

*Summit County grantees from
the Supporting Immigrant and
Refugee Families Initiative*

COMMUNITY CONNECTION

WWW.COLORADOTRUST.ORG

Community Connection is a quarterly e-newsletter from The Colorado Trust

EFFORT HELPS COLORADANS LEAD HEALTHIER LIVES

Through a just-completed five-year Trust initiative, *Colorado Healthy People 2010*, 42 grantees across the state exhibited resourcefulness and creativity in their efforts to expand and sustain health promotion programs, and to decrease health disparities. Programs ranged from creating friendly, rival-community dog-walking competitions to encourage physical activity, to providing dental care to low-income children in rural schools.

The Colorado Trust committed \$8.9 million to the initiative and based it on the national Healthy People 2010 objectives developed by the U.S. Office of Disease Prevention and Health Promotion. For the statewide initiative, Colorado was divided into five regions with communities focusing their efforts as follows:

1. Metropolitan Denver — injury prevention
2. Northeastern Colorado — substance abuse prevention and mental health care
3. Northwestern Colorado — obesity prevention and increased physical activity
4. Southeastern Colorado — obesity and diabetes prevention
5. Southwestern Colorado — improving access to health care.



At a recent health fair in Cripple Creek, Linda Musgrove (l), a medical lab technician, performs a glucose test on Christina Rubin (r), Director of Teller County Public Health.

A four-and-a-half year study of the initiative, concentrating on efforts to prevent obesity and increase physical activity, is measuring sustained dietary and physical activity behavior change over time. Additionally, the evaluation is identifying factors in communities and within individuals that encourage healthy behavior change. The evaluation, which is being conducted by the National Research Center, will be completed in 2007.

Two new Trust initiatives are building off of this five-year effort. The seven-year (2005-2012), \$13 million *Equality in Health Initiative* (see article) is designed to reduce racial and ethnic disparities by addressing the needs of the medically underserved. And the five-and-a-half-year (2006-2011), \$8.6 million *Partnerships for Health Initiative* (see article) focuses on improving the coordination of health services at the community level.

While the community grants for the Colorado Healthy People 2010 Initiative concluded in September, many grantees are dedicated to continuing their programs. Highlights of a few of their programs follow.

TRUSTNEWS, *continued*

Obesity Prevention and Increased Physical Activity — *Northwestern Colorado*

Memorial Hospital, the Moffat County Extension and the Visiting Nurse Association, among others, formed Moffat County on the Move. From Healthy Lunch and Eating Well on \$5 a Day projects, to the Craig/Estes Park Dog Walking Challenge, after-school programs designed to increase the number of available physical activities, worksite wellness programs and a new disc-golf course to encourage greater outdoor activity among Craig residents, Moffat County on the Move has become an integrated and ongoing part of the community's comprehensive health and fitness programs. Preliminary results indicate increased awareness of the risks of obesity among residents of all ages, as well as behavior changes that include exercise and a healthy diet.

Dental Care — *Southwestern Colorado*

In the San Juan Basin, Trust funds helped to expand Southwest Smilemakers, a small dental health clinic, to a five-county program serving low-income children directly at their schools. Southwest Smilemakers also put into action a fully-equipped dental van to bring restorative health care to housing units and other community gathering places for low-income families.

Diabetes Prevention — *Southeastern Colorado*

Teller County Public Health will soon have its first Certified Diabetes Educator. CDE certification is necessary for medical reimbursement of teaching patients about diabetes, but certification requirements are usually too costly for small communities. As a result, patients often don't receive proper diabetes education. With a new hospital soon to be built, Teller County Public Health Department's new Certified Diabetes Educator will assist in the development of a diabetes program, as well as in continued efforts in worksites, schools and the community at large.

Mental Health Care — *Northeastern Colorado*

In 2002, the 10-county region served by the Centennial Mental Health Center (CMHC) recorded one of the highest rates of substance abuse among 18- to 59-year-olds in Colorado. In response, CMHC declared substance abuse prevention, intervention and treatment a top priority. The Center's Healthy Teens program provides outreach to youth before they engage in potentially destructive behaviors. Youth engaged in the program participate in activities that promote self esteem, community involvement and setting goals, such as community service activities, attending educational workshops on the effects of methamphetamine use, and learning budgeting and job interviewing skills.

