

# HEALTH MATTERS

Issue 1  
2020

## Need a hand? RMRH is here to help!

**Rocky Mountain Rural Health** has been helping residents of Park County with health-related concerns since 1989. We are still here in these unprecedented times with resources and connections ready to help. Our grantors have graciously given their permission to reallocate funds earmarked for other programs and projects to better serve the residents of Park County during the COVID crisis.

**Due to current conditions, Rocky Mountain Rural Health is providing the majority of our services remotely. Please call us at 719-836-2169 for assistance in any of the following areas:**

**Connect for Health Colorado:** If you have lost your employment and, as a result, your health insurance, you may qualify for a Special Enrollment Period (SEP). If you have lost hours of employment due to the COVID crisis, you may qualify for tax credits on your existing health insurance plan. We have certified health coverage guides on staff to assist you with the enrollment process or reporting changes to your income.

**Non-Emergency Mileage Reimbursement:** We have funds from two grants to reimburse qualified Park County residents for trips to health-related appointments. One grant is for Park County residents aged 60 or older. The other grant is for residents of either Alma or Fairplay. Both grants stipulate that funds be dispersed to people that do not qualify for non emergency mileage reimbursement under any other program.

**Navigations Services:** Can't find a doctor or specialist? Need help finding home health or durable medical equipment? Our Community Health Workers have contact information on hundreds of providers of health-related services. We also have contact information for agencies, organizations and government programs offering assistance during the COVID crisis.

**Advance Caring Planning:** Been thinking about the future while home in isolation? RMRH can help you put your wishes in writing by selecting an advance directive that best suits your end of life desires.

**Medical Billing Assistance:** Having trouble sorting through a stack of medical bills, trying to understand your insurance carrier's explanation of benefits, or believe you have been wrongly charged? RMRH can help you work through the seemingly insurmountable mounds of paperwork to find answers and solutions.

**Don't go it alone!**

**Call Rocky Mountain Rural Health**

**719-836-2169**

**RMRH is here to help!**

**COVID Relief Assistance:** RMRH has limited funds to assist County residents affected financially by COVID. Qualified households can receive assistance in several different forms such as with rent or utilities.

**Mental Health:** Our Community Health Workers are here to listen and offer assistance finding appropriate resources. If you or a loved one is struggling, don't hesitate to reach out for help. Good News: In the near future, our certified instructors will be offering Mental Health First Aid 'virtually'.

**Personal Grant Assistance:** We help people apply for personal grants to cover health-related goods and services not covered by their insurance such as eyeglasses.

# ENJOY A LITTLE DIVERSION!

## Health Matters Word Search



ACTIVITY  
CARING  
COMMUNICATE  
COUNSELOR  
CURE  
DISTANCE  
DOCTOR  
EXERCISE  
FEELINGS  
FEVER  
GIVING  
GOAL  
GRIEF  
HAPPY

HEADACHE  
HEALING  
HEALTH  
HEART  
HEARTACHE  
HELP  
HONEST  
HOPE  
JOY  
LISTEN  
LONELY  
LOVE  
MASK  
MEDICINE

NURSE  
OUTDOORS  
PATIENT  
SAD  
SHARING  
SOCIAL  
SORROW  
SUCCESS  
SYMPATHY  
SYMPTOMS  
UNDERSTAND  
WORRY

- \* Sidewalk chalk art
- \* Catch fireflies
- \* Make root beer floats
- \* Take a hike
- \* Wash the car
- \* Go berry picking
- \* Make homemade jam
- \* Water balloon catch
- \* Go to a baseball game
- \* Play in the creek
- \* Go out for ice cream
- \* Go for a bike ride
- \* Finger paint
- \* Go fishing
- \* Make a fairy garden
- \* Go stargazing
- \* Watch the sunrise
- \* Watch the sunset
- \* Have a lemonade stand
- \* Start a rock collection
- \* Hunt for cloud animals
- \* Go to a museum
- \* Visit the library
- \* Create a music video
- \* Nap in a hammock
- \* Do a random act of kindness

**Got kids? Here are a few suggestions to fill care-free summer days with non-electronic fun!**

# Mental Health News

## Interview with a Mental Health First Aid Instructor

**Rocky Mountain Rural Health** is dedicated to improving the physical and mental health of Park County residents. To that end two of RMRH's Community Health Workers (CHW) recently became certified as instructors of Mental Health First Aid. *Health Matters* interviewed one of the instructors to better understand the program.

