TRI-COUNTY HEALTH NETWORK

HealthMatters

July 7, 2016 **Volume1** Number6

Upcoming Events

- San Miguel Basin Fair and Rodeo, July 17-23
  - Get information on Colorado insurance and TCHNetwork programming
- Ridgway Farmers Market, every Friday at town park, 10am - 3pm
  - Get information on Colorado insurance and TCHNetwork programming
- Matter of Balance, July 27 - September 14, Norwood Firehouse, 10am - noon
  - Free classes offered in coordination with Touch of Care to help senior citizens at an increased risk of falling
  - Must pre-register by calling: 970-249-6080

All Month

Walking Groups:

- Delta- Fridays, 5:30pm, Meet at Confluence Park
- Westend- Fridays, 1:30pm, Meet in the Naturita Elementary School gym
- Sign up: 970-263-1720

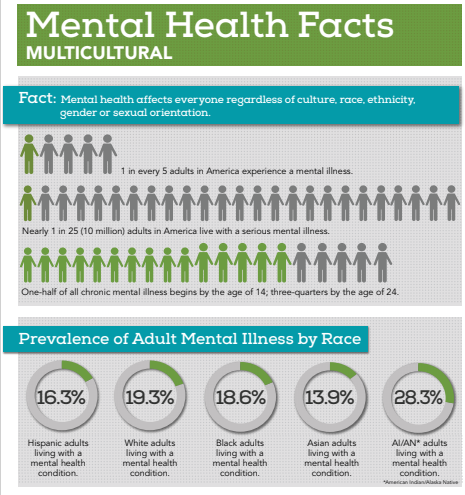
In This Issue

Welcome

JULY is National Minority Mental Health Month. Considering recent local tragedies, we're highlighting mental health in this issue and how you can take care of yourself and assist community members. These first two issues of our new newsletter are being published pretty close together, but in the future, you can expect the newsletter in your email by the first of the month.

National Minority Mental Health Month

MENTAL illness is something people don't like to talk about, but it affects one in five adults and one in 10 children in the United States, according to the Substance Abuse and Mental Health Services Administration (SAMHSA). Mental illness is also a leading cause of disability, but almost two-thirds of people with a diagnosable mental illness do not seek treatment and racial and



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Raising Mental Health Awareness

WITH six suicides in Telluride and the surrounding area since the beginning of the year, San Miguel County now has a suicide rate about six times the national average.

"A lot of people were questioning why this was

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Health Screenings

Biometric testing to determine risk of developing diabetes and/or heart disease

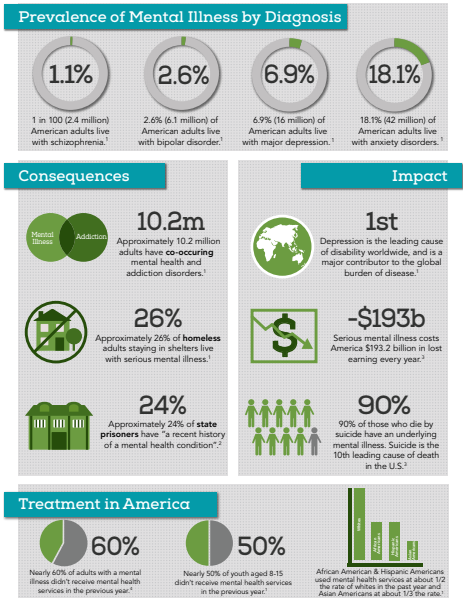
Justine Forster - Delta County

- Tuesdays: Delta Public Library, 11am-4pm
- 1st Friday: Paonia Public Library, 11am-5pm
- 2nd Friday: Hotchkiss Town Hall, 10am-2pm
- 3rd Thursday: Crawford First State Bank, 10am-2pm
- Last Thursday: Cedaredge Civic Center (by VOA meal site), 10am-4pm

Visit http://tchnetwork.org/community-health-worker/ to find a Community Health Worker near you

National Minority Mental Health Month cont from pg 1

ethnic groups in the U.S. are even less likely to get help, according to the National Alliance on Mental Illness.