Injury Prevention — *Metro Denver*

In the seven-county Metro Denver region, fitness professionals from recreation centers and senior centers were trained by the Consortium for Older Adult Wellness (COAW) on how best to help prevent falls by older people. The FallProof program was administered to participants ranging in age from 57- to 94-years-old, with preliminary evaluation data showing significant improvement in agility among the nearly 200 participants. Additionally, 25 agencies statewide are now using COAW's less-intensive N'Balance program, providing help to-date to over 400 people at-risk of sustaining serious injury from falling. COAW also developed a great new resource, the Academy for Older Adult Wellness training program, for professionals who work with older adults.



For additional information about the Colorado Healthy People 2010 Initiative, contact Susan Downs-Karkos, Senior Program Officer, susan@coloradotrust.org. For information about the evaluation, contact Nancy Csuti, Dr.PH, Director of Evaluation, nancy@coloradotrust.org.

EQUALITY IN HEALTH INITIATIVE

A new seven year (2005-2012), \$13 million Colorado Trust initiative seeks to reduce racial and ethnic health disparities in Colorado. According to the 2002 Institute of Medicine report, *Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care*, there is evidence that a trend in bias, prejudice and stereotyping on the part of health care providers may contribute to differences in care. In Colorado and across the country, minority populations experience higher rates of chronic diseases, and all too often they are uninsured and unable to access care.

Fourteen nonprofit organizations — including educational institutions and health care clinics — across Colorado have been selected as grantees of this new Trust initiative. A second cycle, mid-way through the Equality in Health Initiative, will provide funding to an additional group of grantees. All grantees will receive grants averaging \$60,000 annually for five years.

The first group of grantees selected will work to bring about improvements in one or more of the following areas: equality in treatment in medical services, equal access to care, equal environmental conditions and healthy behaviors among racial and ethnic minorities. The grantees are:

1. Asian Pacific Development Center (*statewide*)
2. Boys and Girls Club of Craig (*Craig*)
3. Children's Hospital and Piton Foundation (*statewide*)
4. Clayton Family Futures (*Northeast and far-Northeast Denver*)
5. Colorado Community Health Network (*statewide*)
6. CU School of Medicine (*statewide*)
7. Full Circle Inter-Generational Project, Inc. (*Northeast and far-Northeast Denver*)
8. Marillac Clinic (*Mesa County*)
9. Metro Community Provider Network (*Arapahoe and Jefferson counties, and Aurora*)
10. Metro Denver Black Church Initiative (*Metro Denver*)
11. Rural Communities Resource Center (*Akron and Yuma counties*)
12. Summit County Care Clinic (*Summit County*)
13. Telluride Foundation (*San Miguel, West Montrose and Northeastern Dolores counties*)
14. Women's Resource Center (*Larimer County*)
([Click here](#) for additional information about grantees.)

The Colorado Foundation for Families and Children will serve as the statewide coordinating agency for this initiative, providing day-to-day management and technical assistance to each grantee in the areas of cultural competency, program development and program implementation.

An independent evaluation of the initiative will be conducted by the Association for the Study and Development of Community. The evaluation will determine whether the cultural competency of grantees changes over time and how these changes influence the outcome of their work. It also will identify the conditions necessary for an organization to bring about positive changes in cultural competency.

For additional information about the [Equality in Health Initiative](#), contact Ginger Harrell, Program Officer, The Colorado Trust, 303-837-1200, ginger@coloradotrusted.org. For more information on the evaluation, contact Nancy B. Csuti, Dr.PH, Director of Evaluation, The Colorado Trust, 303-837-1200, nancy@coloradotrusted.org



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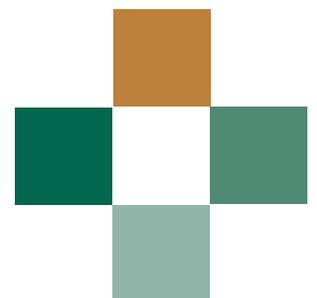
PARTNERSHIPS FOR HEALTH INITIATIVE (NEW FUNDING OPPORTUNITY)

The Colorado Trust has announced a statewide funding opportunity under its new **Partnerships for Health Initiative**. The five-and-a-half-year (2006-2011), \$8.6 million effort will support up to 14 new or existing community health partnerships — consisting of local health departments, county nursing services, community-based organizations and other interested organizations, businesses and community members — to improve the coordination of health services at the community level. Under this initiative, each partnership will be asked to identify a Healthy People 2010 focus area important to its community, and will then develop and implement a coordinated strategic plan to address that health issue.

