



Upcoming Events

- Open Enrollment**
 November 1st - January 12th
 Contact TCHNetwork at 970.708.7096 for assistance
- Insurance Enrollment Fairs**
Enroll in Ridgway:
 Ridgway Library, 300 Charles St.
 December 2, 10:00am-5:00pm
Enroll in Telluride:
 335 W. Colorado Ave.
 December 9, 10:00am-5:00pm
- Cooking Matters Demonstration**
 Telluride High School
 December 6, 2:00-4:00pm
 Call 970.708.7096 for more info
- Parent Support Group**
 For parents interested in seeing their teen thrive.
 Wilkinson Public Library, Meeting Room 5 (2nd floor)
 December 7, 5:30-7:00pm
 Contact Paul Reich at 970.708.7096 or pmbh@tchnetwork.org for more info
- Telluride Gives Day**
 Donate to TCHNetwork!
 December 14

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Welcome

DECEMBER features TCHNetwork's efforts to increase the mental wellbeing of our community. Find out how you can contribute to these efforts on Telluride Gives Day! If you or someone you know has CHP+, learn what measures to take as we await the future of the program. Call your local Health Coverage Guide if you have insurance questions and for enrollment assistance. Happy Holidays from TCHNetwork!

Free Your Mind: Be Well

When it comes to personal health, there tends to be a focus on one's physical wellbeing – individuals will get regular exercise, eat healthy diets, and go to the doctor if sick. But how often do we do this for our mental wellbeing? After all, our mental health is a crucial component of our overall health and wellbeing. Sadly, there is a large amount of stigma surrounding mental health, which much too often results in it taking second place to our physical wellbeing, if even that.

20% of adults will suffer from a mental health disorder each year, but less than half of those individuals will receive treatment. In Colorado, that represents over 1 million people. In San Miguel County, that's over 1,600 individuals. Colorado ranks number 9 in suicides per capita nationally, and one person dies by suicide every 8 hours in Colorado (and every 12 minutes nationally). Six individuals died by suicide in our county in 2016.

Tri-County Health Network is committed to reducing the stigma associated with mental illness while increasing

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TCHNetwork Spotlight

Your local Health Coverage Guides



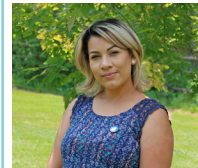
Telluride
Alexis Klein
970-708-0921



Norwood & West End
Amber Elder
970-708-1307



Ouray/Ridgway
Carol Schutter
970-708-7967



Montrose/Olathe
Claudia Gamez
970-708-4456
*Bilingual

Insurance Corner

Enrollment Fair Dates

- Ridgway**
 Ridgway Library at 300 Charles St.
 December 2
 10am to 5pm
- Telluride**
 County Annex Room: 335 W Colorado Ave
 December 9
 10am to 5pm
- See tchnetwork.org/enrollment-assistance for one to one assistance or call your local HCG (See Spotlight above)



access to care for those in our community who might be living with a mental health or substance use problem. Through programs like Mental Health First Aid, teletherapy, and the Communities that Care Coalition, TCHNetwork is taking steps to make mental health services more readily available in our community, where they are so largely lacking.

The stats clearly point to a dire need for increased mental health services both nationally and regionally. At a regional level, we can all do our part. For instance, TCHNetwork offers Mental Health First Aid classes, which teach community members how to aid a peer experiencing a mental health or substance use problem. Over 300 community members have taken these free courses in the past year.

In addition, TCHNetwork began a teletherapy program in our local schools that addresses the shortage of mental health professionals in area schools by providing therapy to students with an independent, licensed therapist via video conference technology. Furthermore, the Communities that Care Coalition was formed this past year in Telluride to ad-

dress youth substance use. The coalition of community members is facilitated and coordinated by TCHNetwork staff.

This year, Tri-County Health Network is participating in Telluride Gives Day on December 14th with the goal of raising funds to expand mental health services in the Telluride area. A recent surge in discussions on this topic has made our community keenly aware of the shortage of behavioral health resources in our region, and so we have made this issue a top priority in our program development.

In the coming year, we plan to offer new programming through the National Alliance on Mental Illness. This will include community-based classes with extensive curricula to help those experiencing a mental health issue (or persons playing a supportive role) as well as public events for discussions and presentations on mental health topics. By increasing the variety and frequency of programming related to mental health, we hope to provide practical skills that people can use to navigate mental health crises, improve connectivity to appropriate resources, and reduce stigma through education and heightened awareness.

Starting on Sunday, December 3rd, TCHNetwork will launch the "12 Days of Wellness" as part of our "Free Your Mind: Be Well" campaign. These will be featured on TCHNetwork's social media pages and our website, and will highlight a different mental health resource on each day leading up to Telluride Gives Day. The goal of each of the 12 days is to encourage all of us to practice wellness every day and to support our community members who might need some extra help during the holidays.

TCHNetwork will also be posting

daily videos featuring numerous community leaders and community members discussing mental wellness and what they practice in their daily lives to stay mentally well.

Keep an eye out for our daily videos and posts promoting these resources on our social media pages:



@TriCountyHealthNetworkTelluride



@TCHNetwork_CO

or check out our website at www.tchnetwork.org.

To hear more about what TCHNetwork is doing to promote the mental wellbeing of our community and our plans for 2018, tune into KOTO on December 13th at 4pm to hear members of the TCHNetwork team discuss our various programs and how the Telluride community can get involved in increasing the mental wellness of their family, friends, and neighbors.

