



Keeping the **H** in Hometown®

# Southwest Health System

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## Community Health Needs Assessment and Implementation Plan

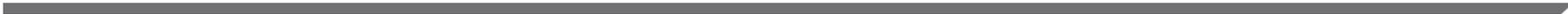
October 2022



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# **Section 1:** **Community Health Needs Assessment**



# EXECUTIVE SUMMARY

## Executive Summary

A comprehensive, six-step community health needs assessment (“CHNA”) was conducted for Southwest Health System (SHS) by Community Hospital Consulting (CHC Consulting). This CHNA utilizes relevant health data and stakeholder input to identify the significant community health needs in Montezuma County, Colorado.

The CHNA Team, consisting of leadership from SHS, met with staff from CHC Consulting on July 25, 2022 to review the research findings and prioritize the community health needs. Five significant community health needs were identified by assessing the prevalence of the issues identified from the health data findings combined with the frequency and severity of mentions in community input.

The CHNA Team participated in a prioritization process using a structured matrix to rank the community health needs based on three characteristics: size and prevalence of the issue, effectiveness of interventions and the hospital’s capacity to address the need. Once this prioritization process was complete, the hospital leadership voted on what needs to address and decided to address four of the five prioritized needs in various capacities through a hospital specific implementation plan.

The five most significant needs, as discussed during the July 25th prioritization meeting, are listed below:

1. Access to Mental and Behavioral Health Care Services and Providers
2. Continued Recruitment & Retention of Healthcare Workforce
3. Increased Emphasis on Addressing Social Determinants of Health to Reduce Health Disparities Among Specific Populations
4. Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles
5. Access to Dental Care Services and Providers

While SHS acknowledges that this is a significant need in the community, “Access to Dental Care Services and Providers” is not addressed largely due to the fact that it is not a core business function of the hospital and the limited capacity of the hospital to address this need. SHS will continue to support local organizations and efforts to address this need in the community.

SHS leadership has developed an implementation plan to identify specific activities and services which directly address the remaining priorities. The objectives were identified by studying the prioritized health needs, within the context of the hospital’s overall strategic plan and the availability of finite resources. The plan includes a rationale for each priority, followed by objectives, specific implementation activities, responsible leaders, annual status and progress updates (as appropriate).

The SHS Board reviewed and adopted the 2022 Community Health Needs Assessment and Implementation Plan report on October 26, 2022.

## **Priority #1: Access to Mental and Behavioral Health Care Services and Providers**

Data suggests that residents in Montezuma County do not have adequate access to mental and behavioral health care services and providers. Montezuma County has a lower rate of mental health care providers per 100,000 than the state.

Many interviewees mentioned the need for additional availability of mental health providers like therapists, counselors and social workers, particularly for veterans. It was mentioned several times that the limited access to mental and behavioral health care services is due to perceived long wait times, affordability/insurance barriers as well as a limited workforce and local options of care. One interviewee stated: "There's a lack of workforce for behavioral health programs. There's just not enough programs and the only place that seems to have it is at Axis Health. People want other sources but they need to have insurance." There were conflicting comments amongst interviewees on the length of time it takes to get an appointment. A few interviewees discussed the lack of local inpatient services are leading to outmigration to Durango, Grand Junction, Pueblo and the front range. One interviewee stated: "There's no inpatient care. The nearest thing we have is a detox and that's in Durango. The nearest inpatient would be in Grand Junction, Pueblo and the Front Range. Grand Junction is 4 hours, Pueblo is 7 hours and the Front Range is 8 hours away."

Interviewees also discussed how substance misuse/abuse is adding to mental and behavioral health issues in the area, particularly for the youth population. One interviewee stated: "We need to get really serious about young people's mental health to help alleviate some of the health risks in the future. Kids are using drugs and then having serious smoking issues and lung cancer." Additionally, it was noted that there are specific requirements for local facilities and that is leading to limitations in patients seeking mental and behavioral health care. One interviewee stated: "There's a small health system in town that's the gatekeeper for mental health. Let's say you are an alcoholic. They won't treat you until you're not drinking or are detoxed. We need providers that are linked to the hospital that can help them."

## **Priority #2: Continued Recruitment & Retention of Healthcare Workforce**

Montezuma County has a higher percentage of individuals who do not have a personal doctor as compared to the state. Additionally, Montezuma County has several Health Professional Shortage Area designations as defined by the U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA).

It was noted by interviewees that there is a need for recruitment and retention of the healthcare workforce in the community, such as physicians and nurses. One interviewee stated: "I think we have a lovely hospital. The biggest concern is keeping physicians here. That tends to be a revolving door. That is a big concern. How do we incentivize providers to stay here and create those relationships with the patients?" Another interviewee stated: "Bringing more physicians and nurses to the area [is a need]. Across the board, you can't get anything done because you don't have a physician but once you get the physician, then you don't have nurses [to help]."

In regards to primary care, interviewees acknowledged efforts made by the hospital to improve primary care access, however, there are still issues with accessing providers due to long wait times at appointments, lack of available providers, affordability barriers and limited internet access. One interviewee stated: "Our hospital does a great job with the resources they have. However, we do serve more than Montezuma County. The system is overwhelmed. People are agitated because they are expecting to be seen and then aren't seen for a couple of hours. There's just not enough providers for the community." Another interviewee stated: "Primary care is where I see the majority of the issues. Either there are no doctors or they can't afford it. Recently I had someone tell me that to get an appointment, it was about 30-60 days. I know some doctors are doing telehealth but there are a lot of people without Wi-Fi or technology."

There were concerns discussed by interviewees surrounding the unmet needs of the aging/elderly population...



## **Priority #2: Continued Recruitment & Retention of Healthcare Workforce (continued)**

...due to limited knowledge of telemedicine usage for appointments. Interviewees had conflicting statements regarding the accessibility of primary care doctors. One interviewee stated: “My sense is when people need access to their primary care, they can get to it pretty easily. I think it's a couple weeks or sooner [to be seen].” Another interviewee stated: “The system is overwhelmed. There’s just not enough providers for the community.” A few interviewees acknowledged that there are additional sites of care available in the community but there are still issues with availability of appointments. One interviewee stated: “There are a couple of walk in clinics but some of those are full.” Additionally, a couple interviewees noted a potential barrier with using other facilities for care because of fragmented continuum of care. One interviewee stated: “You can wait up to two weeks [to be seen]. If you have a problem right now, the advice is to go to the walk in clinic to get seen. The walk in clinic is great, but for someone that has a doctor, the clinic doesn’t know the latest of what’s going on with the patient.”

With regards to specialty care, interviewees appreciated the hospital’s involvement in accessing specialty care including recruitment needs and accessibility to see a specialist. Specific specialties mentioned as needed include Cardiology, Oncology, Orthopedics, Urology, local Dialysis options, Dermatology, OB/GYN, Pulmonology and Internal Medicine. Interviewees discussed the shortage of local specialty care services is leading to the outmigration of patients to Durango, Grand Junction, Colorado Springs, Albuquerque and Farmington. A couple of interviewees expressed that the lack of access to VA specialty care is leading to outmigration to nearby cities. One interviewee stated: “It's difficult for our veterans. They have to travel to a VA hospital in Albuquerque, Grand Junction or Durango. For the veterans mostly cardiology or urology [are needed].”

For dental care in the community, interviewees had conflicting statements regarding the accessibility of routine dental care needs. One interviewee stated: “[Dental care is] very accessible. I made an appointment with my local dentist. I have to wait a couple of months but that’s because he’s busy and popular.” Another interviewee stated: “If I need a non-urgent appointment, it would take about a month.” Interviewees also mentioned the long wait times for higher levels of dental care services and the need for oral surgeons in the community. There were conflicting statements made by interviewees regarding the availability of pediatric dentists. One interviewee stated: “I think there are enough pediatric dentists.” Another interviewee stated: “There is no pediatric dental group here in town. I think the county health department has a dentist that travels for those types of situations.”

A few interviewees discussed the demand for higher acuity dental needs and how that is leading to outmigration to Durango and Farmington. Lastly, interviewees mentioned the challenge in accessing dental services for Medicaid, Medicare and veteran patients. One interviewee stated: “There is a dental program in the health department called Smile Makers. That is pretty much the only Medicaid provider at this time. There are a couple of private practice dentist offices. One really underserved group is the elderly. Medicare does not have dental plans.” Another interviewee stated: “For veterans, they don't have dental coverage unless they have supplemental dental coverage. So most of them don't see the dentist.”

## **Priority #3: Increased Emphasis on Addressing Social Determinants of Health to Reduce Health Disparities Among Specific Populations**

Data suggests that some residents in the study area face significant cost barriers when accessing the healthcare system. Montezuma County has higher unemployment rates than the state, as well as lower educational attainment rates than the state.

### **Priority #3: Increased Emphasis on Addressing Social Determinants of Health to Reduce Health Disparities Among Specific Populations (continued)**

Montezuma County also has a higher percentage of families and children living below poverty than the state. Additionally, Montezuma County has a lower median household income than the state, higher overall and child food insecurity rates, higher rates of Supplemental Nutrition Assistance Program (SNAP) recipients, as well as a higher percentage of public school students eligible for free or reduced price lunch than the state.

Montezuma County has a higher rate of those adults (age 18-64) who are uninsured as compared to the state. When analyzing the economic status, Montezuma County is in more economic distress than other counties in the state. Additionally, Montezuma County is designated as Health Professional Shortage Areas and Medically Underserved Areas, as defined by the U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA).

Interviewees discussed the limited accessibility and options for low income, un/underinsured populations. Interviewees also expressed concern about Medicare Advantage coverage and contracts for future services. One interviewee stated: "There's still a lot of lower income people here in the county. Access to care for them might not be where it needs to be." Another interviewee stated: "My concern about Medicare Advantage is that it's going to be something that will be hard for us to contract with. If we aren't able to figure it out it'll cause loss of services from us." It was noted several times that affordability issues are leading to patients seeking care at the emergency room, particularly those on Medicaid.

A few interviewees desire additional support for the working poor to afford health services. One interviewee stated: "There have been barriers in getting someone into long term nursing care due to insurance and payor sources. They have to be on Medicare. Another barrier might be that they have too much income and that can cause barriers with means tested programs. Everything takes so much time that it leaves people in limbo and causes trauma." Another interviewee stated: "[There's the need for] some kind of middle road for people who don't qualify for Medicare or Medicaid. There are a lot of working poor families who can't afford to take care of themselves." Lastly, a couple of interviewees discussed the low prioritization and utilization of affordable health care options for specific groups. One interviewee stated: "There's a reason why lower cost options are not utilized. I think people [who are struggling] are in a pretty high level of survival mode. That cut downs the awareness of options."

Interviewees acknowledged the community improvement in accessing health care services however, there is still a continued need to address the social determinants of health in the community like transportation and child care. One interviewee stated: "We've grown our access but we still need the social determinants of health addressed in our communities like transportation. Some patients can't come to their appointments because of transportation or there's no child care available."

A few interviewees discussed the limited transportation options in the community, particularly for the Medicaid population. One interviewee stated: "I see patients who are discharged from the hospital and [need] the extra help, like getting transportation. A lot of patients are overwhelmed and can't get themselves to resources [they need]." Another interviewee stated: "Transportation is huge which really ties to having access to healthcare. That is one of the biggest barriers that this area is not addressing. Public transportation is limited. The bus picks up certain qualified individuals to get a ride. I've heard one issue at Axis Health. There aren't enough Medicaid transports that assist the patients that need to get to their appointments." Lastly, a few interviewees mentioned the lack of local VA clinics...

### **Priority #3: Increased Emphasis on Addressing Social Determinants of Health to Reduce Health Disparities Among Specific Populations (continued)**

...leading to outmigration. One interviewee stated: “Some veterans have to drive 45 miles one way or 75-80 miles to be able to go to the VA clinic. This is something we need to get hashed out.”

When asked about which specific groups are at risk for inadequate care, interviewees spoke about the elderly, teenagers/adolescents, low income, racial/ethnic, veterans/military dependents, and the homeless. With regards to the elderly population, interviewees discussed an increasing need for palliative care, internal medicine and specialty care needs, a need for end of life programs/facilities, transportation barriers, Alzheimer’s disease and dementia as well as a need for affordable long term care and assisted living facilities. With the teenagers/adolescent population, interviewees mentioned transportation barriers, obesity and physical inactivity, a need more mental and behavioral health services, a need to decrease the stigma associated with mental and behavioral health, food insecurity, depression and suicide, as well as alcohol and substance misuse/abuse. Low income residents were discussed as being disproportionately challenged by a need for awareness of programs in the community, insurance/affordability of services, access to housing, access to healthcare, transportation barriers, domestic violence concerns, alcohol and substance misuse/abuse.

Racial/ethnic groups were discussed as facing transportation issues, particularly for Native Americans living in the reservations, cultural practices leading to potential barriers like mistrust and generational knowledge, access to health services, particularly for individuals living on the reservations, depression and suicide as well as alcohol and substance misuse/abuse. Veterans/military dependents were brought up as a subgroup of the population that may be disproportionately affected by a lack of access to local, nearby VA services as well as transportation barriers. Lastly, the homeless population was discussed by interviewees as a growing population and a group that has an increasing demand for health services, transportation barriers, and a need for affordable and available shelter/housing options.

### **Priority #4: Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles**

Data suggests that higher rates of specific mortality causes and unhealthy behaviors warrant a need for increased preventive education and services to improve the health of the community. Heart disease and cancer are the two leading causes of death in Montezuma County and the state. Montezuma County has higher mortality rates than Colorado for the following causes of death: heart disease; cancer; accidents (unintentional injuries); chronic lower respiratory diseases, intentional self-harm (suicide); chronic liver disease and cirrhosis, diabetes mellitus; and lung and bronchus cancer.

Montezuma County has higher prevalence rates of chronic conditions, such as adults with diabetes, arthritis and adults with high blood pressure. Montezuma County has higher percentages of residents participating in unhealthy lifestyle behaviors such as physical inactivity and binge drinking than the state. With regards to maternal and child health, specifically, Montezuma County has higher low birth weight births, higher teen (age 0-19 years) birth and higher rates of women who received inadequate prenatal care than the state.

Data suggests that Montezuma County residents are not appropriately seeking preventive care services, such as timely mammography, colonoscopy or pap tests. Montezuma County has lower vaccination rates for adults and those 65+ who have received their flu vaccine in the past 12 months and those 65+ who have received their pneumonia vaccine in the past 12 months as compared to the state. Montezuma County has a lower rate of dentists per 100,000 than the state as well. Montezuma County has a lower percentage...



#### **Priority #4: Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles (continued)**

...of its population vaccinated with the first dose and second dose and a lower total amount of COVID-19 cases than the state (information as of July 22, 2022).

Several interviewees expressed appreciation for the hospital in educating patients on the importance of having a doctor and collaboration between local organizations. One interviewee stated: “Healthy lifestyle management is an area that we actually do reasonably well in between the hospital, community clinics and the public health department. If people are interested in healthy lifestyle information they can find it.” It was mentioned that there was a desire to see additional marketing of services in the community as well as more education on healthy lifestyles. One interviewee stated: “We have got to educate on how to take care of oneself. It's not about taking a pill that will take care of oneself. A lot of people think that way and in reality that doesn't work. It's a huge education component.” Several interviewees acknowledged the local resources in the community but mentioned how there were potential barriers for some populations due to cost. One interviewee stated: “We do have a recreational center and three other gyms but again, it's the cost.”

A couple of interviewees expressed concern surrounding equitable health opportunities for the community and potential barriers for some seniors regarding the affordability of food and meals. One interviewee stated: “Do we have equitable health opportunities? I would say no. There are support groups like AA and NA but that's if you have specific problems. We do have a senior center that serves meals but they aren't necessarily free.”



# PROCESS AND METHODOLOGY

# Process and Methodology

## *Background & Objectives*

- This CHNA is designed in accordance with CHNA requirements identified in the Patient Protection and Affordable Care Act and further addressed in the Internal Revenue Service final regulations released on December 29, 2014.
- The objectives of the CHNA are to:
  - Meet federal government and regulatory requirements
  - Research and report on the demographics and health status of the study area, including a review of state and local data
  - Gather input, data and opinions from persons who represent the broad interest of the community
  - Analyze the quantitative and qualitative data gathered and communicate results via a final comprehensive report on the needs of the communities served by SHS
  - Document the progress of previous implementation plan activities
  - Prioritize the needs of the community served by the hospital
  - Create an implementation plan that addresses the prioritized needs for the hospital

# Process and Methodology

## *Scope*

- The CHNA components include:
  - A description of the process and methods used to conduct this CHNA, including a summary of data sources used in this report
  - A biography of SHS
  - A description of the hospital's defined study area
  - Definition and analysis of the communities served, including demographic and health data analyses
  - Findings from phone interviews collecting input from community representatives, including:
    - State, local, tribal or regional governmental public health department (or equivalent department or agency) with knowledge, information or expertise relevant to the health needs of the community;
    - Members of a medically underserved, low-income or minority populations in the community, or individuals or organizations serving or representing the interests of such populations
    - Community leaders
  - A description of the progress and/or completion of community benefit activities documented in the previous implementation plan
  - The prioritized community needs and separate implementation plan, which intend to address the community needs identified
  - Documentation and rationalization of priorities not addressed by the implementation plan
  - A description of additional health services and resources available in the community
  - A list of information gaps that impact the hospital's ability to assess the health needs of the community served

# Process and Methodology

## *Methodology*

- SHS worked with CHC Consulting in the development of its CHNA. SHS provided essential data and resources necessary to initiate and complete the process, including the definition of the hospital's study area and the identification of key community stakeholders to be interviewed.
- CHC Consulting conducted the following research:
  - A demographic analysis of the study area, utilizing demographic data from Stratason
  - A study of the most recent health data available
  - Conducted one-on-one phone interviews with individuals who have special knowledge of the communities, and analyzed results
  - Facilitated the review of collected data in July 2022 with the CHNA team. The CHNA Team included:
    - Jeanie Gentry, Chief Executive Officer
    - Lisa Gates, Chief Nursing Officer
    - Caitlin DeCrow, Quality Project Navigator
    - Kally Williams, Quality and Financial Data Analyst/ Payer Enrollment
    - Erik Lambert, Quality and Risk Manager
    - Megan Higman, Director of Inpatient Services & Education
    - Sheri Willburn, Case Manager
    - Bridgett Jabour, Contract Administrator
    - Will Jansen, Practice Administrator/ System Provider Recruiter
- The methodology for each component of this study is summarized in the following section. In certain cases methodology is elaborated in the body of the report.

# Process and Methodology

## *Methodology (continued)*

### – SHS Biography

- Background information about SHS, mission, vision, values and services were provided by the hospital or taken from its website

### – Study Area Definition

- The study area for SHS is based on hospital inpatient discharge data from January 1, 2021 – December 31, 2021 and discussions with hospital staff

### – Demographics of the Study Area

- Population demographics include population change by race, ethnicity, age, median income analysis, unemployment and economic statistics in the study area
- Demographic data sources include, but are not limited to, Stratasan, the U.S. Census Bureau, the United States Bureau of Labor Statistics and Feeding America

### – Health Data Collection Process

- A variety of sources (also listed in the reference section) were utilized in the health data collection process
- Health data sources include, but are not limited to, the Robert Wood Johnson Foundation, Colorado Department of Health and Environment, SparkMap, United States Census Bureau, and the Centers for Disease Control and Prevention

# Process and Methodology

## *Methodology (continued)*

### – Interview Methodology

- SHS provided CHC Consulting with a list of persons with special knowledge of public health in Montezuma County, including public health representatives and other individuals who focus specifically on underrepresented groups
- From that list, 18 in depth phone interviews were conducted using a structured interview guide
- Extensive notes were taken during each interview and then quantified based on responses, communities and populations (minority, elderly, un/underinsured, etc.) served, and priorities identified by respondents. Qualitative data from the interviews was also analyzed and reported.

### – Evaluation of Hospital's Impact

- A description of the progress and/or completion of community benefit activities documented in the previous implementation plan
- SHS provided CHC Consulting with a report of community benefit activity progress since the previous CHNA report

### – Prioritization Strategy

- Five significant needs were determined by assessing the prevalence of the issues identified in the health data findings, combined with the frequency and severity of mentions in the interviews
- Three factors were used to rank those needs during the prioritization process
- See the prioritization section for a more detailed description of the prioritization methodology



# HOSPITAL BIOGRAPHY

# Hospital Biography

## *Mission, Vision and Values*

### **About Us**

Southwest Health System (SHS) operates Southwest Memorial Hospital, a Critical Access Hospital, and Southwest Medical Group, which comprises clinics offering primary care and specialty services. In addition, SHS provides the latest medical and surgical technology, emergency care, a vast array of out-patient medical and wellness services.

### **Mission**

Our mission is to provide the highest quality health care to our community by bringing excellence, value and service together to promote, improve and restore health.

### **Vision**

We envision a health system in which all providers work together to make excellent, patient centered health services available in our community.

### **Values**

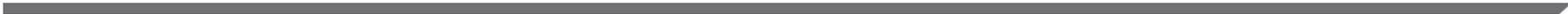
- Quality of Care
- Patient Experience
- Community Collaboration
- Mutual Respect and Appreciation
- Financial Stewardship

# Hospital Biography

## *Hospital Services*

### Services

- Cardiology (Visiting Specialists)
- Cardiopulmonary
- Carelink Medical Alert System
- Diabetes Education
- Diagnostic Imaging
- Discharge Planning
- Emergency Department
- Family Birthing Center
- Family Medicine
- General Surgery
- Gynecology
- Infusion Clinic
- Inpatient Medical / Surgical Care
- Intensive / Critical Care Unit
- Internal Medicine
- Interventional Spine Care
- Laboratory
- Nutrition Education
- Obstetrics
- Orthopedics and Orthopedic Surgery
- Pain Management
- Pediatrics
- Pharmacy
- Podiatry and Podiatric Surgery
- Rehabilitation
- School-Based Health Center
- Sleep Center
- Sleep Medicine
- Social Worker
- Surgical Services & Same-Day Surgery
- Vaccination Clinics (VFC)
- Walk-In Care
- Women's health
- Wound Care



# STUDY AREA

# Southwest Health System

## Study Area

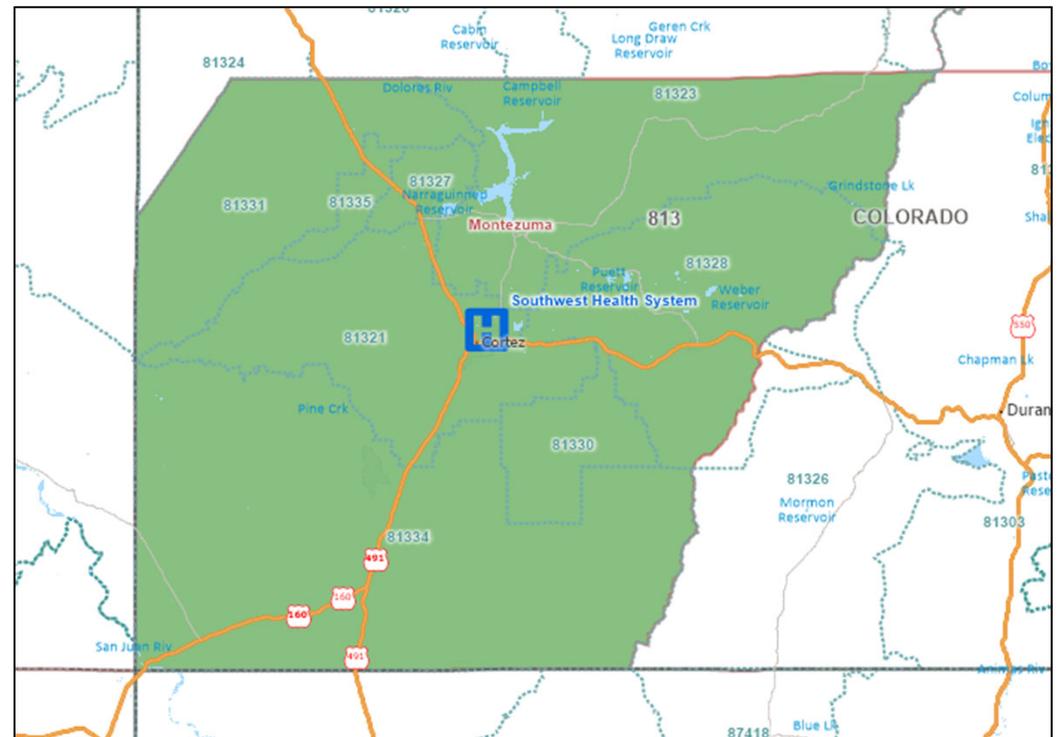
■ Montezuma County  
 comprises 87.5% of CY  
 2021 Inpatient Discharges

H Indicates the hospital

**Southwest Health System  
 Patient Origin by County  
 January 1, 2021 - December 31, 2021**

County	State	CY21 Inpatient Discharges	% of Total	Cumulative % of Total
Montezuma	CO	898	87.5%	87.5%
All Others		128	12.5%	100.0%
<b>Total</b>		<b>1,026</b>	<b>100.0%</b>	

Source: Hospital inpatient discharge data provided by Southwest Health System; January 2021 - December 2021; Normal Newborns MS-DRG 795 excluded. Test patients removed.



*Note: the 2019 SHS CHNA and Implementation Plan report studied Montezuma County, Colorado, which comprised 88.9% of CY 2018 (January 1, 2018 – December 31, 2018) inpatient discharges.*



# DEMOGRAPHIC OVERVIEW

# Population Health

## Population Growth

### Projected 5-Year Population Growth 2022-2027

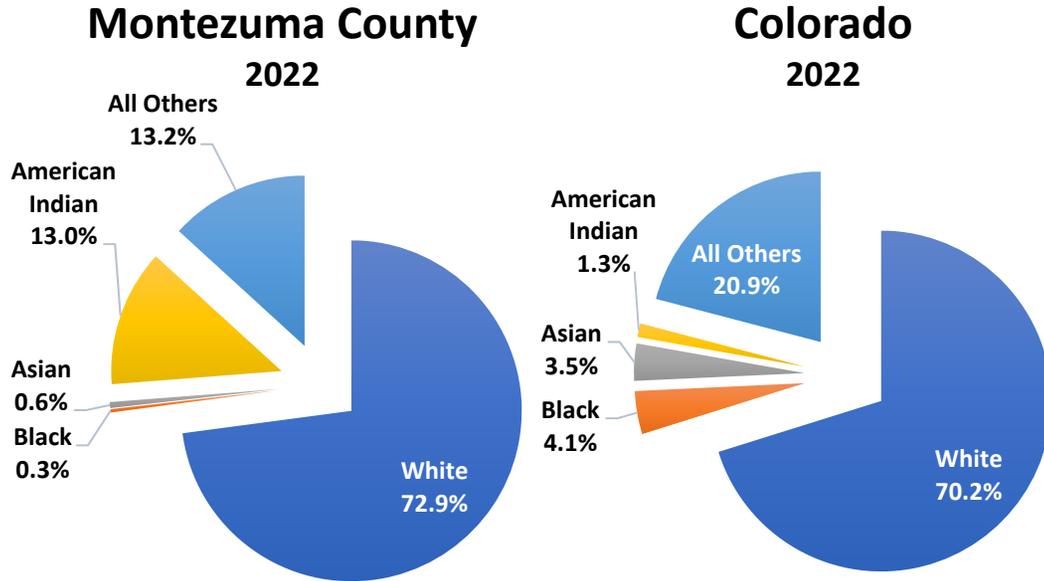


Overall Population Growth				
Geographic Location	2022	2027	2022-2027 Change	2022-2027 % Change
Montezuma County	25,873	26,020	147	0.6%
Colorado	5,937,082	6,138,077	200,995	3.4%

Source: Stratason Canvas Demographics Report, 2022.

# Population Health

## Population Composition by Race/Ethnicity



Montezuma County				
Race/Ethnicity	2022	2027	2022-2027 Change	2022-2027 % Change
White	18,861	18,645	-216	-1.1%
Black	82	89	7	8.5%
Asian	146	154	8	5.5%
American Indian	3,359	3,434	75	2.2%
All Others	3,425	3,698	273	8.0%
<b>Total</b>	<b>25,873</b>	<b>26,020</b>	<b>147</b>	<b>0.6%</b>
Hispanic*	3,119	3,135	16	0.5%

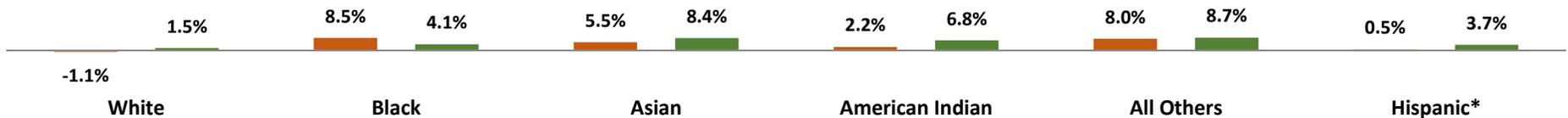
  

Colorado				
Race/Ethnicity	2022	2027	2022-2027 Change	2022-2027 % Change
White	4,166,683	4,227,480	60,797	1.5%
Black	242,292	252,196	9,904	4.1%
Asian	209,087	226,596	17,509	8.4%
American Indian	76,742	81,945	5,203	6.8%
All Others	1,242,278	1,349,860	107,582	8.7%
<b>Total</b>	<b>5,937,082</b>	<b>6,138,077</b>	<b>200,995</b>	<b>3.4%</b>
Hispanic*	1,305,279	1,354,005	48,726	3.7%

### Race/Ethnicity Projected 5-Year Growth

2022-2027

Montezuma County Colorado



Source: Stratascan Canvas Demographics Report, 2022.

\*Hispanic numbers and percentages are calculated separately since it is classified as an ethnicity.

Note: "All Others" is a category for people who do not identify with 'White', 'Black', 'American Indian or Alaska Native', or 'Asian'.

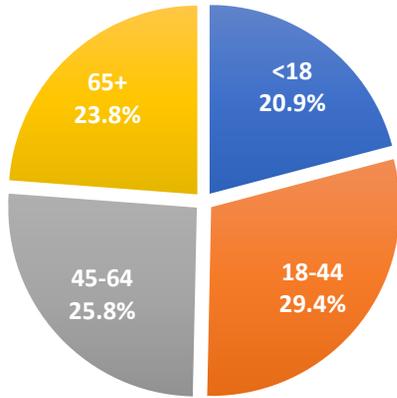
Note: A green highlighted row in the table represents the biggest change in true numbers in the population for each county and state.



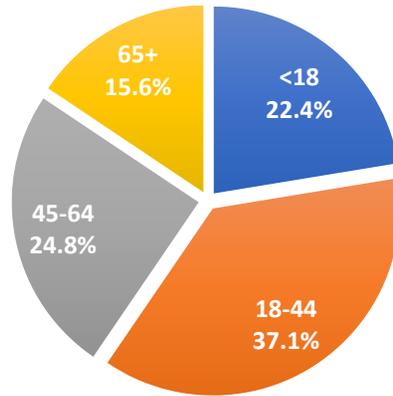
# Population Health

## Population Composition by Age Group

**Montezuma County**  
2022



**Colorado**  
2022

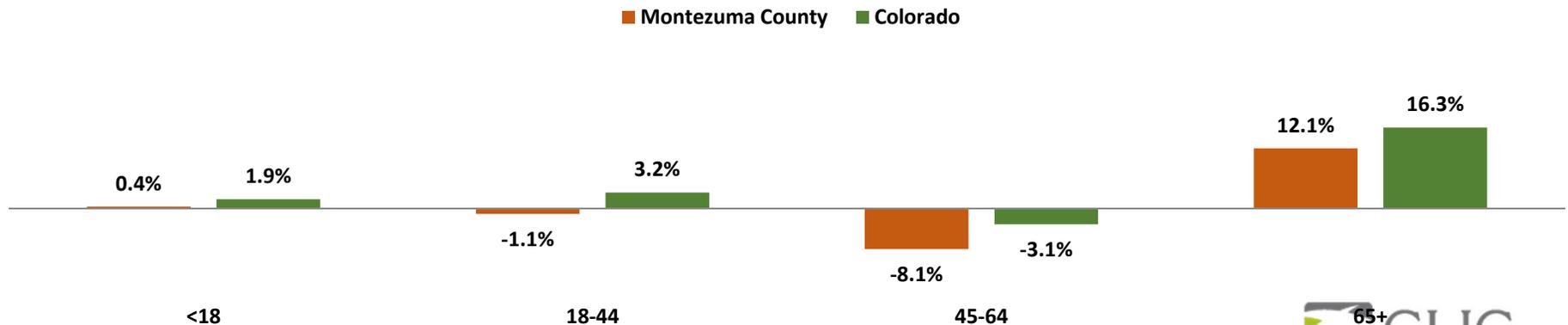


Montezuma County				
Age Cohort	2022	2027	2022-2027 Change	2022-2027 % Change
<18	5,408	5,431	23	0.4%
18-44	7,617	7,537	-80	-1.1%
45-64	6,686	6,145	-541	-8.1%
65+	6,162	6,907	745	12.1%
<b>Total</b>	<b>25,873</b>	<b>26,020</b>	<b>147</b>	<b>0.6%</b>

Colorado				
Age Cohort	2022	2027	2022-2027 Change	2022-2027 % Change
<18	1,330,700	1,355,956	25,256	1.9%
18-44	2,204,444	2,275,531	71,087	3.2%
45-64	1,475,080	1,429,007	-46,073	-3.1%
65+	926,858	1,077,583	150,725	16.3%
<b>Total</b>	<b>5,937,082</b>	<b>6,138,077</b>	<b>200,995</b>	<b>3.4%</b>

**Age Projected 5-Year Growth**  
2022-2027



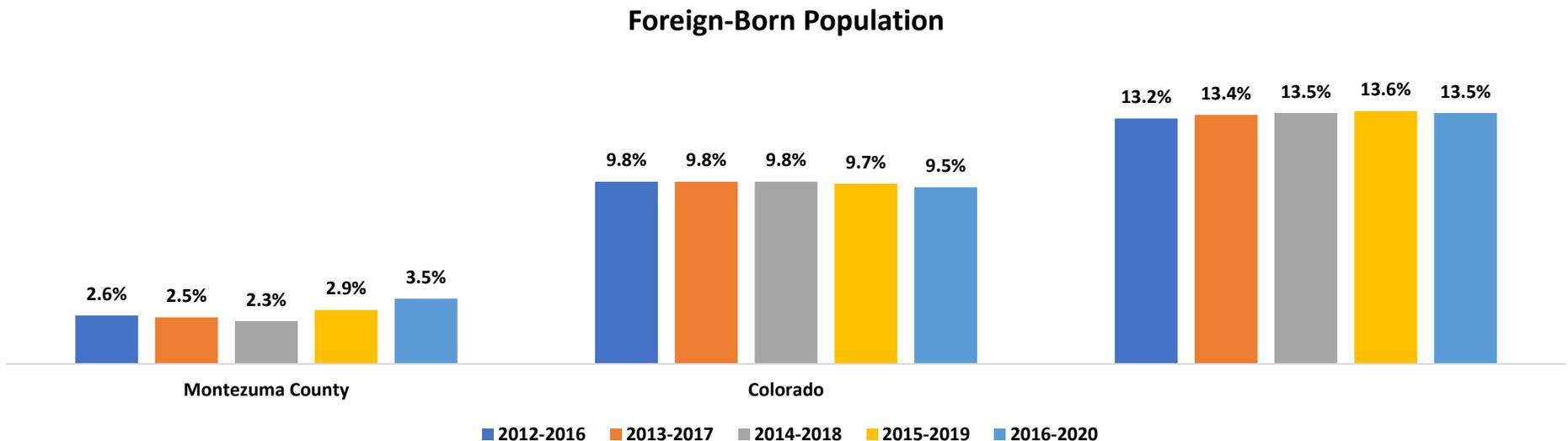
Source: Stratasan Canvas Demographics Report, 2022.

Note: A green highlighted row in the table represents the biggest change in true numbers in the population for each county and state.

# Population Health

## Subpopulation Composition

- Between 2012 and 2020, the percent of foreign-born residents overall increased in Montezuma County and the nation, while the percent in the state decreased.
- Between 2012 and 2020, Montezuma County maintained a lower percentage of foreign-born residents than the state and the nation.
- In 2016-2020, Montezuma County (3.5%) had a lower percent of foreign-born residents than the state (9.5%) and the nation (13.5%).

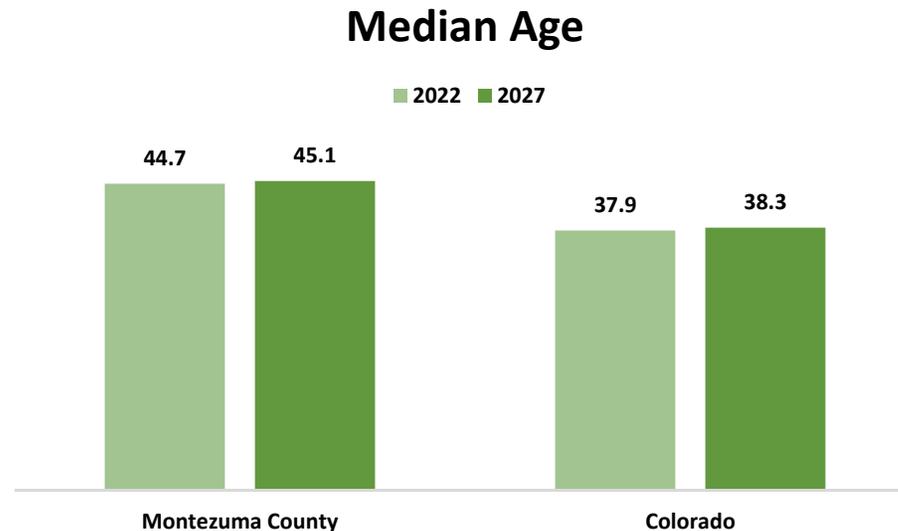


Source: United States Census Bureau, filtered for Montezuma County, CO, <https://data.census.gov/cedsci/table?q=foreign%20born&tid=ACSDP1Y2019.DP02>; data accessed March 24, 2022.  
Note: Foreign-born means an individual who was born outside of the United States but lives in the United States currently.  
Note: Data has been pulled in 5-year sets of moving averages for purposes of statistical reliability.

# Population Health

## *Median Age*

- The median age in Montezuma County and the state is expected to slightly increase over the next five years (2022-2027).
- Montezuma County (44.7 years) has an older median age than Colorado (37.9 years) (2022).

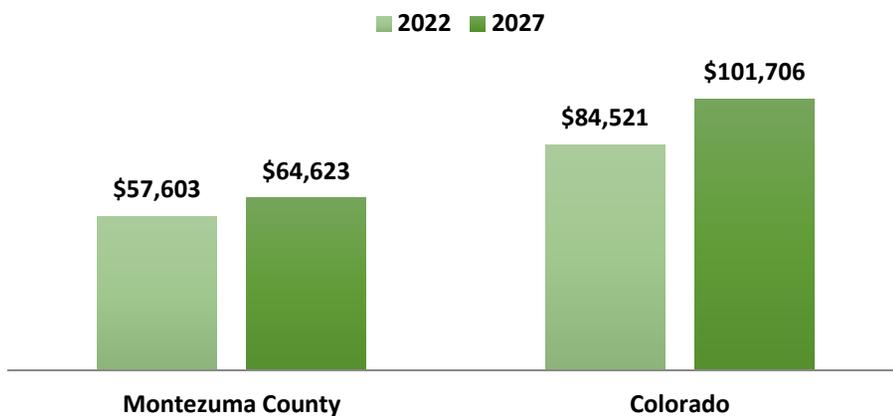


# Population Health

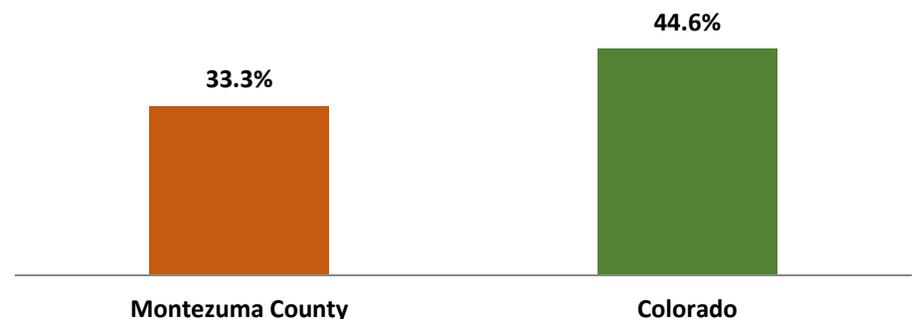
## Median Household Income and Educational Attainment

- The median household income in both Montezuma County and the state is expected to increase over the next five years (2022-2027).
- Montezuma County (\$57,603) has a lower median household income than Colorado (\$84,521) (2022).
- Montezuma County (33.3%) has a lower percentage of residents with a bachelor or advanced degree than the state (44.6%) (2022).

### Median Household Income



### Education Bachelor / Advanced Degree 2022



Source: Stratason Canvas Demographics Report, 2022.

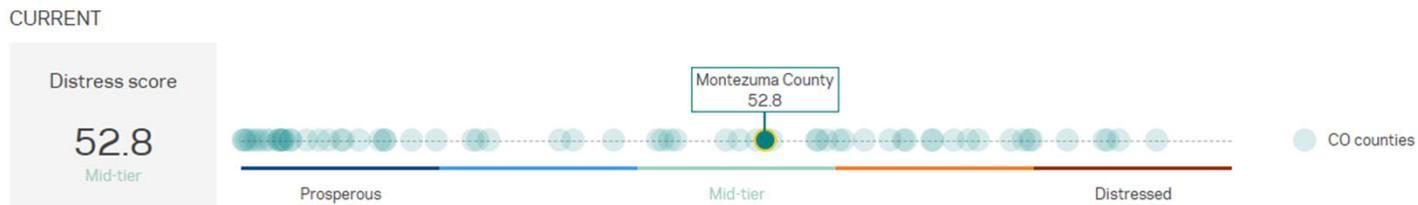
# Population Health

## *Distressed Communities Index*

- In 2014-2018, 16.0% of the nation lived in a distressed community, as compared to 26.0% of the nation that lived in a prosperous community.
- In 2014-2018, 4.2% of the population in Colorado lived in a distressed community, as compared to 47.0% of the population that lived in a prosperous community.
- In 2014-2018, the distress score in Montezuma County was 52.8 which falls within the mid-tier economic category and is more distressed as compared to other counties in the state.

	Colorado	United States
Lives in a Distressed Community	4.2%	16.0%
Lives in a Prosperous Community	47.0%	26.0%

### Montezuma County



Source: Economic Innovation Group, 2020 DCI Interactive Map, filtered for Montezuma County, CO, <https://eig.org/dci/interactive-map?path=state/>; data accessed March 24, 2022.

Definition: 'Prosperous' has a final score of 0 all the way up to 'Distressed' which has a final score of 100.

Note: 2020 DCI edition used U.S. Census Bureau's American Community Survey (ACS) 5 - Year Estimates covering 2014 -2018.

Note: Distressed Communities Index (DCI) combines seven complementary economic indicators: no high school diploma, housing vacancy rate, adults not working, poverty rate, median income ratio, change in employment and change in establishments. Full definition for each economic indicator can be found in the appendix.

