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
Like us on Facebook

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Shredder says, ‘Please Help RMRH So They Can Help Our Neighbors.’

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

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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 students 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.activeschools.org), studies show that active kids do better in school in three key areas: they perform better academically, they kids do better in school in three key areas: they perform better academically, they

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

Page 2

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 RMRR’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: Have you 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 & 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.coloradocrisisservices.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

Third Quarter 2019
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**Physical Activity**

According to Active Schools (www.actschools.us.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!

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A Quarterly Publication of Rocky Mountain Rural Health

HEALTH MATTERS

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