If you would like to help Tri-County Health Network's cause and increase the availability of mental health resources in our community, please consider making a donation of any amount on Telluride Gives Day (December 14th). We will post the link to the donation page on our social media pages and our website, so make sure to follow us and stay tuned!

To see our Telluride Gives 2017 page, please visit: tchnetwork.org/telluride-gives-2017

For our full list of behavioral health resources, please visit: tchnetwork.org/behavioral_health/



December Recipe Holiday Roasted Butternut Squash

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

<https://cookingmatters.org/recipes>



Serving Size

Serves 6, 3/4 cup per serving

Ingredients

- 2 pounds butternut squash
- 1/4 cup walnuts
- 2 Tablespoons canola oil
- 1 teaspoon dried sage
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 Tablespoon butter or canola oil
- 1/4 cup dried cranberries
- 1 1/2 Tablespoons maple syrup

Materials

- Sharp knife
- Cutting board
- Measuring cups
- Measuring spoons
- Large mixing bowl
- Baking sheet
- Small skillet
- Spoon
- Peeler

Chef's Notes

- To make flavors pop even more, stir in 1 Tablespoon cider vinegar along with the cranberry mixture.
- You can use fresh sage instead of dried. Leave out dried sage in step 4. Roll 4 fresh sage leaves into a log shape and thinly slice. Cook fresh sage in butter or oil along with the walnuts in step 6.
- Use pecans or hazelnuts in place of walnuts. Try using raisins or dried cherries for the cranberries.

Instructions

1. Preheat oven to 375°F.
2. Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut round end in half and scoop out seeds with a spoon. Cut both ends into 3/4 inch, even-sized cubes.
3. Coarsely chop walnuts. Set aside.
4. In a large bowl, add squash. Toss with oil, sage, salt and ground black pepper.
5. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
6. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
7. Gently toss cooked squash with cranberry mixture.
8. Enjoy!

Nutrition Facts

Serving Size 3/4 cup (176g)			
Servings Per Container 6			
Amount Per Serving			
Calories 200	Calories from Fat 90		
% Daily Value*			
Total Fat 10g	15%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol 5mg	2%		
Sodium 105mg	4%		
Total Carbohydrate 27g	9%		
Dietary Fiber 4g	16%		
Sugars 10g			
Protein 3g			
Vitamin A 330%		Vitamin C 50%	
Calcium 10%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	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
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

What You Need to Know About the Future of CHP+

If you've been paying attention to the news, especially in regards to healthcare, you're probably aware that the future of Child Health Plan Plus (CHP+) is in jeopardy.

CHP+ is low-cost public health insurance for children and pregnant women who qualify. Essentially, it is health insurance for those who earn too much to qualify for Health First Colorado (Colorado's Medicaid program), but not enough to pay for private health insurance.

The issue? CHP+ is paid for by a combination of state and federal funding, and, unfortunately, federal funding for the program ended September 30 of this year. In order for CHP+ to continue, Congress must pass a law to renew federal funding. Without renewal, CHP+ in Colorado will end on January 31, 2018, and those enrolled in it will lose coverage.

The good news? Those enrolled in CHP+ will continue to have access to care until that time. This means you can still go to that doctor's appointment you have scheduled in two weeks (or anytime before Jan. 31) and fill your prescriptions as needed.

Those currently enrolled in CHP+ may have received a letter in the mail that informs them that their coverage and benefits may end. It is important to note that this is NOT a termination letter. It is simply meant to keep individuals updated on the status of their coverage, while providing potential options for other health insurance if Congress fails to act before late December.

If Congress does fail to act by late December, individuals enrolled in CHP+ will receive a Notice of Action from the state of Colorado

and Connect for Health Colorado. This will be the official termination letter and may also provide an approval for Health First Colorado (Medicaid) or Advanced Premium Tax Credits (APTC) and/or Cost-Sharing Reductions (CSR), if the individual is qualified.

Individuals enrolled in CHP+ should not enroll in another plan until a termination letter is received. However, there are measures that can be taken to ensure the best coverage, should CHP+ benefits end 1/31/2018. For instance, CHP+ members should correct all information in the Colorado Benefits Management System (CBMS) to guarantee the most up-to-date determination for benefits beginning 2/1/2018. In late December, the Eligibility system will run CHP+ members' cases to potentially terminate their CHP+ benefits. During this time, the information in the system will be used to determine eligibility for APTC/CSR. If the information in the system is incorrect, individuals could be enrolled in the wrong APTC amount or CSR level, which could cause them issues when filing tax returns the following year. Therefore, it is crucial that household information be updated.

If you need help reporting a change, TCHNetwork Health Coverage Guides are here to assist you! You may also make the change yourself through your PEAK account. Changes should be reported before the end of the week ending on Dec. 16th.

Additionally, individuals may begin searching for other plan options and may schedule an appointment with a broker or assister to provide help with enrollment should the time come to en-

roll in a new plan. If you have a doctor you can't see yourself letting go of, check that your doctor is covered under the plan you're considering.

Enrollment in a new health coverage plan can occur as early as the day that the CHP+ termination/APTC approval Notice of Action letter is received. As with most things, the earlier, the better. In order to avoid a gap in coverage, CHP+ recipients should enroll in a plan before January 31, 2018 to get a February 1, 2018 start date. Make sure to follow-up with your new insurance company to establish on-going payment for monthly premiums.

It's important to keep in mind that the future of the CHP+ program is still unclear, and, as such, these are all preventive, but nonetheless important, measures. Congress may still reauthorize federal funding for CHP+ at any time, but there is no way of guaranteeing this. For further questions or to schedule an appointment with a TCHNetwork Health Coverage Guide, call 970-708-7096 and we'll be happy to help!



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