencing a mental health or substance use challenge, mental health disorder, or a mental health crisis. The first aid is given until appropriate help is received or until the crisis resolves. This certified course teaches signs and symptoms of common mental health problems, when and where to get help, and teaches participants a 5-step method that can be used when young people are experiencing a mental health concern. More than 40 adults living and working throughout Ouray County have participated so far. Newly trained "First Aiders" include teachers, librarians, youth programming providers, school administrators, and parents.



YMHFA Trainers at Ouray School



Voyager hosts YMHFA in Ridgway.

The workshops have been a collaborative project between TCHNetwork and the Center for Mental Health.

To sign up for a workshop, contact Nicole at 970-318-6360 or [chw-ouray@tchnetwork.org](mailto:chw-ouray@tchnetwork.org)

## Reducing Stigma Against People Living with Mental Health Conditions



A billboard advertising [www.mantherapy.org](http://www.mantherapy.org), an online resource for men and the people that love them.

People living with mental health conditions face stigma and discrimination. Mental health conditions are a lot more common than

people seem to realize. Research recently published in the Journal of Health and Social Behavior (Vol. 41, No. 2) found that 68 percent of Americans do not want someone with a mental illness marrying into their family and 58 percent do not want people with mental illness in their workplaces. Youth face stigma and discrimination, but it manifests in different ways. Youth living with mental health conditions may be bullied, isolated, or labeled "uncompliant."

Adults and youth are working to end the stigma. Campaigns are taking place across the world – on TV, radio, and of course, social media. And they're doing it in some creative ways – using humor to make talking about mental health more



Selfies for a great cause! [www.nyac-selfree.tumblr.com/](http://www.nyac-selfree.tumblr.com/)

comfortable. Check out these examples of how people living with mental health conditions and their loved ones are changing the conversation around mental health.

### Step 1: Mean Greens

Iceberg  
Romaine  
Spinach  
Cabbage  
Green or red leaf lettuce  
Kale  
Arugula

### Step 2: More Veggies

Avocados  
Artichoke hearts  
Bean sprouts  
Carrots  
Celery  
Peas  
Water chestnuts  
Zucchini slices  
Cucumber



### Step 3: Add Fruit

Olives (yes, they are fruit)  
Tomato (yup, also fruit)  
Dried Cranberries, cherries or raisins  
Apples pieces  
Grapes  
Mandarin orange segments  
Pear slices



### Step 4: Be a Pro about

#### Protein

Tofu  
Beans  
Chicken  
Hard – Boiled egg slices  
Salmon  
Tuna  
Turkey  
Nuts  
Seeds



## Don't Let Your Salad Go Naked!

If you find salads drab and boring, dress them up in something new and exciting. You might find that with the right mix of ingredients your salad will spring to life and may become a new favorite treat! Start with your favorite varieties of lettuce. There are so many types of lettuce (and cabbage) and they all work great together. There is no bad mix!

## Making A Difference

TCHNetwork Community Health Workers provide free screenings for heart disease, stroke, and diabetes throughout the region. In Montrose and Olathe, CHW Darlene Mora offers these screenings and much more. She is bilingual, links clients to community resources, and assists with client advocacy and/or interpretation when needed. Below is a note from one of her clients. Congratulations Darlene for making a difference!

To whom it may concern  
I have began to change  
the way I take care  
of my Health by seeing  
Darlen and talking to her  
about how to prusue my  
goals thanks for the  
support I have lost fifty  
three pounds with in a  
year by asking for the  
eduactional part of  
reaching to live Health<sup>er</sup>ing  
so wonderfully completely  
worth my time thank  
you so much for the  
encourageing strength to  
Focus my attieion on Health

## Tips to Get a Better Night's Sleep

Alongside eating right and exercising every day, sleep keeps you healthy, alert and helps your body heal. If you don't get enough sleep, it has been shown to increase your risk of developing serious health issues. These include hypertension, diabetes, obesity, depression, heart attack and stroke. According to the National Sleep Awareness Roundtable ([www.NSART.org](http://www.NSART.org)), sleep disorders have been found to affect men and women of all ages and classes, although it seems to hit hardest in the population of minorities and underserved. Here are some tips to help fall asleep, stay asleep and get the restful sleep that you need.

**Adults need 7-9 hours of restful sleep** - Try to aim for 8 hours of sleep time, adjust your routine before bed and when waking up in the morning.

**Don't eat before sleep** – Make sure to not eat anything within a few hours of going to bed. Digesting foods can cause heartburn, trouble sleeping and other issues.

**Temperature matters** – Make sure to adjust the temperature of your bedroom before you lay down.

**Create a bedroom ritual** – Try to do something relaxing before bed. A cup of hot herbal or other non-caffeinated tea, reading a book, doing some yoga stretches or just sitting and deep breathing is a good way to relax and prepare to sleep.

**Push away your worries** – Keep a notepad next to your bed and write down all your worries and ideas on the notepad. Then you can forget about them until the next day.

## Tri-County Health Network

**Main Office:**

PO Box 4222

Telluride, CO 81435

**Phone:**

970.708.7096

**Fax:**

888.595.3242

**E-mail:**

[info@tchnetwork.org](mailto:info@tchnetwork.org)

**WebSite:**

[www.tchnetwork.org](http://www.tchnetwork.org)



A MATTER OF  
**BALANCE**  
MANAGING CONCERNS ABOUT FALLS



Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

### This program emphasizes practical strategies to manage falls.

#### WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

#### YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

**Classes are held weekly  
for eight weeks, for two hours each.**

**Classes are scheduled:  
April 13, 20, 27, May 4, 11, 18, 25,  
and June 1**

**At St. John's Episcopal Church  
329 5<sup>th</sup> Avenue, Ouray, CO**

**From 10:00 a.m. – 12:00 p.m.**

**Participation is LIMITED to the first 12  
participants, and registration is required.  
To register, please call 970-249-6080.**

**Program is donation only  
for those over age 60.**

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