



## Upcoming Events

- September Skippy+ Dental Clinics**  
 Naturita Elementary School 9/5-7  
 Nucla Middle/High School 9/11-13  
 Northfork Crawford 9/19  
 Rico School 9/26
- Youth Mental Health First Aid**  
 September 1, 8am-5pm  
 Ridgway Elementary School  
 September 30, 8am-5pm  
 Location TBD  
 Call 970.708.7096 to sign up
- Cooking Matters for Adults**  
 Christ Focus Church, Norwood  
 Tuesdays, 3:30-5:30pm. Begins 9/5  
 Call 970.318.0172 to sign up
- West End Senior Resource Fair**  
 Senior CommUnity Meal Site,  
 386 Main Street, Nucla  
 Sept 7, 9am-1:30pm  
 Call Eric Jayne at 970.708.7096
- Regional Victim Assistance Training**  
 Wilkinson Public Library  
 Sept 13, 9am-1:00pm  
 RSVP to inav@tchnetwork.org
- How to Help Students Eat Better & Move More**  
 Ouray County Fairgrounds 4-H Event Center  
 September 19, 9am-3pm  
 RSVP at 970.214.8541
- TCHNetwork at Farmers Markets:**  
**Ridgway:** Hartwell Park,  
 Fridays 10am-3pm  
**Telluride:** Oak Street, Sept. 22 & 29, 10:30am-4pm  
**Nucla:** Nucla Town Park, Thursdays 5:30pm-dark
- Walk Out of Darkness**  
 Telluride Town Park  
 September 30, 9:30-11:30am  
 Register online or in person

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## Welcome

SEPTEMBER is Suicide Prevention Month. TCHNetwork has ways you can get involved this month and year-round. School is back in session - see Skippy+ at your child's school this fall! Need help paying for gas? Let TCHNetwork pick up the tab! See Spotlight. Finally, those enrolled in CHP+ may be losing coverage next year: learn more about what to do if this affects you.

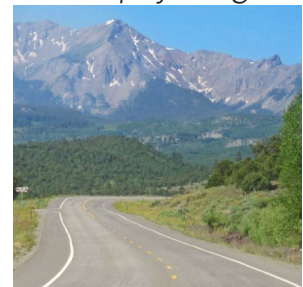
### Suicide: A message of Hope

I did not realize the extent of suicide until it affected me so personally. Since I lost my Dad to suicide 3 years ago, I have learned a lot about suicide and mental health. Most mental illnesses can be effectively treated and most of those suffering from mental illness do not die by suicide. Unfortunately, my Dad's story did not have a good ending. That is why I am passionate about this cause and want to shed light on suicide prevention, awareness, and support. "Samantha Damsky, a resident of Telluride for the past year, has become a local advocate for suicide prevention in the years since she lost her father. She is working in our community to reduce the stigma associated with mental illness and to help those who might be considering suicide.

When discussing suicide, there is a tendency to focus on the lives lost to suicide, and the impact on family, friends, and community, Due to the number of deaths by suicide that occur annually in our region, our state, and our country, we might even begin to doubt our ability as community members that we can make significant strides in cont on page 2

### TCHNetwork Spotlight

Heading to Montrose?  
Let us pay for gas!



Volunteer with TCHNetwork as a Liberty driver and get reimbursed for mileage.

- Choose your schedule - One way or both - it's flexible!
- Help your neighbors with a ride for medical or personal errands
- Local or regional: trips can range from 1 to 100+ miles
- Make a difference in your community!

Sign up on our website at [tchnetwork.org/liberty](http://tchnetwork.org/liberty)

### Insurance Corner Future of CHP+ in Colorado

If Congress discontinues CHP+ funding and after the federal fund allotment Colorado already possesses is spent, the CHP+ program will end. Children and pregnant women currently covered by CHP+ will need to find other health insurance.

Read more on page 4

Suicide: A message of Hope cont from pg. 1  
reducing the number of individuals who die by suicide. While facts and figures about suicide can be concerning, the most important fact about suicide is that it is preventable and that individuals can take actions to help prevent suicide. Annually for every person who dies by suicide, there are almost 280 individuals who think seriously about suicide but do not die. Studies show that approximately 90% of individuals who survive a suicide attempt do not go on to die by suicide—suicide feelings pass over time.

September is Suicide Prevention Month and it is an opportunity for you to learn more about the subject, but also what you can do to help prevent suicides in our community. Despite a recent rise in the number of young adults who die by suicide, there are important facts to remember about suicide and prevention efforts: 1) there are actions that people can take to help prevent suicide; 2) prevention works; 3) resilience and recovery are possible; 4) effective programs and services exist, and; 5) help is available. Individuals and organizations in our community and across our region are making meaningful contributions to the efforts around preventing suicide. While the suicide rate remains a concern in Colorado, where over 1,000 individuals died by suicide in 2015, research has shown that the availability of resources like the Colorado Crisis Line (1-844-493-TALK (8255)), and trainings such as Mental Health First Aid, do help to reduce the number of individuals who attempt suicide.