The Request for Proposals for the Partnerships for Health Initiative is now available. Completed proposals are due to The Trust on November 17, 2005. To request that a print copy of the RFP be mailed to you, please call 303-837-1200 or visit www.coloradotrust.org.

An independent evaluation of this initiative is being conducted by TriWest Group of Boulder, under the direction of Jesús Sanchez, PhD. The purpose of the evaluation is to examine the process of building community partnerships and to identify factors that lead to increased coordinated health over the life of the initiative and beyond. In order to examine the sustainability of the partnerships, the evaluation will continue two years beyond the end of the initiative. In addition, Healthy People 2010 outcomes, as selected by grantees, will be tracked and links between the outcomes and the strength of the partnerships will be explored.

For additional information about the Partnerships for Health Initiative, contact Susan Downs-Karkos, Senior Program Officer, susan@coloradotrust.org. For information about the evaluation, contact Nancy Csuti, Dr.PH, Director of Evaluation, nancy@coloradotrust.org.



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GRANTEES SELECTED FOR MENTAL HEALTH CARE PROJECT

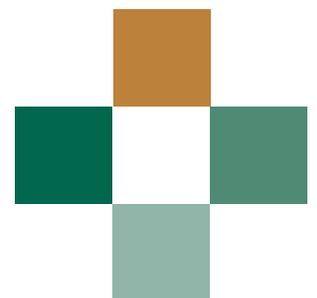
Advancing Colorado's Mental Health Care — a joint effort of The Colorado Trust, Caring for Colorado Foundation, The Denver Foundation and HealthONE Alliance — has selected the following six projects to receive a total of \$3.3 million over the next five years:

1. Denver Public Schools Integration of School and Mental Health Systems Project
2. Prowers County Behavioral Health Integration Project
3. El Paso County Co-occurring Disorders Collaboration
4. Mesa County Consortium on Health
5. Health District of Northern Larimer County
6. Summit County Collaborative.

Each project represents a collaboration among numerous nonprofit and public agencies to improve the integration and coordination of mental health services in their community.

Based on the 2003 comprehensive study of Colorado's mental health system, *The Status of Mental Health Care in Colorado*, Advancing Colorado's Mental Health Care created this project to help better meet the needs of Coloradans with severe mental illnesses.

For additional information about this project, please contact Carol Breslau, Vice President for Initiatives, carol@coloradotrust.org.



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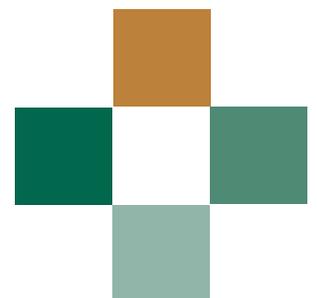
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REGIS HONORS TRUST FELLOWS

On October 10, Regis University held a special celebration recognizing the 15th anniversary of its Master's of Nonprofit Management (MNM) Program. As part of its 15-year celebration, Regis also is honoring the impact The Colorado Trust Fellows program has had on the MNM program.

In 1996, The Colorado Trust and Regis University began a partnership to enhance the effectiveness of Colorado nonprofits by improving program evaluation, management skills, and financial and leadership abilities of current and emerging nonprofit leaders. The Trust provided financial aid to 10-12 students per year and funded Regis faculty to develop additional leadership opportunities for the program. Over the 10 years of Trust support, 109 Fellows participated in the MNM program. Over 80% of Trust Fellows now hold positions as executive directors, COOs and program managers of nonprofit organizations.

Regis is dedicated to continuing the Fellows model to ensure support for diverse, quality leadership of Colorado nonprofits. To learn more about the MNM program and Fellows, please contact the Director of Foundation and Corporate Relations for Regis University at 303-485-4096 or visit www.regis.edu.



