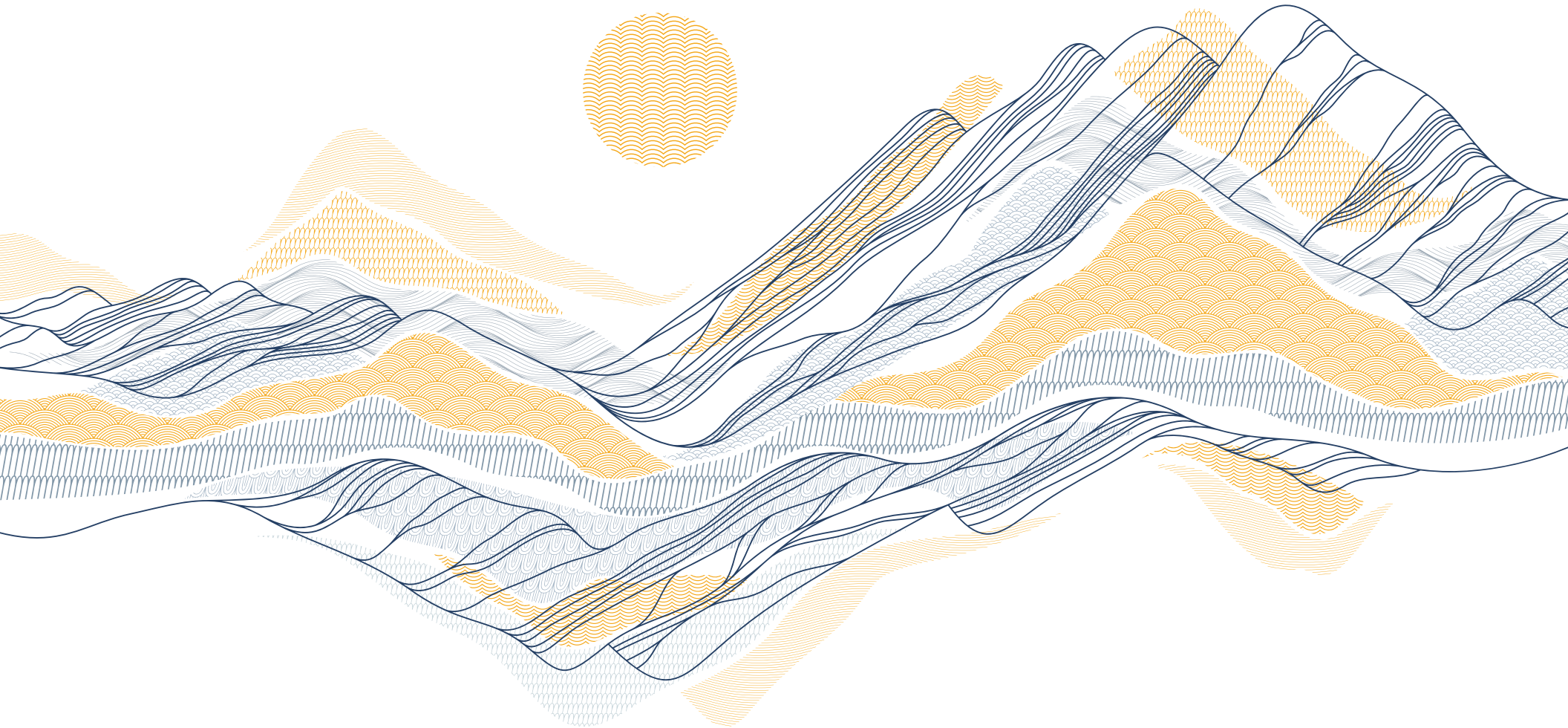


STRONG FUTURE 2022

Behavioral Health Impact Report





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Community Solutions for Behavioral Health

In November of 2018, Summit County Colorado voters passed Referred Measure 1A Strong Future with five separate funding components: early child care and education, zero waste management, forest fire mitigation, capital improvements, and support for behavioral health improvements.

This report is a summary of the behavioral health funds – approximately two million dollars annually for ten years.

The programs listed in this report receive funds annually from the Strong Future funds for behavioral health and are considered imperative for the mental health of all citizens of Summit County.

In all cases, each program has been able to leverage Strong Future funds by obtaining funding from other sources such as grants and donations to not only expand programming and services to the Summit County community, but to also reduce pressure on the Strong Future funding stream.