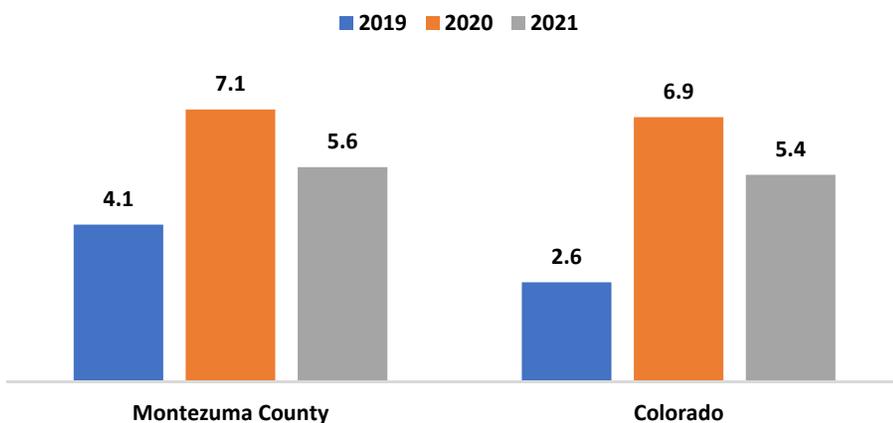


# Population Health

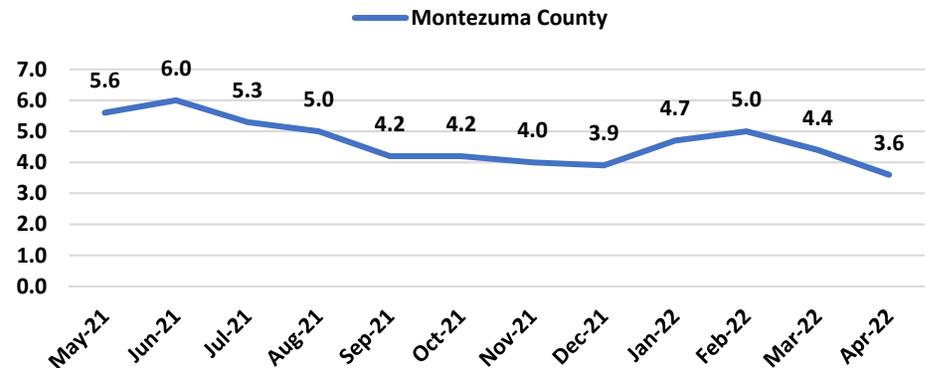
## Unemployment

- Unemployment rates in Montezuma County and the state increased between 2019 and 2020.
- In 2021, Montezuma County (5.6) had a slightly higher unemployment rate than the state (5.4).
- Over the most recent 12-month time period, monthly unemployment rates in Montezuma County decreased. June 2021 had the highest unemployment rate (6.0) as compared to April 2022 with the lowest rate (3.6).

**Unemployment  
Annual Average, 2019-2021**



**Monthly Unemployment  
Rates by Month  
Most Recent 12-Month Period**



Source: Bureau of Labor Statistics, Local Area Unemployment Statistics, [www.bls.gov/lau/#tables](http://www.bls.gov/lau/#tables); data accessed June 7, 2022.

Definition: Unemployed persons include all persons who had no employment during the reference week, were available for work, except for temporary illness, and had made specific efforts to find employment some time during the 4 week-period ending with the reference week. Persons who were waiting to be recalled to a job from which they had been laid off need not have been looking for work to be classified as unemployed.



# Population Health

## *Industry Workforce Categories*

- As of 2019, the majority of employed persons in Montezuma County are within Office & Administrative Support Occupations. The most common employed groupings are as follows:

### Montezuma County

- Office & Administrative Support Occupations (12.7%)
- Sales & Related Occupations (10.3%)
- Management Occupations (8.8%)
- Construction & Extraction Occupations (6.9%)
- Food Preparation & Serving Related Occupations (6.4%)

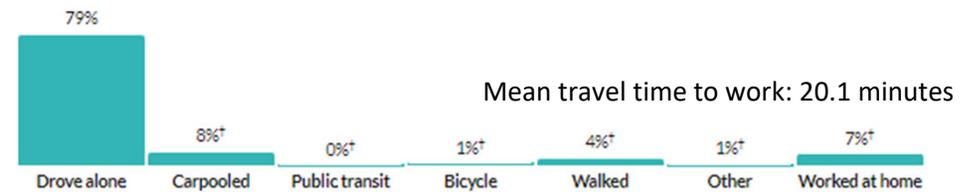
# Population Health

## Means of Transportation

- In 2016-2020, driving alone was the most frequent means of transportation to work for both Montezuma County and the state.
- In 2016-2020, Montezuma County (4%) had a higher percent of people walked to work than the state (3%).
- Montezuma County (20.1 minutes) had a shorter mean travel time to work than the state (25.8 minutes) (2016-2020).

### Montezuma County

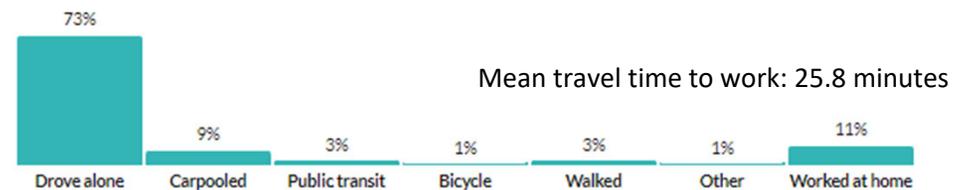
Means of transportation to work



\* Universe: Workers 16 years and over

### Colorado

Means of transportation to work



\* Universe: Workers 16 years and over

Source: U.S. Census Bureau (2016-2020). Sex of Workers by Means of Transportation to Work American Community Survey 5-year estimates, filtered for Montezuma County, CO, <https://censusreporter.org/search/>; data accessed March 24, 2022.

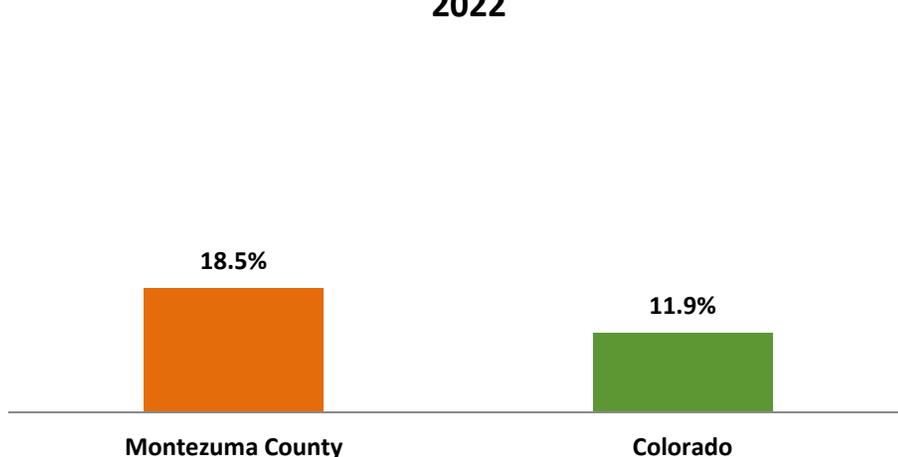
\*+ indicates a margin of error is at least 10 percent of the total value. Interpret with caution.

# Population Health

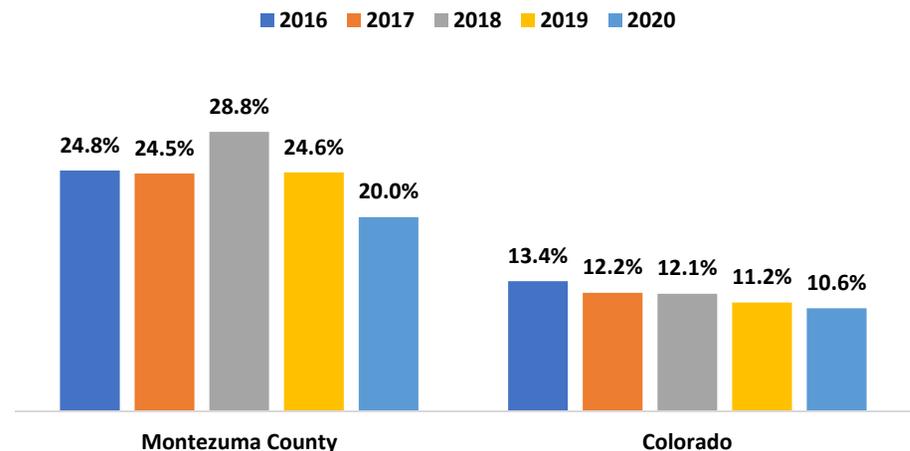
## Poverty

- Montezuma County (18.5%) has a higher percentage of families living below poverty as compared to the state (11.9%) (2022).
- Between 2016 and 2020, the percent of children (<18 years) living below poverty in Montezuma County and the state decreased.
- Montezuma County (20.0%) has a higher percentage of children (<18 years) living below poverty than the state (10.6%) (2020).

### Families Below Poverty 2022



### Children Living in Poverty



Source: Stratason Canvas Demographics Report, 2022.

Source: The Annie E. Casey Foundation, Kids Count Data Center, filtered for Montezuma County, CO, [www.datacenter.kidscount.org](http://www.datacenter.kidscount.org); data accessed March 24, 2022.

Children Living Below Poverty Definition: Estimated percentage of related children under age 18 living in families with incomes less than the federal poverty threshold.

Note: The 2022 Federal Poverty Guidelines define a household size of 4 as living below 100% of the federal poverty level if the household income is less than \$27,750, and less than 200% of the federal poverty level if the household income is less than \$55,500. Please see the appendix for the full 2022 Federal Poverty Guidelines.



# Population Health

## *Food Insecurity*

- According to Feeding America, an estimated 13.8% of Montezuma County residents are food insecure as compared to 9.8% in Colorado (2019).
- Additionally, 19.4% of the youth population (under 18 years of age) in Montezuma County are food insecure, as compared to 11.7% in Colorado (2019).
- The average meal cost in Montezuma County (\$3.23) is slightly lower than the average meal cost in Colorado (\$3.35).

Location	Overall Food Insecurity	Child Food Insecurity	Average Meal Cost
Montezuma County	13.8%	19.4%	\$3.23
Colorado	9.8%	11.7%	\$3.35

Source: Feeding America, Map The Meal Gap: Data by County in Each State, filtered for Montezuma County, CO, [https://www.feedingamerica.org/research/map-the-meal-gap/by-county?\\_ga=2.33638371.33636223.1555016137-1895576297.1555016137&s\\_src=W194ORGSC](https://www.feedingamerica.org/research/map-the-meal-gap/by-county?_ga=2.33638371.33636223.1555016137-1895576297.1555016137&s_src=W194ORGSC); information accessed March 24, 2022.

Food Insecure Definition (Adult): Lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods.

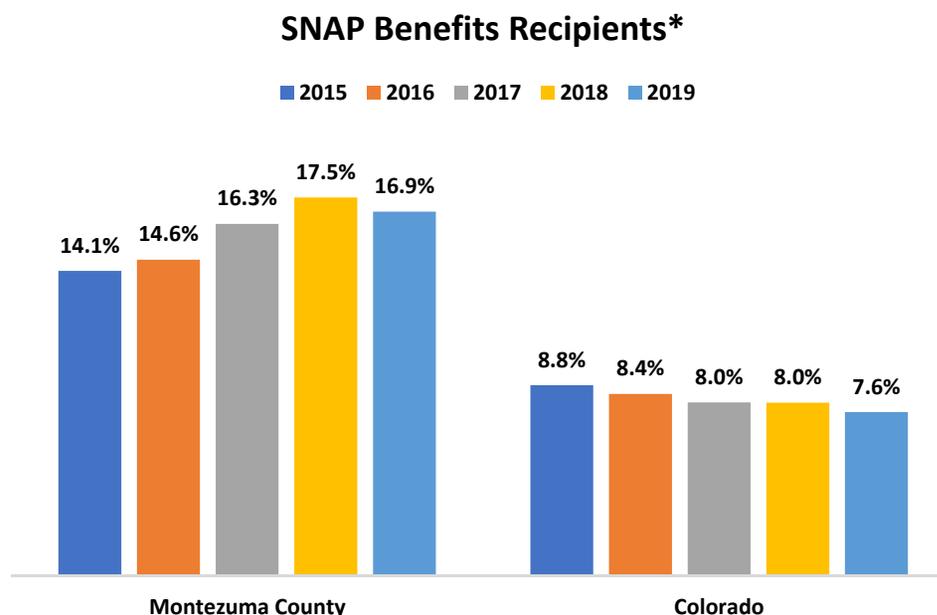
Food Insecure Definition (Child): Those children living in households experiencing food insecurity.

Average Meal Cost Definition: The average weekly dollar amount food-secure individuals report spending on food, as estimated in the Current Population Survey, divided by 21 (assuming three meals a day, seven days a week).

# Population Health

## *Supplemental Nutrition Assistance Program (SNAP) Benefits*

- Between 2015 and 2019, Montezuma County maintained a higher percentage of recipients who qualified for Supplemental Nutrition Assistance Program (SNAP) benefits than the state. Additionally, the percentage of SNAP Benefit recipients in Montezuma County overall increased between 2015 and 2019.
- In 2019, Montezuma County (16.9%) had a higher percentage of recipients who qualified for SNAP benefits than the state (7.6%).



Source: SAIPE Model, United States Census Bureau, <https://www.census.gov/data/datasets/time-series/demo/saipe/model-tables.html>; data accessed March 24, 2022.

Source: County Population Totals: 2010-2019, United States Census Bureau, filtered for Montezuma County, CO, [https://www.census.gov/data/tables/time-series/demo/popest/2010s-counties-total.html#par\\_textimage\\_242301767](https://www.census.gov/data/tables/time-series/demo/popest/2010s-counties-total.html#par_textimage_242301767); data access March 24, 2022.

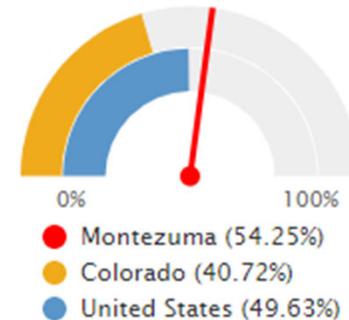
\*Percentage manually calculated based on estimated population numbers by county and state between 2014 and 2018 as provided by the United States Census Bureau.

# Population Health

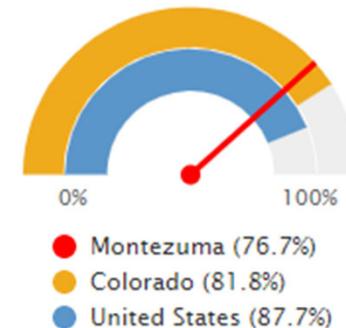
## Children in the Study Area

- Montezuma County (54.3%) has a higher percentage of public school students eligible for free or reduced price lunch than the state (40.7%) and the nation (49.6%) (2019-2020).
- Montezuma County (76.7%) has a lower high school graduation rate than the state (81.8%) and the nation (87.7%) (2018-2019).

Percentage of Students Eligible for Free or Reduced Price School Lunch



Adjusted Cohort Graduation Rate



Note: a green dial indicates that the county has a better rate than the state, and a red dial indicates that the county has a worse rate than the state.

Source: SparkMap, Health Indicator Report: logged in and filtered for Montezuma County, CO, <https://sparkmap.org/report/>; data accessed March 24, 2022.

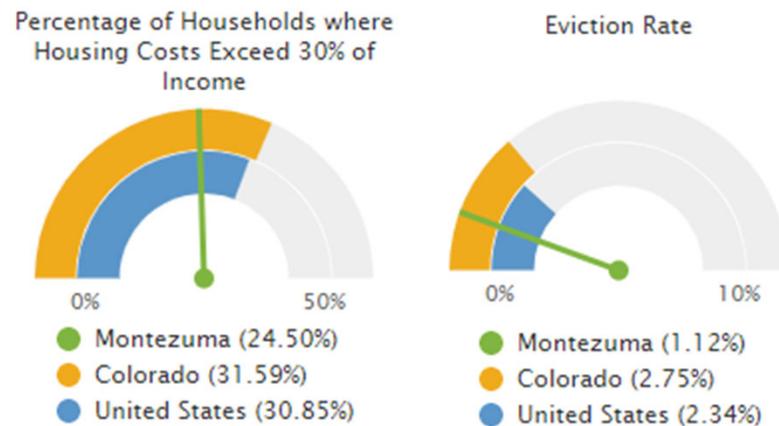
Eligible for Free/Reduced Price Lunch definition: Free or reduced price lunches are served to qualifying students in families with income between under 185 percent (reduced price) or under 130% (free lunch) of the US federal poverty threshold as part of the federal National School Lunch Program (NSLP).

Graduation Rate definition: receiving a high school diploma within four years.

# Population Health

## Housing – Cost and Evictions

- Montezuma County (24.5%) has a lower percent of households where housing costs exceed 30% of total household income than the state (31.6%) and the nation (30.9%) (2015-2019).
- The percent of homes that received an eviction judgment in which renters were ordered to leave in Montezuma County (1.1%) is lower than the state (2.8%) and the nation (2.3%) (2016).



*Note: a green dial indicates that the county has a better rate than the state, and a red dial indicates that the county has a worse rate than the state.*



# HEALTH DATA OVERVIEW

# Health Status

## *Data Methodology*

- **The following information outlines specific health data:**
  - Mortality, chronic diseases and conditions, health behaviors, natality, mental health and healthcare access
- **Data Sources include, but are not limited to:**
  - Colorado Department of Public Health & Environment
  - Small Area Health Insurance Estimates (SAHIE)
  - SparkMap
  - The Behavioral Risk Factor Surveillance System (BRFSS)
    - The Behavioral Risk Factor Surveillance System (BRFSS) is the world’s largest, on-going telephone health survey system, tracking health conditions and risk behaviors in the United States yearly since 1984. Currently, information is collected monthly in all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and Guam.
    - It is a state-based system of health surveys that collects information on health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury. For many states, the BRFSS is the only available source of timely, accurate data on health-related behaviors.
    - States use BRFSS data to identify emerging health problems, establish and track health objectives, and develop and evaluate public health policies and programs. Many states also use BRFSS data to support health-related legislative efforts.
  - The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute
  - United States Census Bureau
- **Data Levels:** Nationwide, state, and county level data

# Health Status

## County Health Rankings & Roadmaps - Montezuma County, Colorado

- The County Health Rankings rank 59 counties in Colorado (1 being the best, 59 being the worst).
- Many factors go into these rankings. A few examples include:
  - Length of Life:
    - Premature death
  - Clinical Care:
    - Primary care providers
    - Preventable hospital stays
    - Mammography screening
  - Social & Economic Factors:
    - High school completion
    - Children in poverty
    - Injury deaths

2022 County Health Rankings	Montezuma County
<b>Health Outcomes</b>	<b>51</b>
LENGTH OF LIFE	<b>53</b>
QUALITY OF LIFE	<b>43</b>
<b>Health Factors</b>	<b>40</b>
HEALTH BEHAVIORS	<b>43</b>
CLINICAL CARE	<b>28</b>
SOCIAL & ECONOMIC FACTORS	<b>47</b>
PHYSICAL ENVIRONMENT	<b>45</b>

*Note: Green represents the best ranking for the county, and red represents the worst ranking.*

Source: County Health Rankings and Roadmaps; www.countyhealthrankings.org; data accessed March 29, 2022.  
 Note: Please see the appendix for full methodology.  
 Note: County Health Rankings ranks 59 of the 64 counties in Colorado.

# Health Status

## *Mortality – Leading Causes of Death (2014-2020)*

Rank	Montezuma County	Colorado
1	Diseases of heart (I00-I09,I11,I13,I20-I51)	Malignant neoplasms (C00-C97)
2	Malignant neoplasms (C00-C97)	Diseases of heart (I00-I09,I11,I13,I20-I51)
3	Accidents (unintentional injuries) (V01-X59,Y85-Y86)	Accidents (unintentional injuries) (V01-X59,Y85-Y86)
4	Chronic lower respiratory diseases (J40-J47)	Chronic lower respiratory diseases (J40-J47)
5	Intentional self-harm (suicide) (*U03,X60-X84,Y87.0)	Cerebrovascular diseases (I60-I69)
6	Chronic liver disease and cirrhosis (K70,K73-K74)	Alzheimer's disease (G30)
7	Cerebrovascular diseases (I60-I69)	Intentional self-harm (suicide) (*U03,X60-X84,Y87.0)
8	Diabetes mellitus (E10-E14)	Diabetes mellitus (E10-E14)
9	Alzheimer's disease (G30)	Chronic liver disease and cirrhosis (K70,K73-K74)
10	Influenza and pneumonia (J09-J18)	COVID-19 (U07.1)

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, <http://wonder.cdc.gov/ucd-icd10.html>; data accessed March 23, 2022.

Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously. Rates are marked as "unreliable" when the death count is less than 20. All sub-national data representing zero to nine (0-9) deaths or births are "suppressed".

# Health Status

## *Mortality – Leading Causes of Death Rates (2014-2020)*

Disease	Montezuma County	Colorado
Diseases of heart (I00-I09,I11,I13,I20-I51)	● 142.1	127.3
Malignant neoplasms (C00-C97)	● 138.7	131.1
Accidents (unintentional injuries) (V01-X59,Y85-Y86)	● 75.4	52.4
Chronic lower respiratory diseases (J40-J47)	● 47.1	44.2
Intentional self-harm (suicide) (*U03,X60-X84,Y87.0)	● 39.6	20.8
Chronic liver disease and cirrhosis (K70,K73-K74)	● 36.3	13.9
Cerebrovascular diseases (I60-I69)	● 34.3	34.8
Diabetes mellitus (E10-E14)	● 30.7	16.5
Alzheimer's disease (G30)	● 15.4	32.6
Influenza and pneumonia (J09-J18)	● 8.7	9.9

- indicates that the county's rate is lower than the state's rate for that disease category.
- indicates that the county's rate is higher than the state's rate for that disease category.

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, <http://wonder.cdc.gov/ucd-icd10.html>; data accessed March 23, 2022.

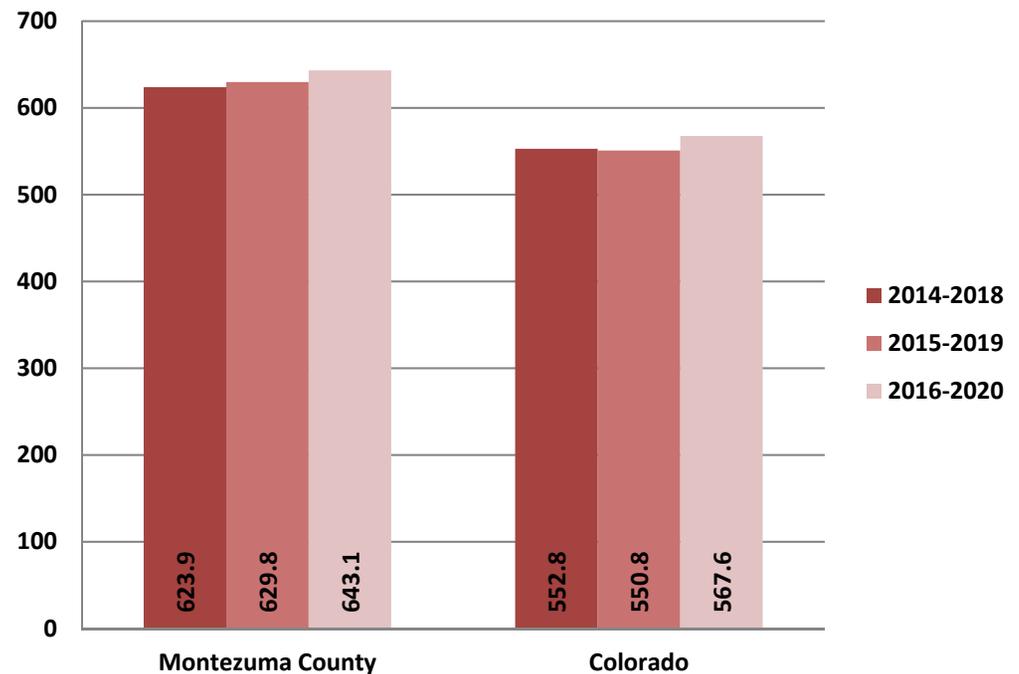
Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously. In the event that a rate is too small to calculate, 'Unreliable' or 'Suppressed' are used in the cell block.

# Health Status

## Mortality – Overall

- Overall mortality rates in Montezuma County remained higher than the state between 2014 and 2020.
- Overall mortality rates in Montezuma County and the state increased between 2014 and 2020.
- In 2016-2020, the overall mortality rate in Montezuma County (643.1 per 100,000) was higher than the state (567.6 per 100,000).

**Overall Mortality**  
Age-adjusted Death Rates per 100,000, 2014-2020



LOCATION	2014-2018		2015-2019		2016-2020		2014-2020	
	DEATHS	AGE-ADJUSTED DEATH RATE						
Montezuma County	1,109	623.9	1,138	629.8	1,170	643.1	1,612	639.4
Colorado	155,299	552.8	159,029	550.8	168,076	567.6	227,866	563.8

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, <http://wonder.cdc.gov/ucd-icd10.html>; data accessed March 23, 2022.

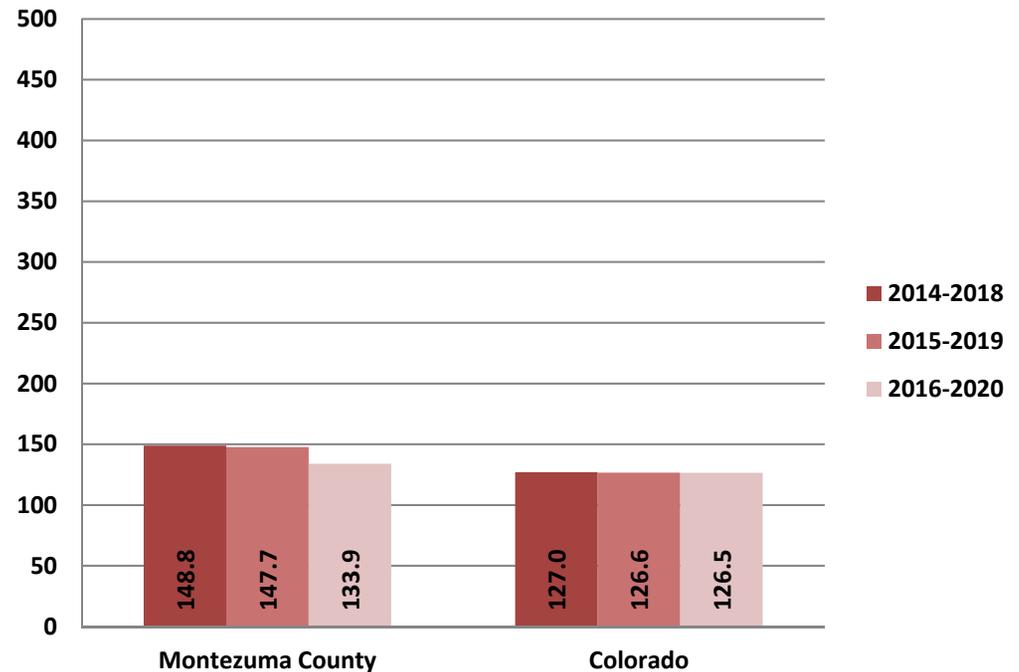
Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously. Data has been pulled in 5-year sets of moving averages for purposes of statistical reliability.

# Health Status

## Mortality – Diseases of the Heart

- Heart disease is the leading cause of death in Montezuma County and the second leading cause of death in the state (2014-2020).
- Between 2014 and 2020, heart disease mortality rates decreased in Montezuma County and the state.
- In 2016-2020, the heart disease mortality rate in Montezuma County (133.9 per 100,000) was higher than the state rate (126.5 per 100,000).

**Diseases of Heart**  
Age-adjusted Death Rates per 100,000, 2014-2020



LOCATION	2014-2018		2015-2019		2016-2020		2014-2020	
	DEATHS	AGE-ADJUSTED DEATH RATE						
Montezuma County	279	148.8	285	147.7	265	133.9	386	142.1
Colorado	35,616	127.0	36,478	126.6	37,492	126.5	51,401	127.3

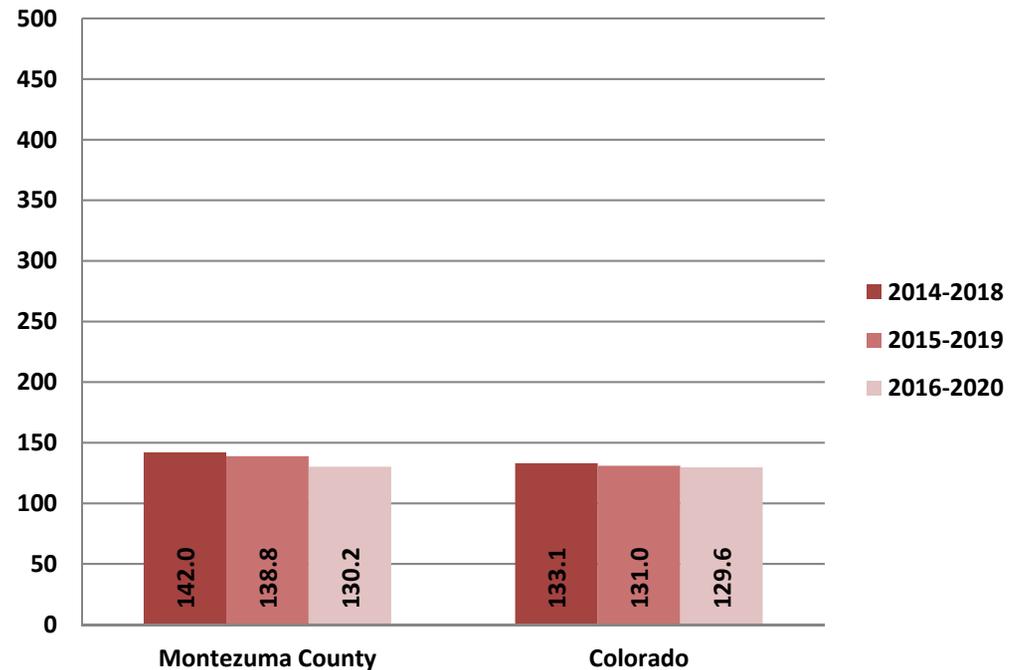
Source: Centers for Disease Control and Prevention, National Center for Health Statistics, <http://wonder.cdc.gov/ucd-icd10.html>; data accessed March 23, 2022.  
Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously. Data has been pulled in 5-year sets of moving averages for purposes of statistical reliability.

# Health Status

## Mortality – Malignant Neoplasms

- Cancer is the second leading cause of death in Montezuma County and is the leading cause of death in the state (2014-2020).
- Between 2014 and 2020, cancer mortality rates decreased in Montezuma County and the state.
- In 2016-2020, the cancer mortality rate in Montezuma County (130.2 per 100,000) was slightly higher than the state rate (129.6 per 100,000).

**Malignant Neoplasms**  
Age-adjusted Death Rates per 100,000, 2014-2020



LOCATION	2014-2018		2015-2019		2016-2020		2014-2020	
	DEATHS	AGE-ADJUSTED DEATH RATE						
Montezuma County	272	142.0	273	138.8	265	130.2	383	138.7
Colorado	38,578	133.1	39,159	131.0	39,807	129.6	54,816	131.1

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, <http://wonder.cdc.gov/ucd-icd10.html>; data accessed March 23, 2022.

Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously. Data has been pulled in 5-year sets of moving averages for purposes of statistical reliability.

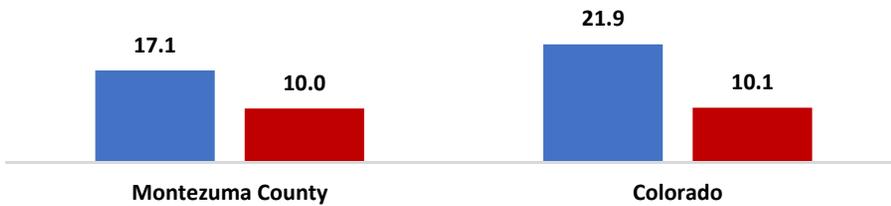
# Health Status

## Cancer Incidence & Mortality by Type

### Breast Cancer (Female)

Age-adjusted Incidence & Mortality Rates per 100,000  
2016-2019

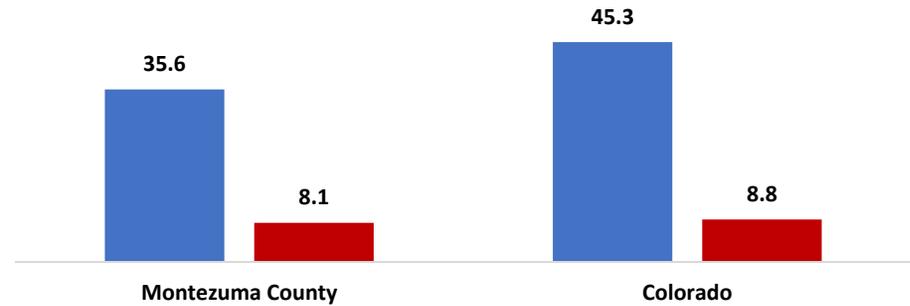
■ Incidence ■ Mortality



### Prostate Cancer

Age-adjusted Incidence & Mortality Rates per 100,000  
2016-2019

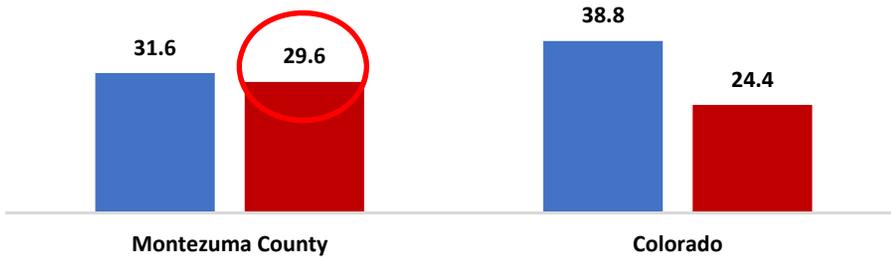
■ Incidence ■ Mortality



### Lung & Bronchus Cancer

Age-adjusted Incidence & Mortality Rates per 100,000  
2016-2019

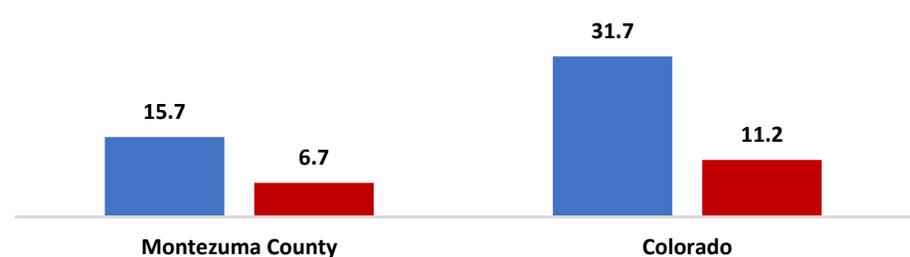
■ Incidence ■ Mortality



### Colon & Rectum Cancer

Age-adjusted Incidence & Mortality Rates per 100,000  
2016-2019

■ Incidence ■ Mortality



Source: Colorado Health Information Dataset (CoHID) Cancer Incidence, Colorado Department of Public Health & Environment, [https://cohealthviz.dphe.state.co.us/t/HealthInformaticsPublic/views/COHIDCancerIncidenceRates/CancerIncidenceRates?iframeSizedToWindow=true&%3Aembed=y&%3AshowAppBanner=false&%3Adisplay\\_count=no&%3AshowVizHome=no](https://cohealthviz.dphe.state.co.us/t/HealthInformaticsPublic/views/COHIDCancerIncidenceRates/CancerIncidenceRates?iframeSizedToWindow=true&%3Aembed=y&%3AshowAppBanner=false&%3Adisplay_count=no&%3AshowVizHome=no); data accessed on March 29, 2022.

Source: Colorado Health Information Dataset (CoHID) Deaths, Colorado Department of Public Health & Environment, [https://cohealthviz.dphe.state.co.us/t/HealthInformaticsPublic/views/COHIDFullDeathQuery\\_StateDemographyPopEstimates/MortalityStatistics?iframeSizedToWindow=true&%3Aembed=y&%3AshowAppBanner=false&%3Adisplay\\_count=no&%3AshowVizHome=no](https://cohealthviz.dphe.state.co.us/t/HealthInformaticsPublic/views/COHIDFullDeathQuery_StateDemographyPopEstimates/MortalityStatistics?iframeSizedToWindow=true&%3Aembed=y&%3AshowAppBanner=false&%3Adisplay_count=no&%3AshowVizHome=no); data accessed on March 29, 2022.

Note: All rates are per 100,000. Rates are age-adjusted to the 2000 U.S. Standard Population.

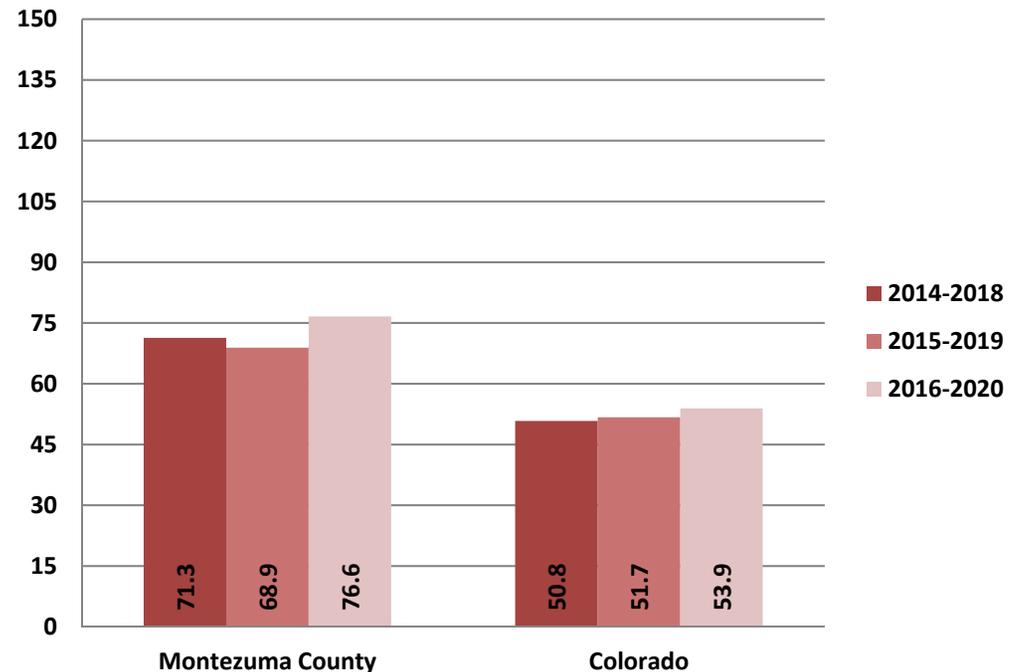


# Health Status

## Mortality – Accidents (Unintentional Injuries)

- Accidents is the third leading cause of death in Montezuma County and the state (2014-2020).
- Between 2014 and 2020, accidents mortality rates increased in Montezuma County and the state.
- In 2016-2020, the accident mortality rate in Montezuma County (76.6 per 100,000) was higher than the state rate (53.9 per 100,000).
- The leading cause of fatal accidents in Montezuma County is due to accidental poisoning and exposure to noxious substance (2016-2020).

**Accidents (Unintentional Injuries)**  
Age-adjusted Death Rates per 100,000, 2014-2020



LOCATION	2014-2018		2015-2019		2016-2020		2014-2020	
	DEATHS	AGE-ADJUSTED DEATH RATE						
Montezuma County	103	71.3	102	68.9	113	76.6	152	75.4
Colorado	14,208	50.8	14,776	51.7	15,698	53.9	20,940	52.4

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, <http://wonder.cdc.gov/ucd-icd10.html>; data accessed March 23, 2022.

Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously. Data has been pulled in 5-year sets of moving averages for purposes of statistical reliability. Accident mortality rates include: motor vehicle crashes, other land transport accidents, water transport accidents, air and space transport accidents, falls, accidental shootings, drownings, fire and smoke exposures, poisonings, suffocations, and all other unintentional injuries.

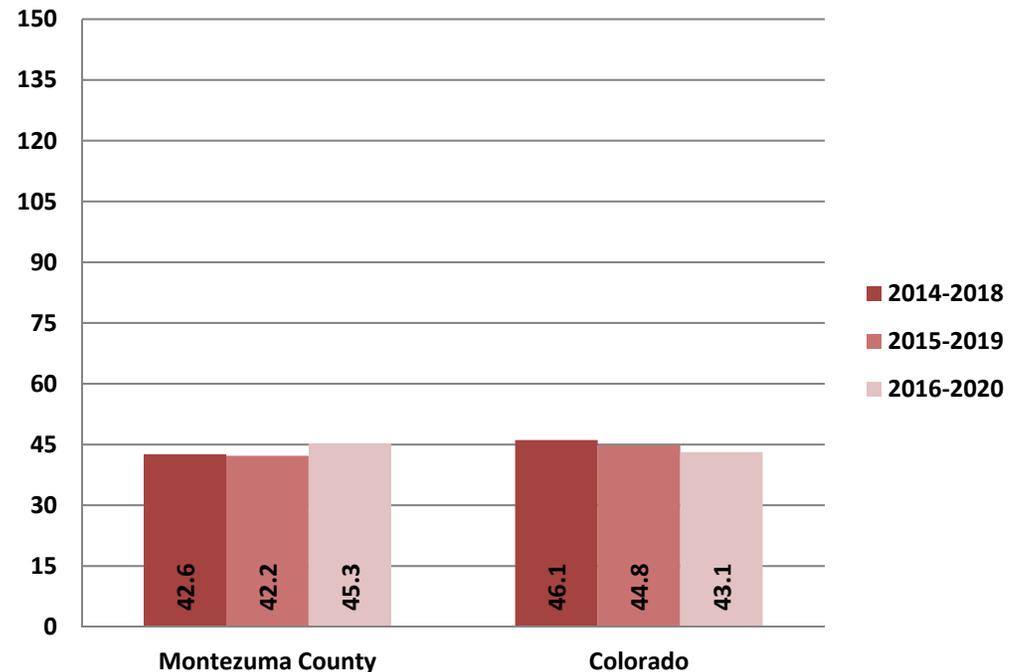


# Health Status

## Mortality – Chronic Lower Respiratory Disease

- Chronic lower respiratory disease (CLRD) is the fourth leading cause of death in Montezuma County and the state (2014-2020).
- Between 2014 and 2020, CLRD mortality rates increased in Montezuma County and decreased in the state.
- In 2016-2020, the CLRD mortality rate in Montezuma County (45.3 per 100,000) was higher than the state rate (43.1 per 100,000).

Chronic Lower Respiratory Diseases  
Age-adjusted Death Rates per 100,000, 2014-2020



LOCATION	2014-2018		2015-2019		2016-2020		2014-2020	
	DEATHS	AGE-ADJUSTED DEATH RATE						
Montezuma County	84	42.6	83	42.2	92	45.3	132	47.1
Colorado	12,843	46.1	12,908	44.8	12,821	43.1	17,849	44.2

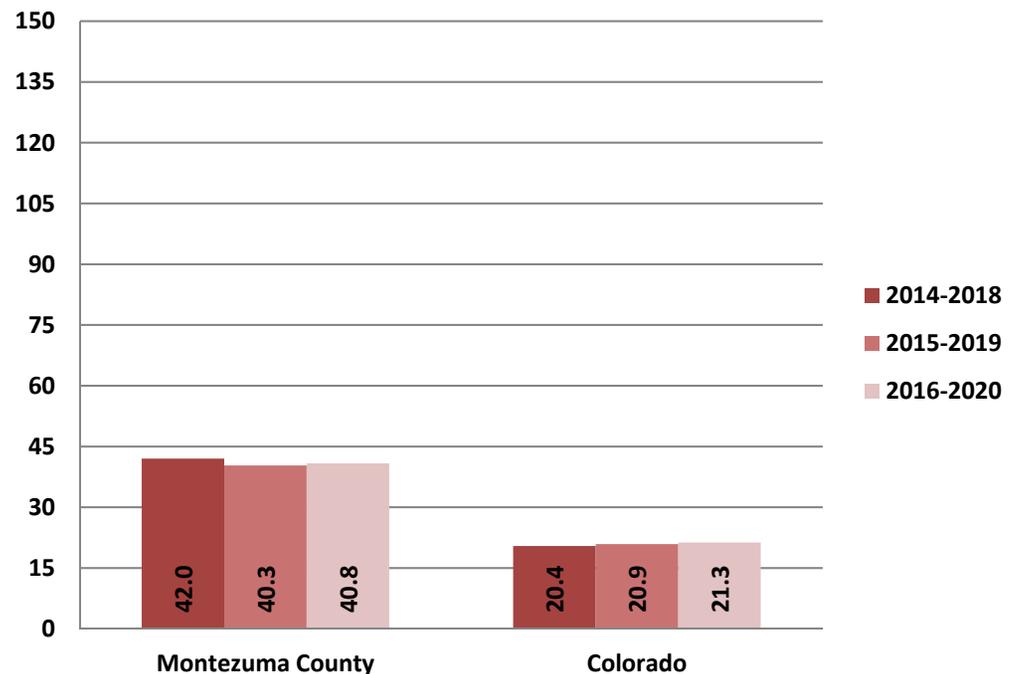
Source: Centers for Disease Control and Prevention, National Center for Health Statistics, <http://wonder.cdc.gov/ucd-icd10.html>; data accessed March 23, 2022.  
Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously. Data has been pulled in 5-year sets of moving averages for purposes of statistical reliability.