**HM: What is Mental Health First Aid (MHFA)?**

*CHW: MHFA teaches the public how to recognize symptoms of mental health problems and how to offer and provide initial help.*

**HM: Why is it important for the public to get trained in MHFA?**

*CHW: Many people are not well-informed about how to recognize mental health problems, how to respond and where to get help.*

**HM: Why did you want to be certified to teach Mental Health First Aid?**

*CHW: I wanted to get certified to teach these courses to help educate people and stop the stigma surrounding mental health. It's okay to see a doctor if you have a sore throat, it's also okay to see a professional for mental health issues. If we can catch it early on, perhaps we can prevent a tragedy.*

**HM: What did you find the most helpful in the instructor certification course?**

*CHW: One of the most helpful parts was learning what signs and symptoms to look for and learning that we are NOT there to diagnose or treat, just to offer initial help until appropriate professional help can be accessed.*

**HM: Were there any surprises?**

*CHW: Not for me personally but it could be upsetting for someone if they or their loved ones have experienced mental health issues. The course gave us ways to help participants that are feeling distressed.*

**HM: You have my interest and hopefully the interest of our readers. Say we want to attend a traditional MHFA class. What should we expect?**

*CHW: Mental Health First Aid is an 8-hour class that can be done all in one day or in two 4-hour sessions held within a one to two week period. Two different classes are available - one focuses on Adult Mental Health First Aid and the other is on Youth Mental Health First Aid. The youth training class focuses on young people 12 to 18 years of age. Both classes feature interactive sessions. Although no one has to get up in front of people or speak, participation is encouraged and it enriches the class. Some of the topics covered include depression, anxiety, trauma, and substance use disorders. Classes can also be conducted 'virtually'.*

**HM: Who should sign up for a Mental Health First Aid class?**

*CHW: Participants in either the youth or adult training class must be 18 years or older. I encourage anyone with an interest in helping others to take one or both of the classes. What you learn and put into practice may make all the difference in someone's life!*



CLIP AND SAVE MENTAL HEALTH RESOURCES

### Colorado Crisis Services

**CALL: 1-844-493-TALK (8255) AVAILABLE 24/7**

**TEXT: "TALK" to 38255 AVAILABLE 24/7**

**LIVE CHAT: [www.coloradocrisiservices.org](http://www.coloradocrisiservices.org)**

Live Chat Available 4 pm to Midnight daily

**The National Suicide Prevention Hotline:**

**1-800-273-TALK (8255)**

INTERESTED IN TAKING  
MENTAL HEALTH FIRST AID  
TRAINING ?

Call Rocky Mountain Rural  
Health to learn more!

**719-836-2169**

**ROCKY MOUNTAIN RURAL HEALTH** is a 501(c)3 organization that helps people of Park County get the healthcare they need. We are not a government agency. We depend upon grants and donations to continue our mission of improving access to healthcare in our county. There is an ongoing need for our services many of which are not available through any other agency or group.

**Please send your generous donation to:**  
**ROCKY MOUNTAIN RURAL HEALTH (RMRH)**  
**PO BOX 1600**  
**FAIRPLAY CO 80440**

Please use my contribution for:

- Breast Health assisting with diagnosis and treatment
  
- Emergency Assistance for those going through a medical crisis
  
- Transportation for mileage reimbursement for medical appointments
  
- General Operations to help us continue to serve Park County

**THANK YOU!** Your donation is tax deductible to the full amount allowed by law.

Contact us by phone at 719-836-2169 Find us on the web at [www.rmrh.org](http://www.rmrh.org) Like us on Facebook

ROCKY MOUNTAIN RURAL HEALTH  
PO Box 1600  
FAIRPLAY CO 80440