STRONG 
FUTURE

- » Approximately \$2 million of Strong Future funding is dedicated to behavioral health each year.
- » The Strong Future Mental Health Citizen Committee ensures funding and services are focused on the mental health continuum across Summit County.
- » In 2022, \$300,000 of the funding was allocated to Building Hope for the coordination and administration of Summit County's behavioral health system.
- » The remainder of the fund is distributed through proposals facilitated by Summit County Government and the Mental Health Citizen Committee.

- » Free Community Connectedness Events
- » Mental Health Navigation and Therapy Scholarship Program
- » Mental Health Trainings for community member and local workplaces
- » Peer Support call/text line
- » The Hype youth programming



Building Hope Summit County

The worldwide crisis of the last two years has amplified the need for behavioral health services.

It is reported that 4 in 10 adults in Summit County have expressed symptoms of anxiety and depression since March 2020, a significant jump from 1 in 10 adults reported in January 2019.

Building Hope Summit County is a community-wide initiative designed to create a more coordinated, effective and responsive mental health system that promotes emotional well-being, reduces stigma and improves access to care and support for everyone in Summit County.



5,868

Individuals Served



667

Youth Impacted



326

Community Events



2,360

Scholarships Granted

**“Even if you go alone,
there are supportive people
and you have nothing to lose.”**

—JM, Building Hope event participant





Family & Intercultural Resource Center

Mental Health & Substance Use Navigation

Summit County's Family & Intercultural Resource Center (FIRC) is a non-profit serving our diverse community across a wide spectrum of needs. This includes behavioral health navigation, a service that connects individuals and families to appropriate treatments such as therapeutic and lifesaving support, connection to providers, substance use treatment, in-patient treatment, and support groups.

Individuals of all ages, race and ethnicity participate in this program.

- » Connects individuals/families to behavioral health treatments
- » Supports individuals in achieving their behavioral health goals.
- » Provides housing, food, health insurance, and economic assistance as needed.
- » Partners with **ALMA Peer Support** for participants seeking a Spanish-speaking mental health provider.



350+

Individuals Served



48%

Male/native Spanish Speakers



90%

Participants Continue Engagement



Majority

Show Significant Reductions in Symptoms

Family & Intercultural Resource Center

ALMA Peer Mental Health Program for Spanish Speakers

New immigrant families face barriers such as limited resources, social support, and employment options, overcrowded and unsustainable housing, lack of knowledge of resources, as well as a general lack of knowledge regarding the basic way of life in the United States.

ALMA (Amigas Latinas Motivando el Alma) provides one-on-one and group support to Spanish speaking women who face social isolation, stress, anxiety, and depression.



125+

Participants Served



33

Participant Average Age



47%

Single Moms



86%

Low Income



- » Connects women to a peer/compañera to ease the transition of immigrating to the United States, teaching stress reduction techniques, coping skills, and connection to community resources.
- » Provides ongoing monthly support groups.
- » Partners with Summit School District to connect with basic needs and resources, and to facilitate social interactions and behavioral health resources.
- » Participants show significant reductions in stigma and symptoms of anxiety and depression, and an increase in family stability.



“I truly don’t believe that I would be where I am now without the guidance and resources provided to me by staff with the FIRC Navigation program. Thank you so much!” — *LN, Program Participant*

- » 24 hours/7 days a week support for individuals looking to end their substance use
- » Utilizes clinical interventions and/or medication to overcome the struggles of physical and psychological withdrawal.
- » Customized treatment plans are created through addiction counselors based on each client's needs.
- » Provide a seamless transition to outpatient programs and residential treatment following withdrawal management.

Recovery Resources

Summit County Clinical Withdrawal Management

Substance and alcohol abuse is prevalent in Summit County. Making the decision to live a sober life and enter recovery can be extremely difficult. Recovery Resources offers clinical withdrawal management services to Summit County, also known as Detox, offering compassion and support for individuals looking to end their substance use and overcome the struggles of physical and psychological withdrawal.



332

Individuals Served



39%

30-65 Years Old



Majority

Cases Involve Alcohol



45%

Continue Treatment



Summit County Sheriff's Office

STARR: Strategies to Avoid Relapse and Recidivism

At the Summit County jail, inmates often show signs of substance abuse and poor behavioral health. While it is imperative to provide the proper punishment for inmates, it is also vital for the long-term sustainability of the community to offer treatment and opportunities for rehabilitation—proven to decrease the chance of another crime in the future.

