

# Connections

The Newsletter of the Connections Program

A Partnership Between the Health District of Northern Larimer County and SummitStone Health Partners

## Redesigned HealthInfoSource.com Coming This Summer

Submitted by: Emily Leetham and Pam Klein

*Introducing the redesigned HealthInfoSource.com—a comprehensive website focusing on mental health and substance use services in Larimer County.*

### Wait a minute... I've heard of HealthInfoSource. I might even have my practice listed on it.

Great! Thanks for supporting the Health District and Connections in our efforts to link clients with the behavioral health services they're looking for. You may remember that the original HealthInfoSource.com was launched back in 2003 to help the community find resources for myriad healthcare needs, including behavioral health, medical and dental care, and more. The new site, however, will be completely redesigned and will emphasize local mental health and substance use services.

### So what's new and improved?

Fast forward more than 15 years, and we've seen huge technological advances. The use of cellphones and how we search for information, as well as the amount of information available, has changed tremendously. However, it's not always easy to find what you need.

As you know, the behavioral health system can be hard to navigate, leaving clients feeling frustrated and hopeless in their search for services. With the new HealthInfoSource, our goal is to guide people to the right type of care and services to meet their needs.

A team at the Health District has been working to design the website with both providers and the general public in mind. Some of the search filtering will include categories similar to the ones on the earlier version of HealthInfoSource, but users will be better able to tailor their searches.

Community members can search for a provider based on criteria that will be most useful for them, including

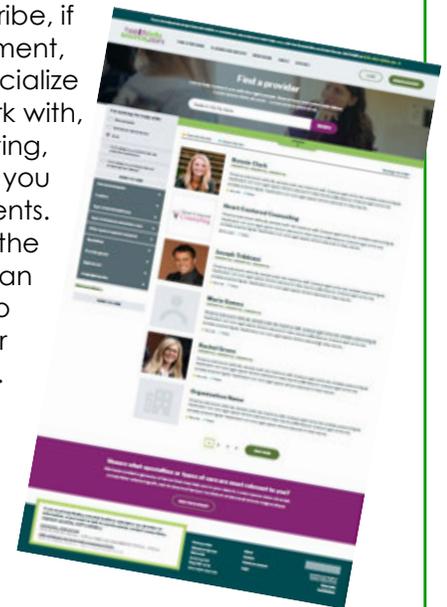
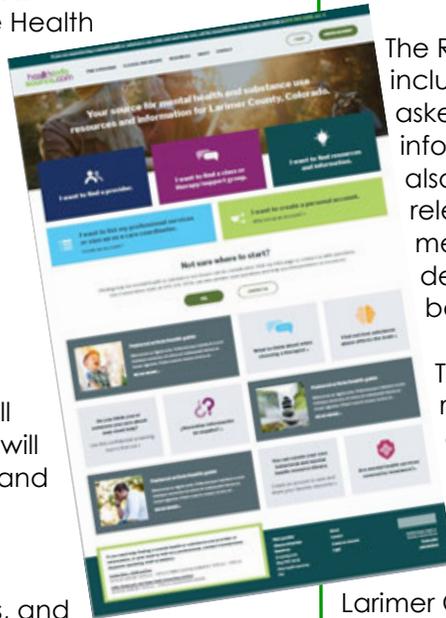
location, insurance, populations served (such as veterans, LGBTQ+), whether a provider is accepting new clients, and more. Care coordinators and other professionals can make referrals and help their clients find resources by searching on type of care (IOP, MAT), treatment approach (ACT, CBT), and other criteria.

The Resources section of HealthInfoSource will include health guides with answers to commonly asked questions about therapy, along with information about different conditions. The site will also feature behavioral health articles and links to relevant resources. In addition, community members will be able to take brief screenings to determine if seeking professional help would be beneficial.

The best part: This is a local site so we can add resources as the needs of the community change, and we'll be able to make changes to the website based on feedback from users.