Mental Health First Aid training, considered to be “CPR for the mind,” provides community members with the tools to assist someone with a developing mental illness or who may be in crisis, and helps them direct those suffering to the professional help they need. This class, offered frequently by Tri-

County Health Network staff, gives you the skills to help. You can also help individuals who may be thinking about suicide by knowing the 5 steps promoted by the organization “bethe1to.com”: Ask; Keep Them Safe; Be There; Help Them Connect; Follow Up. These five steps can enable you to be the person who helps someone who is considering suicide. More information about these steps can be found at [www.bethe1to.com](http://www.bethe1to.com).

In addition, it is important to know some of the warning signs associated with suicide. Suicide rarely occurs without some warning signs being present—knowing them can help you notice when a family member, friend, or community member is considering suicide. They include: talking about wanting to die or to kill themselves; talking about feeling hopeless or having no reason to live; increasing their use of alcohol or drugs; sleeping too little or too much; withdrawing or isolating themselves; talking about being a burden to others. To learn more about the warning signs see the American Foundation for Suicide Prevention (AFSP) website at [www.afsp.org](http://www.afsp.org).

In addition to increasing awareness about suicide prevention efforts, and educating community members about the subject, Colorado has a Suicide Prevention Commission that is working to reduce the number of suicides in our state. One initiative that is expanding across the state was piloted in Montrose—education for gun shop owners about the subject and steps they can take to help reduce access to guns. Firearms are involved in about half of all suicides in our state and gun shops and shooting ranges are getting involved in the effort to educate customers and staff about the warning signs for suicide.

On September 30th, Telluride will host the first Walk Out of the Darkness in Town Park, an effort to raise awareness in the community and raise funds to support the AFSP’s

goal of reducing the number of suicides by 25% within the next decade. Ms. Damsky is organizing the 2-mile walk in Telluride after doing the same successfully on her college campus in North Carolina. Ms. Damsky says, “The AFSP is the leading national not for profit organization dedicated to understanding and preventing suicide through research, education, and advocacy. As a community and as individuals, we fight through our pain and continue our path of healing together. I know that by partnering with AFSP, we are truly saving lives and helping others. As a newer member of our community, I am so excited to join forces and truly make a difference here in Southwest Colorado.” If you are interested in participating in the walk, helping to organize the effort, or volunteering on the day of the walk, please contact Ms. Damsky at [samidamsky@gmail.com](mailto:samidamsky@gmail.com), or visit the website [www.afsp.org](http://www.afsp.org).

During Suicide Prevention Month, please take the time to educate yourself about local suicide prevention efforts and those available through on-line resources. Help reduce the stigma associated with suicide by engaging with family, friends and neighbors about the subject. Invest just 8 hours of your time and attend a Mental Health First Aid class. Finally, join fellow community members on September 30th for the Walk Out of the Darkness event in the Telluride Town Park.

Please contact Paul Reich, Behavioral Health Program Manager at Tri-County Health Network, at 970-708-7096, if you have questions.

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## Follow Us

Stay up to date on TCHNetwork and community partner events!

Facebook:  
[TriCountyHealthNetworkTelluride](https://www.facebook.com/TriCountyHealthNetworkTelluride)

Twitter:  
[@TCHNetwork\\_CO](https://twitter.com/TCHNetwork_CO)



## Celebrate Whole Grains Month! September Recipe Fall Vegetable Salad

For more healthy, affordable, delicious and easy recipes, see:

### Instructions

1. Cook grains following package directions. Transfer to large bowl. Prepare rest of salad while you let grains cool completely.
2. Rinse fennel, greens, beet and apple.
3. Cut any long stalks and fronds off fennel. Quarter fennel and cut out core. Slice thinly.
4. Remove stems from greens. Stack leaves together, roll into a thick log, and slice thinly.
5. Peel and cut beet into 1/4 inch cubes. Cut apple into 1/4 cubes.
6. Peel and mince garlic.
7. If using, crumble cheese or cut into 1/4-inch cubes.
8. In a small skillet over medium-low heat, add nuts or seeds. Cook until fragrant, 3-5 minutes. Transfer to a small bowl to cool.
9. Rinse and cut lemon in half. In a small bowl, squeeze juice.
10. Add vinegar, minced garlic and mustard to lemon juice. Whisk with a fork to combine. While whisking, slowly drizzle in oil. Season with salt and pepper.
11. When grains are cool, add fennel, greens, beet and apple. Drizzle with dressing and toss to combine. Sprinkle with the toasted nuts and cheese, if using.

