



Health Care Happenings

A Pueblo Community Health Center Update

1st Quarter 2015

In This Issue...

CEO's Letter..... 2

Make a Difference..... 2

Meet 3

Behavioral Health
Data..... 3

Donate Today 4



Caring for the “Whole Person”

When you think about good health, do you consider that includes not just your physical health, but also your dental and mental health? At PCHC, we believe it is critical to our patients to have access to the full spectrum of care.

Integrated care addresses the physical and mental/behavioral health needs of all patients. It's about convenience and improved outcomes for patients and having care providers (both physical and behavioral) co-located in the same building and office area. This is how the PCHC care teams are able to provide a broad spectrum of services in one setting.

Many patients who see us have mental health care needs whose symptoms may overlap with medical disorders. These may exacerbate, complicate, or masquerade as physical symptoms. In addition, many medical problems and outcomes can be improved through behavioral care attention. This early intervention can prevent some acute concerns from becoming chronic health conditions.

We are grateful that our behavioral health care professionals can collaborate with our physical health providers. Their teamwork enables us to develop treatment plans, monitor patient progress, improve our patients' care experience, adapt to their changing needs and provide true “whole person” care.

*Executive Leadership
Team*

Donald Moore
Chief Executive Officer

Michael Barris, MD
Co-Chief Medical Officer

David Krause, MD
Co-Chief Medical Officer

Karen Miller, DDS
Chief Dental Officer

Justin McCarthy
Chief Operations Officer

Cindy Pratt
Chief Financial Officer

Laura Kelly
Chief Development/
Foundation Officer

*Health Center
Board of Directors*

John Mark Hild, President

Jay Richter, MD, Past President

Michelle Sandoval, President-Elect

Dan Ludwig, Treasurer

Chris Markuson, Secretary

Board Members:

Shirley Cordova

Geri Davis

Shantel Gallegos

Rebecca Goodman

Veronica Ibarra

Amy Jimenez

Theresa Romero

R.J. Schultz, DDS

Mary Twinem, PsyD

Arthur Yarbrough, Jr.

*Foundation
Board of Directors*

Tracy Samora, President

Henry Roman, EdD, Vice President

Tina Gage, Secretary/Treasurer

Board Members:

Karen Boudreau

John B. Cordova

Nick Donovan

Mike Nerenberg, MD

Suzanne Seppala

Jeffrey C. Shaw, Esq

Leah Willey

Donald Moore, CEO

Letter from the CEO

Dear Friends,

About four years ago, a very close family member overcame and now manages a significant mental illness: anxiety. The impact of the anxiety was profound. It negatively affected family relationships, included addiction and, most importantly, prevented her from being healthy and whole. How did she gain control of her situation? It all started with an intervention and encouragement from her primary care provider.

I share this personal story as an example of how most people access mental health care. According to State health officials, 80% of people with a behavioral health disorder visited a primary care provider in the prior 12 months and 50% of all behavioral health disorders are treated by a primary care provider. Providing high quality primary care means providing high quality behavioral health care. Separating the two is inadequate, they must be integrated.

Pueblo Community Health Center (PCHC) has provided mental health care services in conjunction with medical and dental health care services for 18 years. Today, licensed mental health clinicians literally have offices next to our primary care providers. PCHC handles patients in crisis as well as patients who must manage chronic mental illness, like anxiety and depression, over the long haul. We link patients to therapy, medications and community services depending on their needs. Most importantly, every patient we serve can access integrated primary care services regardless of ability to pay.

I know how relieved I felt when my family member received treatment that began with a primary care provider she trusted. That's our goal at PCHC: we want trust to be at the center of our patient relationships. Whatever their health concerns, even mental illness, we know if patients trust us we can help them.



Donald Moore
Chief Executive Officer



Giving to PCHC Changes Lives

For nearly 32 years, PCHC has served the health care needs of the people of Pueblo and Huerfano counties, regardless of a patient's ability to pay. If you contribute, it enables us to continue offering expanded services that include primary medical care, dental, behavioral health, and pharmacy. If you want to help us perpetuate our mission, we invite you to make a contribution to Pueblo Community Health Center Foundation.

All funds raised through this plea will be put into our Foundation for future health center needs. Any donation is appreciated, there is no gift too small. Everything we raise will make a difference in the lives of the people we care for and who trust their health needs to our providers.

If you would like to learn more about naming opportunities or planning for larger gifts, please contact Laura Kelly, Chief Development and Foundation Officer at (719) 543-8718 x 152 or email lkelly@pueblochc.org. We appreciate your support and are grateful for your interest in PCHC.

Mission

Since 1983, Pueblo Community Health Center has provided primary care to those in need

Meet Cindy Jimenez, Director of Behavioral Health

Years with PCHC: 8

What you do at PCHC: Director of Integrated/Behavioral Health

Where are you from: Southeastern Colorado, I lived on the family ranch (I am a 5th generation rancher's daughter) in Kiowa County in the early years then moved to Cheraw Colorado as a teenager.

Where did you go to school to earn your credentials: Adams State University in Alamosa for Bachelors degree, Colorado State University Fort Collins for Masters degree.

Hobbies/Interests: Reading, family -- especially my grandson and soon to arrive granddaughter, Free Cell, trivia, Broncos, Rockies. I also love a good laugh!

Favorite food/restaurant: Mexican or Italian.

Favorite movie: This is hard.... I don't really have a favorite, but prefer comedy and tend to pick movies based on the cast.

Favorite music/band: Classic (sigh I am old) Rock. Eagles, Stones, Clapton, Rod Stewart, Beatles, you get the picture lol!

Favorite place to vacation: Anywhere warm and low key.