### How else can the new website help me?

If you're a behavioral health provider in Larimer County, you can list your services for free on HealthInfoSource. You'll be able to create a profile with information about the insurances you take, medications you prescribe, if you provide MAT treatment, what life issues you specialize in, populations you work with, groups you are facilitating, and, most important, if you are accepting new clients. Those are just a few of the categories. And, you can easily make changes to your listing to keep your information up to date.



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We encourage you to submit short articles (50-600 words) on therapeutic approaches, mental health topics, case studies, or therapeutic book/movie reviews, etc., and will publish them as space allows. We reserve the right to edit all submissions.

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Another helpful feature for providers is the Professional Announcements page. Ever thought, "I know somebody sent out information about a trauma training...where did I see that?" Various behavioral health groups and networks share a lot of information, and it can be hard to keep track of it all. Whether you're hosting a training or workshop, establishing supervision or consultation groups, posting a local job opening, or have office space to rent, this page will allow you to share your announcements all in one place. Getting the word out just got so much easier! You can also browse through recent announcements or choose specific topics to view.

## Sounds great! When do I get to participate in the new HealthInfoSource?

Much of the website has been designed and we're continuing to add content, but we still have a lot of work to do. We'll be sending information to providers about creating a profile as it gets closer to our launch date this summer.

We're looking forward to partnering with you to make this new site a comprehensive, up-to-date, and useful resource for everyone in Larimer County!

For more information or if you have any questions, please feel free to reach out to me at [eleetham@healthdistrict.org](mailto:eleetham@healthdistrict.org) or by calling 970-530-2883.

Editor's note: The website is still under development, so the images shown in this article may not reflect the final web pages.

## Resources for the Professional

### Ketamine-assisted Therapy: Open House

Interested in learning more about what ketamine-assisted therapy is, who it is indicated for, and how it works? Please join the therapy practice Enduring Love for this free open house where you can ask questions and meet local therapists and a psychiatrist aiming to offer the potentially transformative work of ketamine-assisted therapy in an affordable, accessible way.

The physical gathering is limited to 10 people, with a Zoom link for others to join virtually.

**When:** Wednesday, May 20th, 6:00-7:30pm

**Where:** 204 Walnut Street in Old Town Fort Collins

To learn more about the open house and other trainings offered, and to RSVP, visit

<https://www.enduringlovecolorado.com/event-registration>

## Connections

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Submissions printed in *Connections* do not necessarily reflect the views of the Connections Program. Our editorial staff do not check the credentials of individuals wishing to submit groups or other listings. If you have concerns regarding credentials or other issues, please contact the group leader or author of the article directly. The purpose of the newsletter is to offer information on community happenings of interest to mental health and human services providers and updates on services available through the Connections Program. Thank you.

## Resources for the Professional

### Training: Social Media Automation

#### How I Learned to Stop Worrying and Love the Robots

Join NorthStar Transitions as they host Marc Azoulay, LPC, LAC, CGP, ACS to speak on social media marketing. In this presentation, you will learn how to automate one of the least favorite tasks in our industry—marketing. By using affordable and user-friendly online tools, you can create a synergistic lead generation system that will free up your time to focus on what matters most. Spend less time on Facebook and more time with your clients. It's as simple as that.



**When:** Friday, May 8th  
9:30-11:30am

**Where:** Zoom Meeting

<https://zoom.us/j/95909132131?pwd=bjRTeEx0QU4zR01tV1hWYnVldG9wdz09>

Meeting ID: 959 0913 2131

Password: 314965

For more information and to register, visit:

<https://www.eventbrite.com/e/social-media-automation-how-i-learned-to-stop-worrying-and-love-the-robots-tickets-103455181232?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&aff=escb&utm-source=cp&utm-term=listing>

## Resources for the Community

### Healing from Trauma Education and Skills Group

In this 8-week education and skills group, learn about trauma and its impact as well as mindfulness-based tools and strategies to effectively cope.