With this in mind, National Minority Mental Health Month was created in 2008 to improve access to mental health treatment and services and promote public awareness of mental illness among minorities.

Minorities are less likely to receive diagnosis and treatment for their mental illness, have less access to and availability of mental health services, and often receive a poorer quality of mental health care, according to the U.S. Surgeon General. Non-Hispanic whites received mental health treatment two times more often than Hispanics, according to statistics from 2008.

Latino youth, particulary girls, have a high risk of having suicidal thoughts and plans. Suicide attempts for Hispanic girls in grades 9-12 were 70 percent higher than for white girls in the same age group, according to statistics from 2011.

To find a clinic near you, visit the Office of Minority Health's resources page. For local resources, visit the Center for Mental Health's website or call their 24-hour crisis line at 970-252-6220. You can also visit coloradocrisisservices.org.

Talk to your doctor about your specific health risk. You can get your blood pressure and cholesterol checked by your local Community Health Worker and get connected to any resources or care you may need.

Visit:

http://tchnetwork.org/community-health-worker/

to find a Community Health Worker near you.

Raising Mental Health Awareness cont from pg 1

happening here," says Erich Lange, Community Engagement Specialist with Tri-County Health Network and organizer of TCHNetwork's June 29 Mental Health Panel. Lange moderated a panel of mental health professionals, who discussed mental health service challenges and resources and answered questions from the community.

"There was an article written about it through National Geographic, which highlighted the higher suicide rate in Telluride, but also other mountain towns," he says. "And that just caused a lot of questions and concern in our community and the panel was a way to get people together to increase education around mental health and get people to kind of rally towards an action plan. So, it's a first step of many, hopefully."

Lange also teaches Mental Health First Aid, which is an evidence-based program designed to increase awareness and education of mental health.

Participants learn about mental health disorders, he says, work through misconceptions of what mental health is, as well as learn action steps to respond to someone in crisis and get help.

"There's a lack of services in mental health," Lange says. "So because of that, mental health first aid provides individuals the opportunity to take that step up to fill that void when there's not really funding in our community to provide that service...when otherwise there wouldn't be anyone there to step up."

"And if you talk about it in more of a positive and welcoming light, I think that'll cause for a lot of stigma reduction and positive change in our community in regards to just talking about mental health and illness."

One thing Lange and the panel say the community can do is be open to discussing mental health and illness.

Erich Lange (right) takes notes on an action plan with the audience and panel members during the Mental Health Panel on June 29.

"I think whether or not people have training or feel knowledgeable on the topic, you can still come from a point of view of empathy," Lange says. "And if you talk about it in more of a positive and welcoming light, I think that'll cause for a lot of stigma reduction and positive change in our community in regards to just talking about mental health and illness."

For information or to sign up for Mental Health First Aid, call 970-708-7096 or email info@tchnetwork.org. For updates from the panel, visit tchnetwork.org.

Serving Size

Serves 6, 1 1/4 cups per serving

Ingredients

- 1 cup instant pearl barley
- 4 cups water
- 2 whole bay leaves
- 3 medium onions
- 2 medium celery stalks
- 1 medium green, red, yellow, or orange bell pepper
- 2 medium cloves garlic
- 1 Tablespoon canola oil
- 4 ounces ground turkey
- 2 (14 1/2 ounce) cans diced tomatoes, no salt added
- 1 teaspoon salt
- 1/2 teaspoon ground cayenne pepper
- 1 1/2 teaspoons dried oregano
- 1 teaspoon ground black pepper

Materials

- Can opener
- Colander
- Cutting board
- Large pot with lid
- Measuring cups
- Measuring spoons
- Medium pot with lid
- Mixing spoon
- Sharp knife

Chef's Notes

When doubling this recipe, don't double the cayenne pepper unless you prefer a very spicy dish. Vegetarian option: use cooked or canned pinto or black beans, rinsed and drained in place of meat. Brown rice can substitute for barley, if preferred.