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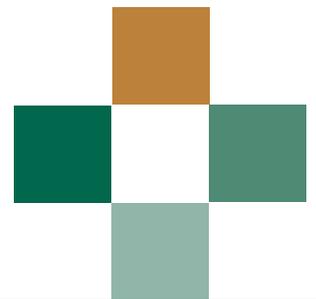


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REACHING OUT TO VICTIMS OF HURRICANE KATRINA

The Board of Trustees of The Colorado Trust has approved up to \$250,000 in funding to provide relief and recovery assistance to evacuees of Hurricane Katrina who are now in Colorado and in the Gulf Coast. Additionally, The Trust has made available to each staff member up to five days to volunteer to personally help with relief efforts. The Trust will also provide an additional 2-to-1 match specifically for relief contributions made by staff and Trustees.



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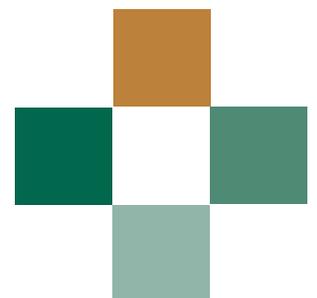
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HEALTH PROFESSIONS INITIATIVE FEATURED ON 9NEWS

On July 19, The Colorado Trust's *Health Professions Initiative* — a three-year (2005-2008), \$10.2 million effort to support new and existing programs dedicated to increasing the number of health care professionals statewide — was featured on Denver's *9 Wants to Know* television program.

The *9 Wants to Know* segment provided the opportunity for viewers to call 9News to receive information and resources about academic and scholarship opportunities in the medical, dental, pharmacy and allied health fields, career placement opportunities and resources to assist individuals in pursuing or re-entering the health care field.

Participants in the broadcast included Sue Carparelli, President and CEO of the Colorado Center for Nursing Excellence; Joni McDaniel, Workforce Employment Specialist, Tri County Workforce Center; Cathy Jarvis, Assistant Dean for Student and Professional Affairs, University of Colorado, School of Pharmacy; Linda Comeaux, Associate Dean of the Division of Health, Math, Science & Engineering, Arapahoe Community College; and Randy Kluender, Pediatric Dentist & Associate Dean for Admissions, Student Affairs and Minority Affairs, University of Colorado, School of Dentistry.



GRANTEENEWS

COMMUNITY SUPPORT

Efforts by The Colorado Trust and its grantees to advance the health and well-being of the people of Colorado included Trust support for the following recent events:

- Coalition for the Medically Underserved — Caring for Colorado's Medically Underserved Annual Conference
- Colorado Children's Campaign — Annual Luncheon
- Colorado Suicide Prevention Coalition — "Wings of Hope" Annual Conference
- E3 (Education to Elevate Colorado's Economy) Summit and Business & Career Forum
- Asian Pacific Development Center's 25th Anniversary Celebration



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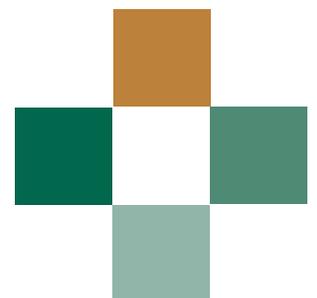
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NEW REPORTS

A Model for Improving Minority Health: The Adult Immunization & Health Screening and Education Project presents evaluation findings of the health education component of The Colorado Trust's three-year effort to help provide more Denver-area minority adults with flu shots and Hepatitis A & B series shots. Implemented by the Visiting Nurse Association, the project — part of The Trust's eight-year (1996-2004), \$3.8 million **Colorado Immunization Initiative** — provided inoculations, immunizations and health screenings in African American, Hispanic and Korean communities at local churches and community agencies.

The *After-School Initiative Evaluation Report* provides an overview of The Colorado Trust's five-year, \$11 million initiative's range of **after-school** programs, a summary of the evaluation findings and discussion of the outcomes. Overall, findings show that youth reported improvements in their positive life choices, sense of self, core values, cultural competency, life skills, community involvement and academic success as a result of participating in the after-school programs.

To request a copy of these evaluations, call 303-837-1200 or send an e-mail to receptionist@coloradotrusted.org. You may also **download these publications** from The Trust's website.



NEWREPORTS