# Health Status

## Mortality – Intentional Self-Harm (Suicide)

- Intentional self-harm (suicide) is the fifth leading cause of death in Montezuma County and the seventh leading cause of death in the state (2014-2020).
- Between 2014 and 2020, intentional self-harm (suicide) mortality rates decreased in Montezuma County and increased in the state.
- In 2016-2020, the intentional self-harm (suicide) mortality rate in Montezuma County (40.8 per 100,000) was higher than the state rate (21.3 per 100,000).

**Intentional Self-Harm (Suicide)**  
Age-adjusted Death Rates per 100,000, 2014-2020



LOCATION	2014-2018		2015-2019		2016-2020		2014-2020	
	DEATHS	AGE-ADJUSTED DEATH RATE						
Montezuma County	57	42.0	55	40.3	54	40.8	74	39.6
Colorado	5,807	20.4	6,036	20.9	6,245	21.3	8,421	20.8

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, <http://wonder.cdc.gov/ucd-icd10.html>; data accessed March 23, 2022.

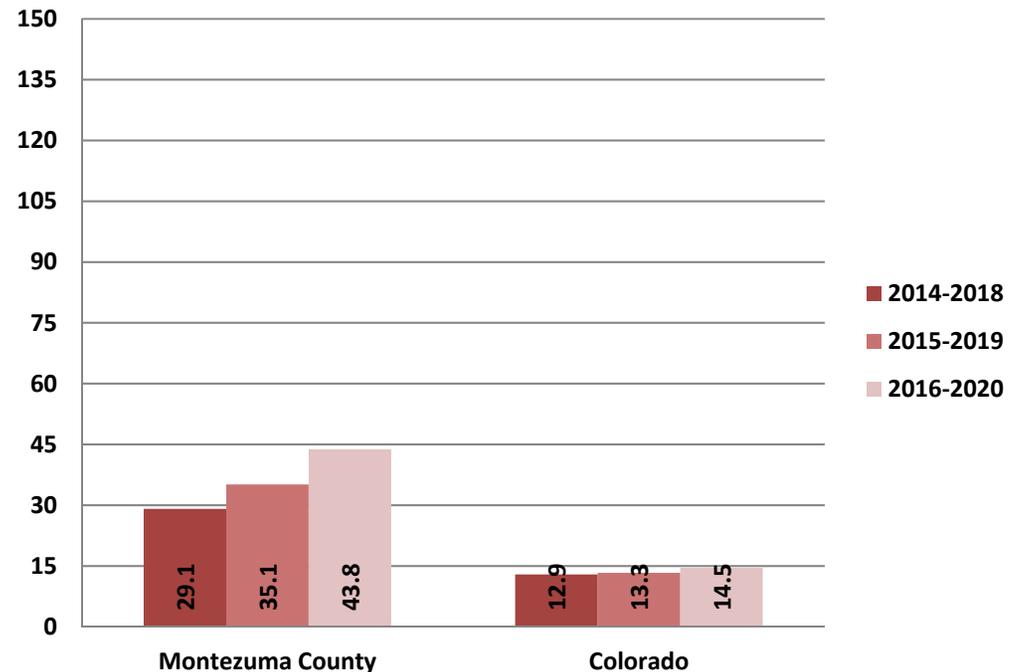
Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously. Data has been pulled in 5-year sets of moving averages for purposes of statistical reliability.

# Health Status

## Mortality – Chronic Liver Disease and Cirrhosis

- Chronic liver disease and cirrhosis is the sixth leading cause of death in Montezuma County and the ninth leading cause of death in the state (2014-2020).
- Between 2014 and 2020, chronic liver disease and cirrhosis mortality rates increased in Montezuma County and the state.
- In 2016-2020, the chronic liver disease and cirrhosis mortality rate in Montezuma County (43.8 per 100,000) was higher than the state rate (14.5 per 100,000).

Chronic Liver Disease and Cirrhosis  
Age-adjusted Death Rates per 100,000, 2014-2020



LOCATION	2014-2018		2015-2019		2016-2020		2014-2020	
	DEATHS	AGE-ADJUSTED DEATH RATE						
Montezuma County	41	29.1	49	35.1	58	43.8	70	36.3
Colorado	3,926	12.9	4,143	13.3	4,549	14.5	6,027	13.9

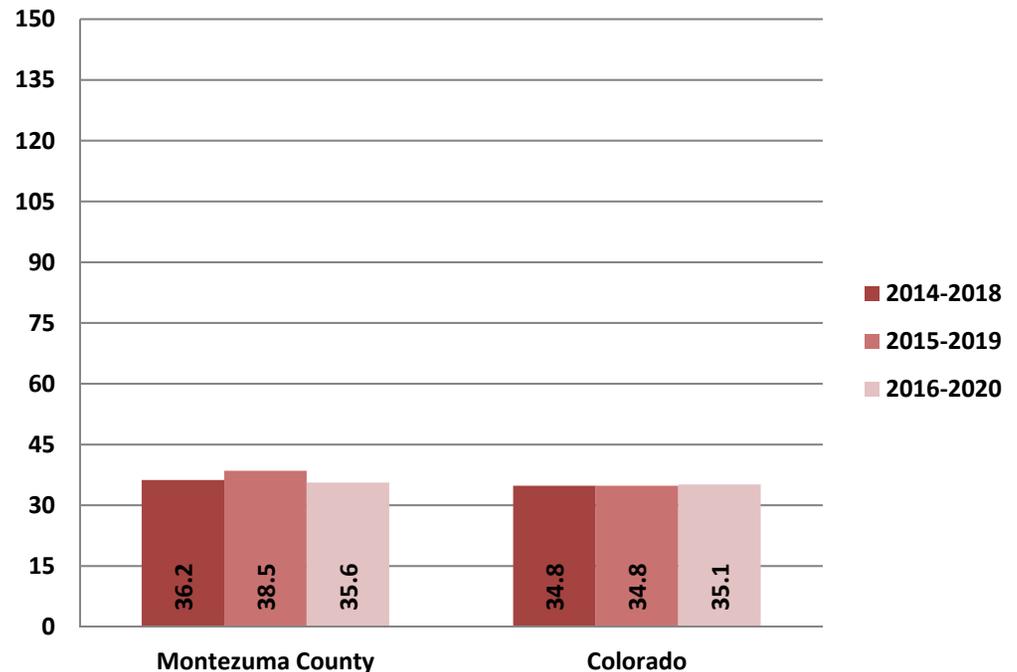
Source: Centers for Disease Control and Prevention, National Center for Health Statistics, <http://wonder.cdc.gov/ucd-icd10.html>; data accessed March 23, 2022.  
Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously. Data has been pulled in 5-year sets of moving averages for purposes of statistical reliability.

# Health Status

## Mortality – Cerebrovascular Disease

- Cerebrovascular disease is the seventh leading cause of death in Montezuma County and the fifth leading cause of death in the state (2014-2020).
- Between 2014 and 2020, cerebrovascular disease mortality rates decreased in Montezuma County and slightly increased in the state.
- In 2016-2020, the cerebrovascular disease mortality rate in Montezuma County (35.6 per 100,000) was higher than the state rate (35.1 per 100,000).

**Cerebrovascular Diseases**  
Age-adjusted Death Rates per 100,000, 2014-2020



LOCATION	2014-2018		2015-2019		2016-2020		2014-2020	
	DEATHS	AGE-ADJUSTED DEATH RATE						
Montezuma County	68	36.2	74	38.5	71	35.6	94	34.3
Colorado	9,481	34.8	9,757	34.8	10,092	35.1	13,662	34.8

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, <http://wonder.cdc.gov/ucd-icd10.html>; data accessed March 23, 2022.

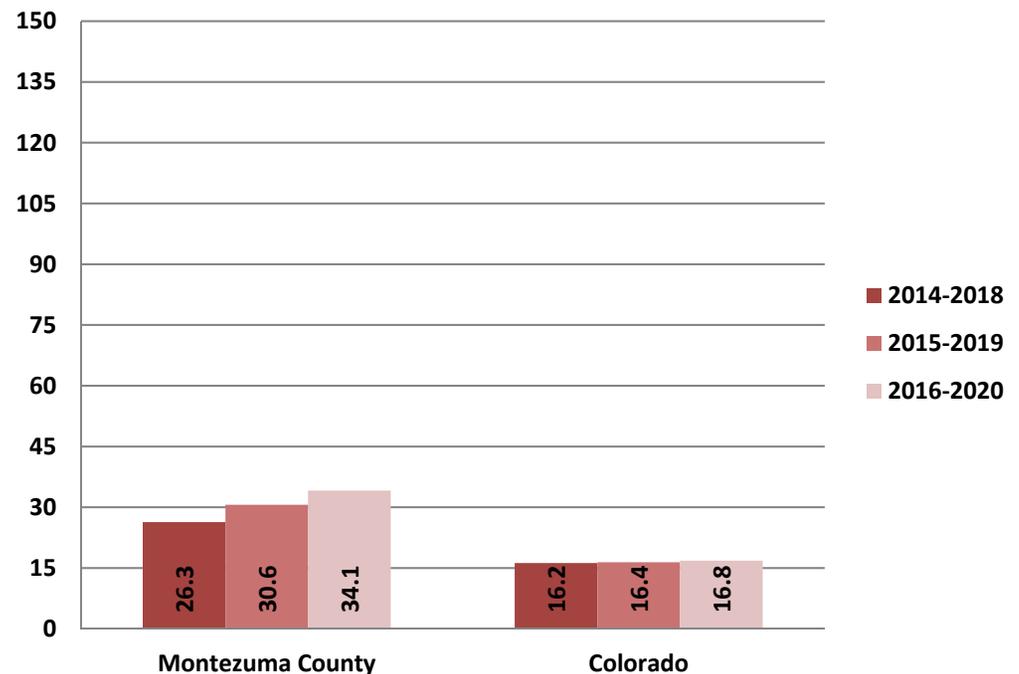
Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously. Data has been pulled in 5-year sets of moving averages for purposes of statistical reliability.

# Health Status

## Mortality – Diabetes Mellitus

- Diabetes mellitus is the eighth leading cause of death in Montezuma County and the state (2014-2020).
- Between 2014 and 2020, diabetes mortality rates increased in Montezuma County and the state.
- In 2016-2020, the diabetes mortality rate in Montezuma County (34.1 per 100,000) was higher than the state rate (16.8 per 100,000).

**Diabetes Mellitus**  
Age-adjusted Death Rates per 100,000, 2014-2020



LOCATION	2014-2018		2015-2019		2016-2020		2014-2020	
	DEATHS	AGE-ADJUSTED DEATH RATE						
Montezuma County	51	26.3	57	30.6	62	34.1	79	30.7
Colorado	4,651	16.2	4,862	16.4	5,143	16.8	6,865	16.5

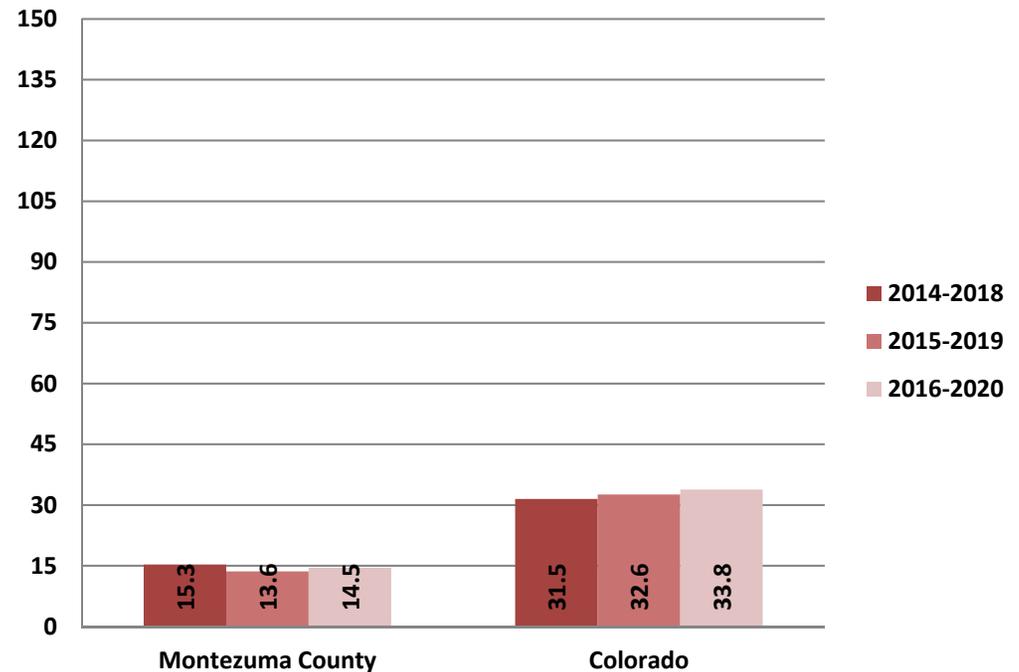
Source: Centers for Disease Control and Prevention, National Center for Health Statistics, <http://wonder.cdc.gov/ucd-icd10.html>; data accessed March 23, 2022.  
Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously. Data has been pulled in 5-year sets of moving averages for purposes of statistical reliability.

# Health Status

## Mortality – Alzheimer’s Disease

- Alzheimer’s disease is the ninth leading cause of death in Montezuma County and the sixth leading cause of death in the state (2014-2020).
- Between 2014 and 2020, Alzheimer’s disease mortality rates decreased in Montezuma County and increased in the state.
- In 2016-2020, the Alzheimer’s disease mortality rate in Montezuma County (14.5 per 100,000) was lower than the state rate (33.8 per 100,000).

Alzheimer’s Disease  
Age-adjusted Death Rates per 100,000, 2014-2020



LOCATION	2014-2018		2015-2019		2016-2020		2014-2020	
	DEATHS	AGE-ADJUSTED DEATH RATE						
Montezuma County	29	15.3	27	13.6	29	14.5	42	15.4
Colorado	8,290	31.5	8,835	32.6	9,387	33.8	12,363	32.6

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, <http://wonder.cdc.gov/ucd-icd10.html>; data accessed March 23, 2022.  
Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously. Data has been pulled in 5-year sets of moving averages for purposes of statistical reliability.

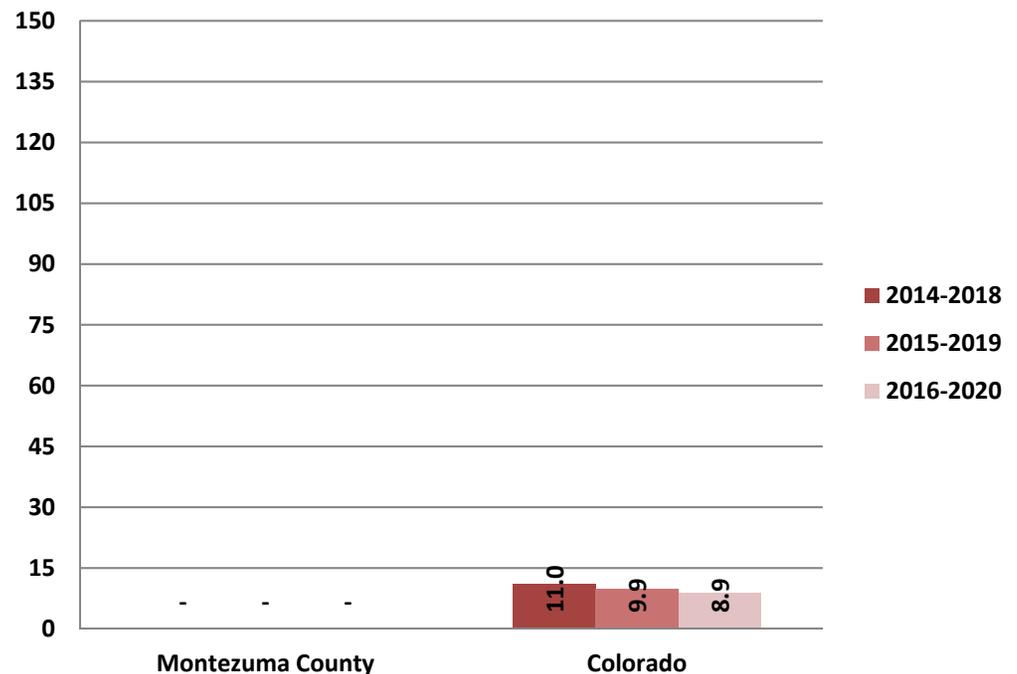


# Health Status

## Mortality – Influenza and Pneumonia

- Influenza and pneumonia is the tenth leading cause of death in Montezuma County and is not a leading cause of death in the state (2014-2020).
- Between 2014 and 2020, influenza and pneumonia mortality rates decreased in the state.

Influenza and Pneumonia  
Age-adjusted Death Rates per 100,000, 2014-2020



LOCATION	2014-2018		2015-2019		2016-2020		2014-2020	
	DEATHS	AGE-ADJUSTED DEATH RATE						
Montezuma County	12	Unreliable	13	Unreliable	17	Unreliable	20	8.7
Colorado	3,038	11.0	2,805	9.9	2,594	8.9	3,954	9.9

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, <http://wonder.cdc.gov/ucd-icd10.html>; data accessed March 23, 2022.

Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously. "-" indicates that the number of deaths is too low to calculate a reliable rate. Data has been pulled in 5-year sets of moving averages for purposes of statistical reliability.

# Health Status

## COVID-19

- As of July 21, 2022, the percent of the population that has received their first COVID-19 vaccination dose in Montezuma County (79.4%) is lower than the state (83.1%).
- As of July 21, 2022, the percent of the population that is fully vaccinated in Montezuma County (69.6%) is lower than the state (75.0%).

Location	Total Amount of Cases	Total % of First Doses Reported as Administered (age 12+)	Total % of Fully Vaccinated Population (age 12+)
Montezuma County	6,641	79.4%	69.6%
Colorado	1,583,759	83.1%	75.0%

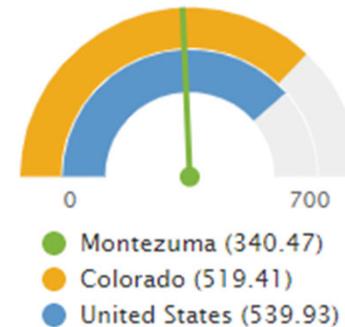
Source: Colorado Department of Public Health & Environment, Colorado COVID-19 Data, <https://covid19.colorado.gov/data>; information accessed July 22, 2022. Data updated as of July 21, 2022 at 4:00 p.m. MST.  
 Note: Total Case numbers is the sum of all cases reported since March 17, 2020.  
 Vaccine coverage for at least 1 dose includes all individuals who have received their first dose of COVID-19 vaccine. Vaccine coverage for series completion includes all individuals who have completed 2 doses of Pfizer-BioNTech or Moderna vaccine or 1 dose of Johnson and Johnson/Janssen.

# Health Status

## Communicable Diseases – Chlamydia

- Montezuma County (340.5 per 100,000) had a lower incidence rate of chlamydia cases per 100,000 population than the state (519.4 per 100,000) and the nation (539.9 per 100,000) (2018).
- Between 2008 and 2018, chlamydia infection rates decreased in Montezuma County and increased in the state.
- Montezuma County maintained a higher chlamydia rate than the state for the majority of years between 2008 and 2018.

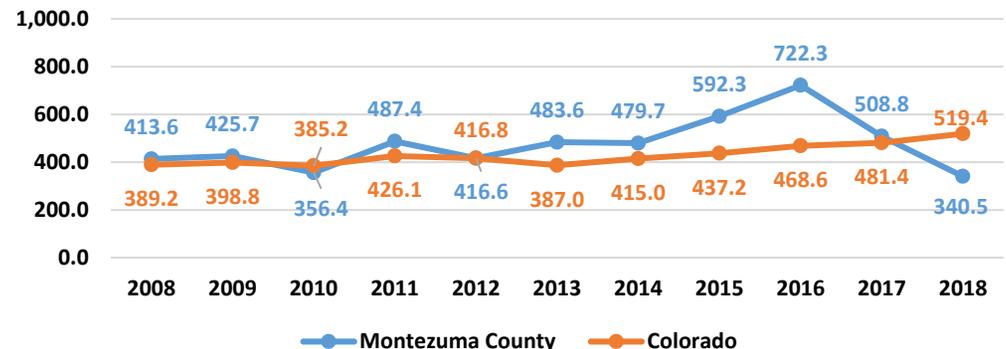
Chlamydia Infection Rate  
(Per 100,000 Pop.)



Note: a green dial indicates that the county has a better rate than the state, and a red dial indicates that the county has a worse rate than the state.

### Chlamydia Infection Rate by Year

Rates per 100,000  
2008-2018

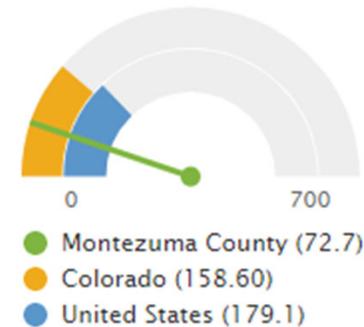


# Health Status

## Communicable Diseases – Gonorrhea

- Montezuma County (72.7 per 100,000) had a lower rate of gonorrhea infection than the state (158.6 per 100,000) and the nation (179.1 per 100,000) (2018).
- Between 2008 and 2018, gonorrhea infection rates overall increased in Montezuma County and the state.
- Montezuma County has maintained a lower gonorrhea infection for the majority of years between 2008 and 2018 but has increased to be above the state rate in recent years.

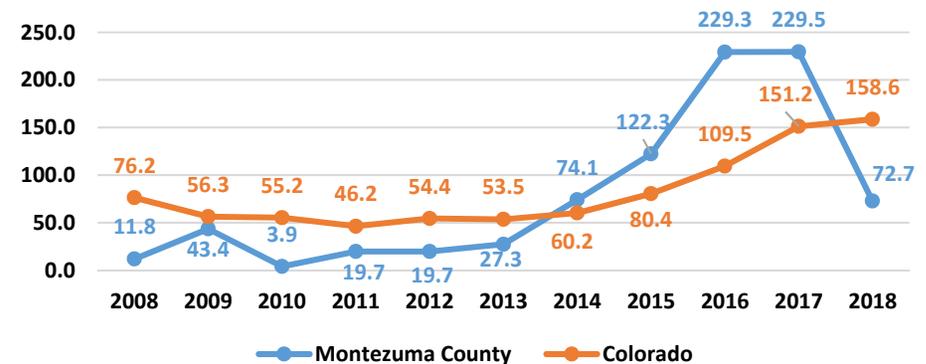
Gonorrhea Infection Rate  
(Per 100,000 Pop.)



Note: a green dial indicates that the county has a better rate than the state, and a red dial indicates that the county has a worse rate than the state.

### Gonorrhea Infection Rate by Year

Rates per 100,000  
2008-2018

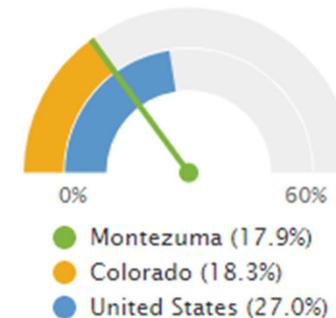


# Health Status

## Chronic Conditions – Diabetes

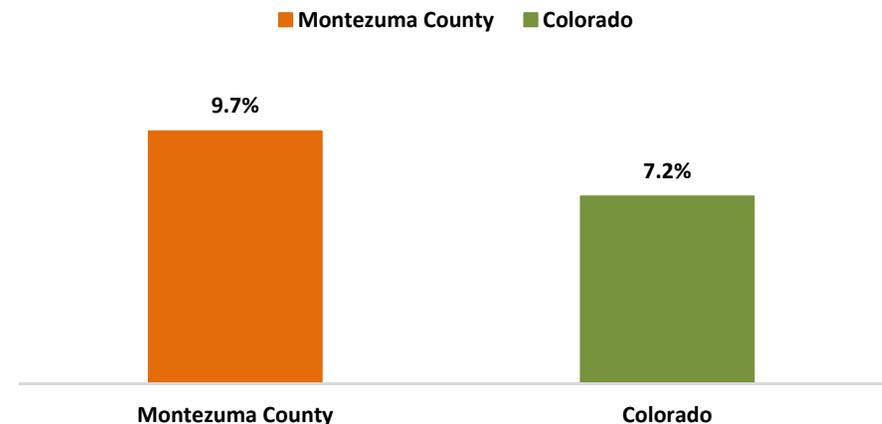
- In 2018, the percentage of **Medicare Beneficiaries** with diabetes in Montezuma County (17.9%) was lower than the state (18.3%) and national (27.0%) rate.
- In 2018-2020, Montezuma County (9.7%) had a higher percent of adults (age 18+) who had ever been diagnosed with diabetes than the state (7.2%).

Percentage of Medicare Beneficiaries with Diabetes



Note: a green dial indicates that the county has a better rate than the state, and a red dial indicates that the county has a worse rate than the state.

Diabetes, Percentage, Adults (age 18+), 2018-2020



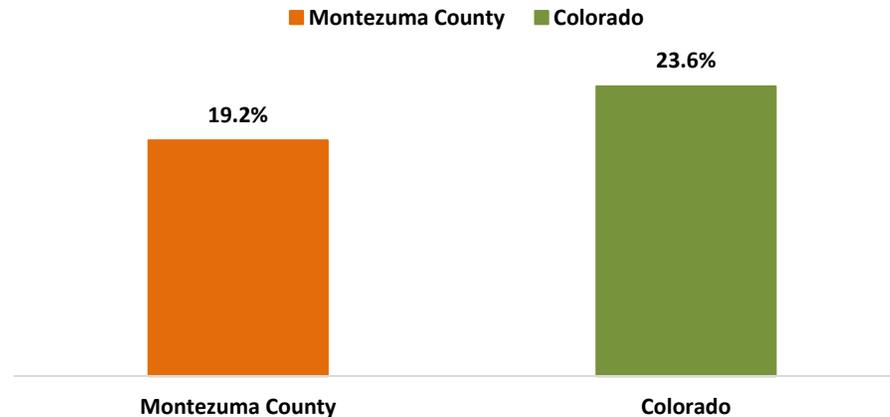
Source: SparkMap, Health Indicator Report: logged in and filtered for Montezuma County, CO, <https://sparkmap.org/report/>; data accessed March 24, 2022.  
Source: Colorado Department of Public Health & Environment, Colorado Health Information Dataset; <https://cdphe.colorado.gov/colorado-health-indicators>; data accessed June 7, 2022.  
Definition: Have you ever been told by a doctor or other health professional that you have diabetes?  
Data has been pulled in 3-year sets of moving averages for purposes of statistical reliability.

# Health Status

## Chronic Conditions – Obesity

- In 2018-2020, Montezuma County (19.2%) had a lower percentage of obese adults (age 18+) than the state (23.6%).

Obesity, Percentage, Adults (age 18+),  
2018-2020



Source: Colorado Department of Public Health & Environment, Colorado Health Information Dataset; information received May 2022.

Definition: How much do you weigh without shoes? How tall are you without shoes? (Underweight is defined at a BMI less than 18.5, Normal is defined as a BMI 18.5 to less than 25; Overweight, but not obese, is defined as a BMI 25 to less than 30; Obese is defined as a BMI of 30 or more.)

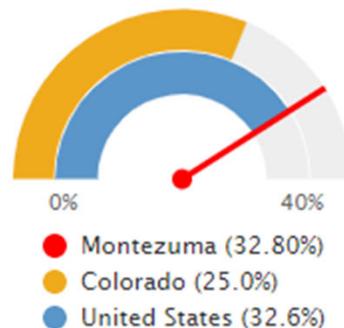
Data has been pulled in 3-year sets of moving averages for purposes of statistical reliability.

# Health Status

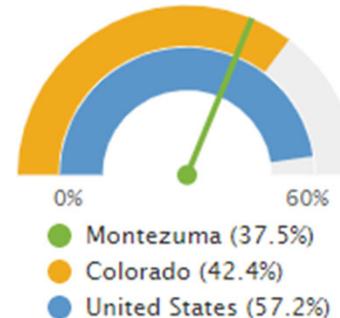
## Chronic Conditions – High Blood Pressure

- Montezuma County (32.8%) had a higher percentage of adults (age 18+) with high blood pressure (hypertension) than the state (25.0%) and the nation (32.6%) (2019).
- Montezuma County (37.5%) has the lowest rate of Medicare fee-for-service residents with hypertension as compared to the state (42.4%) and the nation (57.2%) (2018).

Percentage of Adults with High Blood Pressure



Percentage of Medicare Beneficiaries with High Blood Pressure



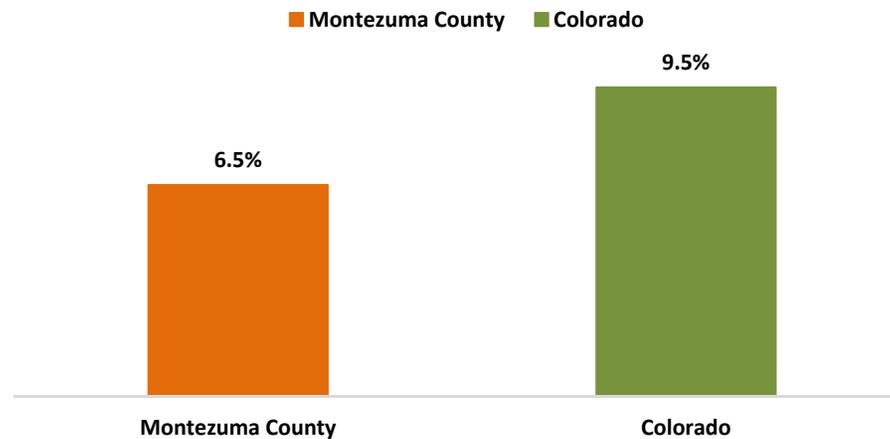
Note: a green dial indicates that the county has a better rate than the state, and a red dial indicates that the county has a worse rate than the state.

# Health Status

## Chronic Conditions – Asthma

- In 2018-2020, Montezuma County (6.5%) had a lower percentage of adults (age 18+) ever diagnosed with asthma than the state (9.5%).

Asthma, Percentage, Adults (age 18+), 2018-2020



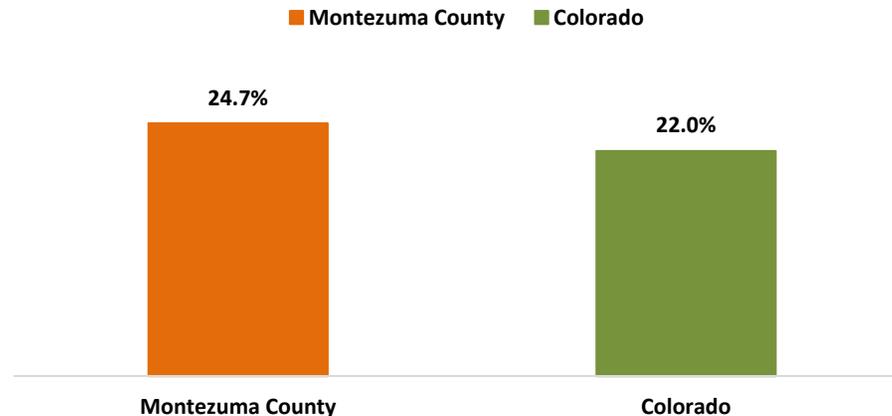
Source: Colorado Department of Public Health & Environment, Colorado Health Information Dataset; <https://cdphe.colorado.gov/colorado-health-indicators>; data accessed June 7, 2022.  
Definition: Have you ever been told by a doctor or other health professional that you had asthma?  
Data has been pulled in 3-year sets of moving averages for purposes of statistical reliability.

# Health Status

## Chronic Conditions – Arthritis

- In 2018-2020, Montezuma County (24.7%) had a higher percentage of adults (age 18+) ever diagnosed with arthritis than the state (22.0%).

Arthritis, Percentage, Adults (age 18+), 2018-2020



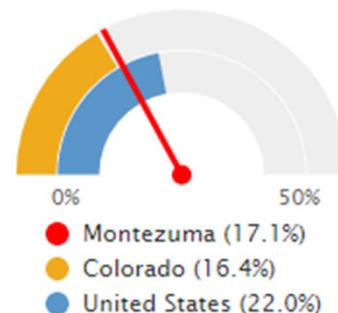
Source: Colorado Department of Public Health & Environment, Colorado Health Information Dataset; <https://cdphe.colorado.gov/colorado-health-indicators>; data accessed June 7, 2022.  
Definition: Has a doctor, nurse, or other health professional ever told you that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?  
Data has been pulled in 3-year sets of moving averages for purposes of statistical reliability.

# Health Status

## *Health Behaviors – Physical Inactivity*

- In 2019, the percent of the adult population (age 20+) in Montezuma County (17.1%) that self-reported no leisure time for physical activity was higher than the state rate (16.4%) but lower than the national rate (22.0%).

Percentage of Adults with No Leisure-Time Physical Activity, 2019



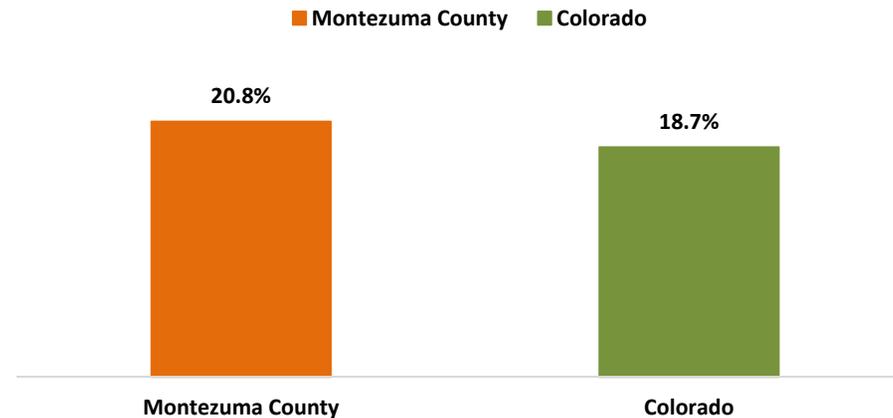
*Note: a green dial indicates that the county has a better rate than the state, and a red dial indicates that the county has a worse rate than the state.*

# Health Status

## Health Behaviors – Binge Drinking

- In 2018-2020, Montezuma County (20.8%) had a higher percentage of adults (age 18+) at risk of binge drinking than the state (18.7%).

**Binge Drinking, Percentage, Adults (age 18+),  
2018-2020**



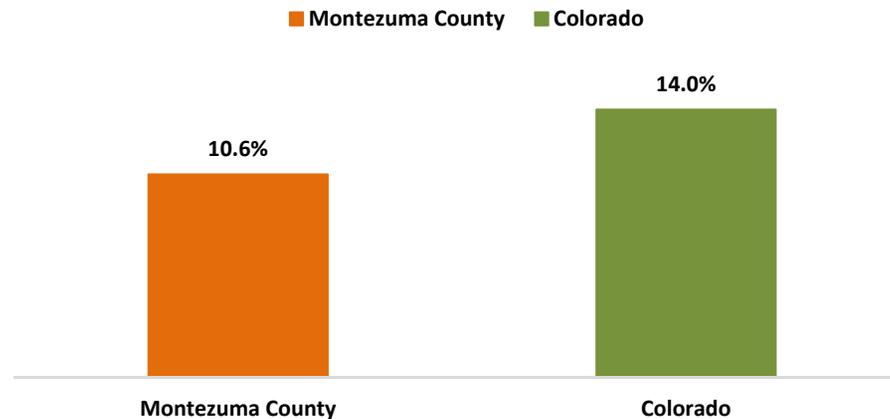
Source: Colorado Department of Public Health & Environment, Colorado Health Information Dataset; <https://cdphe.colorado.gov/colorado-health-indicators>; data accessed June 7, 2022.  
Definition: Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks (for men or 4 or more drinks for women) on an occasion?  
Data has been pulled in 3-year sets of moving averages for purposes of statistical reliability.

# Health Status

## Health Behaviors - Smoking

- In 2018-2020, the percent of adults (age 18+) that self-reported smoking cigarettes **every day** in Montezuma County (10.6%) was lower than the state (14.0%).

Smoking Frequency - Every Day, Percentage, Adults (age 18+), 2018-2020



Source: Colorado Department of Public Health & Environment, Colorado Health Information Dataset; <https://cdphe.colorado.gov/colorado-health-indicators>; data accessed June 7, 2022.

Frequency of Smoking Definition: Have you smoked at least 100 cigarettes in your entire life? Do you now smoke cigarettes every day, some days, or not at all?

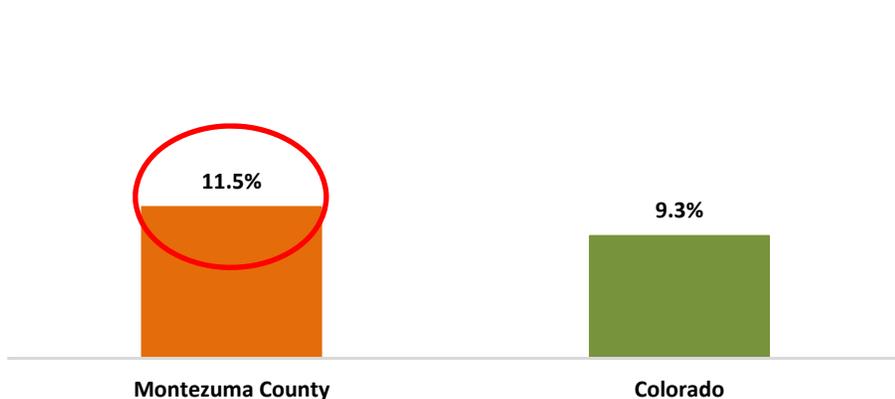
Note: smoking refers to cigarettes, and does not include electronic cigarettes (e-cigarettes, NJOY, Bluetip), herbal cigarettes, cigars, cigarillos, little cigars, pipes, bidis, kreteks, water pipes (hookahs), marijuana, chewing tobacco, snuff, or snus.

Data has been pulled in 3-year sets of moving averages for purposes of statistical reliability.

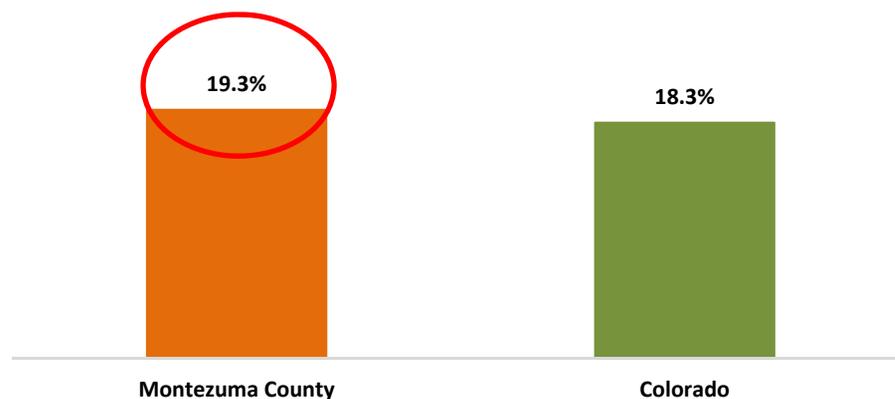
# Health Status

## Maternal & Child Health Indicators

Low Birth Weight (<2,500g), Percent of All Births, 2020



Births to Women Receiving Later Than 1st Trimester or No Prenatal Care, Percent of All Births, 2020



Teen Births (Age 10-19), Percent of All Births, 2020



Source: Colorado Department of Public Health & Environment, Vital Statistics Program, <https://cdphe.colorado.gov/center-for-health-and-environmental-data/registries-and-vital-statistics/vital-statistics-program>; data accessed on March 29, 2022.

Note: Percentages are crude rates based on number of specific indicator-related cases divided by total births. Rates are not calculated if number of cases are too low for statistical reliability. Birth data are reported by mothers' county of residence (as mothers reported on birth certificates during the birth registration) regardless where deliveries actually occurred, in state or out-of-state.

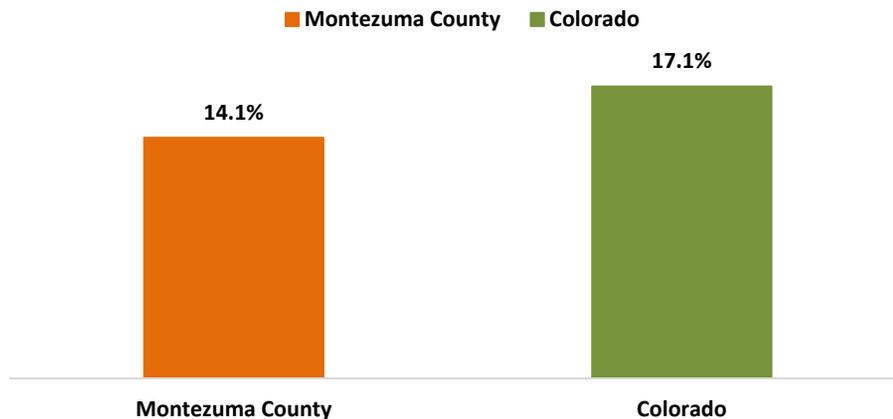


# Health Status

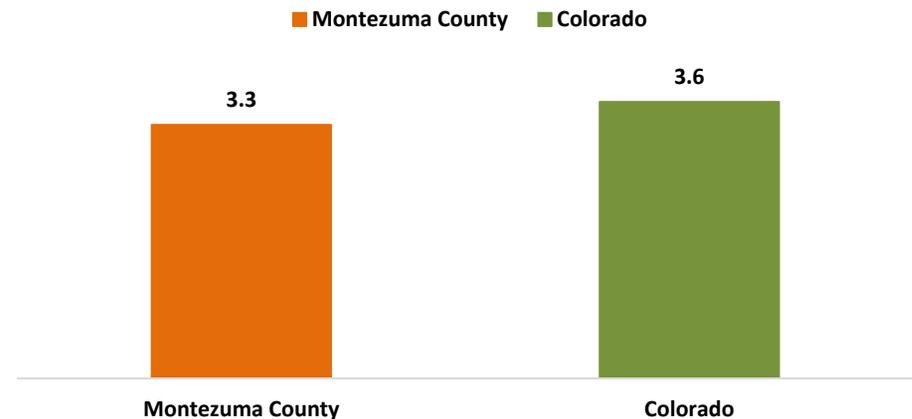
## *Mental Health – Depressive Disorders & Poor Mental Health*

- In 2018-2020, Montezuma County (14.1%) had a lower percent of adults (age 18+) ever diagnosed with a depressive disorder than the state (17.1%).
- In 2018-2020, Montezuma County (3.3 days) had a lower number of days where adults (age 18+) experienced poor mental health than the state (3.6 days).