July Recipe

Our Cooking Matters classes start July 5 at the Naturita Library in the community room until the West End Economic Development Corporation (WEEDC) Collective Mine opens. Classes are every Tuesday, 4 p.m. - 6 p.m., until August 9. You'll learn how to cook recipes like this Barley Jambalya.

Barley Jambalaya

Instructions

In Advance

1. In a colander, rinse barley under cold water.
2. In a medium pot over high heat, bring barley, water, and bay leaves to a boil. Reduce heat to low and cover. Cook barley until tender and water is absorbed, about 20 - 30 minutes.
3. In a colander, drain barley. Set aside.

Preparation

4. Peel, rinse, dice onions. Rinse and dice celery and pepper. Peel and mince garlic.
5. In a large pot over medium-high heat, heat oil.
6. Add onions, celery, pepper, and garlic to pot. Mix well. Cook until veggies are soft, about 5 minutes.
7. Add ground turkey. Cook until turkey is cooked through, about 5 minutes more.
8. Add tomatoes and their juices. Bring to simmer.
9. Add spices. Stir to combine. Cover and reduce heat. Cook at a low simmer for 15 minutes.
10. Add cooked barley to the mixture. Stir to combine. Add more water or broth, if needed. Cook over low heat to blend flavors, about 5 - 10 minutes more.
11. Remove bay leaves and serve.

Nutrition Facts

Serving Size 1 1/4 cups (302g)
Servings Per Container 6

Amount Per Serving	
Calories 230	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 440mg	**18%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 9g	**36%**
Sugars 9g	
Protein 9g	
Vitamin A 20% • Vitamin C 80%	
Calcium 8% • Iron 15%	

*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

Tomando Teaches Chronic Disease Management

Tomando Control de su Salud is a free Spanish language self-management education intervention for people living with, or caring for people living with, a variety of chronic health conditions.

"We help guide people to have a better life with their chronic disease," says Claudia Gamez, Bilingual Enrollment Navigator with Tri-County Health Network and leader of TCH-Network's Tomando classes. "We're doing it for the Latino community who aren't more ignorant, but with the language barrier, they don't get the help they need and this class is telling them step by step all the resources we have and guiding them through healthy eating, since they can't go to the doctor and get that information in Spanish."

Classes meet once per week for six weeks and address conditions such as arthritis, diabetes, heart disease, and lung disease.

"I took this class in Pueblo and leading the class is like taking it again," says Gamez. "It really helped me make better decisions and changed my life a lot, because it's got a lot of information on healthy eating, exercise, and step-by-step how to make a decision and come out with the right answer on what you want to do."

For more information on Tomando and to keep up-to-date on the next time TCH-Network teaches Tomando, call us at 970-708-7096 or visit our website at tchnetwork.org/programs. For Spanish speakers who need help enrolling in Medicaid, CHP, food stamps, or need a translator at the doctor's office, contact Claudia Gamez at 970-708-4456.

Rethink Your Drink

This summer, rethink your drink to stay hydrated in the heat. Sugary drinks are the leading single source of empty calories in young people's diets and directly contribute to diet-related diseases including obesity and diabetes. Empty calories from added sugars and solid fats contribute to 40 percent of total daily calories for 2–18 year olds and half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk. Check out the infographic below and this handy chart from the Centers for Disease Control and Prevention (CDC) on ways to adjust what you drink.

Happy Fourth of July!

Thank you for reading this month's new and improved Health Matters newsletter. Keep an eye on our website for health insurance video tutorials. To provide feedback on the redesign or send in article submissions, contact vista.market@tchnetwork.org

Improving the health of our communities through innovation & collaboration