The Summit County Sheriff's Office has established the Strategies to Avoid Relapse and Recidivism (STARR) program, which provides substance use and mental health treatment services within the detention facility. The team consists of a law enforcement coordinator, case manager, and a licensed mental health clinician.



224

Inmates Participated



25%

Homeless Individuals



60%

Have a History of Traumatic Brain Injury



- » Focuses on behavioral health, utilizing a variety of treatments for trauma and other disorders.
- » Testing is provided for overall behavioral health, suicide potential, and traumatic brain injury.
- » Provides group and individual therapy sessions.
- » Upon release, participants are provided a connection to free or low-cost services in the community, including re-entry coordinator services.



“I am doing a lot better and I’m talking with my therapist regularly. Thank you so very much for everything that you do.” — *CR, program participant*

- » De-escalate in place, allowing individuals to connect with their support system and stabilize vs. going to the emergency department, saves local first responder resources.
- » Connects individuals with therapeutic support, coaching, and connection with local resources – ensuring safe re-entry after crisis events.
- » Reduces criminal recidivism for participants and diverts appropriate cases from the criminal justice system.

Summit County Sheriff's Office

SMART: System-wide Mental Assessment Response Team

Nationwide interactions with law enforcement and citizens in mental health crises have prompted the demand for introducing mental-health training to our local law enforcement to prevent escalating situations in our community. SMART conducts full mental health assessments of community members in crisis, stabilizing them in-home and connecting them with appropriate follow-up care.



500

Individuals Served



747

Hours of First Responder Hours Saved



621

Responses to Calls



90%

Diversion Rate vs. Hospital Visit



Summit Community Care Clinic

School Based Health Center (SBHC) Behavioral Health Services

Adolescents have increased levels of depression, stress, anxiety, and suicidal ideation than in years past. The School Based Health Center (SBHC) provides high quality, easily accessible behavioral health (BH) services to students in all Summit School District Schools – with the goal of helping them stay in school, stay in their home, and proactively work through a crisis with a trusted adult. Our goal is to provide the youth of Summit County with the resources they need to thrive emotionally and physically.



300

Individuals Served



39%

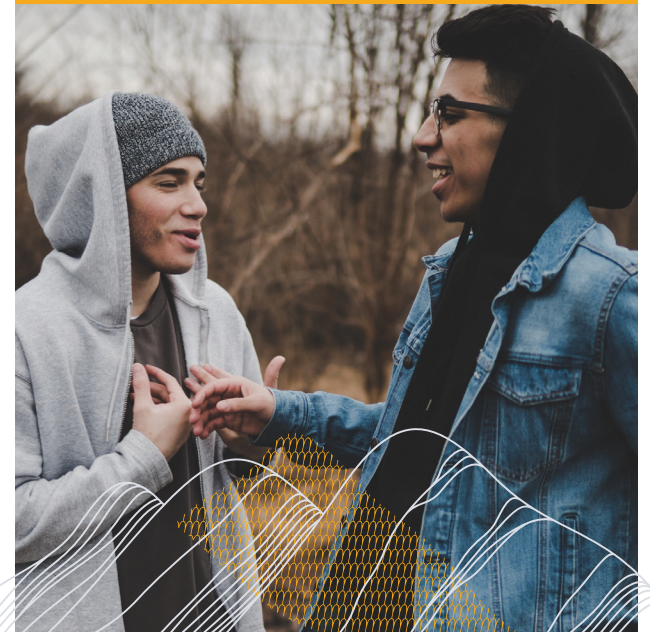
Of Visits Are Behavioral Health Related



6

Locations in Summit, Lake, and Park

- » Provides behavioral health assessments and crisis response.
- » Programs include substance use education with topics such as vaping and tobacco use.
- » Offers individual and group counseling.
- » Connects students to outside providers and social services, including behavioral health providers.



New programs for 2023

With the continued demand increasing for mental health resources in Summit County, new programs have been created for 2023.

Immediate Access to Care has reserved slots for individuals in crisis with access to care seven days a week. Immediate Access to Care is available through programs listed in this report.

Summit Wellness Hub is a collaboration between Mile High Behavioral Health, Front Range Clinic and Building Hope. The Summit Wellness Hub supports individuals on their journey of recovery—from trauma, substance use and mental health issues, and homelessness. Summit Wellness Hub believes in access to care and treatment for all individuals in Summit County.



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