**Depressive Disorders, Percentage, Adults (age 18+), 2018-2020**



**Days of Poor Mental Health, Days Per Month, Percentage, Adults (age 18+), 2018-2020**

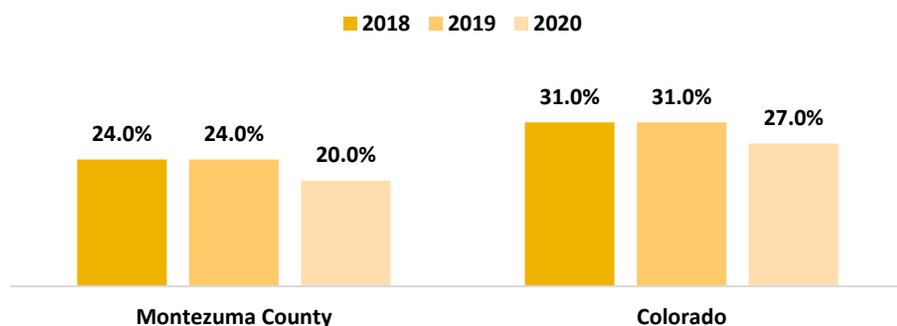


Source: Colorado Department of Public Health & Environment, Colorado Health Information Dataset; information received May 2022.  
Source: Colorado Department of Public Health & Environment, Colorado Health Information Dataset; <https://cdphe.colorado.gov/colorado-health-indicators>; data accessed June 7, 2022.  
Definition: Has a doctor, nurse, or other health professional ever told you that you have a depressive disorder including depression, major depression, dysthymia, or minor depression?  
Definition: Days mental health not good per 30 days.  
Data has been pulled in 3-year sets of moving averages for purposes of statistical reliability.

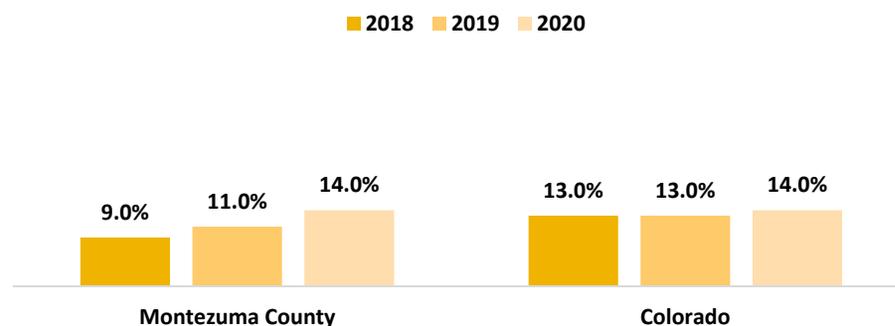
# Health Status

## Screenings – Mammography, Prostate Screening, Pap Test, Colorectal

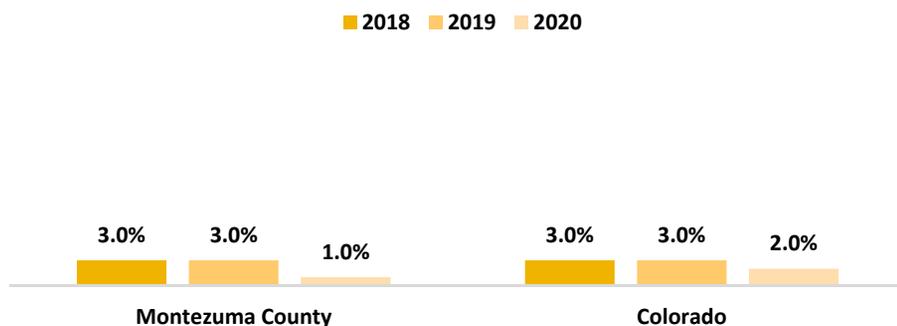
Received Mammography Screening, Percent, Females (age 35+), 2018-2020



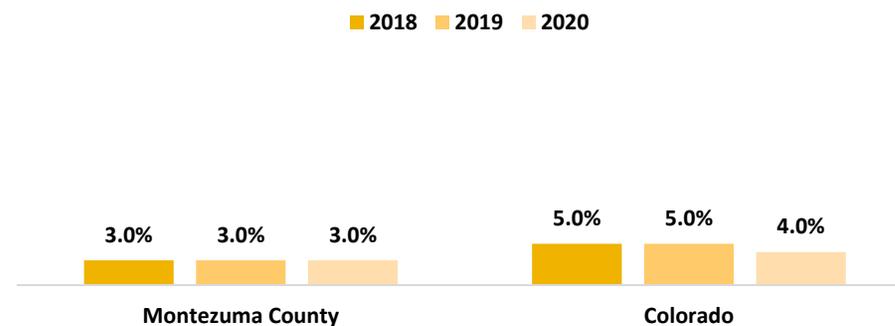
Received Prostate Cancer Screening, Percent, Males (age 50+), 2018-2020



Received Pap Test Screening, Females (all ages), 2018-2020



Received Colorectal Cancer Screening, Percent, Adults (age 50+), 2018-2020



Source: Centers for Medicare & Medicaid Services, Office of Minority Health: Mapping Medicare Disparities, <https://data.cms.gov/mapping-medicare-disparities>; data accessed on March 29, 2022.

Mammography Screening Definition: percentages are identified using the HCPCS/CPT codes present in the Medicare administrative claims. The uptake rate for mammography services is calculated as the percentage of beneficiaries that received at least one of the services (defined by HCPCS/CPT codes) in a given year. Number of beneficiaries for mammography services excludes: beneficiaries without Part B enrollment for at least one month; beneficiaries with enrollment in Medicare Advantage; male beneficiaries; and female beneficiaries aged less than 35.

Colorectal Cancer Screening Definition: percentages are identified using the HCPCS/CPT codes present in the Medicare administrative claims. The uptake rate for colorectal cancer services is calculated as the percentage of beneficiaries that received at least one of the services (defined by HCPCS/CPT codes) in a given year. Number of beneficiaries for colorectal cancer screening services excludes: beneficiaries without Part B enrollment for at least one month; beneficiaries with enrollment in Medicare Advantage; and beneficiaries aged less than 50.

Pap Test Screening Definition: percentages are identified using the HCPCS/CPT codes present in the Medicare administrative claims. The uptake rate for pap test services is calculated as the percentage of beneficiaries that received at least one of the services (defined by HCPCS/CPT codes) in a given year. Number of beneficiaries for colorectal cancer screening services excludes: beneficiaries without Part B enrollment for at least one month; beneficiaries with enrollment in Medicare Advantage; and male beneficiaries.

Prostate Cancer Screening Definition: percentages are identified using the HCPCS/CPT codes present in the Medicare administrative claims. The uptake rate for prostate cancer services is calculated as the percentage of beneficiaries that received at least one of the services (defined by HCPCS/CPT codes) in a given year. Number of beneficiaries for colorectal cancer screening services excludes: beneficiaries without Part B enrollment for at least one month; beneficiaries with enrollment in Medicare Advantage; female beneficiaries; and male beneficiaries aged less than 50.

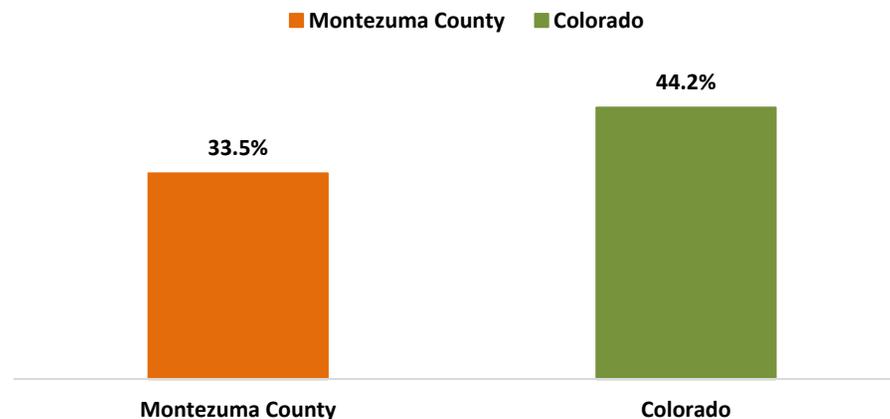


# Health Status

## Preventive Care – Influenza Vaccine (age 18+)

- In 2018-2020, Montezuma County (33.5%) had a lower percentage of adults (age 18+) that **did** receive a flu shot in the past year than the state (44.2%).

Received Flu Shot in the Past Year, Percentage, Adults (age 18+), 2018-2020



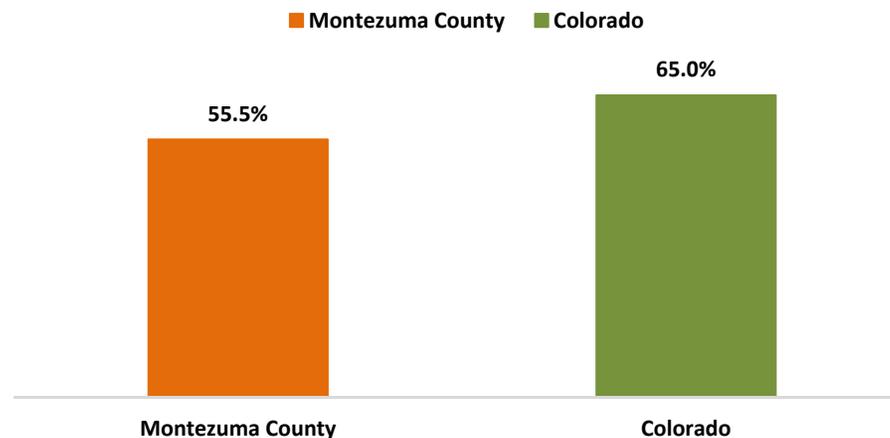
Source: Colorado Department of Public Health & Environment, Colorado Health Information Dataset; <https://cdphe.colorado.gov/colorado-health-indicators>; data accessed June 7, 2022.  
Definition: A flu shot is an influenza vaccine injected in your arm. During the past 12 months, have you had a flu shot? During the past 12 months, have you had a flu vaccine that was sprayed in your nose? The flu vaccine that is sprayed in the nose is also called FluMist.  
Data has been pulled in 3-year sets of moving averages for purposes of statistical reliability.

# Health Status

## Preventive Care – Influenza Vaccine (age 65+)

- In 2018-2020, the percent of adults (age 65+) in Montezuma County (55.5%) that **did** receive a flu shot in the past year was lower than the state (65.0%).

Received Flu Shot in the Past Year, Percentage, Adults (age 65+), 2018-2020



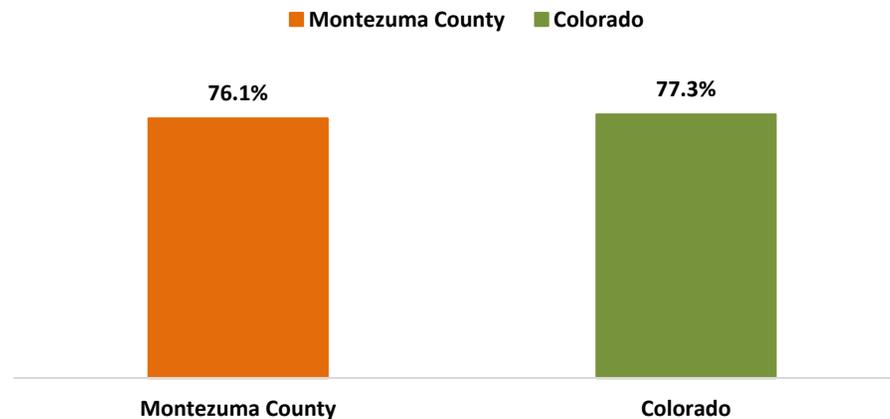
Source: Colorado Department of Public Health & Environment, Colorado Health Information Dataset; <https://cdphe.colorado.gov/colorado-health-indicators>; data accessed June 7, 2022.  
Definition: Definition: Percentage of adults age 65+ that received at least one flu shot, also known as the influenza vaccine in the past 12 months.  
Note: Data has been pulled in a 3-year set for purposes of statistical reliability.

# Health Status

## *Preventive Care – Pneumococcal Vaccine (age 65+)*

- In 2018-2020, the percent of adults (age 65+) in Montezuma County (76.1%) that **did** receive a pneumonia shot in the past year was lower than the state (77.3%).

Received Pneumonia Shot in the Past Year,  
Percentage, Adults (age 65+), 2018-2020



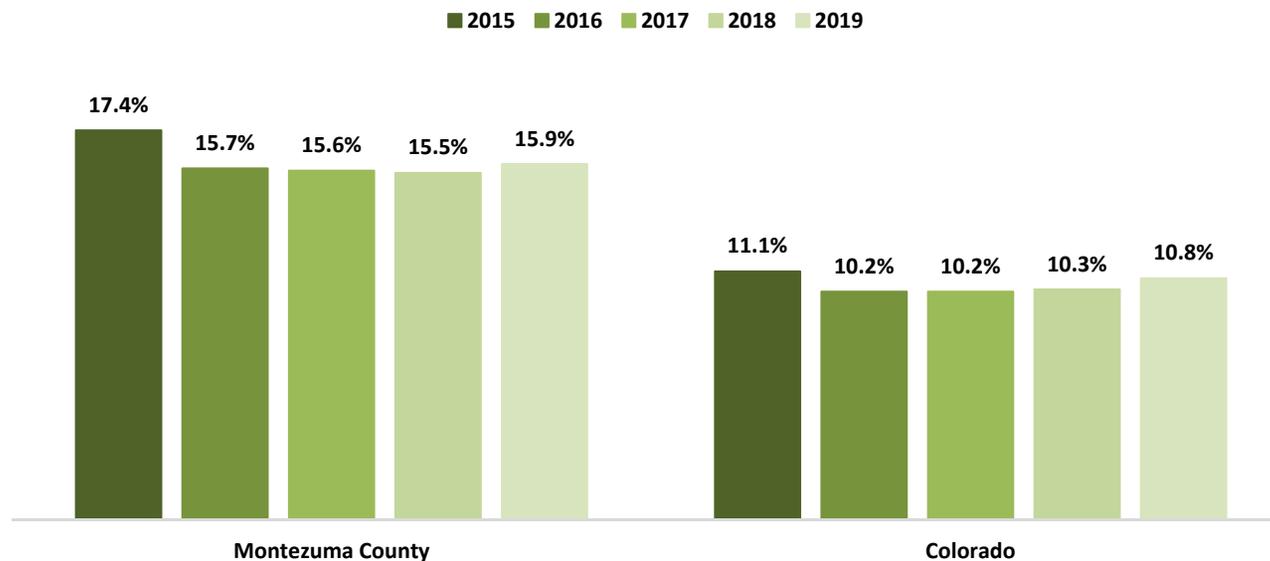
Source: Colorado Department of Public Health & Environment, Colorado Health Information Dataset; <https://cdphe.colorado.gov/colorado-health-indicators>; data accessed June 7, 2022.  
Definition: Definition: Percentage of adults age 65+ that received at least one flu shot, also known as the influenza vaccine in the past 12 months.  
Note: Data has been pulled in a 3-year set for purposes of statistical reliability.

# Health Status

## Health Care Access – Uninsured

- As of 2019, Montezuma County (15.9%) has a higher rate of uninsured adults (age 18-64) as compared to the state (10.8%).
- Montezuma County and the state experienced an overall decrease in the percentage of uninsured adults (age 18-64) between 2015 and 2019.

Uninsured, Percent of Adults (age 18-64), 2015-2019

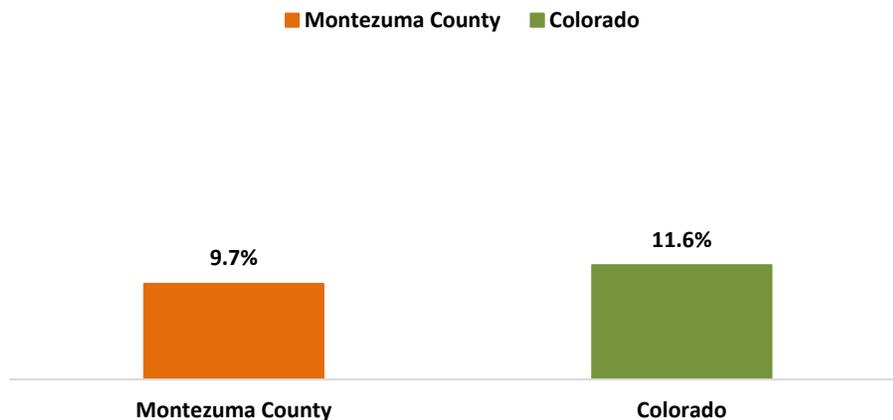


# Health Status

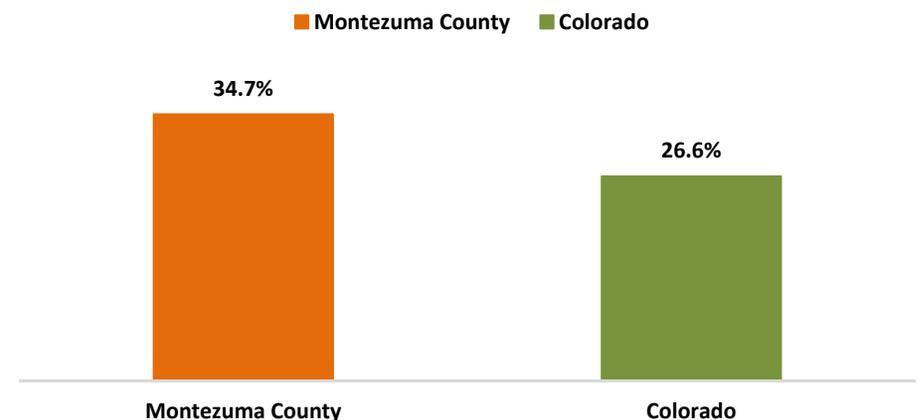
## Health Care Access – Medical Cost Barrier & Having a Personal Doctor

- In 2018-2020, the percent of adults (age 18+) that reported experiencing a medical cost barrier in the past 12 months in Montezuma County (9.7%) was lower than the state (11.6%).
- In 2018-2020, Montezuma County (34.7%) had a higher percent of adults (age 18+) that **did not** have a personal doctor than the state (26.6%).

Medical Cost Barrier, Percentage, Adults (age 18+), 2018-2020



Does Not Have a Personal Doctor, Percentage, Adults (age 18+), 2018-2020



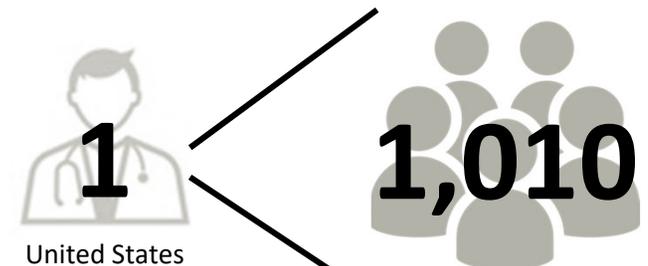
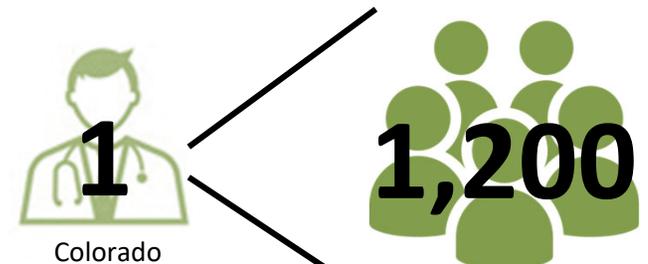
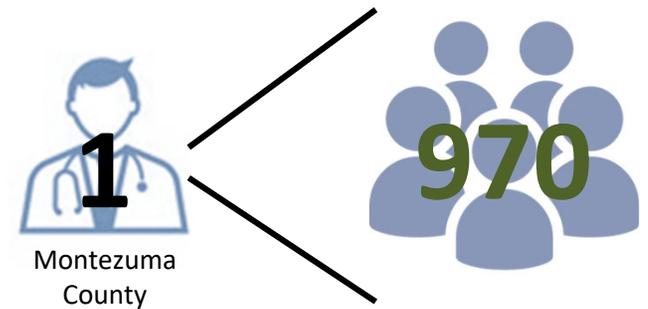
Source: Colorado Department of Public Health & Environment, Colorado Health Information Dataset; information received May 2022.  
Definition: Was there a time in the last 12 months when you needed to see a doctor, but could not because of the cost?  
Definition: Do you have one or more person you think of as your personal doctor or health care provider?  
Data has been pulled in 5-year sets of moving averages for purposes of statistical reliability.

# Health Status

## Health Care Access – Primary Care Providers

- **Sufficient availability of primary care physicians is essential for preventive and primary care.**

- In 2019, the population to primary care provider ratio in Montezuma County (970:1) was lower than the state (1,200:1) and the nation (1,010:1).



Source: County Health Rankings & Roadmaps, Health Indicator Report: filtered for Montezuma County, CO, <https://www.countyhealthrankings.org/>; data accessed June 7, 2022.

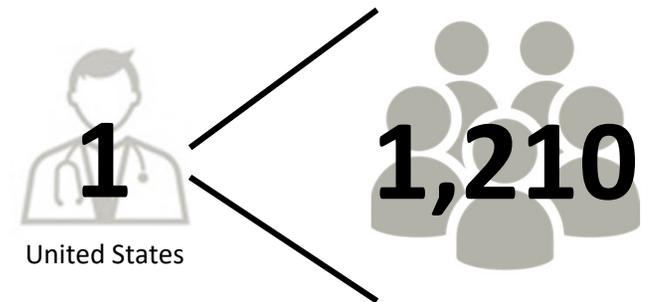
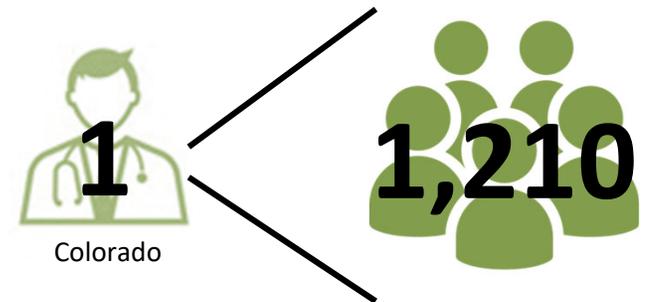
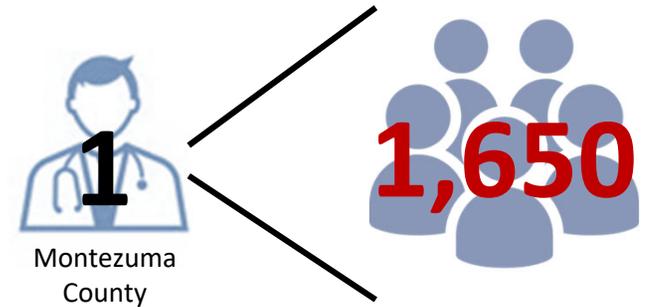
Definition: The ratio represents the number of individuals served by one physician in a county, if the population was equally distributed across physicians. "Primary care physicians" classified by the AMA include: General Family Medicine MDs and DOs, General Practice MDs and DOs, General Internal Medicine MDs and General Pediatrics MDs. Physicians age 75 and over and physicians practicing sub-specialties within the listed specialties are excluded.

# Health Status

## Health Care Access – Dental Care Providers

- **Lack of sufficient dental providers is a barrier to accessing oral health care. Untreated dental disease can lead to serious health effects including pain, infection, and tooth loss.**

- In 2020, the population to dental provider ratio in Montezuma County (1,650:1) was higher than Colorado (1,210:1) and the nation (1,210:1).



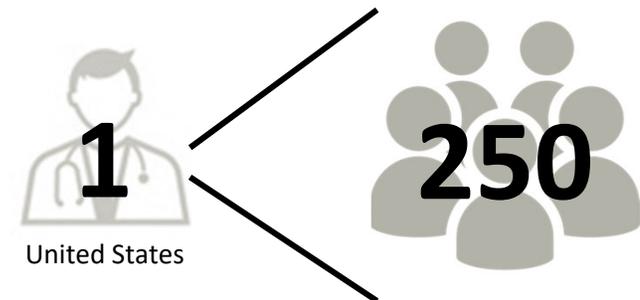
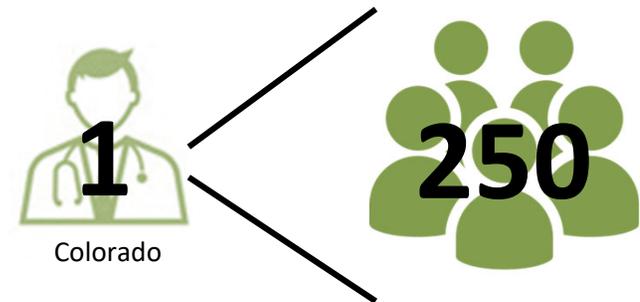
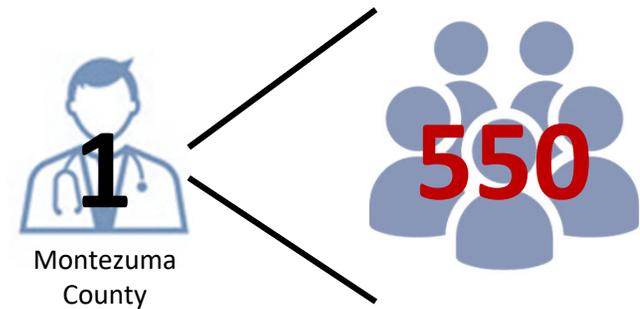
Source: County Health Rankings & Roadmaps, Health Indicator Report: filtered for Montezuma County, CO, <https://www.countyhealthrankings.org/>; data accessed June 7, 2022.

Definition: The ratio represents the population served by one dentist if the entire population of a county was distributed equally across all practicing dentists. All dentists qualified as having a doctorate in dental surgery (D.D.S.) or dental medicine (D.M.D.) licensed by the state to practice dentistry and who practice within the scope of that license.

# Health Status

## Health Care Access – Mental Healthcare Providers

- **Lack of access to mental health care providers not only effects overall individual wellness but also impacts the health of a community.**
  - In 2021, the population to mental health provider ratio in Montezuma County (550:1) was higher than the state (250:1) and the nation (250:1).



Source: County Health Rankings & Roadmaps, Health Indicator Report: filtered for Montezuma County, CO, <https://www.countyhealthrankings.org/>; data accessed June 7, 2022.

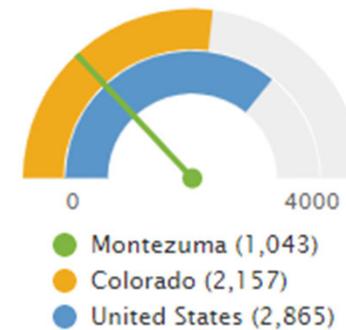
Definition: The ratio represents the number of individuals served by one mental health provider in a county, if the population were equally distributed across providers. Psychiatrists, psychologists, clinical social workers, and counselors that specialize in mental health care.

# Health Status

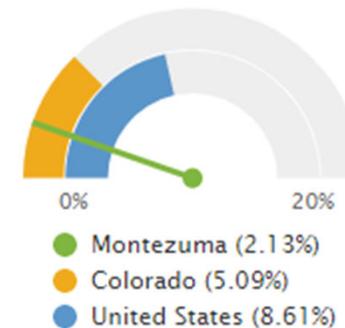
## Health Care Access – Common Barriers to Care

- **Lack of available primary care resources for patients to access may lead to increased preventable hospitalizations.**
  - In 2020, the rate of preventable hospital events in Montezuma County (1,043 per 100,000 Medicare Beneficiaries) was lower than the state (2,157 per 100,000 Medicare Beneficiaries) and the nation (2,865 per 100,000 Medicare Beneficiaries).
- **Lack of transportation is frequently noted as a potential barrier to accessing and receiving care.**
  - In 2015-2019, 2.1% of households in Montezuma County had no motor vehicle, as compared to 5.1% in Colorado and 8.6% in the nation.

Preventable Hospital Events, Rate per 100,000 Beneficiaries



Percentage of Households with No Motor Vehicle



*Note: a green dial indicates that the county has a better rate than the state, and a red dial indicates that the county has a worse rate than the state.*

Source: SparkMap, Health Indicator Report: logged in and filtered for Montezuma County, CO, <https://sparkmap.org/report/>; data accessed March 24, 2022.

Note: Preventable Hospital Events is compared to the state average only.

Definition: Ambulatory Care Sensitive (ACS) conditions include pneumonia, dehydration, asthma, diabetes, and other conditions which could have been prevented if adequate primary care resources were available and accessed by those patients.



# PHONE INTERVIEW FINDINGS

# Overview

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- Conducted 18 interviews with the two groups outlined in Internal Revenue Service Final Regulations issued December 29, 2014
  - CHC Consulting contacted a number of other individuals in the community to participate in the interview process, but several persons were unable to complete an interview due to a variety of reasons
- Discussed the health needs of the community, access issues, barriers and issues related to specific populations
- Gathered background information on each interviewee

# Methodology

- Individuals interviewed for the CHNA were identified by the hospital and are known to be supportive of ensuring community needs are met. CHC Consulting did not verify any comments or depictions made by any individuals interviewed. Interviewees expressed their perception of the health of the community based on their professional and/or personal experiences, as well as the experiences of others around them. It is important to note that individual perceptions may highlight opportunities to increase awareness of local resources available in the community.
- This analysis is developed from interview notes, and the CHC Consulting team attempted to identify and address themes from these interviews and share them within this report. None of the comments within this analysis represent any opinion of CHC Consulting or the CHC Consulting professionals associated with this engagement. Some information may be paraphrased comments. The comments included within the analysis are considered to have been common themes from interviews defined as our interpretation of having the same or close meaning as other interviewees.

# Interviewee Information

- **Carol Baumgartner:** Human Resources, Hospice of Montezuma County
- **Tom Burris:** Superintendent, Montezuma County School District
- **James Candelaria:** Commissioner, Montezuma County
- **Brian Ensign:** Senior Regional Director, Axis Health System
- **Lisa Gates:** Chief Nursing Officer, Southwest Health System
- **Susan Hodgdon:** Board Member, Southwest Health System
- **Emily Huminski:** Team UP Coordinator, United Way
- **Rose Jergens:** Executive Director, Four Corners Child Advocacy Center
- **Sean Killoy:** Board Member, Southwest Health System
- **Sarah Kuhn:** Veteran Services Officer, County VA Services
- **Bobbi Lock:** Director, Montezuma County Health Department
- **Jorie McCann:** Director, Montezuma Youth Alliance
- **Marc Meyer:** Director of Pharmacy Services and Infection Prevention, Southwest Health System
- **Steve Nowlin:** Sheriff, Montezuma County Sheriff Department
- **Travis Parker:** Chief Human Resource Officer, Southwest Health System
- **Imo Succo:** Regional Health Connector, Southwestern Colorado Area Health Education Center
- **Ron Terry:** Commander, Disabled American Veterans
- **Dan Valverde:** Board Member, Southwest Health System

Source: Southwest Health System Community Health Needs Assessment Interviews conducted by Community Hospital Consulting: April 12, 2022 – April 29, 2022.

# Interviewee Characteristics

- Work for a State, local, tribal, or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community

5.6%

- Member of a medically underserved, low-income, and minority populations in the community, or individuals or organizations serving or representing the interests of such populations

83.3%

- Community leaders

11.1%

*Note: Interviewees may provide information for several required groups.*

# Community Needs Summary

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- Interviewees discussed the following as the most significant health issues:
  - Access to Mental and Behavioral Health Care
  - Access to Primary Care
  - Access to Specialty Care
  - Common Barriers to Care
  - Access to Dental Care
  - Healthy Lifestyle Management
  - Insurance Coverage & Affordability of Care

# Access to Mental & Behavioral Health Care

- **Issues/Themes:**

- Need for additional availability of mental health providers, particularly for veterans
  - Therapists
  - Counselors
  - Social workers
- Limited access to mental and behavioral health care services due to:
  - Perceived long wait times
  - Affordability/insurance
  - Limited workforce and local options of care
- Conflicting comments on length of time it takes to get an appointment
- Lack of local inpatient services leading to outmigration to Durango, Grand Junction, Pueblo and the front range
- Substance misuse/abuse adding to mental and behavioral health issues, particularly in the youth
- Specific requirements for local facilities leading to limitations in patients seeking care

“Mental health is a big issue. We need more availability not only for citizens but veterans. In my opinion, there is just not enough mental health services here: mental health, addiction, substance abuse and suicide prevention.”

“It's pretty difficult [to see a provider]. We don't have many that can take new patients or even work with the VA. If they have availability, is about a month out.”

“There's no inpatient services. We have very limited outpatient. Therapists, counselors, social workers or behavioral health professionals are a need.”

“There's not a long wait [to see a provider]. It's more about what services they can provide and whether you can pay for it. They usually send patients to Durango for inpatient.”

“There's a lack of workforce for behavioral health programs. There's just not enough programs and the only place that seems to have it is at Axis Health. People want other sources but they need to have insurance.”

“It doesn't take long to get an appointment. [But] they are always hiring. There is a Four Corners graduate program in Durango but there's not enough recruiting [happening] to incentivize students to go to the social worker graduate school.”

“There's no inpatient care. The nearest thing we have is a detox and that's in Durango. The nearest inpatient would be in Grand Junction, Pueblo and the Front Range. Grand Junction is 4 hours, Pueblo is 7 hours and the Front Range is 8 hours away.”

“We need to get really serious about young people's mental health to help alleviate some of the health risks in the future. Kids are using drugs and then having serious smoking issues and lung cancer.”

“There's a small health system in town that's the gatekeeper for mental health. Let's say you are an alcoholic. They won't treat you until you're not drinking or are detoxed. We need providers that are linked to the hospital that can help them.”

# Access to Primary Care

- **Issues/Themes:**

- Acknowledgment for efforts made by hospital to improve primary care access
- Issues with accessing providers due to:
  - Long wait times at appointment
  - Lack of available providers
  - Affordability
  - Limited internet access
- Concern surrounding the unmet needs of the aging/elderly due to limited knowledge on telemedicine usage for appointments
- Conflicting statements regarding accessibility of primary care doctors
- Additional sites of care available but appointment availability issues still exist
- Potential barrier with using other facilities for care because of fragmented continuum of care

“Our hospital does a great job with the resources they have. However, we do serve more than Montezuma County. The system is overwhelmed. There’s just not enough providers for the community.”

“Primary care is where I see the majority of the issues. Either there are no doctors or they can’t afford it. Recently I had someone tell me that to get an appointment, it was about 30-60 days. I know some doctors are doing telehealth but there are a lot of people without Wi-Fi or technology.”

“We have an elderly population here that actually needs more primary care but they don’t know how to navigate telemedicine so it’s absolutely useless and frustrating for them.”

“[Primary care is] pretty accessible. The doctors do use telemedicine for some appointments.”

“The hospital offers a walk in clinic. My sense is when people need access to their primary care, they can get to it pretty easily. I think it’s a couple weeks or sooner [to be seen].”

“There aren’t a lot of choices for primary care. It’s limited.”

“You have to be established as a patient otherwise the schedule fills up so fast. [Wait times] for primary care and for an established patient is a couple weeks to 30 days.”

“There are a couple of walk in clinics but some of those are full.”

“You can wait up to two weeks [to be seen]. If you have a problem right now, the advice is to go to the walk in clinic to get seen. The walk in clinic is great, but for someone that has a doctor, the clinic doesn’t know the latest of what’s going on with the patient.”

# Access to Specialty Care

- **Issues/Themes:**

- Appreciation for hospital's involvement in accessing specialty care, including:
  - Recruitment
  - Accessibility to see a specialist
- Specific specialties mentioned as needed include (in descending order by number of times mentioned):
  - Cardiology
  - Oncology
  - Orthopedics
  - Urology
  - Pulmonology
  - Dialysis (local)
  - Dermatology
  - OB/GYN
  - Internal Medicine
- Perceived shortage of local specialty services leading to:
  - Outmigration of patients to Durango, Grand Junction, Colorado Springs, Albuquerque, Farmington
- Lack of access to VA specialty care leading to outmigration

“There’s a pulmonologist but he’s 2.5 months out to be seen. I think the hospital has done really well with recruiting and getting physicians here.”

“Usually it is very accessible to get in to see [a specialist]. I’m very pleased with quality of care I receive here locally.”

“Access [to specialty care] has definitely improved over the last year. We have an orthopedic provider. We have wound care, we have infusion services. Those services are pretty strong for our really rural community.”

“Dermatology [is a need]. We have a lot of people who have skin issues.”

“For urology you have to go to Durango or Farmington.”

“My impression is the access isn’t that bad. There are some specialists that we don’t have [such as] orthopedic things like a hand surgeon. I know folks who have left for prostate surgery.”

“I would say generally just women's health and dermatology [are needed].”

“We have orthopedics here in house. For cardiac care, we have somebody come in once a month. In order to get chemotherapy, they might have to drive 100 miles away. I could see an oncologist one or two days [a week] being very viable now.”

“Most of the specialties are referred out to Durango, Grand Junction, Colorado Springs, Albuquerque or Farmington. That’s across the board with medical problems. We have respiratory problems. Orthopedics are always referred out.”

“We are in desperate need of an interventionist. Internal medicine is a problem.”

“It’s difficult for our veterans. They have to travel to a VA hospital in Albuquerque, Grand Junction or Durango. For the veterans mostly cardiology or urology [are needed].”

# Common Barriers to Care

- **Issues/Themes:**

- Need for recruitment and retention of healthcare workforce in the community such as physicians and nurses
- Acknowledgement of community improvement in access to health care services
- Continued need to address social determinants of health in the community (transportation, child care)
- Limited transportation in the community, particularly for the Medicaid population
- Lack of local VA clinics leading to outmigration

“Lack of physicians is absolutely the biggest issue. We just don't have enough physicians. You have to wait a long time [to see one].”

“I think we have a lovely hospital. The biggest concern is keeping physicians here. That tends to be a revolving door. That is a big concern. How do we incentivize providers to stay here and create those relationships with the patients?”

“Bringing more physicians and nurses to the area [is a need]. Across the board, you can't get anything done because you don't have a physician but once you get the physician, then you don't have nurses [to help].”

“We've grown our access but we still need the social determinants of health addressed in our communities like transportation. Some patients can't come to their appointments because of transportation or there's no child care available.”

“I see patients who are discharged from the hospital and [need] the extra help, like getting transportation. A lot of patients are overwhelmed and can't get themselves to resources [they need].”

“There are barriers to getting the treatment in Montezuma County because of the miles and distance. We have the Ute Mountain and others that have some services but it's hard to get back and forth. It's a half hour drive [from there].”

“Transportation is huge which really ties to having access to healthcare. That is one of the biggest barriers that this area is not addressing. Public transportation is limited. The bus picks up certain qualified individuals to get a ride. I've heard one issue at Axis Health. There aren't enough Medicaid transports that assist the patients that need to get to their appointments.”

“Some veterans have to drive 45 miles one way or 75-80 miles to be able to go to the VA clinic. This is something we need to get hashed out.”



# Access to Dental Care

- **Issues/Themes:**

- Conflicting statements regarding accessibility of routine dental care needs
- Perceived long wait times for higher level dental services
- Perceived need for oral surgeons in the community
- Conflicting statements regarding availability of pediatric dentists
- Demand for higher acuity dental needs are leading to outmigration to Durango, Farmington
- Challenge in accessing dental services for Medicaid/Medicare and veteran patients

“[Dental care is] very accessible. I made an appointment with my local dentist. I have to wait a couple of months but that’s because he’s busy and popular. I think there are enough pediatric dentists.”

“Basic dentistry is pretty available. Although wait times can be months not days. For oral surgeons, most of the time, people have to travel out of town. I travel to Farmington when I need to see an oral surgeon. I know most of the dentists offer the federal sliding scale but again, my experience, it’s not widely available.”

“I needed to do a root canal and it was going to be more than a month to get it done. We have a lot of dentists, I just don’t know if we have oral surgeons. If I need an non-urgent appointment, it would take about a month.”

“There is one chain dental group and nine other dentists. Depending on the case, they might transfer you to someone 54 miles away. The chain dentists provide all kinds of services that the private [dentists] don’t provide in general. There is no pediatric dental group here in town. I think the county health department has a dentist that travels for those types of situations.”

“People only go to Durango for higher up specialties like a complicated root canal.”

“If it’s an emergency, they will generally take you in a day or two. Some will accept Medicaid/Medicare and some won’t.”

“There is a dental program in the health department called Smile Makers. That is pretty much the only Medicaid provider at this time. There are a couple of private practice dentist offices. One really underserved group is the elderly. Medicare does not have dental plans. I think children are actually fairly served throughout our county. It’s the elderly and Medicaid population [that need help].”

“For veterans, they don’t have dental coverage unless they have supplemental dental coverage. So most of them don’t see the dentist. I think a few dentists have sliding fee scales. There are two offices that take Medicaid. Pretty much everyone else is self pay or insurance. I think the children have the best dental care.”

# Healthy Lifestyle Management

- **Issues/Themes:**

- Appreciation for hospital educating patients on the importance of having a doctor and collaboration between local organizations
- Desire to see additional marketing of services in the community and education on healthy lifestyles
- Acknowledgement of local resources but potential barriers for some groups due to cost
- Concern surrounding equitable health opportunities for the community
- Potential barrier for some seniors regarding affordability of food/meals

“The hospital has been doing a decent job in trying to explain the [importance of having a doctor].”

“Healthy lifestyle management is an area that we actually do reasonably well in between the hospital, community clinics and the public health department. If people are interested in healthy lifestyle information they can find it. Cortez has a recreation center with reasonable rates. They have child care there. There is one primary food bank that is downtown.”

“Every community struggles with healthy lifestyle management. The population needs to be educated on what truly is an emergency versus taking care of yourself and [having] more preventative [behaviors in place].”

“We have got to educate on how to take care of oneself. It's not about taking a pill that will take care of oneself. A lot of people think that way and in reality that doesn't work. It's a huge education component.”

“A lot of people don't look into the programs that are actually out there or even know about them. Everything is digitalized and it's hard to reach everyone.”

“La Plata County does a better job [at advertising]. I don't see a lot of push through the media to be healthy. There is a recreation center but I don't see a lot of advertisements for it. Here in Cortez there isn't a lot of promotion for people to be active.”

“We do have a recreational center and three other gyms but again, it's the cost. Our health department has flyers and handouts and we have a food bank. I know they have a support group for mothers.”

“Do we have equitable health opportunities? I would say no. There are support groups like AA and NA but that's if you have specific problems. We do have a senior center that serves meals but they aren't necessarily free.”

# Insurance Coverage & Affordability of Care

- **Issues/Themes:**

- Limited accessibility/options for low income, un/underinsured populations
- Concern about Medicare Advantage coverage and contracts for future services
- Affordability issues leading to patients seeking care at the emergency room, particularly those on Medicaid
- Desire for additional support for the working poor to afford health services
- Low prioritization and utilization of affordable health care options for specific groups

“There's still a lot of lower income people here in the county. Access to care for them might not be where it needs to be.”

“My concern about Medicare Advantage is that it's going to be something that will be hard for us to contract with. If we aren't able to figure it out it'll cause loss of services from us.”

“It all depends on what your insurance will allow you to do. People go to the emergency room to be seen because they can't be turned down.”

“There is a large Medicaid population that don't have a primary care provider and overuse the emergency department.”

“Getting into see the primary care doctor because you are sick is often not even a possibility so people go to the emergency room. Or they don't have a primary care doctor at all because they can't afford insurance.”

“There have been barriers in getting someone into long term nursing care due to insurance and payor sources. They have to be on Medicare. Another barrier might be that they have too much income and that can cause barriers with means tested programs. Everything takes so much time that it leaves people in limbo and causes trauma.”

“[There's the need for] some kind of middle road for people who don't qualify for Medicare or Medicaid. There are a lot of working poor families who can't afford to take care of themselves.”

“There's a reason why lower cost options are not utilized. I think people [who are struggling] are in a pretty high level of survival mode. That cut downs the awareness of options.”

