

HEALTH MATTERS

Third Quarter 2019

South Park Health Service District and HealthONE

announce the opening of

South Park Health Care

October 8, 2019

The Rocky Mountain Rural Health Building will come back to life on October 8th when South Park Health Care opens its doors as a family practice.

There will be a Community Open House on September 27th from 3 to 6pm at the clinic at 525 Hathaway Street, Fairplay to introduce **Kevin Hattaway, MD** to the community. Representatives from the South Park Health Service District and HealthONE will also be on hand to answer questions and provide materials.

Dr. Hattaway is board certified in family practice with 25 years of healthcare experience including private and solo practices and with the Department of Defense/Army and Department of Veterans Affairs.

He explains his motivation to practice in Fairplay as a 'return to what motivated me to become a doctor in the first place: to treat people with compassion and respect as their family doctor and not just a healthcare provider.'

South Park Health Care will provide well-child services, adult care and women's' health services, chronic disease management, behavioral health services, and substance use disorder services.

Specialists such as pulmonologists and cardiologists from Denver's HealthONE facilities will routinely visit the clinic giving patients access to specialty care without having to travel out of county.

DATES TO REMEMBER

OPEN ENROLLMENT

Connect for Health Colorado

November 1st

to

December 15th

Need help? Call Rocky Mountain Rural Health to schedule an appointment with one of our certified Health Coverage Guides.



More than the 3 R's

Once upon a time, success at school meant mastery of the 3 R's (reading, 'riting, 'rithmetic). Times have changed and so have school curriculums. What hasn't changed are all the factors that directly affect a student's ability to learn.

Many of these factors relate to the physical well-being of the child encompassing general health, nutrition and activity levels.

General Health



We all know how difficult it is to concentrate if we are not feeling our best. Parents are sometimes faced with the decision to send a child to school or keep them home. The National Association of School Nurses (NASN) recommends keeping your child at home if they have a fever of 100.4 degrees or higher or has been vomiting. They also recommend keeping your child at home until they have been fever free without medication for 24 hours.

NASN also recommends keeping your child at home if their symptoms prevent them from participating in school such as excessive tiredness or lack of appetite; productive coughing and sneezing; headache, body aches, earache and/or sore throat. A minor sore throat is usually not a problem but a severe one could be strep throat. Other symptoms of strep throat include headache and stomach upset. A special test is needed to determine if your child has strep throat. Consult your

child's primary care provider.

School nurses play an important role in your child's health at school. They are there to deliver first aid and acute and emergency care for students. They also help to manage chronic conditions such as diabetes and asthma enabling these students to attend school and succeed. School nurses are

also a good resource for parents connecting them with community and health care services.

What can parents do? Work with teachers, administrators and school nurses to promote a healthy and safe school environment!



Nutrition and Hydration

According to the CDC (Centers for Disease Control and Prevention); most schools offer meals through the federal school meal program which requires meals to meet nutrition standards and provide stu-

dents with a variety of healthy foods including fruits, vegetables, whole grains and low-fat and fat-free dairy products.

Hydration also plays an important part in the health and well-being of a child especially at high altitudes found throughout Park County. Water is also a healthy alternative to sugar or artificially sweetened beverages.

What can parents do? Pack balanced lunches and provide your child with a water bottle that they can replenish throughout the school day!



Physical Activity

According to **Active ▶ Schools** (www.activeschoolsus.org), studies show that active kids do better in school in three key areas: they perform better academically, they have better attendance and their behavior improves. On the flip side, **Active ▶ Schools** reports that 2 out of 3 children today are INACTIVE; only 20% of school districts in the US require daily recess; and only 6 states require physical education in every grade.

What can parents do? Encourage physical activity before, during and after school for at least 60 minutes a day!



Mental Health News

Interview with a Mental Health First Aid Training 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 Training. *Health Matters* interviewed one of the instructors to better understand the program.

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

CHW: MHFA training 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 Training?

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: Where 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 MHFA training class. What should we expect?

CHW: Mental Health First Aid Training is 8 an 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 Training and the other class is for Youth Mental Health First Aid Training. 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.

HM: Who should sign up for a Mental Health First Aid Training 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

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.



Shredder says,

*'PLEASE HELP RMRH SO THEY CAN HELP
OUR NEIGHBORS.'*

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

Like us on Facebook

ROCKY MOUNTAIN RURAL HEALTH

PO Box 1600

FAIRPLAY CO 80440

**St. Joseph Breast Care Center
&**

Rocky Mountain Rural Health

Present...

MOBILE MAMMOGRAPHY

in FAIRPLAY

Two Days Only

OCTOBER 2nd & 3rd

Call Rocky Mountain Rural Health

719-836-2169

for an appointment