### Nutrition Facts

Serving Size 1 cup (134g)			
Servings Per Container 8			
<b>Amount Per Serving</b>			
<b>Calories</b> 180	<b>Calories from Fat</b> 90		
<b>% Daily Value*</b>			
<b>Total Fat</b> 10g	<b>15%</b>		
Saturated Fat 1g	<b>5%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 140mg	<b>6%</b>		
<b>Total Carbohydrate</b> 20g	<b>7%</b>		
Dietary Fiber 4g	<b>16%</b>		
Sugars 4g			
<b>Protein</b> 3g			
Vitamin A 15%	• Vitamin C 20%		
Calcium 4%	• Iron 6%		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
	Fat 9	• Carbohydrate 4	• Protein 4

### Serving Size

Serves 8, 1 cup per serving

### Ingredients

- 1 cup barley, whole grain couscous, or quinoa
- 1 medium bulb fennel
- 1 bunch hearty greens (kale, chard, collard greens or beet greens)
- 1 small beet
- 1 medium firm apple
- 1 clove garlic
- 1/2 cup nuts or seeds, like pecans, almonds or walnuts
- 1 medium lemon
- 1/4 cup cider vinegar
- 1 Tablespoon Dijon mustard
- 1/4 cup canola oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- *Optional:* 2 ounces cheese, such as blue, goat, cheddar

### Materials

- Sharp knife
- Cutting board
- Fork
- Peeler
- Large saucepan with lid
- Measuring spoons
- Measuring cups
- Large mixing bowl
- Small bowl
- Small skillet

### Chef's Notes

- Vary the vegetable according to what you have on hand and what's in season. Carrots, cabbage, pears, celery and dried fruit work nicely.
- Add leftover cooked chicken, roast beef or beans for added protein. Serve as a 4-person entree.

## SKIPPY+ is Back in Session!

Good oral hygiene begins at a young age, and ensuring that our youth learn to properly care for their teeth is crucial to their long-term oral health.

Skippy+, the new and improved Skippy (San Juan Kids Cavity Prevention Program), which made its debut in select schools last spring, features an exam by a supervising dentist, deeper cleanings, X-rays, intraoral imaging technology, and restorative care, including interim therapeutic restoration and fillings. This fall, Skippy+ will be in partnering schools throughout San Miguel, Ouray, and the Westend of Montrose counties.

With every dental exam, children learn the proper techniques for brushing and flossing. Our dental hygienists take the time to show each child these techniques us-

ing a mirror, ensuring that they can take these skills home and put them to use. Teaching children and teens how to properly brush and floss their teeth helps establish good long-term oral health habits in the youth of our community.

Skippy+ clinics occur in both the Fall and Spring, at no cost to you. If you have insurance, we simply bill your insurance the way a dentist would. If you do not have insurance, don't worry! Your child can still receive dental care from Skippy at no cost.

Students in participating schools will come home with Skippy Consent Forms this fall, so be on the lookout if you'd like to get your child enrolled!

Filling out the one consent form means that your child will attend both the fall and spring Skippy

clinics.

To see when Skippy will be at your child's school this fall, check out our website: [tchnetwork.org/skippy](http://tchnetwork.org/skippy). Here you will find Skippy clinic dates and consent forms.

For parents with busy schedules, Skippy is a great option for getting their children the dental care they deserve, without having to take time off work. Enroll your child in Skippy this fall!



## An Update on the Future of Child Health Plans Plus (CHP+)

The Children's Health Insurance Program, known as Child Health Plans Plus (CHP+) in Colorado, is a federal program that provides public, low-cost health insurance for certain children and pregnant women. Eligibility depends on the number of people in a tax household and household income.

However, federal funding for the CHP+ program is scheduled to end on September 30, 2017, unless Congress acts to remedy. If Congress does not act, CHP+ will end on October 1, 2017.

Fortunately, current federal law allows states to continue to spend any unspent federally allocated funds collected before October 1, 2017.

Because of this, in the state of Colorado, there will be no immediate changes to CHP+ eligibility, enrollment, renewals, or benefits on October 1, 2017, even if Congress has not taken action by that time.

Applications and redeterminations will continue to be processed and CHP+ members will continue to be able to use their benefits and access their medical care.

However, Colorado HCPF states: The federal fund allotment we possess could be depleted sometime in the first quarter of 2018.

If Congress fails to act and Colorado runs out of funding for CHP+ during the first quarter of 2018, those affected will have

a 60-day window to enroll into health insurance or add themselves or their child to the family insurance plan. When you enroll determines your effective date.

If you or your children qualified for CHP+ you will likely be eligible for reduced premiums and/or deductibles and out of pocket maximums.

Contact Connect for Health Colorado or a TCHNetwork enrollment guide before the 15th of your last month of coverage to enroll into a plan that will take effect the following month.

Thank you for reading this month's HealthMatters. If you have content that you would like for us to share with our TCHNetwork community, contact: [info@tchnetwork.org](mailto:info@tchnetwork.org)