# Populations Most at Risk

## Interviewees expressed concern surrounding health disparities disproportionately affecting specific populations, including:

- Elderly
  - Palliative care
  - Internal medicine and specialty care needs
  - Need for end of life programs/facilities
  - Transportation barriers
  - Alzheimer’s disease, dementia
  - Affordability for long term care, assisted living facilities
- Teenagers/Adolescents
  - Transportation barriers
  - Obesity and physical inactivity
  - Mental and behavioral health
  - Stigma associated with mental and behavioral health
  - Food insecurity
  - Depression and suicide
  - Alcohol and substance misuse/abuse
- Low Income
  - Transportation barriers
  - Need for awareness of programs in the community
  - Insurance/Affordability of services
- Racial/Ethnic
  - Access to housing
  - Access to healthcare
  - Domestic violence concerns
  - Alcohol and substance misuse/abuse
- Racial/Ethnic
  - Cultural practices leading to potential barriers (mistrust), generational knowledge
  - Transportation issues, particularly for Native Americans living in the reservations
  - Access to health services, particularly for individuals living on the reservations
  - Depression and suicide
  - Alcohol and substance misuse/abuse
- Veterans/Military Dependents
  - Lack of access to local, nearby VA services
  - Transportation barriers
- Homeless
  - Growing population and demand for health services
  - Transportation barriers
  - Affordability and availability of shelter/housing options



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# **HOSPITAL TRANSFORMATION PROGRAM: SHS COMMUNITY HEALTH NEIGHBORHOOD ENGAGEMENT MEETING**



# Introduction

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- SHS is participating in the Hospital Transformation Program (HTP) through the Colorado Department of Health Care Policy & Financing, and collected community input during a recent stakeholder meeting. Input from stakeholders is included within this section.

# Overview

- SHS is participating in the Hospital Transformation Program (HTP) through the Colorado Department of Health Care Policy & Financing
  - Five year reform initiative
  - Supplemental payments tied to:
    - Quality based initiatives
    - Meaningful community engagement
    - Improvements in healthcare outcomes
- HTP goals:
  1. Improve patient outcomes
  2. Improve delivery systems
    - Appropriate care, time, setting
  3. Reduce Colorado Medicaid Program
  4. Value based payments Increase effectiveness, efficiency in care delivery for hospitals
  5. Increase collaboration between hospitals and providers

# Role & Priorities

- The role of Colorado hospitals:
  - Engage community partners
  - Recognize, address social determinants of health
  - Prevent avoidable hospital utilization
  - Ensure access to appropriate care, treatment
  - Improve patient outcomes
  - Ultimately reduce costs, contribute to reductions total cost of care
- Priorities:
  - High Utilizers of Emergency Department
  - Vulnerable Populations; pregnant women, low income, end of life
  - Individuals; Behavioral Health Conditions, Substance Use Disorders
  - Hospital Clinical and Operational Efficiencies
  - Community Development Efforts:
    - Address Population Health
    - Total Cost of Care

# Hospital HTP Activities



**Partner with organizations broad interests of community.**

**Develop action plan for engagement, formalize. Plan reflects key community organizations.**

**Host information-sharing, provide input, community needs and opportunities. Identify service gaps, resources.**

**Report to State, partners, public. Submit midpoint report and final progress and findings report to the State.**

**Work with partners to prioritize community needs, identify target populations, initiatives.**

# Community Input

- 15 stakeholders attended the community input meeting on May 3, 2022 at SHS
- Stakeholders assist in planning by:
  - Providing data/expertise
  - Providing information, connections
  - Providing ideas, support
- Discussed the health needs of the community, resources available/needed, opportunities, strengths and weaknesses
- Gathered background information on each interviewee

# Stakeholder Information

- **Mallorye Bane:** Nurse Family Partnership Supervisor, Montezuma County Public Health Department
- **Pamela Clark:** Nurse Practitioner, Southwest Health System
- **Caitlin DeCrow:** Quality Project Navigator, Southwest Health System
- **Lisa Gates:** Chief Nursing Officer, Southwest Health System
- **Jeanie Gentry:** Chief Executive Officer, Southwest Health System
- **Meghan Higman:** Director of Inpatient Services & Education, Southwest Health System
- **Erik Lambert:** Quality and Risk Manager, Southwest Health System
- **Haley Leonard:** Director of Public Relations and Development, Axis Health System
- **Heidi Larrick:** Emergency Department and Trauma Director, Southwest Health System
- **Marc Meyer, RPh, BPharm, CIC, FAPIC:** Director of Pharmacy Services and Infection Prevention, Southwest Health System
- **Susan Miller:** Elementary Counselor, Dolores School District
- **Laurel Schafer:** Assistant Director of Public Health, Montezuma County Public Health Department
- **Heather Welch:** Clinical Informatics Coordinator, Southwest Health System
- **Trent Woods:** Quality Analyst, Southwest Health System
- **Arlina Yazzie:** Prevention Grants Coordinator & Communications Specialist, Montezuma County Public Health Department

# Community Meeting Summary

- The Southwest Health System (SHS) Hospital Transformation Program (HTP) team hosted an in person and virtual event to present current Hospital Transformation Program (HTP) implementation, receive community feedback, and discuss considerations for the program course.
- Attendees included SHS employees, providers, and staff, members from the Montezuma County Health Department, AXIS Health System, area school districts, and general public attendees via Facebook Live.
- The event was organized by the SHS Quality Department and supported by the Senior Leadership Team (SLT), Information Systems Department, and associated hospital clinical areas.
- To facilitate this dialog, an interactive presentation slide deck was utilized so that participants in the room and virtually could actively give feedback and ask real time questions.

# Community Meeting Summary

## *Discussion Topics*

- The event was opened up by welcoming attendees, providing education on the structure of HTP, quality incentives for Value Based Payment, Regional Accountability Entities (RAEs), and discussions about Health Equity. Each of the measures SHS selected were discussed in-depth; including the measure details, targeted populations, and the proposed implementations to accomplish the quality improvements. In addition to the information presented by the SHS Quality Department, questions were presented to the audience members allowing for open ended discussion.
- The audience gave comment for SHS to focus on transparency, timeliness, barrier free coordination of care, and respect as major tenants to propelling health equity. In receiving feedback from the community partners present, the SHS Quality Department will focus on leveraging existing programs within Montezuma County and surrounding communities. Montezuma County has existing programs around food security, housing assistance, mental health peer connections, and programs for post-partem mothers. A great takeaway from this meeting for both sides is that neither side should or can operate within a silo. SHS has a responsibility to feed the pipeline of patients towards community resources and the community resources will work collaboratively with SHS in order to offer programs where the needs exist.

# Community Meeting Summary

## *Measure Specific Feedback*

- SW-CP1 feedback included requests to addressing immediate needs such as food or transportation prior to discharge so that a patient can focus on recovering rather than navigating resources. Examples included exploring an in house foodbank or food bag program, connecting patient with public health for a food box prior to or at discharge, and working with transportation options prior to discharge for patients with follow up care needs.
- CP6 feedback addressed providing easy to navigate pathway options for mothers who screen positive, easing the burden of having the mother reach out to receive mental health care.
- SW-BH1 was discussed in ways which our community can provide the mid-level of care and resources to patients. Community Health Partners and SHS staff discussed ways to bring alternative care providers into existence, peer recovery, and other options which may not be available at this time. Discussions were focused on those patients not in immediate danger to themselves or others but more on how can we support those at early intervention stages.

# Community Meeting Summary

## *Measure Specific Feedback (continued)*

- RAH1 feedback received centered around finding patients timely follow up with a primary provider and the SHS and Axis can leverage themselves together to address this need for HFC patients.
- SW-BH3 discussions centered on medically appropriate pain management in the context that alternative to opioids may be the best option for many pain situations. The participants were highly receptive to the idea and provided verbal support for the efforts being worked on. The participants voiced the concern about patient education being key to good patient outcomes.
- COE1 did not receive feedback from the group but discussions provided an opportunity for SHS to educate the audience on interoperability efforts and how this communication is beneficial for the patient as well as care provider.



# LOCAL COMMUNITY HEALTH REPORTS

# Montezuma County

## *2020 Community Data Snapshot – Background*

- The 2020 Community Data Snapshot, provided by the Montezuma Inspire Coalition, gives a snapshot of key community indicators that include:
  - General demographic information and community descriptors
  - Key youth indicators related to behavioral health, education and wellness
  - Community data related to programming education and outdoor activities
- According to the report, Montezuma County has a total population of 27,000, with a majority of the population being white and a poverty rate of 19% . Their unemployment rate is at 5%, which is higher than the statewide unemployment rate of 3.3%. Additionally, 63% of the community is eligible to enroll in SNAP. A majority of the population is white with 27% having a bachelors degree or higher.
- The youth population has about 6,000 people under the age of 18, 2,000 between the ages of 18 and 24, with a child poverty rate being 29%, higher than the statewide percentage of 12%.
- Behavioral health indicators for the youth in the county are fairly similar, with mental health being a present topic. The percent of youth that have felt sad or hopeless for two weeks or more in the past 12 months is 32% and 8% had attempted suicide in the past 12 months. The per capita mental health provider ratio is 650:1.
- Educational indicators mentioned in the report include the importance of school work, skipping school, reading levels, and high school dropout rates. Additionally, there was an 80-90% popularity rate among district within Montezuma County to implement a 4-day week for school.
- Health and wellness activities were talked about reporting there to be about 49% ate vegetables one or more in the past week, 62% played on one or more sports teams in the past year, 45% have three or more hours of screen time on an average school day, and 37% could walk, ride, or skateboard to school.

# Montezuma County

## *2020 Community Data Snapshot – Background*

- Although, there are barriers to outdoor activities, such as affordability and the difficulty to find things of kids to do in the summer and over school breaks. Outdoor activities that the county values are:
  - Skateboarding
  - Gardening, farming and ranching
  - Walking, hiking, and backpacking
  - Fishing
  - Family activities at the park
  - Road biking for transportation
- Although barriers to these outdoor activities include, transportation, limited access to outdoors, and lack of free time, a way to better improve these issues is through the school to farm program. There has been positive feedback through from the School to Farm Program Survey on the kids participation. 89% of kids are eager to share their garden work with parents. 87% of teacher said garden space improved their school's learning environment.
- Through the Southwest Conservation Corps (SCC), students participate in a wide variety of hands-on conservation work in the community. This program received feedback that over 90% of those involved in the program stated that SCC was making a positive impact on the land and provided students with skills to help them with employment. More than 2/3 involved would be interested in doing more projects, and 86% felt that SCC was a physically and emotionally safe space.

# Montezuma County

## *2020 Colorado Maternal, Infant and Early Childhood Home Visiting Program Needs Assessment*

- The Colorado Maternal, Infant and Early Childhood Home Visiting Program (MIECHV) helps improve families' physical, social and emotional well-being, and prepares children to be school-ready. MIECHV began in 2010 with an initial needs assessment to inform strategic decision-making, which identified 15 at-risk counties in Colorado. 2 MIECHV-funded programs currently serve 12 counties through three models: Home Instruction for Parents of Preschool Youngsters (HIPPPY), Nurse-Family Partnership (NFP) and Parents as Teachers (PAT).
- The goals of the 2020 needs assessment were to identify:
  1. Communities with high concentrations of risk
  2. Quality and capacity of existing programs
  3. Capacity for providing substance use disorder treatment and counseling services
- The assessment was broken into two phases
  - Phase 1: county-level indicators were used to identify counties with high concentrations of risk across federally-defined domains
  - Phase 2: considered additional data sources to identify other communities experiencing high levels of risk that were not apparent at the county-level
- Montezuma county was noted to be a rural county with a less dense population compared to other counties in the state. In the report, Montezuma County was listed as a rural county with high concentration of risk.
- The county was also shown to have a lower Black population, in addition to being in the lower quintile (20%) of low birth weight and preterm birth.
- Montezuma county was found to be in the upper quintile (80%) in a few categories including
  - Infant mortality
  - Births from individuals who are under the age of 25, not married and who do not have a high school education
  - Children in poverty
  - Child maltreatment
  - High school dropouts
  - Unemployment rates



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# INPUT REGARDING THE HOSPITAL'S PREVIOUS CHNA

# Consideration of Previous Input

- IRS Final Regulations require a hospital facility to consider written comments received on the hospital facility's most recently conducted CHNA and most recently adopted Implementation Strategy in the CHNA process.
- The hospital made every effort to solicit feedback from the community by providing a feedback mechanism on the hospital's website. However, at the time of this publication, written feedback has not been received on the hospital's most recently conducted CHNA and Implementation Strategy.
- To provide input on this CHNA please see details at the end of this report or respond via direct mail or email to the hospital. The physical address and email address can be found directly on the hospital's website at the site of this download.



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# EVALUATION OF HOSPITAL'S IMPACT

# Evaluation of Hospital's Impact

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- IRS Final Regulations require a hospital facility to conduct an evaluation of the impact of any actions that were taken, since the hospital facility finished conducting its immediately preceding CHNA, to address the significant health needs identified in the hospital's prior CHNA.
- This section includes activities completed based on the 2020 to 2022 Implementation Plan.

# **Southwest Health System**

## **FY2020 - FY2022 Implementation Plan**

A comprehensive, six-step community health needs assessment (“CHNA”) was conducted for Southwest Health System (SHS) by Community Hospital Consulting (CHC Consulting). This CHNA utilizes relevant health data and stakeholder input to identify the significant community health needs in Montezuma County, Colorado.

The CHNA Team, consisting of leadership from SHS, met with staff from CHC Consulting on August 13, 2019 to review the research findings and prioritize the community health needs. Four significant community health needs were identified by assessing the prevalence of the issues identified from the health data findings combined with the frequency and severity of mentions in community input.

The CHNA Team participated in roundtable discussion using a structured matrix to rank the community health needs based on three characteristics: size and prevalence of the issue, effectiveness of interventions and the hospital’s capacity to address the need. Once this prioritization process was complete, the hospital leadership discussed the results and decided to address all of the four prioritized needs in various capacities through a hospital specific implementation plan.

The four most significant needs, as discussed during the August 13th prioritization meeting, are listed below:

1. Continued Emphasis on Physician Recruitment and Retention
2. Access to Affordable Care and Reducing Health Disparities Among Specific Populations
3. Access to Mental and Behavioral Health Care Services and Providers
4. Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles

SHS leadership has developed the following implementation plan to identify specific activities and services which directly address the four identified priorities. The objectives were identified by studying the prioritized health needs, within the context of the hospital’s overall strategic plan and the availability of finite resources. The plan includes a rationale for each priority, followed by objectives, specific implementation activities, responsible leaders, annual updates and progress, and key results (as appropriate).

The SHS Board reviewed and adopted the 2019 Community Health Needs Assessment and Implementation Plan report on October 23, 2019.

## Priority #1: Continued Emphasis on Physician Recruitment and Retention

**Rationale:**

Montezuma County has a lower percentage of adults with a personal doctor than the state. Additionally, Montezuma County has a lower rate of dentists per 100,000 population than the state and in a recently completed medical staff development plan conducted for SHS, data indicates a need for additional primary care providers within the community.

During the May 2019 Hospital Transformation Project community meeting, stakeholders discussed a need for after hour clinics in the community. Additionally, stakeholders discussed a lack of certain specialty services in the community. Orthopedic services were mentioned as an increasing need due to the aging community and retiring baby boomers. Stakeholders discussed the limited depth in respiratory care, as well as the outmigration of cancer patients to Durango for oncology services. Stakeholders also mentioned a need for a pain clinic to cut down on the number of Emergency Department visits by chronic pain patients, and discussed the outmigration of chronic pain patients to Grand Junction for care.

Stakeholders discussed potential opportunities to reduce barriers to accessing care, such as improving front-end triage in the Emergency Department, reducing wait times and expanding hours of operation in the local walk-in clinic, improving access to primary care providers, connecting high Emergency Department utilizers with primary care providers and implementing a pain clinic.

**Objective:**

*Continued efforts to recruit and retain providers to the community*

Action Steps	Responsible Leader(s)	FY 2020		FY 2021		FY 2022	
		Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)
<p><b>1.A.</b> Southwest Health System offers a variety of specialty services at Southwest Medical Group Specialty Clinic to increase local access to care for residents.</p>	Practice Administrator	ONGOING	<p>In 2020 added 2 NP's for Family Med 2 PA-C's for Family Med 1 CNP for Wound Care 1 MD for Pediatric Care 1 MD for Orthopedic Surgery</p>	ONGOING	<p>In 2021 added 3 MD Family Med 1 MD Surgery 2 DO's Surgery 2 MD's Obstetrics/Gyn 1 NP Obstetrics Gyn 1 Family NP 1 LPC</p>	ONGOING	<p>In 2022 New LCSW New LPC 1 NP moving to Surgery 1 NP moved to Sleep Med</p>
<p><b>1.B.</b> Southwest Health System will continue to explore obtaining and maintain the most up to date, advanced technology and equipment to increase access to specialized services for patients.</p>	CNO, OR Director	ONGOING	<p>SHS continues to explore obtaining and maintain the most up to date, advanced technology and equipment to increase access to specialized services for patients. We have had new mammo machine, and new lab machines.</p>	ONGOING	<p>SHS continues to explore obtaining and maintain the most up to date, advanced technology and equipment to increase access to specialized services for patients. We have had new mammo machine, and new lab machines.</p>	ONGOING	<p>SHS continues to explore obtaining and maintain the most up to date, advanced technology and equipment to increase access to specialized services for patients. We are performing DEXA scanning in the hospital as of 8/25/2022.</p>
<p><b>1.C.</b> Southwest Health System hosts an Infusion Clinic on the Mildred Road campus that provides local care for cancer patients.</p>	Pharmacy Director, CNO	ONGOING	<p>SHS hosts an Infusion Clinic on the Mildred Road campus that provides local care for cancer patients.</p>	ONGOING	<p>SHS hosts an Infusion Clinic on the Mildred Road campus that provides local care for cancer patients.</p>	ONGOING	<p>SHS hosts an Infusion Clinic on the Mildred Road campus that provides local care for cancer patients. Reduce clinic hours to 5 days a week.</p>
<p><b>1.D.</b> SHS will continue to work with Rural Partners in Medicine to increase physician coverage in the community across a variety of specialties.</p>	Practice Administrator	ONGOING	<p>SHS continues to work with Rural Partners in Medicine to increase both primary and specialty physician coverage in the community as needed and as available.</p>	ONGOING	<p>SHS continues to work with Rural Partners in Medicine to increase both primary and specialty physician coverage in the community as needed and as available.</p>	ONGOING	<p>SHS continues to work with Rural Partners in Medicine to increase both primary and specialty physician coverage in the community as needed and as available.</p>

Action Steps	Responsible Leader(s)	FY 2020		FY 2021		FY 2022	
		Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)
<p><b>1.E.</b> SHS will continue to recruit appropriate providers to the community based upon information from annual market assessment reports and the recently-completed medical staff development plan.</p>	Practice Administrator, CEO	ONGOING	SHS continues to participate in an annual market assessment and review results with the board.	ONGOING	SHS continues to participate in an annual market assessment and review results with the board.	ONGOING	SHS continues to participate in an annual market assessment and review results with the board.
<p><b>1.F.</b> SHS will continue to serve as a teaching facility and allow for students pursuing health-related careers to rotate through the facility for a variety of programs, including, but not limited to, nursing, radiology and pharmacy.</p>	Staff Education Director, Medical Staff Manager	ONGOING	SHS continues to serve as a teaching facility and allow for students pursuing health-related careers to rotate through the facility for a variety of programs. Some of those include, nurse, providers, pharmacy students.	ONGOING	SHS continues to serve as a teaching facility and allow for students pursuing health-related careers to rotate through the facility for a variety of programs. Some of those include, nurse, providers, pharmacy students.	ONGOING	SHS continues to serve as a teaching facility and allow for students pursuing health-related careers to rotate through the facility for a variety of programs. Some of those include, nurse, providers, pharmacy students. The CNO is working on a partnership with local college in Durango

## Priority #2: Access to Affordable Care and Reducing Health Disparities Among Specific Populations

**Rationale:**

The median household income in Montezuma County is significantly lower than the median household income in the state. Montezuma County has a higher unemployment rate than the state, and a higher rate of families living below poverty. The percentage of children living below poverty in Montezuma County is higher than the state, and the county also has a higher rate of students eligible for free or reduced price lunch. Montezuma County also has a higher rate of both overall and child food insecurity than Colorado. Additionally, Montezuma County has several Health Professional Shortage Area designations and census tract-based Medically Underserved Area/Population designations, as defined by the U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA) and a higher rate of uninsured adults than the state.

During the May 2019 Hospital Transformation Project community meeting, stakeholders discussed transportation barriers to and from provider appointments in Montezuma County that may cause patients to delay or forego care. It was also mentioned that socioeconomic status may determine the frequency of visits to the Emergency Department, with the low income population as the most frequent utilizers of the Emergency Room.

Stakeholders discussed a need to address cultural challenges in the community and specifically noted a lack of Navajo speaking providers in Montezuma County. It was also mentioned that there is a lack of focus on social determinants in the community and an associated need to better address poverty and the working poor.

**Objective:**

*Increase access to resources and services for underserved and geographically isolated populations*

Action Steps	Responsible Leader(s)	FY 2020		FY 2021		FY 2022	
		Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)
<p><b>2.A.</b> Southwest Health System provides Patient Financial Counseling to all community members, regardless of income level, and supports state and federal initiatives to address uninsured and underinsured population groups. In addition, the hospital participates in all managed care plans that help improve access for community members and reduce financial burdens of healthcare needs to consumers.</p>	CFO	ONGOING	<p>We have a team of financial counselors that help with all of our patients that need it and other patients throughout the community.</p>	ONGOING	<p>We have a team of financial counselors that help with all of our patients that need it and other patients throughout the community.</p>	ONGOING	<p>We have a team of financial counselors that help with all of our patients that need it and other patients throughout the community.</p>
<p><b>2.B.</b> Southwest Health System will continue to coordinate with local organizations to provide additional financial resources to navigate insurance in the service area, such as dedicated financial counselors to do health care enrollment each fall.</p>	CFO	ONGOING	<p>We have a team of financial counselors that help with all of our patients that need it and other patients throughout the community.</p>	ONGOING	<p>We have a team of financial counselors that help with all of our patients that need it and other patients throughout the community.</p>	ONGOING	<p>We have a team of financial counselors that help with all of our patients that need it and other patients throughout the community.</p>
<p><b>2.C.</b> Southwest Health System participates in Southwest HealthNet, a Physician Hospital Organization (PHO) to provide additional access to healthcare resources with partner healthcare practices and also assists with workers compensation in the service area.</p>	CEO	DISCONTINUED	<p>Our PHO was terminated on 12/31/2020.</p>	DISCONTINUED	<p>Our PHO was terminated on 12/31/2020.</p>	DISCONTINUED	<p>Our PHO was terminated on 12/31/2020.</p>
<p><b>2.D.</b> Southwest Health System operates the Southwest School-Based Health Center in the RE-1 school district on the Montezuma-Cortez High School Campus to provide low or no cost services to students and families of RE-1 and teachers.</p>	Practice Administrator	ONGOING	<p>SHS operates the Southwest School-Based Health Center in the RE-1 school district on the Montezuma-Cortez High School Campus to provide low or no cost services to students and families of RE-1 and teachers. SHS employs a Nurse Practitioner and a LCSW.</p>	ONGOING	<p>SHS operates the Southwest School-Based Health Center in the RE-1 school district on the Montezuma-Cortez High School Campus to provide low or no cost services to students and families of RE-1 and teachers. SHS employs a Nurse Practitioner and a LCSW.</p>	ONGOING	<p>SHS operates the Southwest School-Based Health Center in the RE-1 school district on the Montezuma-Cortez High School Campus to provide low or no cost services to students and families of RE-1 and teachers. SHS employs a Nurse Practitioner and a LCSW.</p>

Action Steps	Responsible Leader(s)	FY 2020		FY 2021		FY 2022	
		Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)
<b>2.E.</b> Southwest Health System will continue to host and participate in local events and donation drives to benefit underserved organizations in the community.	Senior Leadership	ONGOING	We helped with several COVID clinics on the reservation. Sock Drive for nursing home. EMS helped vaccinate homeless.	ONGOING	We helped with several COVID clinics on the reservation. Coat Drive for Axis. EMS helped vaccinate homeless.	ONGOING	Host S.W.O.R.D. collab., Mobile Van Clinic Meeting, participate in monthly meetings with health department, and other various entities in Montezuma County
<b>2.F.</b> Southwest Health System will continue to provide a language line to offer translation services for non-English speaking patients and families as needed, as well as services for those who may be hearing and vision impaired.	Quality Director	ONGOING	World Wide Interpreting Services. Phone calls but no video services available.	ONGOING	World Wide Interpreting Services. Phone calls but no video services available. Thinking of updating in 2022	ONGOING	New service contracted through ANM Translation. Rolled out early 2022 by Quality and is working well.
<b>2.G.</b> Southwest Health System will continue to coordinate transportation for patients needing transportation assistance.	Case Management, Quality Director	ONGOING	Discharge planning coordinates transportation for our inpatients and some ED patients.	ONGOING	Discharge planning coordinates transportation for our inpatients and some ED patients.	ONGOING	Discharge planning makes contact with transportation services and assists patients to access Medicaid transportation payments. If patients need reimbursement for cabs, SHS is aware. Patients utilize P.D. for courtesy rides as well.
<b>2.H.</b> Southwest Health System is participating in the Hospital Transformation Program (HTP) through the Colorado Department of Health Care Policy & Financing. As a part of this initiative and with regards to access to care, SHS is focusing on Medicaid patients (age 18+) who present to the ED or are admitted as an inpatient to ensure there is a follow up appointment made within 30 days of discharge.	CNO	ONGOING	Application approved	ONGOING	Implementation plan and milestones for duration of program submitted. Approved by the state and next date for information submission is in July 2022	ONGOING	Discharge planning and unit secretaries work together to ensure inpatient discharges have a follow up appointment with a PCP scheduled prior to discharge. First benchmark of data expected Spring of 2023

## Priority #3: Access to Mental and Behavioral Health Care Services and Providers

**Rationale:**

Montezuma County has a lower rate of mental and behavioral health care providers per 100,000 population than the state. Additionally, the percent of adults who experienced 14 or more days of poor mental health in Montezuma County is higher than the state.

During the May 2019 Hospital Transformation Project community meeting, stakeholders discussed a lack of mental and behavioral health care resources and providers in the community. It was noted that the providers at AXIS Integrated Health may be overwhelmed, and stakeholders discussed the potential benefit of having additional psychiatrists and counselors available in addition to what is currently provided.

A lack of detox centers and the inability to support substance abuse patients were specifically mentioned, and concern was raised surrounding the significant rate of behavioral health-related alcohol and substance abuse issues. Stakeholders discussed the prevalence of depression, depression related to chronic illness, anxiety and panic attacks in the Emergency Room and mental illness with Dementia as a secondary diagnosis. A need for suicidal ideation plans for patients was also emphasized, and stakeholders also discussed the necessity of a social worker in the Emergency Department.

Stakeholders discussed potential opportunities to reduce barriers to accessing mental and behavioral health care, such as more psychosocial support in the Emergency Department (i.e., providing a social worker in the hospital), staffing a hospital mental health provider, pursuing grant funding for sober living housing, marijuana tax revenue for detox and rehabilitation programs and providing funding for a physician in the detention center.

**Objective:**

*Increase local access to mental health care services*

Action Steps	Responsible Leader(s)	FY 2020		FY 2021		FY 2022	
		Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)
<b>3.A.</b> Southwest Health System is a part of the Axis Intergovernmental Detox Facility agreement and provides payment on behalf of the Montezuma County Sheriff's Office and Cortez Police Department to support the detox center operated in Durango, Colorado, and partners with Axis Health System to provide mental and behavioral health services in the Emergency Department as needed.	ED Director, CNO	ONGOING	Regular meetings with Axis Intergovernmental Detox Facility, P.D., and SHS	ONGOING	Regular meetings with Axis Intergovernmental Detox Facility, P.D., and SHS	ONGOING	Regular meetings with Axis Intergovernmental Detox Facility, P.D., and SHS
<b>3.B.</b> Southwest Health System employs a medical social worker that works between the clinics and hospital to support physicians and patients for an integrated health care model.	Social Worker	ONGOING	SHS employs a medical social worker that works between the clinics and hospital to support physicians and patients.	ONGOING	SBHC has a LCSW. SMG Clinics Social worked resigned in late 2021.	ONGOING	Recruitment postings out for a LCSW. SBHC still has a LCSW. SMG Clinics new LCSW started in 8/2022. Working on obtaining more than one LCSW for SMG Clinics.
<b>3.C.</b> Southwest Health System supports the Bridge Shelter both with tangible and monetary donations to insure proper care for homeless community members.	CEO	ONGOING	SHS supports the Bridge Shelter both with tangible and monetary donations to insure proper care for homeless community members.	ONGOING	SHS supports the Bridge Shelter both with tangible and monetary donations to insure proper care for homeless community members.	ONGOING	SHS supports the Bridge Shelter both with tangible and monetary donations to insure proper care for homeless community members.
<b>3.D.</b> Southwest Health System will continue to offer mental health support to its employees through the Employee Assistance Program (EAP).	HR	ONGOING	SHS continues to offer mental health support to its employees through the Employee Assistance Program (EAP).	ONGOING	SHS continues to offer mental health support to its employees through the Employee Assistance Program (EAP).	ONGOING	SHS continues to offer mental health support to its employees through the Employee Assistance Program (EAP).

Action Steps	Responsible Leader(s)	FY 2020		FY 2021		FY 2022	
		Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)
<b>3.E.</b> Southwest Health System will continue to promote the local suicide prevention hotline for applicable patients.	ED Director, CNO	ONGOING	Zero Suicide project ramp up. SHS is utilizing HQIP guidelines.	ONGOING	Zero Suicide Committee formed, awareness to hospital of Suicide Awareness week. Staff were receptive of the awareness week and asked to share with Girl Scouts, Church, etc. The ZS committee has grown.	ONGOING	A quality team member became a trainer for QPR, hosting trainings monthly for staff to participate in. The ZS committee continues. LOR Foundation supports the trainings SHS does monthly. Still following HQIP guidelines. Committee is ongoing.
<b>3.F.</b> Southwest Health System will continue to provide sexual assault nurse examiners (SANE) for sexual assault and domestic abuse victims.	ED Director	ONGOING	SHS provides sexual assault nurse examiners (SANE) for sexual assault and domestic abuse victims.	ONGOING	SHS provides sexual assault nurse examiners (SANE) for sexual assault and domestic abuse victims.	ONGOING	SHS provides sexual assault nurse examiners (SANE) for sexual assault and domestic abuse victims. Additional training to new staff for SANE certificates.
<b>3.G.</b> Southwest Health System is participating in the Hospital Transformation Program (HTP) through the Colorado Department of Health Care Policy & Financing. As a part of this initiative and with regards to mental and behavioral health care, SHS is focusing on providing depression screenings in the clinic for new mothers up to 90 days postpartum, and providing referrals if appropriate.	CNO	ONGOING	Application approved	ONGOING	Implementation plan and milestones for duration of program submitted. Approved by the state and next date for information submission is in July 2022.	ONGOING	The Edinburgh Postnatal Depression Scale (EPDS) has been adopted and utilized in the Family Birthing Center. The ED utilizes PHQ2 on all patients and if appropriate the patient will be screened with PHQ9. First benchmark of data expected Spring of 2023.

## Priority #4: Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles

**Rationale:**

Data suggests that higher rates of specific mortality causes and unhealthy behaviors warrants a need for increased preventive education and services to improve the health of the community. Cancer and heart disease are the two leading causes of death in Montezuma County and the state. Montezuma County has higher mortality rates than Colorado for malignant neoplasms; chronic liver disease and cirrhosis; accidents; suicide; diabetes mellitus; nephritis, nephrosis, nephrotic syndrome; prostate cancer; lung and bronchus cancer and colon and rectum cancer.

Montezuma County has higher rates of communicable diseases, such as chlamydia and gonorrhea, than the state. Montezuma County has higher rates of chronic conditions and unhealthy lifestyle behaviors such as diabetes (adult), obesity, asthma, arthritis, physical inactivity, smoking and marijuana use than the state. Data also suggests that residents may not be seeking necessary preventive care services, such as mammograms.

With regards to maternal and child health, specifically, Montezuma County has higher percentages of inadequate prenatal care, mothers who smoked during pregnancy and low birth weight births than the state. Data also suggests that Montezuma County adults may not be seeking preventive care services in an appropriate manner, such as mammograms, prostate cancer screenings, pap test screenings, colorectal cancer screenings and the influenza vaccine.

During the May 2019 Hospital Transformation Project community meeting, stakeholders discussed the lack of public knowledge regarding where to go for different types of care and the need for more advertising of hospital services. It was also mentioned that there is a need for more support groups of all types to benefit subpopulations across the community.

Areas of concern that were discussed include high rates of diabetes, heart disease, urinary tract infections and chronic diseases within the elderly population. Stakeholders discussed the opportunity for the clinic to ensure consistent care and prevent further diabetic complications through the teaching currently in place, and also discussed the issues associated with heart disease in the community – such as lack of physical care, obesity, diabetes and other related conditions. Urinary tract infections and chronic diseases of the elderly with a high number of co-morbidities were also mentioned during the meeting.

Stakeholders discussed potential opportunities to educate the community, such as hospital education classes for the public, further education on where to go for care for individuals and local agencies/community partners and outreach to the local Senior Center and Veterans in the community.

**Objective:**

*Increase healthy lifestyle education and prevention resources at the hospital and in the community*

Action Steps	Responsible Leader(s)	FY 2020		FY 2021		FY 2022	
		Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)
<b>4.A.</b> SHS will continue to increase educational opportunities for the public concerning wellness topics and health risk concerns, host various support and educational groups at the facility, and support and participate in local health-related events to highlight hospital services and offer a variety of health screenings at a free or reduced rate.	HR, CNO, Marketing	ONGOING	COVID-19 awareness to community. D.M. support group.	ONGOING	COVID-19 awareness to community. D.M. support group.	ONGOING	COVID-19 and MonkeyPox awareness to community. D.M. support group.
<b>4.B.</b> SHS will continue to offer the High School Intern Program that encourages youth to volunteer services to patients and families of SHS while learning about a vast array of health careers.	Education Department, HR	ON HOLD DUE TO COVID-19	High School Intern Program on hold due to COVID-19.	ON HOLD DUE TO COVID-19	High School Intern Program on hold due to COVID-19.	ON HOLD DUE TO COVID-19	High School Intern Program on hold due to COVID-19. Hoping to resume later this year.
<b>4.C.</b> Southwest Health System is participating in the Hospital Transformation Program (HTP) through the Colorado Department of Health Care Policy & Financing. As a part of this initiative and with regards to access to care, SHS is focusing on providing long term, reversible contraceptives to new mothers prior to leaving the hospital after delivery and OB emergencies surrounding post partum hemorrhages.	CNO	ONGOING	Further communications to providers and education for patients.	ONGOING	Further communications to providers and education for patients.	ONGOING	Met with the OB physicians in OB PEDS Committee reminded them the importance of this measure. Continue to monitor and update OB scorecard monthly. Share data with providers at least quarterly.
<b>4.D.</b> SHS personnel serve in leadership roles and as volunteers with many agencies and committees in the community.	Senior Leadership	ONGOING	Employees volunteer in community committees such as food programs, nursing leadership, chamber of commerce, hospital foundation and local blood drives.	ONGOING	Employees volunteer in community committees such as food programs, nursing leadership, chamber of commerce, hospital foundation and local blood drives.	ONGOING	Employees volunteer in community committees such as food programs, nursing leadership, chamber of commerce, hospital foundation, local blood drives and R.I.S.E. Walk.

Action Steps	Responsible Leader(s)	FY 2020		FY 2021		FY 2022	
		Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)	Progress	Key Results (As Appropriate)
<b>4.E.</b> SHS will continue to participate in the local Health Care Coalition that includes health care leaders and organizations around the service area who meet monthly to discuss potential collaborations and addressing health care needs in the community.	Senior Leadership	ONGOING	SHS collaborated with other local organizations to improve health care needs in the community. Meetings stopped early 2020 due to COVID-19.	ONGOING	SHS collaborated with other local organizations to improve health care needs in the community. No meetings for Health Care Coalition due to COVID-19.	ONGOING	SHS collaborated with other local organizations to improve health care needs in the community. No meetings for Health Care Coalition due to COVID-19 for the first 8 months of 2022. In September, SHS has launched restarting the meetings. Quality, discharge planning, and case management will be in attendance.
<b>4.F.</b> SHS will continue to serve as a proper medication disposal site.	Pharmacy Director	ONGOING	SHS continues to serve as a proper medication disposal site - Retail Pharmacy.	ONGOING	SHS continues to serve as a proper medication disposal site - Retail Pharmacy.	ONGOING	SHS continues to serve as a proper medication disposal site - Retail Pharmacy. Audit this year went excellent. Since program start date 1274 lbs of medications have been collected
<b>4.G.</b> SHS will continue to provide employees with discounted memberships to the local recreation center in order to promote employee wellness.	HR	ONGOING	SHS continues to provide employees with discounted memberships to the local recreation center in order to promote employee wellness.	ONGOING	SHS continues to provide employees with discounted memberships to the local recreation center in order to promote employee wellness.	ONGOING	SHS continues to provide employees with discounted memberships to the local recreation center in order to promote employee wellness. It is 15% off at local recreation center and \$10 off a month at Body by Design.
<b>4.H.</b> SHS will continue to host quarterly blood drives for employees and the community to participate in.	Laboratory Director	ONGOING	Email blasts to all SHS staff and Facebook posts for community. Quarterly blood drives continue.	ONGOING	Email blasts to all SHS staff and Facebook posts for community. Quarterly blood drives continue.	ONGOING	Email blasts to all SHS staff and Facebook posts for community. Quarterly blood drives continue.
<b>4.I.</b> In partnership with the Colorado Hospital Association, SHS started an Antibiotic Stewardship Program in 2014 that included collaboration with area nursing homes, clinic providers and dental education. This resulted in significant improvement in antimicrobial days of therapy and antimicrobial resistance reductions. With the success of these programs, the SHS pharmacy department has been asked to consult with the CDC, Pew Charitable Trusts and the Joint Commission and give lectures around the US on small hospital antimicrobial stewardship.	Pharmacy Director	ONGOING	SHS continues the Antibiotic Stewardship Program that includes collaboration with area nursing homes, clinic providers and dental education.	ONGOING	SHS continues the Antibiotic Stewardship Program that includes collaboration with area nursing homes, clinic providers and dental education.	ONGOING	SHS continues the Antibiotic Stewardship Program that includes collaboration with area nursing homes, clinic providers and dental education.



# PREVIOUS PRIORITIZED NEEDS

# Previous Prioritized Needs

## 2016 Prioritized Needs

1. Healthcare Cost
2. Maternal and Child Health
3. Diabetes
4. Alcohol and Substance Abuse
5. Cancer

## 2019 Prioritized Needs

1. Continued Emphasis on Physician Recruitment and Retention
2. Access to Affordable Care and Reducing Health Disparities Among Specific Populations
3. Access to Mental and Behavioral Health Care Services and Providers
4. Prevention, Education and Awareness of Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles



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# 2022 CHNA PRELIMINARY HEALTH NEEDS

# 2022 Preliminary Health Needs

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- Access to Dental Care Services and Providers
- Access to Mental and Behavioral Health Care Services and Providers
- Continued Recruitment & Retention of Healthcare Workforce
- Increased Emphasis on Addressing Social Determinants of Health to Reduce Health Disparities Among Specific Populations
- Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles



# PRIORITIZATION

# The Prioritization Process

- In July 2022, leadership from SHS reviewed the data findings and prioritized the community's health needs. Members of the hospital CHNA team included:
  - Jeanie Gentry, Chief Executive Officer
  - Lisa Gates, Chief Nursing Officer
  - Caitlin DeCrow, Quality Project Navigator
  - Kally Williams, Quality and Financial Data Analyst/ Payer Enrollment
  - Erik Lambert, Quality and Risk Manager
  - Megan Higman, Director of Inpatient Services & Education
  - Sheri Willburn, Case Manager
  - Bridgett Jabour, Contract Administrator
  - Will Jansen, Practice Administrator/ System Provider Recruiter
- Leadership ranked the health needs based on three factors:
  - Size and Prevalence of Issue
  - Effectiveness of Interventions
  - Hospital's Capacity
- See the following page for a more detailed description of the prioritization process.

# The Prioritization Process

- The CHNA Team utilized the following factors to evaluate and prioritize the significant health needs.

<b>1. Size and Prevalence of the Issue</b>
a. How many people does this affect? b. How does the prevalence of this issue in our communities compare with its prevalence in other counties or the state? c. How serious are the consequences? (urgency; severity; economic loss)
<b>2. Effectiveness of Interventions</b>
a. How likely is it that actions taken will make a difference? b. How likely is it that actions will improve quality of life? c. How likely is it that progress can be made in both the short term and the long term? d. How likely is it that the community will experience reduction of long-term health cost?
<b>3. SHS Capacity</b>
a. Are people at SHS likely to support actions around this issue? (ready) b. Will it be necessary to change behaviors and attitudes in relation to this issue? (willing) c. Are the necessary resources and leadership available to us now? (able)

# Health Needs Ranking

- Hospital leadership participated in a prioritized ballot process to rank the health needs in order of importance, resulting in the following order:
  1. Access to Mental and Behavioral Health Care Services and Providers
  2. Continued Recruitment & Retention of Healthcare Workforce
  3. Increased Emphasis on Addressing Social Determinants of Health to Reduce Health Disparities Among Specific Populations
  4. Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles
  5. Access to Dental Care Services and Providers

# Final Priorities

- Hospital leadership decided to address four of the five of the ranked health needs. The final health priorities that SHS will address through its Implementation Plan are listed below:
  1. Access to Mental and Behavioral Health Care Services and Providers
  2. Continued Recruitment & Retention of Healthcare Workforce
  3. Increased Emphasis on Addressing Social Determinants of Health to Reduce Health Disparities Among Specific Populations
  4. Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles



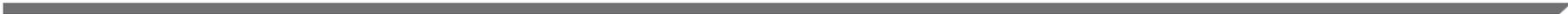
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# **PRIORITIES THAT WILL NOT BE ADDRESSED**

# Priorities That Will Not Be Addressed

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- SHS decided not to specifically address “Access to Dental Care Services and Providers.”
- While SHS acknowledges that this is a significant need in the community, "Access to Dental Care Services and Providers" is not addressed largely due to the fact that it is not a core business function of the hospital and the limited capacity of the hospital to address this need.
- SHS will continue to support local organizations and efforts to address this need in the community.



# RESOURCES IN THE COMMUNITY



# Additional Resources in the Community

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- In addition to the services provided by SHS, other charity care services and health resources that are available in Montezuma County are included in this section.

# Four Corners Community Resource Directory (Montezuma & Dolores Counties)



CONNECTING  
People, Communities, Churches, Organizations,  
Professionals, Services & Volunteers

2022

## Four Corners

### Community Resource Directory

has been updated from the 2014 Montelores Community Resource Directory prepared and provided by Montelores Early Childhood Council & RENEW.

This Directory's purpose is to help people **connect** with local organizations, professionals, communities, resources, support groups, and community members, in general, to locate services & support needed by individuals, groups and families in our area.

Basic resources and services available in our area and where to call for additional help have been included. Some of these services are free, some suggest donations, others charge a fee based on income, and others are fee-based services. However, due to space requirements and changes that occur this Guide may not be all inclusive.

The listings of services in this directory are resources and *do not* constitute an endorsement. Please note that changes will occur. If content mistakes appear OR if changes/additions to information are needed, please take the time to notify us to update listings! As this is now a digital directory, corrections and additions can be included on a regular basis. Also, if there is a resource or organization vital to you or your work which is missing from this directory, please let us know. Comments and suggestions are always welcome.

Thank you to the following groups for their support and help in updating resources and gathering information for this project from the Four Corners Community Unity Committee.