Most surprising talent: I can pinch with my toes and pick up things or yes I can tie a cherry stem in a knot without using my hands... maybe we keep that one quiet!

Most rewarding aspect of your job: That moment when the light goes on for people; for patients this is when they realize they have choices and can move forward. For staff when they realize they can make a difference and they feel confident in their skills. And for colleagues when the synergy is so good you can feel it ☺



Locations

Colorado Avenue Clinic
300 Colorado Avenue
Pueblo, Colorado 81004
(719) 543-8711

**Pharmacy & Administrative Services
(Patient Registration, Patient
Accounts & Human Resources)**
110 East Routh Avenue
Pueblo, Colorado 81004
(719) 543-4545 (Pharmacy)
(719) 543-8711 (Administration)

Park Hill Clinic & Pharmacy
1302 East 5th Street
Pueblo, Colorado 81001
(719) 543-8711 (Medical)
(719) 545-5582 (Pharmacy)

O'Rourke Dental Clinic
2030 Lake Avenue
Pueblo, Colorado 81004
(719) 564-4823

Avondale Clinic
328 Avondale Boulevard
Avondale, Colorado 81022
(719) 947-3344

Grand Avenue Clinic
1008 North Grand Avenue
Pueblo, Colorado 81003
(719) 584-3964

**Central High School-Based Wellness
Center**
216 East Orman Avenue
Pueblo, Colorado 81004
(719) 253-6156

**East High School-Based Wellness
Center**
9 MacNeil Road
Pueblo, Colorado 81001
(719) 549-7730

**Pueblo County High School-Based
Wellness Center**
1050 35th Lane
Pueblo, Colorado 81006
(719) 544-7247

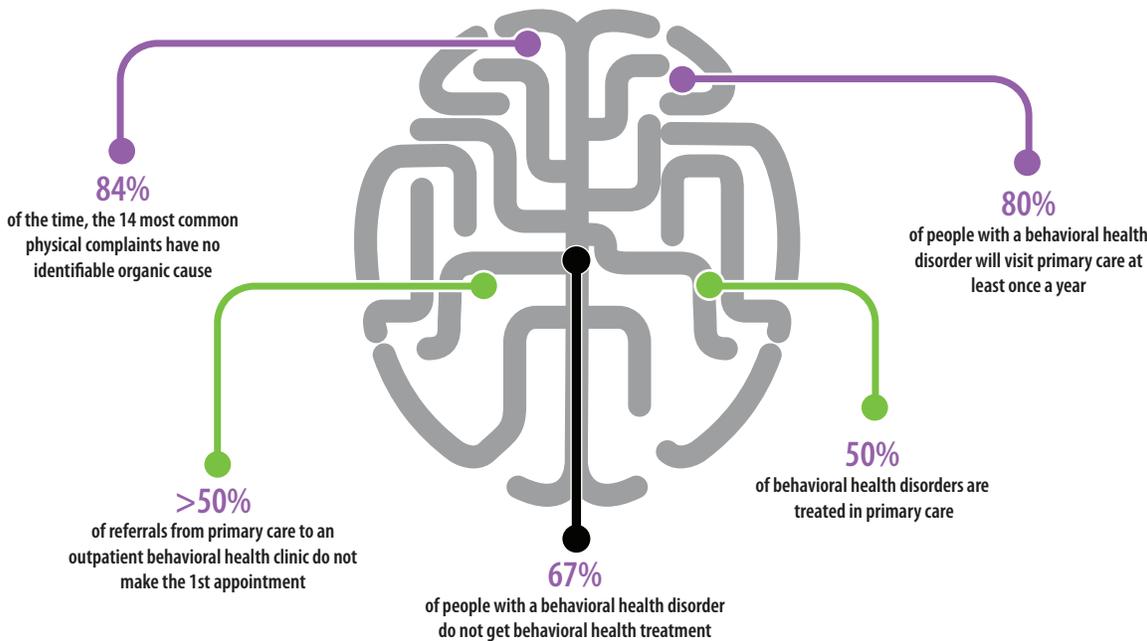
**Heroes K-8 Academy School-Based
Wellness Center**
715 West 20th Street
Pueblo, Colorado 81003
(719) 253-6310

**Risley International School-Based
Wellness Center**
625 Monument Avenue
Pueblo, Colorado 81001
(719) 549-7915

Walsenburg OB Clinic
129 Kansas Avenue
Walsenburg, Colorado 81089
(719) 738-2718

Administration & Foundation
112 East Pitkin Avenue
Pueblo, Colorado 81004
(719) 543-8711

Colorado Behavioral Health Care Matters



Since 1996, PCHC has employed at least one master level licensed behavioral health provider. The model of behavioral health care at PCHC has evolved over the years to meet the needs of its clients and the community.

Vision

To be the primary health care provider of choice in Pueblo County by providing top quality care through accessibility, leadership and financial independence



Pueblo Community Health Center

110 East Routt Ave.
Pueblo, Colorado 81004

NON PROFIT ORG
US POSTAGE
PAID
COLO SPGS, CO
PERMIT #1



Please consider donating to help Pueblo's families in need of high quality, affordable health care.

Amount

- \$25 \$50 \$100
 \$200 Other _____

If you wish to have your gift of \$250+ qualify for Colorado Enterprise Zone tax credits, please make check payable to "Pueblo County Enterprise Zone" and mail to PCHC Foundation

Check enclosed, payable to: **PCHC Foundation**
110 E. Routt Ave. • Pueblo, CO 81004

Charge my credit or debit card:

Card Number _____ Expires (mo/year) _____

Card Billing Address _____

Signature _____

Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Please remember us in your will and trusts.