

# COMMITTED to Finding Solutions For Our Mental Health Epidemic

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## Problem

Mountain Resort communities are experiencing a significant increase in mental health crisis's resulting in drug overdoses and suicides. Contributing factors to this crisis are the isolation of living in a small remote communities, lack of affordable housing, long winters with fewer hours of sunlight, adrenalin/addiction correlation and the party scene that is created when people go on vacation never stops when you live vacationland.

## Issue #1 – Serious lack of access to care in Grand County

### Goal:

Become a Community Partner that will help facilitate:

- Improved Crisis Response with Law Enforcement
- Provide access to Integrated Care with access to medication management
- Support delivery of in-home wrap-around services for high-risk youths
- Expand the Teletherapy service options
- Sustain and expand direct services for youth
- Increase availability of group services for therapy and support groups
- Work with other services in the community to co-locate multiple services

## Issue #2 – Work to create an awareness/education campaign to educate our citizens on the challenges our community is experiencing

### Goal:

Become part of the Community Leadership Group who will create a forum for community voices around mental health issues:

- Streamline messaging by promoting a single website, develop and maintain consistent messaging across multiple entities
- Offer Mental Health & Suicide Prevention Education

- Engage and support local business owners with developing programs that promote mental health/recovery friendly work places
- Expand mental health education services in Spanish

### **Issue #3 – Develop community wide prevention strategies**

#### **Goal:**

Partner with our schools and youth programs to develop effective education programs:

- Increase engagement at MPH with Zero Suicide Initiative
- Educate young adults about Harm Reduction Practices
- Fentanyl Education Presentation to be made at local schools
- Create a Youth Mentoring Program along with providing safe spaces for Middle Schoolers and High Schoolers

### **Issue #4 – Once a community member seeks help with their addiction, our community is a very challenging place to practice new sobriety**

#### **Goal:**

Provide financial support for programs that facilitate Recovery Strategies:

- Facilitate Certified Peer Support Training
- Expand and promote safe and sober activities and events
- Increase the options for Recovery Support Meetings
- Inpatient Discharge Support
- Invest in a Sober Living location similar to Oxford House

### **Issue #5 – Support our providers financially as well as emotionally**

#### **Goal:**

Our providers need support as well. They often experience compassion fatigue; their pay is not high enough to live in a resort community and spend hours on paperwork:

- Provide access to peer support, consultation and supervision
- Assist in loan forgiveness, tuition and housing assistance and provide benefits that will target work force development

- Streamline the referral process
- Improve trauma informed services and provide education for healthcare providers and the community

## Solution

As community leaders, we need to advocate for improved mental health in the community at large. Help is needed to fund programs, services, provider retention and recruitment, facilities for therapy and sober living. Community awareness will start the shift to alternative healthy lifestyles by giving the sober community options to enjoy the outdoors without fueling addiction.

**Thank you to Makena Line for sharing her Community Wide Behavioral Health Plan 2023-2027**

<https://gcruralhealth.org/bhsp/>

[Co Dept of Public Health and Environment - Overdose](#)

[CDPHE - Suicide Data](#)