## THANK YOU!

Addiction Recovery Groups

Hospice of Montezuma

Montelores Early Childhood Education Council

RENEW – Domestic Violence

SCYC – School Community Youth Collaborative

Southwest Center for Independence

Churches & The Ministerial Alliance

Montezuma County Senior Services

Pueblo Community College Southwest

Salvation Army & SHAREHOUSE

SW Memorial Hospital & Medical Offices

Ute Mountain Ute Tribe

Contact information:

Four Corners Community Unity Committee

Gmas & Gpas Who Care

Call or Text: 970-739-7593

\* \* \*  
**Emergency Services**  
\* \* \*

**For ALL emergencies in Montezuma and Dolores Counties 911**

*Information needed when placing a call: location of incident, type of incident, number of people involved.  
Note: This number should be used only for emergencies in which people are in danger or injured (accidents requiring immediate medical intervention, fires, abuse/assaults, domestic violence, burglaries, incidents involving firearms, etc.)*

**Ambulance Services – non-emergency 970-564-2091**

<b>Cortez (Southwest Memorial Hospital)</b>	<b>Call 911</b>
<b>Dolores</b>	<b>Call 911</b>
<b>Dove Creek</b>	<b>970-677-2570</b>
<b>Mancos</b>	<b>Call 911</b>

<b>American Red Cross (Western Colorado Chapter)</b>	<b>970-242-4851</b>
(Southwestern Colorado Chapter)	970-259-5383

*Provides emergency and disaster relief and financial assistance. Offers classes in CPR, First Aid and emergency preparedness.*

<b>Civil Air Patrol (Air Search &amp; Rescue)</b>	<b>970-565-8454</b>
Website: <a href="http://www.gocivilairpatrol.com">http://www.gocivilairpatrol.com</a>	

<b>Emergency Room (Southwest Memorial Hospital)</b>	<b>Call 911</b>
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**Fire Protection \*TO REPORT A FIRE CALL 911\***

*Fire protection districts provide fire suppression and prevention to residents of their respective Districts. Citizens can inquire about volunteering by contacting them directly, and most districts offer fire safety education programs upon request.*

<b><u>Cortez (non-emergency)</u></b>	<b><u>970-565-3157</u></b>
<b><u>Dolores</u></b>	<b><u>970-882-4096</u></b>
<b><u>Dove Creek</u></b>	<b><u>970-677-2570</u></b>
<b><u>Lewis-Arriola</u></b>	<b><u>970-882-7718</u></b>
<b><u>Mancos</u></b>	<b><u>970-533-1425</u></b>
<b><u>Pleasant View</u></b>	<b><u>970-562-4210</u></b>

<b>Good Samaritan Center</b>	<b>970-565-6424</b>
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Provides assistance to people with emergency needs for food, clothing, personal hygiene products, and baby products as available.

Address: 30 N Beech Street, Unit C, Cortez, CO, 81321

**Montelores Emergency Assistance Coalition (MEAC) / Pinon Project 564-1195 ext 21**  
*Provides assistance for housing, utilities, and other emergency needs to individuals or families who are usually self-sufficient, but who need temporary help. The Montelores Emergency Assistance Coalition is made up of several community agencies.*

<b>Montezuma County Dispatch</b>	<b>970-565-8454</b>
<b>Non-Emergency</b>	<b>970-565-8441</b>

<b>Police Services</b>	
<b><u>Cortez Police/Dispatch</u></b>	<b><u>970-565-8441</u></b>
<b><u>Dolores County Sheriff</u></b>	<b><u>970-677-2257</u></b>
<b><u>Mancos Marshal's Office</u></b>	<b><u>970-533-1432</u></b>
<b><u>Montezuma County Sheriff</u></b>	<b><u>970-565-8452</u></b>
<b><u>Towaoc Police (Ute Mountain Tribe)</u></b>	<b><u>970-565-3706</u></b>

**Religious Organizations and Area Churches**  
*Many of the churches and religious organizations in the area provide services of food, clothing, or financial support. See Churches Section Pages 45-47*

<b>Salvation Army &amp; Cortez Police Dept.</b>	<b>970-564-4228</b>
<i>Vouchers for people traveling through &amp; who are in emergency situations needing shelter or fuel.</i>	

**\*\*\* 24-HOUR HOTLINES \*\*\***

<b>Alternative Horizons</b>	<b>970-247-9619</b>
<i>Provides confidential support for victims of domestic violence. Spanish-speaking advocates are available.</i>	
Website: <a href="http://www.alternativehorizons.org">http://www.alternativehorizons.org</a>	

<b>AXIS Health Crisis Line</b>	<b>970-335-2255</b>
<i>Provides confidential support for those experiencing distressing emotions such as intense anxiety, depression, or thoughts of suicide. Trained therapist available as well as RN on-call line for those with physical crisis and require medical assistance.</i>	

<b>Domestic Violence Hotline</b>	<b>800-799-7233</b>
	<b>TDD 800-787-3224</b>

*Provides crisis intervention and referral to local services and shelters for men, women, and children who are experiencing or have experienced domestic violence/abuse or they know someone who is experiencing domestic abuse. Spanish-speaking advocates are available, along with translators for 150 other languages. TDD number above for the hearing impaired.*

Website: <http://www.thehotline.org>

<b>Heart to Heart Montezuma Crisis Pregnancy Center</b>	<b>970-565-0979</b>
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<b>Southwest Colorado Mental Health Crisis Line</b>	<b>970- 565-7946</b>
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Provides support for those experiencing emotional distress such as intense anxiety, depression, or thoughts of suicide. Conversations are confidential, and trained therapists are available.

<b>National Indigenous Women's Resource Center</b>	<b>800-799-7233</b>
<b>National Child Abuse Hotline</b>	<b>800-422-4453</b>
<b>National Domestic Violence Hotline</b>	<b>800-799-7233</b>
<b>National Sexual Assault Hotline</b>	<b>800-656-4673</b>
<b>National Runaway Switchboard</b>	<b>800-621-4000</b>

Provides crisis intervention and travel assistance to runaways. Distributes information and local referrals to adolescents and families and referrals to shelters nationwide. Also relays messages to, or arranges conferences with parents, at the request of the child.

Website: <http://www.1800runaway.org>

<b>National Youth Crisis Hotline</b>	<b>800-442-HOPE / 800-422-4673</b>
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Provides counseling and referrals to local drug treatment centers, shelters, and services. Responds to youth dealing with pregnancy, molestation, suicide, and child abuse. You can get free help now: Text CONNECT to 741741 in the United States.

<b>Poison Control - National</b>	<b>HOTLINE 800-222-1222</b>
<b>Poison Control - Southwest Memorial Hospital, Cortez, CO</b>	<b>970-564-2025 / 970-565-3448</b>

Southwest Memorial Hospital provides advice on incidents involving poisons of any kind, whether by ingestion or external contact.

<b>Rape Intervention Team</b>	<b>970-247-5400</b>
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Provides assistance for sexual assault victims. Spanish-speaking support personnel are available.

<b>RENEW (Domestic Violence &amp; Adult Victims of Sexual Assault)</b>	<b>HOTLINE 970-565-2100</b>
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Serves victims of domestic violence, including children, adult victims of sexual assault, and adult survivors of sexual abuse.

<b>Safe2Tell</b>	<b>HOTLINE 877-542-7233</b>
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24-hour hotline for anyone to anonymously report anything that concerns or threatens you, your friends, family, or community.

<b>SANE (Sexual Assault Nurse Examiner) at Southwest Memorial Hospital Emergency</b>	<b>970-565-6666</b>
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<b>SASO – Sexual Assault Services Organization</b>	<b>970-247-5400</b>
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<b>Suicide Hotline</b>	<b>HOTLINE 800-784-2433</b>
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Humanistic Mental Health Foundation provides 24-hour "hotline" and hospital referrals. Dedicated to sharing the message that suicide is not the answer and help is always available

<b>Veterans Crisis Hotline</b>	<b>HOTLINE 800-273-8255</b>
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Self-destructive behaviors such as drug abuse or weapons, etc. along with suicide risks. Confidential crisis chats at [VetansCrisisLine.net](http://VetansCrisisLine.net) or text 838255

<b>WINGS Safehouse</b>	<b>970-565-9116</b>
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## A-Z Category Reference Guide

Colorado Resources – Community Navigator Dial 211

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<u>Women's Services</u>	<u>Pg 173</u>
<u>Youth Programs &amp; Services</u>	<u>Pg 178</u>

## Quick Reference Phone Directory

### ABUSE / Domestic Violence / Sexual Assault / Victim Services Pg 34

Colorado Victims' Rights	<a href="http://www.renew-inc.org">www.renew-inc.org</a>	
RENEW - Domestic Violence & Sexual Assault Crisis Service	970-565-4886	
	<b>HOTLINE</b>	<b>970-565-2100</b>
22 <sup>nd</sup> Judicial District – District Attorney – Witness Unit & Compensation Unit	970-565-3788	
22 <sup>nd</sup> Judicial District – Probation Victim Services	970-564-8842	
Adult Protective Services - Cortez	970-565-3769	
Adult Protective Services - Shiprock	505-368-1185	
Adult Protective Services - White Mesa	801-678-3211	
Alternative Horizons	970-247-9619	
Amani Youth Partnership (Youth on Horses for Healing)	970-739-6854	
<b>AXIS CRISIS CARE</b>	<b>HOTLINE</b>	<b>970-325-2255</b>
AXIS Health System – Integrated Health Care	970-565-7946	
Brain Injury & Survivors of Abuse	303-839-5510	
Child Abuse Reporting – Montezuma County Social Services	970-565-3769	
Child Maltreatment Prevention Action Team / TEAM Up	970-888-0446	
<b>COLORADO CHILD ABUSE &amp; NEGLECT</b>	<b>HOTLINE</b>	<b>844-264-5437</b>
Colorado Coalition Against Sexual Assault (CCASA)	303-839-9999	
	<b>800-818-7662</b>	
Colorado Organization for Victim Assistance (COVA)	303-861-1160	
	<b>800-261-2682</b>	
Cortez City Police Dept - Child Protection Dept.	970-555-8441	
Dolores County Victim Response	970-677-2257	
<b>DOMESTIC VIOLENCE - National</b>	<b>HOTLINE</b>	<b>800-799-7233</b>
Durango – Community Shelter	970-259-1255	
Durango – Southwest Safe House	970-259-5443	
Durango – Volunteers of America Durango – Safe House & Shelter	970-259-1021	
FBI Victim Assistance – Durango	970-247-2797	
Four Corners Child Advocacy Center – The NEST	970-565-8155	
Home Again Partnership	970-214-5815	
Medicine Horse Center – Horses Helping People	970-533-7403	
<b>NATIONAL CENTER for MISSING &amp; EXPLOITED KIDS (NCMEC)</b>	<b>HOTLINE</b>	<b>800-843-5678</b>
Pathfinders – Victim Advocates	970-385-1140	
Police Victim Response Unit – Cortez, Montezuma Sheriff, Dolores, Mancos	970-565-8441	
Rape Intervention Team	970-247-5400	
RENEW (Domestic Violence & Adult Victims of Sexual Assault)	970-565-4886	
<b>RENEW</b>	<b>HOTLINE</b>	<b>970-565-2100</b>
Safe2Tell – School Safety for Kids	877-542-7233	
<b>SEXUAL ASSAULT</b>	<b>HOTLINE</b>	<b>800-656-4673</b>
Sexual Assault Nurse Examine (SANE) – SW Memorial Hospital Emergency Dept	970-565-6666	
Sexual Assault Service Organization (SASO)	970-247-3074	
<b>Sexual Assault Service Organization (SASO)</b>	<b>HOTLINE</b>	<b>970-247-5400</b>
Senior Abuse	970-565-2100	
Sex Trafficking	888-373-7888 / 800-455-5075	
<a href="http://www.humantraffickinghotline.org">www.humantraffickinghotline.org</a>	888-373-7888	
<a href="http://www.combathumantrafficking.org">www.combathumantrafficking.org</a> (Colorado)	866-455-5075	
<a href="http://www.missingkids.org">www.missingkids.org</a>	<b>24 Hour Call Center</b>	<b>800-843-5678</b>

Shiprock Tribal Social Services	505-368-1185
Southwest Health System & Memorial Hospital	970-565-6666
<b>SOUTHWEST SAFE HOUSE CRISIS LINE (Volunteers of America)</b>	<b>HOTLINE 970-259-5443</b>
STAND UP COLORADO – Violence Prevention Campaign	303-437-5474
<b>SUICIDE PREVENTION LIFELINE– National</b>	<b>HOTLINE 800-273-8255</b>
The NEST – Four Corners Child Advocacy Center	970-565-8155
<b>Ute Mountain – 24 Hour Crisis Hotline - Cortez</b>	<b>970-247-5245</b>
<b>Ute Mountain – 24 Hour Crisis Hotline - Blanding / White Mesa</b>	<b>435-979-1588</b>
Ute Mountain – Victim Services	970-565-5314
Victim Response Unit – Montelores Valley	970-564-4028
<b>VICTIM SHELTERS – ABUSE / DOMESTIC VIOLENCE / SEXUAL ASSAULT</b>	
RENEW, Cortez, CO	970-565-4886
Family Crisis Center, Farmington, NM	505-564-9192
Gentle Iron Hawk Shelter, Blanding, UT	435-678-2445
Safe Haven, Moab, UT	435-259-2229
Southwest Safehouse, Durango, CO	970-259-5443
Sunrise Youth Shelter, Towaoc, CO	970-565-2426
Wings Safehouse, Cortez, CO	970-565-9116
VOCA Emergency Fund for Victims of Crime	303-861-1265

### ADDICTIONS Pg 39

Alcohol/ Co-Dependent/Drugs / Food / Porn / Relationships, Etc.

#### **Alcoholics Anonymous 12 Step Programs for Addictions**

Alcoholics Anonymous – Regional Office	888-333-9649
Alcoholics Anonymous – Local Office	970-247-1706 / 970-565-6242
Addiction Recovery & Family Support Groups (Church of Jesus Christ of Latter-day Saints)	970-560-1164
Beautiful Mancos Valley AA Group	239-207-2558
Campfire Group	970-565-3342
Celebrate Recovery (Rock Springs Church)	970-565-1177 / 970-403-4643
Cortez AA Fellowship Group	970-565-8047
Dolores AA Fellowship Group	866-641-9190
Dove Creek AA	970-562-4447
Floatin' Sobriety Group	970-565-1092
Life Recovery (Mesa Trails Cowboy Church)	970-426-5722 / 970-529-3084
Mancos Men's Recovery Group	970-533-9046
Mancos Women's Meeting	866-641-9190
No Hassles AA Meeting (Mancos, CO)	970-533-0054
Riverside Women's Recovery Group (St. Barnabas Episcopal, Cortez)	970-533-9046
United Methodist Church AA Meeting, Dove Creek	970-562-4447
Ute Mountain AA Group – Open to Anyone	970-565-9230

#### **Al-Anon / Alateen – National Numbers** 866-362-4427 / 888-425-2666

Cortez / Durango / Pagosa Al-Anon Group Meetings & Information	970-259-2982
Ute Mountain Al-Anon Group	866-362-4427 / 970-565-9230

#### **A-Z Addiction Recovery Resources** Pg 42

AmeriCorps Regional Substance Abuse Prevention Partners	970-799-6007
Behavior Health Services	970-565-4109
Christian Discipleship Center – Native American Men	970-565-3290

Compliance Drug & Alcohol Testing	970-575-9515
Cortez Addiction Recovery Services Inc (CARS)	970-565-4109
Cortez Integrated Healthcare (AXIS Health System)	970-565-7946
Covenant Drug & Alcohol Testing	970-565-5402
D.A.R.E. (Drug Abuse Resistance Education)	970-565-8441
Gambling Anonymous	800-222-5542
Hope Not Dope – Narcotics Anonymous	800-407-7195
Life Care Inc.	970-516-1234
Narcotics Anonymous	<b>HOTLINE 505-324-1807</b>
Navajo Regional Behavioral Health	505-368-1050 / 505-368-1438
Panic Attack/Anxiety Support Group	970-565-8195
Target Tobacco Coalition	970-565-3056 ext 226
Tobacco Education & Prevention Program (Montezuma County)	970-564-4782
The Recovery Center	970-565-4109
Southwest Colorado Emergency & Suicide Prevention	970-565-7946
Southwest Colorado Mental Health / Crisis Line	970-565-7946
Ute Mountain Ute Tribe	970-565-3751
Ute Mountain Ute Tribe - Alcohol/Addiction Counseling & Treatment Center	970-564-5701
Ute Mountain Ute Tribe - Social Services / Mental Health (Towaoc)	970-565-3751
Ute Mountain Ute Tribe - Victim Services	970-565-5314
Young People in Recovery (YPR)	970-570-3235

**CHURCHES & RELIGIOUS ORGANIZATIONS****Pg 45**

Ministerial Alliance	970-773-3721
Hospital Chaplain & Ministry	719-550-0321
Jail Ministry	970-739-3124

**CORTEZ**

Arriola Bible Church	970-882-4047
Baha'i Faith Cortez Community (in a home)	970-565-7910
Baptist Chapel	970-565-4128
Church of Christ	970-565-3631
Cornerstone Baptist	970-560-8777
Cortez Church of the Nazarene	970-565-7826
Cortez Family Worship Center	970-565-3709
Cortez Seventh-Day Adventist Church & School	970-565-9740
Crossroads Christian Fellowship	970-508-1513
Evangel Assembly of God	970-565-4198
First Assembly of God Church	970-565-3043
First Baptist Church of Cortez	970-565-6555
First United Methodist Church	970-565-3002
Grace Fellowship EFC	970-565-3663
Highway Church of Christ	970-565-1045
Kingdom Hall Jehovah's Witness	970-565-6241
Lighthouse Baptist Church & Lighthouse Academy	970-565-9302
Montezuma Valley Presbyterian	970-565-7024
Native Grace Intertribal Fellowship	970-394-4415
New Covenant Fellowship	970-560-0707
New Nation Worship Center	970-564-3224
Rock Springs Community Church	970-565-1177
Southwest Cowboy Church (Arriola)	970-749-2933

Shepherd's New Staff	970-560-2426
St. Barnabas Episcopal Church	970-565-7865
St. Margaret Mary Catholic Church	970-565-7308
The Anglican Church of St. Philip the Evangelist	970-565-1555
The Church of Jesus Christ of Latter-day Saints (two locations)	<a href="http://www.churchofjesuschrist.org">www.churchofjesuschrist.org</a>
The Good Shepherd Church	970-739-5093
Trinity Lutheran Church	970-565-9346
Victory World Outreach	970-565-8533

**DOLORES**

Dolores Southern Baptist	970-882-3104
JMD United Methodist	970-882-7780
Mountain View Baptist Church	970-882-7521
Our Lady of Victory	970-565-7308

**DOVE CREEK**

Cahone Fellowship Baptist Church, Cahone, CO	970-562-4490
First Assembly of God	970-677-3683
First Baptist Church	970-677-2230
First Southern Baptist Church	970-677-2278
St. Jude Catholic Church	970-565-7308
United Methodist Church	970-677-2304

**MANCOS**

First Baptist Church	970-533-7634
Four Corners Christian Camp	970-882-2523
Mesa Trails Cowboy Church (Not Forgotten Seniors & Women United)	970-773-3721
Our Lady of Sorrows	970-946-1930
San Juan Bible Camp (non-denominational)	970-533-7622
St. Rita of Cascia	970-565-7308
Summit Lake Community Church	970-882-4144
The Church of Jesus Christ of Latter-day Saints	<a href="http://www.thechurchofjesuschrist.org">www.thechurchofjesuschrist.org</a>
United Methodist Church	970-533-7460

**CLUBS, SERVICES & OTHER ORGANIZATIONS****Pg 48**

Cortez Elks BPOE	970-565-3557
Cortez Trap Club	970-565-7396
Dare To Be You	970-565-2070
Democratic Central Committee	970-565-7415
Ertel Funeral Home & Crematory	970-565-3468
Escalante Shrine Club	970-565-4257
Republican Party Central Committee	970-882-7998
Republican Headquarters - Conservative Grounds 40 E Main St, Cortez	970-560-6643
Republican Women of Montezuma County	970-565-4280
4-H Clubs –Montezuma & Dolores County Extension Offices	970-565-3123 / 677-2283
Four Corners Arabian Horse Association	970-565-7605
Four Corners Dance Society – Montezuma County Annex (Jan Heyl)	970-222-9649
Four Corners Dancers	970-565-9836
Kiwanis Club	970-565-4414
K-9 Search & Rescue Team	970-882-4746
La Leche League - Breastfeeding Support	970-385-1460
League of Women Voters of Montezuma County	970-565-3026

LOR Foundation	307-699-5343/ 970-987-0356
Lyons Club	970-564-9125
Medicine Horse Center	970-533-7403
Mesa Verde Archery Club	970-565-4097
Mesa Verde Back Country Horsemen	970-882-4306
Montelores Christian Home Educators	970-564-9282
Montezuma County Search & Rescue	970-565-8878 / 560-6078
National Assoc. of Retired Federal Employees	970-564-1722
National Wild Turkey Federation – Rodney Willbanks	970-882-4741
Onward – A Legacy Foundation	970-565-9200
Preceptor Alpha Theta	970-565-2055
Rotary Club - Cortez	970-564-0077
Rotary Club – Dolores, CO	970-564-9902
Sharp Locks – mobile locksmith	970-739-3278
Southwest Artists League (Montezuma County Annex)	720-448-0418
Southwestern Cowbells	970-882-2259 / 565-6078
Special Olympics	970-565-3830
Ute Mountain Study Club	970-882-4504
Youth Leadership Council (SCYC)	970-480-7293

## COMMUNITY RESOURCES

### Community Action Teams

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AmeriCorps Volunteers of America	800-942-2677
Child Maltreatment Prevention Action Team	970-888-0446
Communities that Care Action Team	970-564-4781
Early Childhood Education Expansion Action Team	<a href="mailto:lynnu@unitedway-swco.org">lynnu@unitedway-swco.org</a>
Food Security Action Team	<a href="mailto:gregory.felsen@colostate.edu">gregory.felsen@colostate.edu</a>
Montezuma Food Coalition (Onward! Supported)	970-769-5410
Suicide Prevention Action Team	<a href="mailto:ayazzie@co.co.montezuma.co.us">ayazzie@co.co.montezuma.co.us</a>
TEAM UP Action Team	<a href="https://teamup-swco.org">https://teamup-swco.org</a>
TEAM UP for Summer	<a href="http://www.teamupforsummer.org">www.teamupforsummer.org</a>
United Way of Southwest Colorado (Cortez/Durango)	970-247-9444

### Community Calendars & Directories

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#### CALL 211 for Colorado Resources Directory by Category

Colorado Country Life	<a href="https://coloradocountrylife.coop">https://coloradocountrylife.coop</a>
Community Connections Colorado	<a href="https://www.communityconnectionsco.org/page12.html">https://www.communityconnectionsco.org/page12.html</a>
Cortez Racing Association	<a href="https://www.cortezracing.com/calendar.html">https://www.cortezracing.com/calendar.html</a>
Dolores Public Library – Tails & Tales	<a href="http://visitdolores.com">http://visitdolores.com</a>
Dove Creek Community Voice	<a href="https://dovecreekcommunityvoice.com">https://dovecreekcommunityvoice.com</a>
Event Brite – Calendar of Events in Cortez/Durango Areas	<a href="https://www.eventbrite.com">https://www.eventbrite.com</a>
Fairgrounds Speedway Schedule (CRA Racing)	<a href="http://www.cortezracing.com/caldendar.html">www.cortezracing.com/caldendar.html</a>
Four Corners Youth Clinic	<a href="https://4cyc.org/community-resources/">https://4cyc.org/community-resources/</a>
KSJD Community Calendar	<a href="https://www.ksjd.org/community-calendar">https://www.ksjd.org/community-calendar</a>
Mancos Valley Calendar	<a href="https://mancosvalley.com">https://mancosvalley.com</a>
Mancos Valley Resources – Heart of Community	<a href="https://mancosvalleyresources.com">https://mancosvalleyresources.com</a>
Mesa Verde Country	<a href="http://www.mesaverdecountry.com">www.mesaverdecountry.com</a>
Montelores Early Childhood Council- Resource Guide	<a href="http://www.montelorescc.org/parents-families/community-resource-guide/">www.montelorescc.org/parents-families/community-resource-guide/</a>
Montezuma County Annex / Senior Center Calendar	<a href="https://montezumacounty.org">https://montezumacounty.org</a>
Montezuma-Cortez School District Calendar	<a href="https://cortez.k12.co.us/calendar/monthly">https://cortez.k12.co.us/calendar/monthly</a>

Say What Announcements, SW Colorado Television	<a href="https://www.facebook.com/saywhattv">https://www.facebook.com/saywhattv</a>
Self-Reliance Resources	<a href="https://www.durangoselfreliance.org/home/local-resources">https://www.durangoselfreliance.org/home/local-resources</a>
Southwest Health System Directory of Resources	<a href="https://www.swhealth.org/resources">https://www.swhealth.org/resources</a>
Southwest Health System Organization Calendar	<a href="https://www.swhealth.org/calendar">https://www.swhealth.org/calendar</a>
The Journal – Cortez	<a href="https://www.the-journal.com/articles/cortez-community-calendar">https://www.the-journal.com/articles/cortez-community-calendar</a>
True Western Roundup	<a href="https://truewesternroundup.com">https://truewesternroundup.com</a>
YOUTH CALENDAR (SCYC & CTC) – Excellent!!	<a href="https://scyslistens.org/youthactivitiescalendar">https://scyslistens.org/youthactivitiescalendar</a>

### Community Chambers of Commerce

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Cortez Chamber of Commerce	970-565-3414
Dolores Chamber of Commerce	970-426-9902 or 882-4018
Dove Creek Chamber of Commerce	970-560-2856
Mancos Chamber of Commerce	970-533-7434
Mesa Verde Chamber of Commerce	800-253-1616

### Community Centers

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Cortez – Montezuma County Annex Building	970-247-7009
Cortez Welcome Center	970-565-4048
Dolores Community Center	970-882-7337
Dolores Visitors Center	970-426-9902
Dove Creek Community Center	970-677-9540
Lewis-Arriola Community Center	970-560-4782
Mancos Community Center	970-533-7725
Mancos – Mt. Lookout Grange	719-440-1890
Mancos Visitors Center	970-533-7434

### Community Connections: Family Stories, Genealogy, History, Museums & Storytelling

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Canyon of the Ancients / Anasazi Heritage Center & Museum	970-882-5600
Cortez Genealogy in Montezuma County	<a href="https://ldsgenealogy.com">https://ldsgenealogy.com</a>
Dolores County Colorado Genealogy Trails	<a href="http://www.genealogytrails.com/colo/dolores">www.genealogytrails.com/colo/dolores</a>
Durango Art Center	<a href="http://durangoarts.org">http://durangoarts.org</a>
Family History & Genealogy Center (free to all)	970-564-1064
KSJD - Community Radio Station Story – Story Recording Vault	970-564-9727
KSJD - The Raven Narratives in Cortez & Durango	<a href="http://www.ravennarratives.org/youth-storytelling">www.ravennarratives.org/youth-storytelling</a>
Mesa Verde National Park & Museum	<a href="https://www.mesaverde.org">https://www.mesaverde.org</a>
Mesa Verde Voices (KSJD & Mesa Verde Museum Association)	<a href="http://www.nesaverdevoices.org">www.nesaverdevoices.org</a>
Montezuma County Colorado Genealogy Trails	<a href="https://genealogytrails.com">https://genealogytrails.com</a>
Montezuma County Historical Society	970-570-7333
Montezuma Heritage Museum	970-570-7333 or 970-565-2747
Sunflower Theatre	970-516-1818
The Family Stories that Bind Us (Research on Children & Families about 9/11/2001)	<a href="https://www.nytimes.com/2013/03/17/fashion/the-family-stories-that-bind-us-this-life.html">https://www.nytimes.com/2013/03/17/fashion/the-family-stories-that-bind-us-this-life.html</a>

### Community Libraries

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Cortez Public Library	970-565-8117
Dolly Parton Imagination Library	970-882-4554
Dolores County Library	970-677-2356
Dolores Public Library (City of Dolores)	970-882-4127
Dove Creek County Public Library	970-677-2389
Library on the Go – Radio Stories on KSJD	FM 90.5
Mancos Public Library	970-533-7569
Rico Public Library	970-967-2103

**Community Non-Profit Funding Foundations****Pg 59**

<u>Colorado Gives</u>	<a href="https://coloradogives.org/fundraising">https://coloradogives.org/fundraising</a>
<u>LOR Foundation</u>	970-987-0356
<u>Onward! A Legacy Foundation</u>	970-565-9200
<u>Grants &amp; Financial Resource Listings</u>	Multiple Listings

**COURTS & LEGAL ASSISTANCE****Pg 62**

<u>22<sup>nd</sup> Judicial District - Court</u>	970-565-1111
<u>22<sup>nd</sup> Judicial District - District Attorney's Office</u>	970-565-3788
<u>22<sup>nd</sup> Judicial District - Probation Victim Services</u>	970-564-8842
<u>22<sup>nd</sup> Judicial District - Victim Compensation Program (Dist. Attorney's Office)</u>	970-565-3788
<u>22<sup>nd</sup> Judicial District - Victim Witness Unit (Dist. Attorney's Office)</u>	970-565-3788
<u>Alternative Sentencing Program</u>	970-565-8452
<u>Citizen Advocate Office (Governor's Office)</u>	800-283-7215
	Direct: 303-866-6326
<u>Colorado Legal Services, Inc.</u>	970-247-0266
<u>District &amp; Family Courts of the Navajo Nation</u>	505-368-1270 / 505-368-1287
<u>Dolores County Combined Court</u>	970-677-2258
<u>Federal District Court of Colorado</u>	970-259-0542
<u>Legal Aid – Durango, CO</u>	888-298-8483
<u>Montezuma County Combined Court</u>	970-565-1111
<u>Municipal Courts</u>	
<u>City Attorney (Cortez, Dolores, Mancos)</u>	970-565-7952
<u>Cortez</u>	970-565-6362
<u>Dolores</u>	970-882-7720
<u>Dove Creek</u>	970-672-2255
<u>Mancos</u>	970-533-7725
<u>Rico Town Clerk</u>	970-967-2861
<u>Notary Public</u>	<i>Available at all area banks, the County Clerk's office, etc.</i>
<u>Ute Mountain Ute - Agency Court of Federal Regulations (CFR) Court</u>	970-565-8471

**DISABILITY SERVICES****Pg 65**

<u>Colorado Agrability (Southwest Center for Independence Connection)</u>	Website
<u>Community Connections Inc – Cortez</u>	970-565-4496
<u>Community Connections Inc – Durango</u>	970-259-2464
<u>Cortez Cross Disabilities Coalition</u>	970-565-4063
<u>Cortez Lions Club</u>	970-564-9125
<u>Division of Vocational Rehabilitation</u>	970-247-3161 / 385-2163 Winter
<u>Durango Adaptive Sports Association</u>	970-259-0374
<u>Early Intervention Services</u>	970-565-8389
<u>Escalante Shrine Club</u>	970-565-4257
<u>Family Support Services</u>	970-385-3498 / 970-565-8389
<u>PAWS Across the Rockies</u>	970-533-7231
<u>School to Work Alliance Program (SWAP)</u>	970-759-3317
<u>Southwest Center for Independence – Cortez / Durango</u>	970-903-5859 / 970-259-1672
<u>Southwest Community Resources</u>	970-259-1086
<u>Southwest Cooperative Services</u>	970-565-8411
<u>Special Olympics</u>	970-385-3830
<u>Telluride Adaptive Sports Program</u>	970-728-5010

**EDUCATION****Pg 70-79****Education - Adult Education****Pg 70**

<u>Colorado State University Extension 4-H Cortez</u>	970-565-3123
<u>Division of Vocational Rehabilitation</u>	970-247-3161
<u>Pueblo Community College Southwest (Old San Juan Vocational)</u>	970-564-6200
<u>Southwest Adult Education (Previously Unlimited Learning Center)</u>	970-565-1601

**Education – Childcare & Preschools Facilities****Pg 71**

<u>Colorado Child Care Assistance Program (CCAP)-affordable childcare (Montezuma County)</u>	970-392-6123
<u>Colorado Department of Education - Preschool Program, Durango, CO</u>	303-866-6600
<u>Tri-County Head Start – Central Office in Durango, CO</u>	970-247-5960
<u>Ute Mountain Ute Child Development Center</u>	970-564-5323
<u>Vroom – Brain Builder Programs</u>	970-769-9069

**CORTEZ \* Licensed Facilities**

<u>Beech Street Preschool</u>	970-565-7491
<u>Children's House (Kiva Early Childhood Program)</u>	970-565-8586
<u>Country Kids Playhouse, Licensed Home Provider</u>	970-564-9560
<u>D's Daycare</u>	970-394-4096
<u>Elicia Applegate</u>	<a href="mailto:eliciaapplegate@gmail.com">eliciaapplegate@gmail.com</a>
<u>Lil' Rascals Preschool, Licensed Home Provider</u>	970-565-6337
<u>Mesa View Head Start (Tri-County Head Start)</u>	970-565-6040
<u>Moving Mountains Center</u>	816-244-0085
<u>Por Dia Preschool</u>	970-565-6182
<u>Tree House Early Learning Center (Pinon Project)</u>	970-564-9644
<u>Trinity Lutheran Preschool</u>	970-565-3166

**DOLORES / RICO \* Licensed Facilities**

<u>Dolores Christian Child Care</u>	970-739-2344
<u>Teddy Bear Preschool (Tri-County Head Start)</u>	970-882-7277

**DOVE CREEK \* Licensed Facilities**

<u>Dove's Nest, Early Education &amp; Childcare</u>	970-677-2850
<u>Seventh Street Elementary Preschool</u>	970-677-2296

**MANCOS \* Licensed Facilities**

<u>Mancos Early Learning Center * (Tri-County Head Start)</u>	970-533-7822
<u>Mancos Valley Dragonfly Preschool</u>	970-516-0308
<u>Theresa &amp; David Espinoza Family Childcare</u>	970-533-7191

**TOWAOC**

<u>Kwiyagat Community Academy – Kindergarten</u>	970-564-5348
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**Education - Children & Youth****Pg 73**

<u>4-H Clubs –Montezuma &amp; Dolores County Extension Offices</u>	970-565-3123 / 970-677-2283
<u>After/Before School Program – Pinon Project</u>	970-564-1195
<u>After School Tutoring Program – Pinon Project</u>	970-565-1195
<u>Children's Kiva Montessori Charter School</u>	970-564-9377
<u>Colorado State University Extension Office (4-H Programs)</u>	970-565-3123
<u>Dolly Parton Imagination Library</u>	970-882-4554
<u>G.O.A.L. Academy High School</u>	877-776-4625
<u>Montelores Early Childhood Council</u>	970-564-3211
<u>Montezuma Youth Alliance</u>	970-715-1095

<u>San Juan Board of Cooperative Services (BOCES)</u>	<u>970-347-3261</u>
<u>School Community Youth Collaborative (SCYC)– After School Programs</u>	<u>970-480-7293</u>
<u>Southwest Open School (SWOS) - Charter School</u>	<u>970-565-1150</u>
<u>Ute Mountain Ute Child Development Center</u>	<u>970-564-5323</u>

### **Education: - Children & Youth Public Schools Pg 76**

<u>Dolores County School District RE-2J</u>	<u>970-677-2232</u>
<u>Dove Creek High School/Middle School</u>	<u>970-677-2237</u>
<u>Seventh Street Elementary School</u>	<u>970-677-2296</u>
<u>Dolores School District RE-4A</u>	<u>970-822-7255</u>
<u>Dolores Elementary School</u>	<u>970-882-4688</u>
<u>Dolores Middle School</u>	<u>970-882-7288</u>
<u>Dolores High School</u>	<u>970-882-7288</u>
<u>Mancos School District RE-6</u>	<u>970-533-7748</u>
<u>Mancos Elementary School</u>	<u>970-533-7744</u>
<u>Mancos Middle School</u>	<u>970-533-9143</u>
<u>Mancos High School</u>	<u>970-533-7746</u>
<u>Montezuma-Cortez School District RE-1</u>	<u>970-565-7282</u>
<u>Battle Rock Charter School</u>	<u>970-565-3237</u>
<u>Kemper Elementary School</u>	<u>970-565-3737</u>
<u>Lewis-Arriola Elementary School</u>	<u>970-882-4494</u>
<u>Manaugh Elementary School</u>	<u>970-565-7691</u>
<u>Mesa Elementary School &amp; Preschool</u>	<u>970-565-3859</u>
<u>Montezuma-Cortez Middle School</u>	<u>970-565-7824</u>
<u>Montezuma Cortez High School</u>	<u>970-565-3722</u>
<u>Pleasant View Elementary School</u>	<u>970-882-4494</u>

### **Education –Early Learning Agencies, Information and Resources Pg 78**

<u>Colorado Dept. of Education &amp; Preschool Program – Denver, CO</u>	<u>303-866-6600</u>
<u>Colorado Preschool Program – Cortez (Beech Street Preschool)</u>	<u>970-565-7491</u>
<u>Colorado Preschool Program – Dolores (Teddy Bear Preschool)</u>	<u>970-882-7277</u>
<u>Colorado Preschool Program – Dove Creek (Dolores County Schools RE-2J)</u>	<u>970-677-2296</u>
<u>Montelores Early Childhood Council</u>	<u>970-564-3211</u>
<u>Montelores ECC School Readiness Program</u>	<u>970-564-3211</u>
<u>Pinon Project - Incredible Years Parenting Class</u>	<u>970-564-1195</u>
<u>Pinon Project - Parents As Teachers</u>	<u>970-564-1195</u>
<u>Pinon Project - School Readiness Program</u>	<u>970-564-1195</u>
<u>Pinon Project - Successful Families Program</u>	<u>970-564-1195</u>
<u>Pinon Project - Treasure Chest Literacy Program</u>	<u>970-564-1195</u>
<u>Southwest Colorado Resource &amp; Referral</u>	<u>970-247-5960 ext 20</u>
<u>Tri-County Head Start - Quality Early Childhood Programs, Durango, CO</u>	<u>970-247-5960</u>
<u>Qualistar Early Learning Program</u>	<u>877-338-CARE</u>

### **EMERGENCY, FIRE & DISASTER PREPAREDNESS & SERVICES Pg 80**

<b>AMBULANCES – Montezuma County Dispatch</b>	<b>970-565-8454</b>
<u>American Red Cross (Southwestern Colorado Chapter)</u>	<u>970-259-5383</u>
<u>American Red Cross (Western Colorado Chapter)</u>	<u>970-242-4851</u>
<u>Civil Air Patrol (Air Search &amp; Rescue)</u>	<u>970-565-8454</u>
<u>Colorado Department of Water Resources</u>	<u>970-565-0694</u>
<u>Colorado Division of Homeland Security &amp; Emergency Management</u>	<u><a href="http://coemergency.com">http://coemergency.com</a></u>

<u>Colorado Emergency Preparedness Partnership (CEPP)</u>	<u><a href="https://thecepp.org">https://thecepp.org</a></u>
<u>Cortez / Montezuma County Communications Centers</u>	<u>970-565-8454 or 970-565-8441</u>
<u>Dolores County Office of Emergency Management</u>	<u>970-677-2387</u>
<u>FEMA &amp; NIMS (National Incident Management System)</u>	<u><a href="http://www.fema.gov/disaster-emergency-communications">www.fema.gov/disaster-emergency-communications</a></u>

### **FIRE PROTECTION AGENCIES CALL 911**

<u>Cortez Fire Protection District</u>	<u>970-565-3157</u>
<u>Dolores County Dispatch – Controlled Burn</u>	<u>970-677-2257</u>
<u>Dolores Fire Department</u>	<u>970-882-4096</u>
<u>Dove Creek Volunteer Fire Department</u>	<u>970-677-2570</u>
<u>Lewis-Arriola Fire Protection</u>	<u>970-882-7718</u>
<u>Mancos Volunteer Fire Department</u>	<u>970-533-7400</u>
<u>Montezuma County Dispatch – Controlled Burn</u>	<u>970-565-8441</u>
<u>Pleasant View Fire Dept.</u>	<u>970-562-4210</u>
<u>US Forest Service – Dolores Ranger District</u>	<u>970-882-7296</u>
<u>Ute Mountain Ute Fire Department</u>	<u>970-564-5441</u>
<u>Home Food Storage Center – Farmington, NM and online</u>	<u>505-326-3589</u>
<u>Homeland Security</u>	<u><a href="http://www.ready.gov/">www.ready.gov/</a></u>
<u>K-9 Search &amp; Rescue Team</u>	<u>970-882-4746</u>

### **MONTEZUMA COUNTY DISPATCH 970-565-8454**

<u>Law enforcement, ambulance, and fire patrol</u>	<u>Non-Emergency 970-565-8441</u>
<u>Montezuma County Emergency Preparedness &amp; Response (EPR)</u>	<u><a href="http://www.montezumacounty.org/web/departments/public-health/emergency-preparedness/">www.montezumacounty.org/web/departments/public-health/emergency-preparedness/</a></u>
<u>Montezuma County Office of Emergency Management (OEM)</u>	<u>970-564-4137</u>
<u>Montezuma County Search &amp; Rescue – Montezuma Sheriff's Office</u>	<u>970-565-8452</u>
<b>POISON CONTROL</b>	<b>24 HR HOTLINE 800-222-1222</b>
<u>Poison Control- Southwest Memorial Hospital</u>	<u>970-565-3448</u>
<u>Salvation Army, Cortez, CO</u>	<u>970-564-4228</u>

### **EMPLOYMENT & TRAINING SERVICES Pg 83**

<u>Colorado State Employment &amp; Unemployment Services</u>	<u>800-388-5515</u>
<u>Cortez Day Labor Center (also The Bridge)</u>	<u>970-565-9808</u>
<u>Division of Vocational Rehabilitation – Cortez</u>	<u>970-247-3161</u>
<u>Division of Vocational Rehabilitation – Blanding, Utah</u>	<u>435-678-2511</u>
<u>Job Corps</u>	<u>970-565-9523</u>
<u>PINON PROJECT – Employment Training Program</u>	<u>970-564-1195</u>
<u>PINON PROJECT – Individual and Family Program</u>	<u>970-564-1195</u>
<u>Southwest Colorado Workforce Center / Training Advantage (Cortez)</u>	<u>970-565-3759</u>
<u>The Bridge – DAY LABOR SERVICES– year round</u>	<u>970-565-9808</u>
<u>Utah Vocations Rehabilitation – Blanding, UT</u>	<u>435-678-2511</u>
<u>Utah Workforce</u>	<u>877-555-8296</u>
<u>Utah Workforce – Blanding, UT</u>	<u>435-678-1400</u>
<u>Ute Mountain Ute Tribe - Day Labor Program</u>	<u>970-564-5421</u>
<u>Work and Gainful Employment and Education Skills (WAGEES)</u>	<u>970-564-3818 or 970-564-3803</u>

### **FAMILY SUPPORT SERVICES Pg 85**

<u>Alternative Horizons</u>	<u>970-247-9619</u>
<u>Amani Youth Partnership (Youth on Horses for Healing)</u>	<u>970-739-6854</u>
<u>Boys to Men – Pinon Project</u>	<u>970-564-1195 / 970-564-3814</u>
<u>Colorado Crisis Services &amp; Suicide Prevention</u>	<u>844-493-8255</u>