Topics covered: PTSD symptoms, triggers, breath work, boundaries, reactions to trauma, coping skills, somatic experiencing, and trust.

Facilitated by Rachel Lucas, LPC, NCC, CACII and Emilie Ryan, LPC, NCC, RYT

**When:** Thursdays, May 21st—July 9th  
5:30-7:00pm

**Where:** 300 E. Horsetooth Road, Suite 200  
Fort Collins, CO

All major insurances and private pay accepted.

To register or for more information, contact:  
Rachel at 970-818-2659 or email [rachellucascounseling@gmail.com](mailto:rachellucascounseling@gmail.com).  
Emilie at 970-716-0417 or [sosmindfulness@gmail.com](mailto:sosmindfulness@gmail.com).

## Resources for the Community

### Interpersonal Trauma Support Group

Process group for survivors of interpersonal trauma, including sexual assault, relationship violence, and physical or sexual abuse. This is a place for members to connect with others who have undergone similar experiences, give and receive support, and share insights and hopes.

This group has limited structure to encourage members to bring various topics and questions for discussion, with likely themes to include:

- Processing Traumatic Experiences
- Coping Strategies
- Relationship Dynamics
- Establishing Safety
- Creating Meaning
- Trust

Facilitated by Rachel Lucas, LPC, NCC, CACII

**When:** Tuesdays, 5:30-6:45pm

**Where:** 300 E. Horsetooth Road, Suite 200  
Fort Collins, CO



All major insurances and private pay accepted.

To register or for more information, contact Rachel Lucas at [rachelucasounseling@gmail.com](mailto:rachelucasounseling@gmail.com) or by phone at 970-818-2659.

### Free Webinar Series for Friends and Loved Ones of Those in Recovery

#### Save-the-Date!

Join AspenRidge for their free Friends & Family Webinar series exploring codependency and attachment. The next webinar takes place on **Tuesday, May 26th from 6:00-7:00pm**.

More details to come. Check back to <https://www.eventbrite.com/e/free-webinar-series-exploring-codependency-and-attachment-tickets-103474464910> for updated information and to register.

### Online and Phone Peer Support Groups

Western Massachusetts Recovery Learning Center has compiled a list of online and phone peer support groups.

Please click on the link <http://www.westernmassrlc.org/hidden-community-happenings-fix/888-on-line-and-phone-supports-march-2020> to view support groups to help your clients.

## Resources for the Community

### Support, Education, and Process Group

Online group specifically to help people manage stress, fear, anxiety, loneliness, and depression at this time.

**Facilitated by:** Vickie Gerber, LPC, CACII, ADS

**Cost:** \$50/session. Most insurances accepted. Sliding scale if cost is a barrier.

For more information, Contact Vickie at [Victoria.Gerber@polarispartnerscc.com](mailto:Victoria.Gerber@polarispartnerscc.com).

### Adolescent Telehealth Parent Support Group

Navigating parenting during this unprecedented time is difficult. Join Centennial Peaks and find support with others during the COVID-19 crisis by addressing shared challenges and triumphs.

**When:** Tuesdays, 6:00-7:00pm

**Cost:** Free

For more information, contact Betsy McLain, LPC, CACIII at [elizabeth.mclain@uhsinc.com](mailto:elizabeth.mclain@uhsinc.com) or by phone at 303-666-2009.

#### A Message from Centennial Peaks:

##### CALL US FIRST!

Our facility is fully operational and serving the needs of our community. In light of the COVID-19 pandemic, we are taking proactive steps to keep our patients and team members safe, including screening all individuals upon entering the facility. We are actively monitoring and responding to all recommendations made by the CDC and our local regulatory and health authorities.

##### SAVE TIME AND SAVE LIVES

- Psychiatric screening and assessments available 24/7
- Intake is available for your call; tele-assessment may also be available.

No referral needed, anyone may call for assistance.

303-673-9990  
[www.centennialpeaks.com](http://www.centennialpeaks.com)

