The Westend of Montrose County is designated as a medically underserved area and a health professional shortage area.

The Colorado Health Indicators data set indicated that 21.2 percent of women often or always felt down, depressed, sad or hopeless since their baby was born, which is twice the state average.

While many in the survey indicated having insurance, the major factor for not having insurance was the cost.

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INDIVIDUAL CHALLENGES
• Access to adult dental care
• Weight management
• Access to specialists
• Access to primary care providers

COMMUNITY CHALLENGES
• Access to emergency services
• Access to specialists
• Access to home health/end of life services
• Access to substance use services

COMMUNITY’S GREATEST BEHAVIORAL HEALTH RELATED NEED
• Substance use including alcohol
• Access to mental health services
• Domestic abuse/violence/violence against children

BARRIERS TO CARE
• Transportation / Health services too far away
• There is a fear of confidentiality not being maintained
• No resources to pay for the service

WHAT IS NEEDED TO IMPROVE HEALTH IN THE COMMUNITY
• More job opportunities
• Access to recreational facilities
• Access to specialty physicians

“One of the greatest barriers to achieving good health in the community is the lack of opportunities for healthy living practices and the lack of resources for wellness activities such as getting out and moving, organized recreation, and social activities.”

NEXT STEPS

TCHNetwork is interested in establishing local work groups to develop a roadmap working towards identifying resources and funding for the needs identified above. These work groups will work collaboratively to develop a roadmap focused on identifying community solutions within the next six months. If you are interested in getting involved in this process, please contact Lynn Borup at info@tchnetwork.org

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.