Community Connections Inc – Cortez	970-565-9422
Community Connections Inc - Durango	970-259-2464
Cortez Integrated Healthcare (AXIS Health System)	970-565-7946
Dare to Be You	970-565-2070
<b>DOMESTIC VIOLENCE</b>	<b>HOTLINE 800-799-7233</b>
	<b>TDD 800-787-3224</b>
Family Support Services (Pinion Project)	970-564-1195
Family Support Services (Community Connections)	970-385-3450
Four Corners Child Advocacy Center – The Nest	970-565-8155
Four Corners Community Connections Resource Directory (See Std Up for Families)	970-739-7590
Gear Lending Library – family outings and skateboards & scooters in park	970-480-7293
Generation Wild – Kids Grow Better Outside	970-565-1664
Heart to Heart – Montezuma Crisis Pregnancy Center	970-565-0979
Hope's Promise – Adoption, Foster & Orphan Care	303-660-0277
Housing Solutions for the Southwest	970-259-1086
Intergenerational Gardens & Intergenerational Trades – Dave Nelson	970-903-5859
Kiwanis Club	970-565-4414
Medicine Horse Center – Horses Helping People	970-533-7403
Montelores Early Childhood Council & TEAM Up AmeriCorps	970-564-3311
Montelores Emergency Assistance Coalition	970-564-1195
Montezuma County Foster Care & Adoption	970-564-4126
Music Camps & Classes – In Person (Durango)	970-247-5095
Raise The Future	303-755-4756 ext 307
Rape Intervention Team	970-247-5400
RENEW (Domestic Violence & Adult Victims of Sexual Assault)	970-565-4886
<b>RENEW</b>	<b>24 Hour Hotline 970-565-2100</b>
Runaway Switchboard - National	800-621-4000
Salvation Army Family Services Center	970-564-4228
San Juan Counseling (Blanding)	435-678-2992
Southwest Safe House	970-259-5443
Stand Up & Speak Up for Families / Gmas & Gpas Who Care	970-739-7593
<b>SUICIDE</b>	<b>HOTLINE 800-784-2433</b>
Tails of Transformation (ENF Horse Therapy)	970-764-0037
Ute Mountain Ute Tribe – <i>General Information &amp; see Native American Section Pg 141</i>	970- 565-3751
Utilities Assistance – Colorado & Utah	970-565-8064 / 866-205-4357
Widowed Persons Services (Hospice of Montezuma County)	970-565-4400
Young People in Recovery (YPR)	970-570-3235
Youth Suicide Prevention – Pinon Project	970-564-3812
<b>PINON PROJECT - FAMILY RESOURCE CENTER</b>	970-564-1195
Access To Health Care	970-564-1195
After School Tutoring Program	970-564-1195
Alphabet Soup Support Group	970-564-3802
Boys to Men Southwest Colorado	970-564-3814
Circle of Parents: For Parents in Recovery, Single Parents & Special Needs	970-564-1195
Alphabet Soup Circle Group	970-564-3802
Parents in Recover Circle Group	970-564-3803
Single Parents Circle Group	970-564-3800
Coordinated Approach to Child Health (CATCH)	970-564-1195
Employment Training Program	970-564-1195
Family Resource Center / Family Support Services	970-564-1195

Fatherhood Program	970-564-1195
Incredible Years Parenting Class	970-564-1195
Individual and Family Programs (work & finances)	970-564-1195
Parents as Teachers	970-564-1195
Playgroups – Summer	970-570-5870
QPR (Question – Persuade- Refer) Suicide Prevention Training	970-564-3830
Safe Exchange & Supervised Visitation Program	970-564-1195
Sources of Strength – Youth Mentoring to prevent suicide	970-564-1195
Stand Up & Speak Up for Families / Gmas & Gpas Who Care	970-739-7593
Strengthening Families Parenting Class	970-564-1195
Successful Families (SuFam)	970-564-3815
Supervised Visitation & Safe Exchange	970-564-3897
Pinon Treasure Chest Literacy Program	970-564-1195
Work & Gainful Employment & Education Skills (WAGEES)	970-564-1381 / 970-546-3803
Young People in Recovery (YPR)	970-570-3235
Youth Suicide Prevention	970-564-3812

## **FOOD ASSISTANCE & FOOD SECURITY PROGRAMS** **Pg 95**

4-H Clubs – contact Montezuma & Dolores County Extension Offices	970-565-3123 / 970-677-2283
Adobe Milling Company	970-677-2620
Aneth Mobile Pantry, Aneth Chapter House	801-887-1242
Aneth Senior Center meal program	435-651-3527
Arizona Navajo Department of Health Food Distribution Program	928-656-3651
Azure Standard – Order Bulk Food delivered to Arriola, CO Monthly	971-200-8350
Bethel Christian Reformed Church	505-368-4475
Bountiful Ridge Farm	970-317-3213
Bow and Arrow Foods – Towaoc, CO	970-565-6412
Care & Share Food Bank for Southern Colorado	719-528-1247
Church of the Nazarene – Small Food Pantry	970-565-7826
Colorado State University – “Grow & Give” Program	<a href="https://growgive.extension.colostate.edu">https://growgive.extension.colostate.edu</a>
<b>COLLABORATIVE MULTI-ORGANIZATIONS</b>	– see Page 105
Community Foundation Serving Southwest Colorado	970-375-5807
<b>COMMUNITY KITCHENS</b>	– see Page 106
Cortez - Community Gardens (Common Ground) – Good Sam’s Center	970-564-6424
Cortez - Family Worship Center	970-529-6261
Cortez - Food Stamp Certification & Issuance Office (Montezuma County)	970-565-3769
Cortez - Milling Company - flours	970-565-6424
Cultivating Colorado	303-869-9000
Dolores County Senior Center	970-677-2787
Dolores Family Project – Dolores Residents Only	970-317-5567
Dolores Senior Center	970-882-7337
Dove Creek Care & Share Food Pantry	970-769-0005 or 970-769-0006
<b>EDUCATIONAL PROGRAMS / Cooking &amp; Gardening</b>	– see Page 106
Evangel Assembly of God – Emergency Food Pantry	970-769-0006
Farmers Markets –Cortez, Dolores, Mancos, Dove Creek	Facebook
Food Security Action Team	<a href="mailto:gregroy.felson@colostate.edu">gregroy.felson@colostate.edu</a>
Food Stamp Certification & Issuance Office (Montezuma County)	970-565-3769
Four Corners Women in Agriculture	<a href="https://www.facebook.com/groups/928726641280396">https://www.facebook.com/groups/928726641280396</a>
Fozzie’s Farm (Montezuma Land Conservatory)	970-516-0304

Good Samaritan Center & Food Pantry	970-565-6424
Good Samaritan Center – Free Adult Gardening Classes	970-565-6424
Good Samaritan Center – Free Indigenous Foods Class	970-565-6424
Grace’s Soup Kitchen (St. Barnabas Episcopal Church)	970-565-7865
Green Table Farm (Farmers Market in Dolores & Mancos)	208-284-5604
Home Food Storage Center – Farmington, NM and online	505-326-3589
Hope’s Kitchen (First United Methodist Church)	970-565-3002
<b>IN-HOUSE MEAL PROGRAMS</b>	– see Page 108
Laughing Wolf Farm & Seeds	970-560-5486
Mancos Food Share / Commodities & Food Pantry	509-830-4380
Mancos Senior Center Lunch & Meals on Wheels	970-533-7721
Many Waters Mission Food Panty (Waterflow, NM)	970-598-5433
Midland Bean Company	970-677-2215
Montezuma Creek Mobile Pantry	801-887-1242
Montezuma County Public Health Department	970-565-3056
Montezuma County Senior Center & Meals on Wheels & Commodities	970-564-4166 / 970-564-2775
Montezuma County Senior Nutrition (Senior Center)	970-565-4166
Montezuma County Social Services – Food Stamps	970-565-3769
Montezuma County WIC - Women, Infant & Children	970-565-3056
Montezuma Creek Mobile Pantry	801-887-1242
Montezuma Food Coalition – Emergency Food Response	970-769-5410
Montezuma Land Conservatory	970-565-1664
Montezuma Orchard Restoration Project (MORP)	970-565-3099
Fozzie’s Farm Education Programs (Montezuma Land Conservancy)	970-565-3099
Navajo Nation TANF – Kayenta, Arizona Office	928-697-5660
New Mexico State University Extension (NMSU), San Juan County (Utah)	505-334-9496
Pinon Project Family Resource Center	970-564-1195
Pueblo Community College Southwest – Ag Mini Program Certification	970-564-6200
Red Mesa Mobile Food Pantry	928-656-3690
Red Mesa Mobile Food Pantry, Red Mesa Senior Center	801-887-1242
ROCK – Reaching Out to Community Kids	970-739-3562
Salvation Army – Emergency Travelers Food Vouchers	970-564-4228
SHARE Colorado – Cortez	970-564-9884
SHAREHOUSE – Cortez	970-769-5410
<b>SNAP &amp; SNAP PROGRAM (See Page 108)</b>	970-565-8526
Southwest Farm Fresh Cooperative	970-560-1028
Southwest Open School - SWOS	970-565-1150
Southwest Safe House	970-259-5443
Teec Nos Pos Food Distribution Program	928-658-3225
Towaoc Food Program - Care & Share Mobile Market	970-565-3751
Towaoc Recreation Center – lunches for youth	970-565-5360
Transitions Pantry	435-678-3741
Utah Food Bank serving San Juan County including the Navajo Nation:	801-887-1252
Ute Mountain Ute Tribe Community Health	970-565-3751
Ute Mountain Ute Tribe Farm & Ranch Enterprise	970-565-6412
Ute Mountain Ute Tribe WIC - Women, Infant, Children Health Program	970-564-5363
<b>WIC PROGRAM - Women, Infant &amp; Children</b>	– see Page 108
<b>COLLABORATIVE MULTI-ORGANIZATION EFFORTS to REDUCE FOOD INSECURITY</b>	– see Page 105
Community Foundation of Southwest Colorado (SW CO) 5-county food distribution program	970-375-5807

Essentials for Childhood, Montezuma County Public Health	970-565-3056
Four Corners Farmers & Ranchers Coalition (member phone number)	208-484-5604
Four Corners Mutual Aid Network	970-343-4687
GOOD SAM’S/Sharehouse/Four Corners Food Coalition/Southwest Farm Fresh	970-565-6424
Montezuma Food Coalition (Onward! Supported)	970-769-5410
Sharehouse Food Assistance Providers bulk food distribution	970-769-5410
Team Up Action Team – Food Security	<a href="https://teamup-swco.org">https://teamup-swco.org</a>
<b>COMMUNITY KITCHENS</b>	– see Page 106
Dolores Community Center	970-882-7337
Lewis-Arriola Community Center	970-560-4782
Montezuma County Annex	970-247-7009
Montezuma County Fairgrounds	970-565-1000
Mt. Lookout Grange – Mancos, CO	719-440-1890
Sharehouse – coming in 2021	970-769-5410
St. Barnabas Church – Cortez, CO	970-565-7865
<b>EDUCATION: FOOD, NUTRITION, GARDENING and FARMING</b>	– see Page 106
AXIS Health – see full listing in Healthcare Section	
Colorado State University Extension (CSU) - Dolores County	970-677-2283
Colorado State University Extension (CSU) - Montezuma County	970-565-3123
Cortez Community Gardens - Common Ground (Good Sam’s Project)	970-565-6424
Cooking Matters – Durango, CO	970-300-3055 / 720-543-8651
Fort Lewis Old Fort Farm and Ranch	877-352-2656
Fozzie’s Farm Education Programs (Montezuma Land Conservancy)	970-516-0304
Future Farmers of America (in all available high schools)	– check with schools
Good Samaritan Center – Free Adult & Teen Gardening Classes, Indigenous Foods	970-565-6424
Montezuma County Public Health Dept WIC - nutrition classes for WIC participants	– see Page 108
Montezuma-Cortez High School culinary program	970-565-3722
Montezuma Orchard Restoration Project	970-565-3099
Montezuma School to Farm Project	<a href="http://www.montezumaschooltofarm.org">www.montezumaschooltofarm.org</a>
Navajo Nation TANF – Kayenta, Arizona Office	928-697-5660
New Mexico State University (NMSU) Extension, San Juan County, New Mexico	505-334-9496
Pueblo Community College Ag Program (new)	970-564-6200
Utah State University Extension, San Juan County, Utah	435-587-3239
Ute Mountain Ute Community Health (See Native American IHS Page 142)	970-565-3751
<b>IN-HOUSE MEALS PROGRAMS</b>	– see Page 108
Dolores County School District – free and reduced lunches	970-677-2716
Montezuma County School System	970-565-7522 ext 114
RENEW Women’s Shelter	970-565-4473 / 970-565-4886
The Bridge Emergency Shelter	970-565-9808
<b>SNAP</b>	– see Page 108
Dolores County Social Services – Senior Center	970-677-2250
Montezuma County Social Services, Gina Montoya	970-565-3769 / 970-565-8526
Nourish Colorado, Colorado Double Up Bucks	available @ Cortez Farmers Market
<b>WIC PROGRAM: WOMEN, INFANT &amp; CHILDREN’S HEALTH &amp; NUTRITION</b>	– see Page 108
Dolores County WIC: Women, Infants & Children Health & Nutrition	970-677-2387
Montezuma County WIC, Delilah Darland	970-565-3056
San Juan County WIC, Hwy 262, Montezuma Creek, UT 84534,	435-359-0038
Ute Mountain Ute WIC, Venus Bancroft	970-564-5363

**GOVERNMENT – CITY, COUNTY, STATE, FEDERAL Pg 109**

Colorado Drivers Licenses & Vehicle Registration – Cortez, CO	303-205-5694 / 970-565-9779
Colorado Vehicles Registrations & Titles	970-565-3728
Dolores County Government	970-677-2383
Internal Revenue Service	800-829-1040
Medicaid (National Number)	800-662-9651
Medicare (National Number)	800-332-6681
Montezuma County Clerk & Recorder's Office	970-565-3728
Montezuma County Election Department & Ballot Drop Off Locations	website
Montezuma County Government	970-565- 8317
Montezuma County Medical Examiner / Coroner	970-749-1771
Montezuma County Public Works	970-565-7320
Municipalities	
City of Cortez	970-565-3402
Dolores Town Hall	970-882-7720
Dove Creek Town Hall	970-677-2255
Mancos Town Government	970-533-7725
Rico Town Hall	970-967-2861
Social Security Administration – Colorado, New Mexico, Utah	970-247-3128
Social Security Administration – National	800-772-1213
United States Post Offices	
Cahone Zip 81320 – 51796 Highway 491	970-572-4223
Cortez Zip 81321 – 35 South Beech Street	970-565-3181
Dolores Zip 81323 – 1000 Railroad Ave. North	970-882-7796
Dove Creek Zip 81324 – 80 Highway 491	970-677-2286
Lewis Zip 81327 – 18794 Highway 491	970-882-4631
Mancos Zip 81328 – 291 North Walnut Street	970-533-7754
Pleasant View Zip 81331 – 26070 Highway 491	970-562-4222
Rico Zip 81332 – 28 South Glasgow Avenue	970-967-2563
Towaoc Zip 81334 – 119.8 Mike Wash Road	970-565-6411
Yellow Jacket Zip 81335 – 22009 Montezuma County Road 18	970-562-4221
Ute Mountain Ute Tribe	970-563-3751

**HEALTHCARE SERVICES Pg 111****PHYSICIANS & SPECIALISTS – search Google, phone books, Axis Health System & SW Memorial Hospital**

<b>AMBULANCES – Montezuma County Dispatch</b>	<b>970-565-8454</b>
Access to Health Care	970-564-1195
<b>ACUPUNCTURE SERVICES</b>	<i>– See List of Providers after Section</i>
American Cancer Society (Durango, CO)	970-247-0278
American Red Cross – Cortez	970-882-7999
American Red Cross – Durango	970-259-5882
AXIS Crisis Line	970-335-2255
AXIS Health System - see also Integrated Healthcare	970-565-7946
CareLink Medical Alert Service	970-749-3464
<b>CHIROPRACTIC SERVICES</b>	<i>– See List of Providers after Section</i>
Colorado AIDS Project	303-837-0166
Cortez Integrated Healthcare (AXIS Health System)	970-565-7946
<b>DENTAL SERVICES</b>	<i>– See List of Providers after Section</i>
Denver's Children's Hospital	800-624-6553

Dolores County Public Health (Dove Creek)	970-677-2387
Dove Creek Integrated Healthcare (Previously Frontier Clinic now AXIS)	970-677-2291
<b>EXERCISE &amp; FITNESS</b>	<i>– See Self-Care &amp; Fitness Section Page 157</i>
Four Corners Youth Clinics	970-560-5056 / 970-560-4890
Good RX Pharmacy Discount Cards	855-213-1275
<b>HEARING SERVICES</b>	<i>– See List of Providers after Section</i>
Heart to Heart - Montezuma Crisis Pregnancy Center	970-565-0979
<b>HOME HEALTH / MEDICAL &amp; HOME SERVICES</b>	<i>– See List of Providers after Section</i>
Hospice of Montezuma County	970-565-4400
<b>KIDNEY RESOURCES</b>	<i>– See List of Providers after Section</i>
Long Term Care Options – Montezuma County Public Health	970-564-4770 / 970-564-4780
Mancos Valley Health Clinic	970-533-9125
<b>MEDICAID &amp; MEDICARE RESOURCES</b>	<i>– See List of Providers after Section</i>
Montezuma County Public Health – Cortez	970-565-3056
Montezuma County Public Health – Dolores	970-667-2387
Pasco Southwest - <i>Healthcare Services</i>	970-565-6833
<b>PHYSICAL THERAPY SERVICES</b>	<i>– See List of Providers after Section</i>
Planned Parenthood	970-565-7011
<b>POISON CONTROL – National</b>	<b>24 HR Hotline 800-222-1222</b>
<b>POISON CONTROL – Southwest Memorial Hospital</b>	<b>970-564-2025</b>
Rocky Mountain Health Plans (Colorado & Utah)	800-843-0719
San Juan Health Department (Blanding, UT)	435-678-2723
Senior Services Dolores County (Dove Creek, CO)	970-677-2787
Senior Services Montezuma County (Cortez, CO)	970-565-4166
Shriners Hospital (Salt Lake City, UT)	800-237-5055 / 801-536-3500
Southwest Center for Independence – Cortez	970-903-5859
Southwest Health System – Memorial Hospital	970-565-6666
Southwest Health System – Patient Financial Coordinator	970-564-2131
Southwest Health System – Pharmacy	970-564-2190
Southwest Health System – School Based Clinic (Siligo St., Cortez)	970-564-4855
Southwest Health System – Walk In Clinic	970-564-1037
Southwest Medical Group – Mancos Clinic (see above)	970-533-9125
<b>SUICIDE</b>	<b>HOTLINE 800-784-2433</b>
Target Tobacco Coalition	970-565-3056 Ext. 226
<b>TRANSPLANT RESOURCES</b>	<i>– See List of Providers after Section</i>
Ute Mountain Ute Health Clinic	970-565-4411
<b>VISION RESOURCES</b>	<i>– See List of Providers after Section</i>
<b>ACUPUNCTURE SERVICES</b>	<b>Pg 120</b>
Acupuncture Therapy Clinic	970-739-4749
Cortez Family Acupuncture	970-565-0230
Four Corners Community Acupuncture	970-882-8809
Ivy's Therapy Center	970-565-0185
Sherry McCullough Acupuncture	970-564-1660
<b>CHIROPRACTIC SERVICES</b>	<b>Pg 120</b>
4 Corners Chiropractic	970-565-4483
Breitenbach (Dolores) Chiropractic	970-882-2275
Cortez Chiropractic – Justin Brehms	970-564-9515
Dr. Hainey's Chiropractic Alliance	970-565-6776
Mountain Chiropractic	970-565-4800

The River Studio	970-903-1948
Tullis Chiropractor	970-564-9811
<b>DENTAL SERVICES</b>	<b>Pg 121-122</b>
Arter Family Dental Care: Scott Arter, DDS	970-565-4702
Cortez Dental: Howard Peck	970-565-9569
Cortez Family Dentistry: Ned Walker, DDS	970-565-7275
Cortez General Dentistry	970-565-2761
Cortez Oral Health Clinic (Axis Health System)	970-565-1800
Cortez Smiles	970-565-5457
Dove Creek Community Dental Clinic	970-677-3644
Jason Smith, DDS	970-565-4499
John Vestal, DDS	970-565-3612
Mancos Family Dentistry	970-533-7204
Montelores Dental Group	970-565-4449
Montezuma County Health Dept (Tues & Wed)	970-565-3056
Montezuma County Smile Makers – Prevention & Restoration	970-564-4764
Northern Navajo Medical Center (NNMC) Shiprock	505-368-6095
Orthodontics Inc – Cortez	970-565-3531
San Juan Basin Health Dept (Information Line)	970-247-5702
Shiprock Dental	505-368-6370
Smart Dentistry	970-564-3636
Summit Family Dental of Cortez / Sundance Dental Care	970-459-1314
Utah Navajo Health System	435-351-3700 / 435-651-3291
<b>HEARING SERVICES</b>	<b>Pg 123</b>
A Better Hearing Solution	970-769-8900
Animas Valley Audiology Association	970-375-2369
Laurence Speech & Hearing Services	970-459-1179
Livingston Hearing Center	970-529-8209 / 970-403-8475
Montezuma Hearing Clinic	970-565-4655
Sandia Hearing Aids	970-565-0818
Sound Therapy: Vagus nerve stimulation	Website
Southwest Center for Independence – Cortez	970-963-5859
Southwestern Colorado Ear, Nose & Throat Associates	970-385-7272
Telephone for Hearing Loss	720-481-7188
<b>HOME HEALTH - MEDICAL &amp; HOME SERVICES</b>	<b>Pg 123</b>
Alpine Home Health	970-565-9118
Aspen Gardens	970-564-8600
Bee Hive Homes – Assisted Living with Dementia	970-564-3101
Colorado Compassionate Care – Mancos	970-882-7008
Four Corners Home Health Care (Blanding)	435-678-2194
Given Home Health Care - Lewis, CO	970-882-4483
Golden Years	970-882-7438
Guardian Angel Home Health (Cortez)	970-565-7134
HOSPICE of Montezuma County	970-565-4400
Life Care Inc.	970-516-1234
Madison House	970-565-2047
Mancos Valley Inn (Skilled Nursing)	970-533-9031
Mesa View Retirement	970-564-0716
Montezuma County Public Health	970-565-3056

Ombudsman, Advocate for Regio 9 Long Term Care Facilities	970-264-2501
Pasco Southwest - <i>Healthcare Services</i>	970-565-6833
Rocky Mountain Home Care (Blanding)	435- 678-3266
Southwest Memorial Hospital	970-564-6666
Southwestern Utah Home Health Agency (Blanding, UT)	435-678-2723
Tachiinii Nursing Services (Blanding, UT)	435-587-2141
Vista Grande (Skilled Nursing)	970-564-1122
Vista Mesa Assisted Living	970-564-1888
<b>KIDNEY RESOURCES</b>	<b>Pg 126</b>
American Association of Kidney Patients	800-749-2257
American Kidney Fund	800-638-8299
Donor Alliance Program	888-868-4747
ESRD Network	800-472-8774
National Kidney Foundation of Colorado	800-596-7943
<b>MEDICAID &amp; MEDICARE SERVICES</b>	<b>Pg 126</b>
Dolores County Department of Social Services	970-677-2250
Medicaid (National Number)	800-662-9651
Medicaid Transportation (Colorado)	970-565-3056
Medicare (National Number)	800-332-6681
Montezuma County Social Services - Cortez	970-565-3769
Social Security (National Number)	800-772-1213
Social Security Administration - Durango	970-247-3128
Utah Medicaid (Blanding Office)	435-678-3434
Utah Medicaid (Monument Valley)	435-727-3230
<b>PHYSICAL THERAPY SERVICES</b>	<b>Pg 126</b>
High Desert Physical Therapy	970-516-1600
Johnson Physical Therapy	970-564-0311
Spire Physical Therapy & Wellness	970-715-1719
Southwest Memorial Hospital	970-564-2229
<b>TRANSPLANT RESOURCES</b>	<b>Pg 127</b>
Mayo Clinic (Arizona)	800-344-6396
Porter's Hospital (Denver, CO)	303-778-5797
Presbyterian Hospital (Colorado)	720-848-0000
Samaritan Transplant Service (Arizona)	800-544-1923
University of Colorado	303-869-2155
University of New Mexico	505-272-2111
University of Utah	800-824-2073
<b>VISION SERVICES</b>	<b>Pg 127</b>
Alpine Eye Clinic	970-565-8809
Blind & Physically Handicapped Library Service (Denver)	800-685-2136
Cortez Vision Clinic & Optical	970-565-2020
Four Corners Eye Care	970-259-2202
Southwest Center for Independence – Low Vision Assistance – Cortez	970-903-5859
Southwest Center for Independence – Low Vision Assistance – Durango	970-259-1672
Southwest Eye Consultants – Cortez, Durango, Farmington	970-828-2200
The Optical Shoppe – Cortez Eye Care	970-565-1580
Underwood Optical	970-565-7195
Walmart Vision & Glasses	970-564-0310

**HOUSING & HOMELESS SERVICES****Pg 128**

Affordable Housing -- <i>contact Housing Authority of Montezuma County</i>	970-565-3831
Aneth Chapter House (Utah)	435-651-3525
Apartments -- <i>contact Housing authority of Montezuma County</i>	970-565-3831
Durango Community Shelter	970-259-1255
HEAT Utilities Program (Utah)	866-205-4357
Home Again Partnership	970-214-5815
Housing Authority of Montezuma County	970-565-3831
Housing Solutions for the Southwest	970-259-1086
Housing & Urban Development (HUD)	970-565-3831
LEAP Utilities Program -- Cortez	970-565-8064
Mexican Water Chapter House	928-429-0943
Red Mesa Chapter House (Utah)	928-656-3679
RENEW - Domestic Violence Shelter	970-565-4886
Salvation Army -- Emergency Travelers	970-564-4228
Southwest Center for Independence -- Cortez	970-963-5859
Southwest Community Resources & <b>SAFE HOUSE</b> (VOA)	970-259-5443
Southwestern Utah Weatherization Program	435-586-0585
Sunrise Youth Shelter	970-565-2426
The Bridge Emergency Shelter	970-565-9808
USDA Rural Development	970-565-8416
Utah Navajo Trust Fund	435-678-1460
Ute Mountain Ute Tribe - Services Information	970-565-3751
Wings Safehouse	970-565-9116

**LAW ENFORCEMENT SERVICES & AGENCIES****Pg 132**

22 <sup>nd</sup> Judicial District -- Court	970-565-1111
22 <sup>nd</sup> Judicial District -- District Attorney	970-565-3788
22 <sup>nd</sup> Judicial District -- Probation Department	970-565-7216
22 <sup>nd</sup> Judicial District -- Victim Compensation & Victim Witness Unit	970-565-3788
Alternative Sentencing Program	970-565-8452
Bureau of Indian Affairs	970-565-3706 / 970-565-8473
Citizen Advocate Office	800-283-7215 / 303-877-6326
Colorado Bureau of Investigation	970-375-0223
Cortez Child Support & Enforcement Office	970-565-3769
District Attorney's Office	970-565-3788
District Attorney's Office - Victim Witness Unit	970-565-3788
Montezuma County Detention Center	970-565-8452
<b>Montezuma County Emergency Dispatch</b>	<b>970-565-8454</b>
Non-Emergency Dispatch	970-565-8441
Montezuma County Search & Rescue -- Montezuma Sheriff's Office	970-565-8452
Probation Department, 22 <sup>nd</sup> Judicial District	970-565-7216
Ute Mountain Ute Agency Court of Federal Regulations (CFR)	970-565-8471
LAW ENFORCEMENT AGENCIES	
Bureau of Indian Affairs (BIA)	970-565-8473 or 970-565-3706
Colorado State Patrol - Cortez	970-564-9556
Colorado State Patrol -- Durango Office	970-385-1675
Colorado State Patrol -- Trooper Dispatch	970-249-4392
Cortez Police Department	970-565-8441
Cortez Police Department -- Child Protection Dept. (CPD)	970-555-8441

Crime Stoppers	970-565-4243
Dolores County Sheriff's Department	970-667-2257
Mancos Marshall's Office	970-533-1432
Mesa Verde Park Law Enforcement	970-529-4465
Montezuma County Sheriff's Office	970-565-8452
Shiprock Police Department	505-368-1350
Ute Mountain Ute Tribe Police -- Towaoc	970-565-3706

**MEN'S SERVICES****Pg 135****ADDITION RECOVERY PROGRAMS**

Boys to Men -- Pinon Project	970-564-1195 / 970-564-3814
Celebrate Recovery from Hurts, Habits, & Hang-ups	970-565-1177
<b>EXERCISE &amp; FITNESS</b>	- <i>see Page 157</i>
Fatherhood Program -- Pinon Project	970-564-1195
Four Corners Community Connections Resource Directory	970-739-7590
Intergenerational Gardens & Intergenerational Trades -- Dave Nelson	970-903-5859
Hunting & Fishing Services	- <i>see Page 151</i>
KSJD Community Radio Station Story Recording Vault	970-564-9727
KSJD -- The Raven Narratives in Cortez & Durango	<a href="#">The Raven Narratives - About</a>
Life Recovery -- Christ-centered 12 Step Program	970-426-5722 / 970-529-3084

**RECREATION & SPORTS SERVICES**

RENEW (Domestic Violence & Adult Victims of Sexual Assault)	970-565-4886
<b>SELF-CARE, SELF-HELP &amp; SUPPORT SERVICES</b>	- <i>see Page 154</i>
Southwest Center for Independence - Cortez	970-903-5859
Southwest Safe House	970-259-5443
Stand Up & Speak Up for Families / Gmas & Gpas Who Care	970-739-7593
Widowed Persons Services (Hospice of Montezuma County)	970-565-4400

**MENTAL HEALTH & SUICIDE PREVENTION SERVICES****Pg 138**

<b>AXIS CRISIS CARE (Cortez Integrated Health System)</b>	<b>HOTLINE 970-247-5245</b>
Celebrating Healthy Communities	970-317-8039
Colorado Crisis Services & Suicide Prevention	844-493-8255
Cortez Integrated Healthcare (Axis Health System)	970-565-7946
Four Corners Child Advocacy Center (NEST) resource & referrals	970-565-8155
KSJD -- Community Radio Station Story Recording Vault	970-564-9727
KSJC -- The Raven Narratives (Cortez & Durango, CO)	970-564-9727
Mental Health Clinical Psychologist -- Susan Fredrickson (Towaoc, CO)	970-564-4441
Mental Health Coordinator -- Christie Williams (Towaoc, CO)	970-564-5388
Moguan Behavior Health	970-560-6853
Montezuma County Suicide Prevention Coalition	970-564-4799
National Institute of Mental Health	866-615-6464
Positive Behavioral Services of the Four Corners	970-946-1539
QPR (Question, Persuade, Refer Suicide Prevention Training- Pinon Project	970-564-1195 / 564-3830
Raise The Future -- Dealing with Being Adopted	303-755-4756 ext 307
RENEW Shelter	970-565-4886
SAFE Coalition -- Suicide Awareness for Everyone	970-564-4799
San Juan Counseling	435-678-2992
Sound Therapy: Vagus nerve stimulation	websites
Southwest Colorado Emergency & Suicide Prevention	970-247-5245
Southwest Colorado Mental Health Crisis Line	970-565-7946

<b>STRENGTHEN FAMILIES</b>	<b>24/7 CRISIS LINE 505-368-1157</b>
<b>SUICIDE - National</b>	<b>HOTLINE 800-784-2433</b>
Utah Navajo Health System	435-351-3700 / 435-651-3291
Ute Mountain Ute Tribe - General Information	970-565-3751
Widowed Persons Services (Hospice of Montezuma County)	970-565-4400
Young People in Recovery – (YPR)	970-570-3235

## **NATIVE AMERICAN SERVICES Pg 141**

**DIRECTORY:** [UMUT CommResources 10-09-2019 INTERACTIVE.pdf \(tourdeute.org\)](#)

Blanding Family Practice	435-651-3766
Blue Mountain Hospital Emergency Room (Blanding)	435-767-0517
Bureau of Indian Affairs (BIA)	970-565-3706 / 970-565-8473

### **DOMESTIC VIOLENCE**

ADABI-Chinle	927-674-8314
Alice's place- Winslow, AZ	888-531-7233
Battered Family Services-Gallup	505-722-7483
Family Crisis Center Farmington	505-564-9192
Southwest Safe house Durango	970-259-5443

### **STRENGTHEN FAMILIES 24/7 Crisis Line 805-368-1157**

Tohdenasshai Committee Against Family Abuse in Kayenta, AZ	602-697-3305
Tohdenasshai Shelter-Kayenta	928-697-3635
Utah Navajo Health System	435-351-3700 / 435-651-3291

Drug Free Connections 970-564-5470

### **INDIAN HEALTH SERVICES (IHS)**

Community Health Representative (CHP)	970-565-3751
Health & Human Services	970-565-4441
Montezuma Creek Clinic (Utah)	435-651-3291
Northern Navajo Medical Center (NNMC) Local Number	505-368-6001
Northern Navajo Medical Center (NNMC) Shiprock, NM 87420	800-549-5644
Southern Ute Health Center – Ignacio Clinic (Colorado)	970-563-4581
Ute Mountain Ute Tribe Health Clinic (Towaoc, CO)	970-565-4441

Moguan Behavioral Health 970-560-6853

Montezuma Creek Clinic (Utah Navajo Health System) 435-351-3700 / 435-651-3291

Southern Ute Health Center - Ignacio Clinic (Colorado)	970-563-4581
Ute Mountain Ute Tribe Health Clinic (Towaoc, CO)	970-565-4441

Native Connections 970-564-5405

National Indigenous Women's Resources Center <https://www.niwrc.org>

*Women Are Sacred – Futures Without Violence* [www.FuturesWithoutViolence.org](http://www.FuturesWithoutViolence.org)

**National Child Abuse HOTLINE 800-422-4453**

**National Domestic Violence HOTLINE 800-799-7233**

**National Sexual Assault HOTLINE 800-656-4673**

Navajo Nation TANF – Kayenta, Arizona Office 928-697-5660

Office of Violence Against Women 970-564-5470

San Juan Counseling Center - Blanding 435-678-2992

San Juan County Youth Coalition 435-678-2992

### **SEXUAL ASSAULT**

Another Way Page Regional Domestic Violence Shelter: Page, AZ 660-8991/ 645-5300

Northern Navajo Medical center ER 505-368-6600

Sexual Assault Service Organization (SASO) 970-247-3074

### **Sexual Assault Service Organization (SASO) 24 Hour Hotline 970-247-5400**

Sexual assault services NW-NM Farmington/Gallup 505-326-4700

Shiprock community sexual assault response program 505-368-6304

Utah Navajo Health Systems 435-351-3700

Shiprock Tribal Social Services 505-368-1145

Stand Up & Speak Up for Families / Gmas & Gas Who Care & Women's Circles 970-970-7593

**SUICIDE Hotline HOTLINE 800-784-2433**

UTAH Navajo - Behavioral Health Services 435-678-0274

UTAH Navajo - Health System (Montezuma Creek, UT) 435-789-0274

UTAH Navajo - Suicide Prevention 534-678-0274

**Ute Mountain Ute Tribe 970-565-3751**

Ute Mountain Ute Tribe –24 Hour Crisis Hotline - Cortez 970-247-5245

Ute Mountain Ute Tribe –24 Hour Crisis Hotline - Blanding / White Mesa 435-979-1588

Ute Mountain Ute Tribe - Administrative Department (Towaoc Admin Dept) 970-565-3751

Ute Mountain Ute Tribe - Agency Court of Federal Regulations (CFR) 970-565-8471

Ute Mountain Ute Tribe - Alcohol/Addiction Counseling & Treatment Center 970-564-5701

Ute Mountain Ute Tribe - AA Group 970-565-9230

Ute Mountain Ute Tribe - Al-Anon Group 970-565-9230 /565-6368 /565-0613

Ute Mountain Ute Tribe - Casino 800-258-8007

Ute Mountain Ute Tribe - Child Development Center 970-564-5323

Ute Mountain Ute Tribe - Community Center & Food Pantry 970-565-3751

Ute Mountain Ute Tribe - Counseling & Treatment 970-565-4441 ext 702

Ute Mountain Ute Tribe - Day Labor Program 970-564-5421

Ute Mountain Ute Tribe - Elder Care 970-564-0630

Ute Mountain Ute Tribe - Farm & Ranch Enterprise 970-565-6412

Ute Mountain Ute Tribe - Fire Department 970-564-5441

Ute Mountain Ute Tribe - Health Clinic (Towaoc) 970-565-4411

Ute Mountain Ute Tribe - Police (Towaoc) 970-565-3706

Ute Mountain Ute Tribe - Social Services - Information 970-565-5307, ext 311

Ute Mountain Ute Tribe - Social Services - Mental Health (Towaoc) 970-564-5701

Ute Mountain Ute Tribe - Sunrise Youth Shelter 970-565-2426

Ute Mountain Ute Tribe - Tribal Park 970-565-9653

Ute Mountain Ute Tribe - Tribal Recreation 970-565-3751

Ute Mountain Ute Tribe - Victims Assistance 970-565-3751

Ute Mountain Ute Tribe - Victims Services 970-565-5314

Ute Mountain Ute Tribe - Vocational Rehabilitation 970-564-5722

Ute Mountain Ute Tribe - WIC Program (Women, Infants, Children) 970-564-5363

Ute Mountain Ute Tribe - Youth Opportunities Program 970-565-3751

Victim Services – Montezuma & Dolores Counties 970-565-3706

White Mesa Administration - Ute Mountain Ute Tribe 435-678-2118

## **PET CARE SERVICES Pg 145**

Adobe Animal Hospital 970-565-4458

Animal Protection Services (City of Cortez Animal Shelter) 970-565-4910

Bizzy B's Mobile Grooming 970-560-0536

City of Cortez Animal Shelter (Animal Protection Services) 970-565-4910

Coats & Tails Pet Grooming 970-565-7568

Cortez Animal Bed & Breakfast 970-564-1385

Denkai Animal Sanctuary 970-560-6747

Dolores Animal Veterinary (Dr Chris) 970-882-7100

For Pets' Sake Humane Society	970-560-7387
Four Corners Holistic Animal Care - Durango	970-946-3510
Four Corners Mash – Veterinary Services	970-560-4054
J.C. Pet Store	970-564-1000
Kindred Pack – Diana Kindred	970-560-1035
Mancos Pet Pantry	719-440-1890
Mancos Valley Veterinary Hospital	970-533-1060
Montezuma Veterinary Clinic	970-565-7567
Mudpuppies Pawshoppe	970-882-7130
Petra Sullwold, DC – Veterinary Chiropractor	970-903-8901
St. Francis Hotel for Pets	970-565-3569
Snooty's Pet Salon	970-565-7247
The Good Life Pet Food & Supplies	970-565-2762
Vibrant Pet Animal Hospital	970-565-3196

### RECREATION & SPORTS – A Sampling from Our Area Pg 147

Adaptive Sports Association	970-247-9000 ext 3217
Canyon of the Ancients Visitor Center & Museum	970-882-5600
Circle K Guest Ranch (SCYC & CTC Youth Calendar)	970-562-3826
Circle K Hunting Info & Reservations	970-562-3808
Comedy Nights – Cortez, Dolores & Durango	<a href="https://comiciprising-eventbrite.com">https://comiciprising-eventbrite.com</a>
Conquistador Golf Course	970-565-9208
Cortez Cultural Center – Digital Media Art & Native American Dances, etc.	970-565-1151
Cortez Outdoor Municipal Pool	970-565-7877
Cortez Parks and Recreation Center	970-564-4080
Crow Canyon Archeological Center	800-422-8975
Dove Creek Recreation Department	970-677-9540
Fairgrounds Speedway (CRA Racing)	435-592-5092
Gear Lending Library by SCYC	970-480-7293
Gold Mine Tour – Silverton, CO	970-387-5444
Mancos Parks and Recreation	970-533-7725
Mesa Verde National Park – Highway 160 just 8 miles East of Cortez, CO	970-529-4465
Montezuma County Fairgrounds	970-565-1000
Nature Center at Butler Corner - Small Children Play Area	970-882-4593
Navajo Country in New Mexico (Farmington/Gallup/Four Corners)	Websites
San Juan Mountain Association – wilderness lands	970-247-4874
San Juan County Visitors Services	800-574-4386
Spring Creek Basin – Wild Horse Herd Management Area (BLM)	970-882-1120
Third Thursday in Montezuma Park – music and vendors	Website
Ute Mountain Ute Tribe - Casino	800-258-8007
Ute Mountain Ute Tribe - Tribal Park	970-565-9653
Ute Mountain Ute Tribe - Tribal Park Recreation	970-565-3751
<b>HUNTING, FISHING and SPORTING GOODS <span style="float: right;">Pg 151</span></b>	
Animas Valley Anglers	970-259-0484 or 970-422-4862
Anasazi Angler Inc	3970-85-4665
Colorado Elk Camp Outfitters	970-985-8002
Colorado Hunting Expeditions	970-882-5400
Dolores River Anglers – Trout Unlimited	970-759-0175
Four Corners Rifle & Pistol Club	<a href="https://4cornersrifleandpistol.com">https://4cornersrifleandpistol.com</a>
Goods for The Woods	970-565-9861

Hibbert Sports	970-565-6900
High Desert Life Outdoors	970-564-3299
J & J Outfitters – Pleasant View	970-560-2363
Kokopelli Bike Shop	970-565-4408
Rimrock Outfitters	970-533-7588
Rough Canyon Outfitters	970-739-0888
Run + Hike – Sporting Equipment	970-570-5999
RDF Guns	970-564-4218
Silver Peak Outfitters (elk, deer, black bear)	970-759-0777

### SPORTS – Samples of Seasonal Activities

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<b>Cortez BMX Association</b>	<a href="https://www.cortezbmx.org">https://www.cortezbmx.org</a>
<b>Cortez Little League Baseball</b>	<a href="https://www.cortezbaseball.com">https://www.cortezbaseball.com</a>
Cortez High School Panthers Football	970-565-3722
Cortez Swim Team (Facebook)	<a href="https://www.facebook.com/CortezWaterDragons">Cortez Water Dragons : (teamunify.com)</a>
<b>Four Corners Young Football League</b>	<a href="http://www.fourcornersyfl.com">http://www.fourcornersyfl.com</a>
Fun Links:	<a href="http://www.100topkid.com">http://www.100topkid.com</a>
Mancos Youth Sports (football & wrestling)	970-258-2547 / 433-5412 / 880-2091 <a href="http://www.mancosyouthsports.org">www.mancosyouthsports.org</a>
<b>Montezuma County 4H program Facebook page &amp;</b>	<a href="http://welcome.colostate.edu/info-dqualop.aspx">http://welcome.colostate.edu/info-dqualop.aspx</a>
<b>Montezuma Cortez Girls Basketball</b>	<a href="https://www.breakthroughbasketball.com/camps/">https://www.breakthroughbasketball.com/camps/</a>
Rhonda Allmon's Dance Studio	<a href="https://www.facebook.com/RhondaAllmonsDanceStudio">Rhonda Allmon's Dance Studio Facebook page</a>
Rodeo Events for All Ages	– see <i>True Western Roundup in Community Calendars Section Pg 51</i>
Special Olympics	970-565-3830
Southwest Elite Baseball -	<a href="https://www.facebook.com/Cortezbaseball/posts">https://www.facebook.com/Cortezbaseball/posts</a>
Suzanne's School of Dance	<a href="https://www.facebook.com/SuzannesSchoolofDance">Suzanne's School of Dance Facebook page</a>
<b>Tri-City Soccer Association</b>	Spring Registration

### SELF-HELP & SUPPORT GROUPS

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Alcoholics Anonymous & Al-Anon Groups – See ADDITION section for information	
Alzheimer Support Group	970-259-0122
<b>24 HR HELPLINE 800-272-3900</b>	
Amani Youth Partnership (Youth on Horses for Healing)	970-739-6854
American Heart Association	970-369-5433
Art Therapy / Support Therapy (Mind-Body Connection)	385-232-3671
Bariatric Surgery Support Group (Weight Loss)	970-564-2276
Better Business Bureau	703-276-1000
Cancer Support Group	970-564-1058
Cedar Tree Healing Arts, Kris Abrams	970-403-5018
Center for Disease Control (CDC)	800-677-1116
Co-Dependent Anonymous	970-565-9126
Colorado AIDS's Project	303-837-0166
Cortez Addictions Recovery Services	970-565-4109
Dare to Be You	970-565-2070
Dementia Caregiver Resource Guide	<a href="http://www.dementiafriendlydenver.org">www.dementiafriendlydenver.org</a>
Alzheimer's Disease	800-272-3900
Frontotemporal Dementia	866-507-7722
Lewy Body Dementia	800-539-9767
Parkinson's	303-861-1810
Vascular Dementia / Stroke	800-787-6537
Diabetic Education – Southwest Memorial Hospital	970-565-2275

Diabetes Support Group – Southwest Health System	970-565-2275
Grief Support Group (Hospice of Montezuma Co)	970-565-4400
La Leche League - Breastfeeding Support	970-385-1460
Medicine Horse – Horses Helping People	970-533-7403
<b>NARCOTICS ANONYMOUS</b>	<b>HOTLINE 505-324-3609</b>
Narcotics Anonymous	970-565-4109
Panic Attack/Anxiety	970-565-3363 / 970-565-7132
Self-Reliance Classes – finance, jobs, business	<a href="http://www.churchofjesuschrist.org">www.churchofjesuschrist.org</a>
Smoking Cessation	970-565-3056
Stand Up & Speak Up for Families / Gmas & Gpas Who Care	970-739-7593
TOPS (Take Off Pounds Sensibly)	765-621-8700
Weight Watchers	800-651-6000
Widowed Persons Services (Hospice of Montezuma County)	970-565-4400
<b>EXERCISE &amp; FITNESS</b>	<b>Pg 157</b>
24 HR Power House	970-739-8639
Balanced Body Fitness	970-570-9225
Body by Design & Fitness (Trainer)	970-565-6300
Cortez Parks & Recreation Center	970-564-4080
CrossFit MRF of Cortez – Evolution Gym	970-403-5238
Elemental Kinetics: Bodywork & Movement Therapy	970-560-5795
Empowered Body Fitness & Coach	970-739-0189
Four Corners Dance Society –Montezuma County Annex (Jan Heyl)	970-222-9649
Halau Hula o Pu'a Li'ana	970-739-0957
Heart & Core Yoga Studio & Pilates	970-363-4321
Montezuma County Annex & Senior Center	970-565-4166
Mountain Range Fitness – Functional Fitness Gym	970-560-1988 / 970-560-5999
Podunk's Ranch	970-672-0720
Rhonda Allmon's Dance Studio	970-565-9221
Stand Up & Speak Up for Families / Gmas & Gpas Who Care	970-739-7593
Stormy's ATC Gymnastics	970-565-7455
Strength Studio	970-565-0230
Tai Chi – For All	Text 435-705-3412
The River Studio	970-903-1948
Yama Bushi Dojo	970-560-1391
Wild Roots Yoga & Wellness	262-433-8990

**SENIOR CITIZENS SERVICES****Pg 160**

AARP	970-565-1068
ADRC Aging & Disability Resources of Colorado	
Dolores County – 52288 Hwy 491	970-562-4626
Montezuma County – 107 North Chestnut, Cortez	970-564-2772
Area Agency on Aging (Ombudsman)	970-259-1967
Colorado Coalition for Elder Rights	<a href="http://www.ccerap.org">www.ccerap.org</a>
Colorado Department of Human Services	<a href="mailto:CDHS_APS_Questions@state.co.us">CDHS_APS_Questions@state.co.us</a>
Colorado School and Public Employee Retirement Association (PERA)	970-565-1045
Dolores County Senior Services (Dove Creek)	970-677-2787
Dolores/ Montezuma (Montelores) Senior Citizen's Group	970-882-7245
Hospice of Montezuma County	970-565-4400
KSJD Community Radio Station - Story Recording Vault	970-564-9727
KSJD – The Raven Narratives in Cortez & Durango	970-564-9727

LONG TERM CARE OPTIONS – Montezuma County Public Health	970-564-4770 or 970-564-4780
Mancos Senior Citizens' Group	970-533-7721

**MEDICAID & MEDICARE RESOURCES**

Dolores County Social Services	970-677-2250
Medi-caid (National Number)	800-662-9651
Medi-caid Transportation (Colorado)	970-565-3056
Medi-care (National Number)	800-332-6681
Montezuma County Social Services - Cortez	970-565-3769
Utah Medicaid (Blanding Office)	435-678-3434
Utah Medicaid (Monument Valley)	435-727-3230

Montezuma County - Senior Services – AAA Voucher Program	970-565-4166
Montezuma County - Senior Services - Nail it Down	970-565-4166
Montezuma County - Senior Services - Nutrition Outreach	435-565-4166
Montezuma County - Senior Services - Travel by Tailored Tours	970-335-8670
Montezuma County - Social Services	970-565-3769
Not Forgotten Seniors (Widows & Widowers Support) Mesa Trails Church	<a href="mailto:shane@mesatrails.com">shane@mesatrails.com</a>
Pasco Southwest (Healthcare Services)	970-565-6833
San Juan Basin Area Agency on Aging	970-564-2774
<b>SENIOR ASSISTED LIVING FACILITIES</b>	<b>- see Pgs 123 &amp; 128</b>
Social Security - Administration (National)	800-772-1213
Social Security - Durango, CO	888-472-6115
Southwest Center for Independence	970-903-5859
Southwest Community Resources	970-259-1086 / 970-259-5443
Southwest Memorial Hospital (DBA Southwest Health System)	970-565-6666
Stand Up & Speak Up for Families / Gmas & Gpas Who Care	970-739-7593
State Health Insurance Assistance Programs (SHIP)	888-696-7213
Taylored Tours (Montezuma County Senior Services)	970-335-8670
Utah Medicaid (Blanding Office)	435-678-3434
Utah Medicaid (Monument Valley)	435-727-3230
Widowed Persons Services (Hospice of Montezuma County)	970-565-4400

**SENIOR ASSISTED LIVING FACILITIES – see Healthcare Housing Section page 20**

Aspen Gardens	970-564-8600
Bee Hive Homes – Assisted Living with Dementia	970-564-3101
Colorado Compassionate Care – Mancos	970-882-7008
Madison House	970-565-2047
Mancos Valley Inn	970-533-9031
Mesa View Nursing Home - Assisted Living	970-564-2047
Valley Inn – Mancos	970-533-9031
Vista Grande Inn	970-564-1122
Vista Mesa Assisted Living	970-564-1888

**SOCIAL SERVICES****Pg 165**

Adult Protection Services	970-564-4110
Child Abuse Reporting – Cortez	970-565-3769
Dolores County Department of Social Services	970-677-2250
Montezuma County Department of Child Protective Services	970-565-8441
Montezuma County Department of Social Services	970-565-3769
Navajo Nation Department of Social Services (Shiprock)	505-368-1348
Shiprock Tribal Social Services	505-368-1185
Ute Mountain Ute Tribe Social Services	970-565-3751 / 970-564-5307

**THRIFT STORES & CONSIGNMENT SHOPS Pg 166**

Denkai Animal Sanctuary / Thrift Store & Online Resale	970-516-1738
From our Heart, LLC (Dolores, CO)	970-739-4637
Habitat for Humanity Restore	970-565-8237
LaDawn's Resale Store	970-739-4895
Love on a Hanger	970-565-9075
Methodist Thrift Store	970-565-7369
Re-New Thrift Store (Dolores, CO)	970-882-3233
Salvation Army	970-564-4228
Second Time Fashions	970-565-8247
The Flippin Frog (used furniture & home décor)	970-564-3100
The Flying Pig Boutique (Dolores, CO)	970-739-1916

**TRANSPORTATION Pg 167**

AIRPORT – City of Cortez	415-650-7215
AIRPORT – Durango, CO	970-382-6050
Angel Wings – Free medical transportation for Veterans <a href="https://angelwingsforveterans.org/contact">https://angelwingsforveterans.org/contact</a>	
Angel Wheels – Free medical transportation (SW Center Independence) <a href="https://angelwheels.org">https://angelwheels.org</a>	
Cortez Cab	970-565-6911
DAV - Disabled American Veterans Transportation	970-565-4310
Dolores County Senior Services - Transportation	970-677-2787
Enterprise Car Rental	970-565-6824
Medicaid Transportation (Cortez)	970-565-3056
MOCO Public Transportation	970-564-2773
Montezuma County Senior Transportation	970-565-4166

**VETERANS SERVICES – Men & Women Pg 167**

AARP (Formerly American Assoc of Retired Persons)	970-565-1068
Albuquerque Veterans Administration Hospital	800-465-8262
American Legion - Dolores	970-759-6110
American Legion - Ute Mountain #75– Cortez	970-565-8151
Blue Star Mothers of America	970-946-8070
Disabled American Veterans Chapter #44– DAV Project Outreach	970-565-4310
DAV - Rides for Veterans to Appointments	877-310-2214
DAV - Women Veterans - National	855-VA-WOMEN
Dolores County Veteran Service	970-677-3200
Durango Veterans Clinic	970-247-2214
Elks Lodge #1739	970-565-3557
Farmington Veterans Center	505-327-9684
LaPlata County Veteran Services	970-759-0117

**MEDICAID & MEDICARE RESOURCES**

Dolores County Department of Social Services	970-677-2250
Medi-caid (National Number)	800-662-9651
Medi-caid Transportation (Colorado)	970-565-3056
Medi-care (National Number)	800-332-6681
Montezuma County Social Services - Cortez	970-565-3769
Utah Medicaid (Blanding Office)	435-678-3434
Utah Medicaid (Monument Valley)	435-727-3230
Moab VA Clinic – VA Western Colorado Health Care System	435-719-4144
Montezuma County - Social Services – Cortez	970-565-3769

Montezuma County - Stand Down for Veterans	970-560-5242
Montezuma County - Veterans of Foreign Wars Post 5231	970-560-5242
Montezuma County - Veterans Services	970-565-2779
Montezuma County Women's Veterans Association (June 2021)	970-560-2793
San Juan County - Veterans Services	505-327-2861
Social Security Administration (National Number)	800-772-1213
Social Security Administration – Colorado, New Mexico, Utah	888-472-6115
Southwest Center for Independence – Cortez / Durango	970- 903-5859 / 970-259-1672
Stand Up & Speak Up for Families / Gmas & Gpas Who Care	970-739-7593
US Department of Veterans Affairs – Denver, CO	303-331-7500
US Department of Veterans Affairs – Farmington, NM	505-326-4383
Veterans Administration Medical Center – Denver, CO	888-336-8262
Veterans Affairs - National	800-827-1000
Veterans Center – Re-Adjustment Counseling Services	505-327-9684
VFW Veterans of Foreign Wars - Durango, CO	970-247-0384
VFW Veterans of Foreign Wars - Post #5231– Cortez, CO	970-565-5242
VFW Veterans of Foreign Wars - Post #5231–Women's Auxiliary	970-749-9320

**WOMEN'S SERVICES Pg 173**

ADDITIONS	- see Pages 39 & 154
Alternative Horizons (domestic violence)	970- 247-9619
Celebrate Recovery – Hurts, Habits, Hang Ups	970-565-1177
<b>DOMESTIC VIOLENCE</b>	<b>HOTLINE 800-799-SAFE</b>
EXERCISE & FITNESS –	- See Self-Care Section Page 157
Facials, Manicures, Pedicures	Referrals from Family & Friends
Four Corners Community Connections Resource Directory	970-739-7590
Hair & Makeup	Referrals from Family & Friends
Healing Arts & Trauma - Referrals from Family & Friends	970-739-4738
Heart to Heart (Montezuma Crisis Pregnancy Center)	970-565-0979
Hope's Promise – Adoption, Foster & Orphan Care	303-660-0277
Intergenerational Gardens & Intergenerational Trades – Dave Nelson	970-903-5859
KSJD Community Radio Station - Story Recording Vault	970-564-9727
KSJD – The Raven Narratives in Cortez & Durango	970-564-9727
La Leche League - Breastfeeding Support	970-385-1460
Life Recovery – Christ-centered 12 Step Program	970-426-5722 / 970-529-3084
Massage & Body Work	Referrals from Family & Friends
Montezuma Crisis Pregnancy Center – NOW Heart to Heart	970-565-0979
Planned Parenthood	970-565-7011
Rape Intervention Team	970-247-5400
RENEW - Domestic Violence & Adult Victims of Sexual Assault	970-565-4886
<b>RENEW – Domestic Violence Shelter</b>	<b>HOTLINE 970-565-2100</b>
<b>SELF-CARE &amp; SUPPORT SERVICES</b>	<b>- See Self-Care Section Page 154</b>
<b>SEXUAL ASSAULT</b>	<b>HOTLINE 800-656-4673</b>
Southwest Safe House	970-259-5443
Stand Up & Speak Up for Families / Gmas & Gpas Who Care	970-739-7593
<b>SUICIDE</b>	<b>HOTLINE 800-784-2433</b>
Victim Witness Unit (District Attorney's Office)	970-565-1147
Widowed Persons Services (Hospice of Montezuma County)	970-565-4400
Wings Safehouse	970-565-9116
Women's Resource Center – Durango	970-247-1242

**YOUTH SERVICES & PROGRAMS****Pg 178**

4-H Program – Dolores County	970-677-2283
4-H Program – Montezuma County	970-565-3123
Alternative Horizons	970-247-9619
Amani Youth Partnership (Youth on Horses for Healing)	970-739-6854
Art Therapy / Support Therapy (Mind-Body Connections)	385-232-3671
Boys to Men – Pinon Project	970-564-1195 / 970-564-3814
Child Maltreatment Prevention Action Team (CMPAT)	Facebook
Communities that Care – Collaboration with Groups	970-564-4781
Cortez Cultural Center – Digital Media Art & Other Classes	970-565-1151
Cortez Integrated Healthcare (Axis Health System)	970-565-7946
DARE to be You	970-565-2070
<b>DOMESTIC VIOLENCE HOTLINE (See RENEW Page 34)</b>	<b>HOTLINE 970-565-2100</b>
Four Corners Child Advocacy Center – The NEST	970-565-8155
Gear Lending Library (SCYC)	970-480-7293
GENERATION WILD – Kids Grow Better Outside	Website
Heart to Heart – Montezuma Crisis Pregnancy Center	970-565-0979
Hope’s Promise – Adoption, Foster & Orphan Care	303-660-0277
KSJD Community Radio Station Story Recording Vault	970-564-9727
KSJD – The Raven Narratives in Cortez & Durango	<a href="#">The Raven Narratives - About</a>
Job Corps	970-565-9523
Medicine Horse Center – Horses Helping People	970-533-7403
Montezuma Youth Education – Interpretive Hikes	Email
Planned Parenthood	970-565-7011
Pueblo Community College Southwest	970-565-6200
Rape Intervention Team	970-247-5400
RENEW (Domestic Violence & Adult Victims of Sexual Assault)	970-565-4886
<b>RENEW</b>	<b>HOTLINE 970-565-2100</b>
<b>RUNAWAY SWITCHBOARD - National</b>	<b>HOTLINE 800-621-4000</b>
SCYC -School Community Youth Collaborative	970-480-7293
School to Work Alliance Program (SWAP)	970-759-3317
Southwest Safe House	970-259-5443
Stand Up & Speak Up for Families / Gmas & Gpas Who Care	970-739-7593
<b>SUICIDE</b>	<b>HOTLINE 800-784-2433</b>
<b>SUICIDE</b>	<b>970-565-9634</b>
Sunrise Youth Shelter – Towaoc	970-565-2426
TEAM UP Southwest Colorado (AmeriCorps)	Website
TEAM UP Southwest Colorado (Summer Hires)	Website
Ute Mountain Ute Youth Opportunities Program	970-565-3751
<b>YOUTH CRISIS HOTLINE - NATIONAL</b>	<b>HOTLINE 800-422-HOPE</b>
Youth Empowerment Project (Pinon Project)	970-564-1195
Young People in Recovery – YPR	970-570-3235
Youth Leadership Council (SCYC)	970-480-7293

**ABUSE/DOMESTIC VIOLENCE/SEXUAL ASSAULT/VICTIMS SERVICES****Colorado Victims’ Rights**[www.renew-inc.org](http://www.renew-inc.org)**VICTIM RESOURCES & SERVICES****RENEW – Domestic Violence & Sexual Assault Crisis Service****970-565-4886****24/7 and 365 Days a Year****HOTLINE 970-565-2100****PARTIAL SAFETY PLANNING*****IF you are still in a relationship:***

- 1- Think of a safe place to go if an argument occurs. AVOID rooms with no exits (bathroom), or rooms with weapons (kitchen).
- 2- Think about and make a list of safe people to contact.
- 3- Keep change with you at all times.
- 4- Memorize all important numbers (or have them in a Grab-n-Go Bag)
- 5- Establish a ‘CODE WORD’ or ‘SIGN’ so that family, friends, teachers or co-workers know when to CALL for HELP.
- 6- Think about what you will say to your partner IF he/she becomes violent.
- 7- REMEMBER - YOU HAVE the RIGHT to live without fear or violence.

***IF you have left the relationship:***

- 1) Change your phone number/s.
- 2) Save and document all contacts, messages, injuries or other incidents involving the batterer.
- 3) Change locks IF the batterer has a key.
- 4) Plan how to get away if confronted by an abusive partner.
- 5) If you have to meet your partner, do it in a PUBLIC PLACE.
- 6) Vary your routine.
- 7) Notify school and work contacts.
- 8) CALL a SHELTER for BATTERED WOMEN

**RENEW Services****970-565-4886**

- Domestic Violence Support
- Sexual Assault Support for Men & Women now or in the past
- Free Legal
- Free Weekly Support Meeting & Counseling – Wednesdays 5:30 to 7:30 pm
- Housing Money (Cortez huge housing crisis)
- Pet Friendly with kennel
- Self-Care Help & Training
- WINGS crisis shelter

**22<sup>nd</sup> Judicial District – District Attorney****970-565-3788**

Victim Compensation Unit  
Victim Witness Unit

<b>22<sup>nd</sup> Judicial District – Probation Victim Services Adult Protective Services</b>	<b>970-564-8442</b>
Cortez	970-565-3769
Shiprock	505-368-1185
White Mesa	801-678-3211
<b>Alternative Horizons</b>	<b>970-247-9619</b>
<i>Confidential support is provided for victims of domestic violence. Spanish-speaking advocates are available.</i>	
<b>Amani Youth Partnership – Youth on Horses for Healing</b>	<b>970-739-6854</b>
<i>See full description under Family Support Services on Page 85.</i>	
<b>AXIS Crisis Care</b>	<b>HOTLINE 970-335-2255</b>
<b>AXIS Health System - Cortez</b>	<b>970-565-7946</b>
<i>See the complete listing for this service in the Health Section Page 111.</i>	
<b>Brain Injury &amp; Survivors of Abuse</b>	<b>303-839-5510</b>
Email: <a href="mailto:info@TheInitiativeCo.org">info@TheInitiativeCo.org</a>	
Text: 720-503-9580	
Time: 8:30 am – 4:30 pm Monday – Friday	
Website: <a href="http://www.TheInitiativeColorado.org">www.TheInitiativeColorado.org</a>	
<b>Child Abuse Reporting – Montezuma County Social Services</b>	<b>970-565-3769</b>
<b>Child Maltreatment Prevention Action Team (CMPAT) / TEAM Up</b>	<b>970-888-0446</b>
<i>See full description of program under Family Support Services Page 86 &amp; Youth Resources. Facebook Page 178.</i>	
Contact: Emily Spahn	
Email: <a href="mailto:EmilyS@unitedway-swco.org">EmilyS@unitedway-swco.org</a>	
<b>Colorado Child Abuse &amp; Neglect Hotline</b>	<b>844-264-5437</b>
<b>Colorado Coalition Against Sexual Assault (CCASA)</b>	<b>303-839-9999</b>
Website: <a href="http://www.ccasa.org">www.ccasa.org</a>	800-818-7662
<b>Colorado Organization for Victim Assistance (COVA)</b>	<b>303-861-1160</b>
Website: <a href="http://www.coloradocrimevictims.org">www.coloradocrimevictims.org</a>	800-261-2682
<b>Cortez City Police Department – Child Protection Department (CPD)</b>	<b>970-555-8441</b>
Contact: Martha Robertson, 1 <sup>st</sup> Responder in all Child Cases	
<b>Dolores County Victim Response</b>	<b>970-677-2257</b>
<b>DOMESTIC VIOLENCE - National</b>	<b>HOTLINE 800-799-7233</b>

*Crisis intervention and referral are provided to local services and shelters for men, women, and children who are experiencing or have experienced domestic violence/abuse or who suspect that someone they know is experiencing domestic abuse. Spanish-speaking advocates are available, along with translators for 150 other languages. TDD number available for hearing impaired.*

<b>Durango – Community Shelter</b>	<b>970-259-1255</b>
<b>Durango – Southwest Safe House- Durango</b>	<b>970-259-5443</b>
<b>Durango – Volunteers of America Durango – Safe House &amp; Shelter</b>	<b>970-259-1021</b>
<b>FBI Victim Assistance – Durango</b>	<b>970-247-2797</b>
<b>Four Corners Child Advocacy Center - The NEST</b>	<b>970-565-8155</b>
<i>See Family Services Section Page 86 for full description of services.</i>	
<b>Home Again Partnership</b>	<b>970-214-5815</b>
<i>The Home Again Partnership is a housing program created by the Volunteers of America Southwest Safehouse, in collaboration with Housing Solutions for the Southwest and Rise Above Violence (Archuleta County). The program serves individuals who are survivors of crimes, and are homeless, or at-risk of homelessness, as a result of their victimization.</i>	
Contact: Molly Huff, Housing Coordinator	
Email: <a href="mailto:mhuff@voacolorado.org">mhuff@voacolorado.org</a>	
<b>Medicine Horse Center – Horses Helping People</b>	<b>970-533-7403</b>
<i>This is an equine-assisted therapy and social-emotional learning organization specializing in alternative outdoor educational, experiential and therapeutic riding services to children, adults and families of Southwest Colorado. In our work, we constantly witness how horses nurture, inspire and heal a person's spirit, mind and body. We strive to provide a safe, guided and inclusive environment in which our clients can acquire tools and confidence to learn about themselves and each other. It's about developing relationships. And clients understand how their thoughts, feelings, and behaviors affect each relationship.</i>	
Address: 4070 Road J, Mancos, Colorado	
Hours: 8:30 am – 5:00 pm Monday – Friday	
Email: <a href="mailto:info@medicinehorsecenter.org">info@medicinehorsecenter.org</a>	
Website: <a href="http://www.medicinehorsecenter.org">www.medicinehorsecenter.org</a>	
<b>National Center for Missing &amp; Exploited Kids (NCMEC)</b>	<b>800-843-5678</b>
<i>As the nation's nonprofit clearinghouse and comprehensive reporting center for all issues related to the prevention of and recovery from child victimization, NCMEC leads the fight against abduction, abuse, and exploitation - because every child deserves a safe childhood. Hope is why we're here. Is your child missing? What steps should you take?</i>	

**Pathfinders – Victim Advocates 970-385-1140**

Project *Pathfinder* (PPI) programming and services include: Clinical Therapy to prevent clients from committing future contact and non-contact sexual offenses. Visitation supervision training. Support for families of offenders. Training for victim advocates and advocacy groups.

**Police Victim Response Unit 970-565-8441**

Cortez Police, Montezuma Sheriff, Dolores County & Mancos Marshal's Victim Response Unit

**Rape Intervention Team Hotline – Durango 970-247-5400****RENEW – Domestic Violence & Sexual Assault Crisis Service 970-565-4886**  
**24/7 and 365 Days a Year HOTLINE 970-565-2100****Safe 2 Tell – School Safety for Kids 877-542-7233**

24-hour hotline for anyone to anonymously report anything that concerns or threatens you, your friends, family, or community.

**Sexual Assault HOTLINE 800-656-4673****Sexual Assault Nurse Examine (SANE) - SW Memorial Hospital 970-565-6666****Sexual Assault Services Organization (SASO) 970-247-3074**

Mail: PO Box 2723

Website: [www.durangosaso.org](http://www.durangosaso.org)

HOTLINE 970-247-5400

**Senior Abuse 970-565-2100****Sex Trafficking**

- [www.humantraffickinghotline.org](http://www.humantraffickinghotline.org) 888-373-7888
- [www.combathumantrafficking.org](http://www.combathumantrafficking.org) (Colorado) 866-455-5075
- [www.missingkids.org](http://www.missingkids.org) (24 Hour NCMEC Call Center) 800-843-5678

**Shiprock Tribal Social Services 505-368-1185****Southwest Health System & Memorial Hospital 970-565-6666****Southwest Safe House – Durango 970-259-1021**

Safehouse run by Volunteers of America Colorado Branch **HOTLINE 970-259-5433**

Email: [cnowak@voa.org](mailto:cnowak@voa.org)  
[swshadvocates@voacolorad.org](mailto:swshadvocates@voacolorad.org)  
[voa2017@frontier.net](mailto:voa2017@frontier.net)

Website: [www.voacolorado.org](http://www.voacolorado.org)

**Stand Up Colorado 303-437-5474**

This is a statewide, collaborative, multi-year relationship violence prevention campaign that goes beyond public awareness to alter behavior and effect long-term social change. The Movement will prevent future relationship violence by shaping an informed, zero-tolerance public attitude that inspires individual and

community action. Stand Up Colorado is based on a proven model for creating the positive social & behavioral changes that are necessary for decreasing the incidence of Relational Violence in Colorado.

Contact: Ellen Stein Wallace, Campaign Manager

Email: [Ellen@StandUpCO.org](mailto:Ellen@StandUpCO.org)

**SUICIDE Prevention Lifeline - National 800-273-8255****The NEST - Nurturing Environment for Safe Transitions 970-565-8155**

See Four Corners Child Advocacy Center page 36.

**Ute Mountain Ute Tribe - 24 Hour Crisis Hotline**  
**Cortez HOTLINE 970-247-5245**  
**Blanding / White Mesa HOTLINE 435-979-1588****Ute Mountain Ute Tribe - Victim Services 970-565-3706****Victim Response Unit - Montelores Valley 970-564-4028****VICTIM SHELTERS – Abuse/Domestic Violence/Sexual Assault**

RENEW, Cortez, CO	970-565-4886
Family Crisis Center, Farmington, NM	505-564-9192
Gentle Iron Hawk Shelter, Blanding, UT	435-678-2445
Safe Haven, Moab, UT	435-259-2229
Southwest Safehouse, Durango, CO	970-259-5443
SUNRISE Youth Shelter, Towaoc, CO – See Youth Services	970-565-2426
Wings Safehouse, Cortez, CO	970-565-9116

**VOCA Emergency Fund for Victims of Crime 303-861-1265**

COVA has partnered with the Division of Criminal Justice, Office for Victims Programs to launch a new Victims of Crime Act (VOCA) Emergency Fund. This program is intended to make life easier for crime victims in Colorado and for the advocates who work on their behalf. In most cases, COVA can pay vendors (e.g., landlords, utility companies, airlines) directly.

Address: 1325 South Colorado Blvd., Denver CO

Contact: Emergency Fund Program Manager 303-861-1160

Website: [www.coloradocrimevictims.org](http://www.coloradocrimevictims.org)

## ADDICTION RESOURCES

### Alcohol, Co-Dependency, Drugs, Food, Pornography, Relationships, Etc.

#### 12-STEP PROGRAMS for ADDICTIONS

(Note: \*Codes: O = Open, C = Closed, M = Men's, W = Women's, YP = Young People's,  
N = Beginners/Newcomers, D = Discussion, BB = Big Book Study, BS = Book Study,  
SM = Speaker Meeting, SS = Step Study, and UR = Unregistered)

**Alcoholic Anonymous** (Regional Office) 888-333-9649  
Local 970-247-1706 / 970-565-6242

12-step recovery program for alcoholics provides fellowship and support to members through sharing of experience, strength and hope in order to solve their common problems. If you do not see a meeting time or place that works for you, call the Regional Office (above) for the most up-to-date information and/or go to [www.aadistrict18.org](http://www.aadistrict18.org) or [www.aa-westerncolorado.org](http://www.aa-westerncolorado.org) or [www.coloradoga.org](http://www.coloradoga.org) or [www.aa.org](http://www.aa.org)

**Addition Recovery Program & Family Support Groups (Church of J C of LDS)** 970-560-1164  
12-Step Program. LDS Family Services Addiction Recovery Program has adapted the original Twelve Steps of Alcoholics Anonymous World Services, Inc. into a framework of the doctrines, principles, and beliefs of The Church of Jesus Christ of Latter-day Saints. The Twelve Steps are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. (A.A.W.S.)

Address: 26525 Road M, Cortez, CO  
Time: Tuesday at 7:30 pm  
Website: <https://addictionrecovery.churchofjesuschrist.org>

**Beautiful Mancos Valley AA Group** 239-207-2558

Address: St. Paul's Episcopal Church  
479 Bauer Street, Mancos  
Time: Sunday @ 6:00pm \*O, D

**Campfire Group** 970-565-3342

Address: 6520 County Road 24.5, Cortez

**Celebrate Recovery** 970-565-1177 / 970-403-4643

Christ-centered, non-denominational, 12-step program where we can gain freedom, acceptance, and accountability for life's "hurts, habits, and hang-ups." By applying the 8 Recovery Principles within the 12-step program, we open ourselves up to God's grace so that we can break free. We also open the door to recovery by sharing our experiences and hopes with one another. CR is FREE and open to all ages. No registration is required. Childcare is provided.

#### **Small group guidelines:**

- 1) We talk about our own thoughts and feelings, not about other people
- 2) We talk to the whole group not just one person. We are here to support one another
- 3) When others talk, we listen.
- 4) We don't talk outside the group. We value and protect anonymity and confidentiality here.
- 5) We never use mean words or put downs at Celebration Place.

Classes: Celebrate Recovery  
Men's adult classes: Addictions and Relationships  
Women's adult classes: Addictions; Grief/Depression; & Relationships  
Nursery & Preschool Childcare provided  
PREcovery Programs for Children  
Celebration Place - Kindergarten thru 5<sup>th</sup> Grade  
The Landing - 6<sup>th</sup> Grade thru 12<sup>th</sup> Grade

Address: Rock Springs Church at 601 N Dolores Road, Cortez, CO  
Day & Time: 1<sup>st</sup> & 3<sup>rd</sup> Friday 6 pm – 9 pm with dinner provided;  
2<sup>nd</sup> & 4<sup>th</sup> Friday 6:30 pm – 9 pm adults & children (no dinner)  
Email: [recovery@rocksprings.church](mailto:recovery@rocksprings.church)  
Facebook: <https://www.facebook.com/celebraterecoveryrs>

**Cortez AA Fellowship Group** 970-565-8047

*This meeting is closed. Only those who have a desire to stop drinking may attend.*

Address: Trinity Lutheran Church (Southeast corner of bldg.)  
208 North Dolores Road, Cortez  
Time: 8:00 pm Tuesday (\*C,D), Thursday (\*O, BB) and Saturday (\*O, D)

**Dolores AA Fellowship Group** 866-641-9190

Address: Dolores Community Center  
400 Riverside Avenue, Dolores  
Time: Wednesday @ 8:00 pm \*O

**Dove Creek AA (United Methodist Church)** 970-562-4447

Address: 630 North College Avenue, Dove Creek, CO

**Floatin' Sobriety Group** 970-565-1092

Address: St. Paul's Episcopal Church  
479 Bauer Street, Mancos  
Time: Monday @ 7:00 pm \*O, D

**Life Recovery Montezuma County** 970-426-5722 / 970-529-3084

*Christ centered 12- Step Recovery Group for abuse, addictions, codependency, food, relationships, etc.*

Contact: Chris Dahl 970-529-3084  
Address: First National Bank conference room  
2258 East Main Street, Cortez, CO  
Time: Thursday Nights 6:30-8:00 pm  
Website: <http://www.facebook.com/liferecoverymc>

**Mancos Men's Recovery Group** 970-533-9046

Address: 650 Grand Avenue, Mancos

**Mancos Women's Meeting** 866-641-9190

Address: St. Rita's of Cascia  
203 South Main Street, Mancos CO  
Time: 5:30 pm Wednesday

**No Hassles AA Meeting** 970-533-0054

Address: 40966 Road J, Mancos, CO Big blue & white barn  
Time: Friday @ 7:30pm \*Steps/Traditions Study, UR

**Riverside Women's Recovery Group (St. Barnabas Episcopal Church, Cortez)** 970-533-9046

**United Methodist Church AA Meeting, Dove Creek, CO** 970-562-4447

**Ute Mountain AA Group** 970-565-9230

Address: High Country Village  
27514 Hwy 160 East, Cortez, CO  
Time: Sunday @ 10:00 am \*O  
Monday @ 12:00 pm \*O and/or 7:00pm \*C,D  
Tuesday @ 12:00 pm \*O  
Wednesday @ 12:00 pm \*O  
Thursday @ 12:00 pm \*O,N and/or 7:00pm \*O  
Friday @ 12:00 pm \*O and/or 7:00pm \*W,SS  
Saturday @ 10:00 am \*O,DD

(Note: \*Codes: O = Open, C = Closed, M = Men's, W = Women's, YP = Young People's,  
N = Beginners/Newcomers, D = Discussion, BB = Big Book Study, BS = Book Study,  
SM = Speaker Meeting, SS = Step Study, and UR = Unregistered)

**Al-Anon / Alateen National Number** 866-362-4427 / 888-425-2666

*Al-Anon is a worldwide fellowship that unites members of different backgrounds, races, and walks of life who come together to help themselves and others to lead purposeful, useful lives by overcoming the frustration and helplessness caused by close association with an alcoholic.*

*Al-Anon / Alateen (Al-Anon for younger members) is a vital part of Al-Anon Family Groups.*

*Young people seeking help with problems that arise when alcoholism afflicts a parent, another close relative, or a friend meet to exchange experiences and to gain an understanding of themselves and the alcoholic.*

*This 12-step program for families and friends of alcoholics provides fellowship and support to members through sharing of experience, strength, and hope in order to solve their common problems. CALL to find groups near you.*

**Cortez / Durango / Pagosa Al-Anon Group Meetings & Information** 970-259-2982  
Website: <https://al-anon-co.org>

**Ute Mountain Ute Tribe - Al-Anon Group** 866-362-4427  
Location: High Country Village  
27514 Hwy 160 East, Cortez, CO  
Hours: Tuesdays at 7:00 pm

## **A-Z ADDICTION RECOVERY RESOURCES**

**AmeriCorps Regional Substance Abuse Prevention Partners** 970-799-6007

*The mission of RSAPP (Regional Substance Abuse Prevention Partners) is to bring together, in a collaborative effort, community coalitions and community organizations in Southwest Colorado to facilitate regional substance abuse prevention through the Strategic Prevention Framework, including: needs assessment, capacity building, planning, implementation and evaluation.*

RSAPP works towards its vision, mission and goals by:

- Hiring, training and supporting AmeriCorps members who serve with schools and community prevention organizations throughout the region
- Providing tools, training, resources and support to encourage regional sharing and collaboration around substance abuse prevention
- Increasing capacity and sustainability of community organizations that work towards substance abuse prevention
- Working with community partners to implement regional projects, such as the Teen Maze health fair and Prevention Education for Conservation Corps crews

Address: Smiley Building Room 38, Durango, CO 81302  
Mailing: P.O. Box 4378  
Email: [info@rsapp.org](mailto:info@rsapp.org)  
Website: [www.rsapp.org](http://www.rsapp.org)

**Behavioral Health Services** 970-565-4109

**Christian Leadership Center** 970-565-3290

*The Christian Discipleship Center is a Bible-based recovery program for Native American Christians who want help and hope in overcoming addiction to alcohol and substance abuse. Our 90-day residential program offers sound spiritual principles for restoration, character rebuilding and life direction. We are located in a rural setting outside of Cortez, Colorado, near the Navajo and Ute reservations.*

Address: 24826 Road L, Cortez, CO Fax 970-564-9328  
Email: [CDC@fone.net](mailto:CDC@fone.net)  
Website: [www.apply.c-d-c.org](http://www.apply.c-d-c.org)

**Compliance Drug & Alcohol Testing** 970-565-9515

Address: 1011 North Mildred Road, Cortez, CO  
343 East Main Street, Cortez, CO (Laboratory)

**Cortez Addiction Recovery Services Inc. (CARS)** 970-565-4109

Address: 35 North Ash Street, Cortez, CO  
Website: <http://www.cortezrecovery.org/>

**Cortez Integrated Healthcare (AXIS Health System)** 970-565-7946

*Please see the complete listing for Cortez Integrated Healthcare in the Health Services section Page 112.*

**Covenant Drug & Alcohol Testing** 970-565-5402

Address: 641 East Main Street, Cortez, CO

**D.A.R.E. (Drug Abuse Resistance Education)****970-565-8441**

This year millions of school children around the world will benefit from D.A.R.E. (Drug Abuse Resistance Education), the highly acclaimed program that gives kids the skills they need to avoid involvement in drugs, gangs, and violence. D.A.R.E. is a police officer-led series of classroom lessons that teaches children from kindergarten through 12th grade how to resist peer pressure and live productive drug and violence-free lives.

Cortez Police: 608 North Park St, Cortez, CO  
 Classes: Various Schools for 5<sup>th</sup> and 7<sup>th</sup> graders  
 Website: [www.cityofcortez.com](http://www.cityofcortez.com)

**Gambling Anonymous****800-222-5542****Hope Not Dope - Narcotics Anonymous****800-407-7195**

Address: Pinon Project Building  
 210 East Main Street, Cortez CO  
 Meet: 6:00-7:00 Tuesdays & Thursdays at the Pinon Project  
 Website: <https://narcotics.com>  
<https://riograndenda.org/todays-four-corenres-meetings>

**Life Care Inc.****970-516-1234**

A family centered approach to home & community care. Skilled nursing, medication management, respite care, hospital to home, live in care, nighttime nannies, meal preparation, light housekeeping & laundry, shopping / errands, daily phone contact.

Address: 631 East Main Street Unit B, Cortez, CO  
 Website: [www.lifecare-inc.com](http://www.lifecare-inc.com)

**Narcotics Anonymous****HOTLINE: 505-324-1807**

Recovery program for those addicted to narcotics which provides fellowship and support to members through sharing of experience, strength, and hope in order to solve common problems so that: "Just for Today – you can have faith in someone in NA who believes in you, and wants to help you in your recovery" ... and "Just for Today – you will have a program which you will try to follow to the best of (your) ability".

Note: \*Codes – O = Open, HA = Handicapped Accessible, and NS = Non-Smoking

Address: 27514 E. Hwy 160, Cortez  
 Times: **Clean & Serene** Speaker or Step Study on the 3<sup>rd</sup> SUNDAY of every month @2:30 pm  
 Saturday @ 6:00 pm \*NS,O,HA  
 Sunday @ 3:00 pm \*NS,O,HA  
 Website: [www.riograndenda.org](http://www.riograndenda.org)

**Navajo Regional Behavioral Health****505-368-1050/1438**

Short term drug & alcohol rehab

Address: North 491 Highway, Shiprock NM 87420

**Panic Attack/Anxiety Support Group****970-565-8195**

A supportive and educational group and structured program is provided for people with severe anxiety, panic syndrome, or agoraphobia. Call for Address and times

**Target Tobacco Coalition****970-565-3056 ext. 226**

Please see the complete listing for Target Tobacco Coalition in the Health Services section Page 120.

**Tobacco Education & Prevention Prog (Montezuma County Public Health Dept.) 970-564-4782**

Address: 106 West North Street, Cortez, CO  
 Contact: Megan Bradley  
 Email: [mbradley@co.montezuma.co.us](mailto:mbradley@co.montezuma.co.us)

**The Recovery Center****970-565-4109**

Outpatient drug and alcohol education, intervention, and treatment are provided for any person in the Four Corners area requiring information or experiencing problems due to their relationship with drugs or alcohol. Sliding fee scale is based on ability to pay. There are also funds available from various community agencies for clients who meet certain guidelines.

<b>Evolutions &amp; Referrals</b>	<b>Adolescent Substance Abuse Intervention Group</b>
<b>Levels I and II Education &amp; Therapy</b>	<b>Home site Transitional Living Facility</b>
<b>Intensive Outpatient Program</b>	<b>Community Education Programs</b>
<b>Individual Counseling</b>	<b>Youth Program</b>
<b>First Program</b>	<b>Student Assistant Program</b>
<b>Urinalysis Screening: for employers or concerned individuals</b>	

Address: 35 North Ash Street Cortez, Co FAX: 970-565-8804  
 Hours: 9:00 - 5:00 Monday – Thursday  
 9:00 -2:00 Friday

**Southwest Colorado Emergency & Suicide Prevention****970-247-5245****Ute Mountain Ute Tribe****970-565-3751****Ute Mountain Ute Tribe - Alcohol/Addiction Counseling & Treatment Ctr****970-564-5701****Ute Mountain Ute Tribe - Social Services / Mental Health (Towaoc, CO) 970-565-3751**

For more information and a complete listing of Ute Mountain Ute Tribe programs and services, please see the listing for Ute Mountain Ute Tribe Directory of Programs and Services in the Native American Services Page 144.

**Ute Mountain Ute Tribe - Victim Services****970-946-2065 / 970-565-5314****Young People in Recovery (YPR)****970-570-3235**

Providing the life skills and peer support to help people recover from substance use disorder and reach their full potential.

Contact: Dante Downey, Chapter Lead Cortez, CO  
 Address: Cortez Cultural Center, Media Room  
 25 North Market Street, Cortez, CO  
 Date/Time: 5:30 pm – 7:00 pm Wednesday evenings  
 Email: [dante.downey@youngpeopleinrecovery.org](mailto:dante.downey@youngpeopleinrecovery.org)

**CHURCHES & RELIGIOUS ORGANIZATIONS**

Check out FACEBOOK & WEBSITES for updates on all churches

Montezuma and Dolores Counties have several churches and other religious organizations that provide services of food, clothing, or financial support to both members and others in the community who are in need.

**Ministerial Alliance**

970-773-3721

An alliance of area churches which fosters understanding between religious entities and denominations and within the community as a whole. The Ministerial Alliance is available to offer help and support where it is needed within the community through church sports leagues, joint community festivals, community Thanksgiving and Christmas service, Good Samaritan Centers, and hospital chaplains.

Ministerial Alliance President: Mesa Trails Cowboy Church 970-773-3721  
 Hospital Ministry: Presbyterian Church - Director 970-550-0321  
 Jail Ministry: Highway Church of Christ - Director 970-739-3124

**CHURCHES IN CORTEZ: 81321**

Arriola Bible Church	15998 Road 22	(970) 882-4047	(ZIP is 81323 for Dolores but off Highway 491) <a href="http://arriolabiblechurch.org">http://arriolabiblechurch.org</a>
Baha'i Faith	314 South Valley Rd	(970) 565-7910	(In home meeting only)
Baptist Chapel	1509 N Dolores Rd	(970) 565-4128	Facebook Baptist Chapel
Cortez Church of Christ	631 E Montezuma	(970) 565-3631	<a href="https://cortezchurchofchrist.org">https://cortezchurchofchrist.org</a>
Cornerstone Baptist Church of Cortez	6176 Hwy 160/491 PO Box 96	(970) 560-8777	see Facebook page <a href="mailto:pastorscott@fone.net">pastorscott@fone.net</a>
Cortez Church of the Nazarene	514 N Chestnut St	(970) 565-7826 (719) 388-6513	Pastor Ian Hyde <a href="mailto:corteznazarene@gmail.com">corteznazarene@gmail.com</a> <a href="https://www.corteznazarene.org/upcoming-events">https://www.corteznazarene.org/upcoming-events</a>
Cortez Family Worship Center	500 N Washington	970-565-3709	
Cortez Seventh-day Adventist Church & School	540 W 4th St	970-565-9740	<a href="http://www.adventistdirectory.org">http://www.adventistdirectory.org</a>
Crossroads Christian Fellowship	2306 E Empire St	970-508-1513	<a href="https://www.TheCrossroadsCF.com">https://www.TheCrossroadsCF.com</a>
Evangel Assembly of God	209 W 5th St PO Box 1355	(970) 565-4198	<a href="mailto:evangelcortez@yahoo.com">evangelcortez@yahoo.com</a>
First Assembly of God Church	120 S Linden St	(970) 565-3043	<a href="https://cortezfirstassembly.com">https://cortezfirstassembly.com</a>
First Baptist Church of Cortez	100 N Market St	(970) 565-6555	<a href="http://www.facebook.com/FirstBaptistCortez/">www.facebook.com/FirstBaptistCortez/</a>
First United Methodist Church of Cortez	515 North Park PO Box 1016	(970) 565-3002	<a href="mailto:fumccortez@gmail.com">fumccortez@gmail.com</a>
Hope's Kitchen Food Pantry to help those in need in our community and the homeless. Care and Share soup kitchen. Please call to make sure hours of operation have not changed. Address: 515 N Park St, Cortez, Colorado 81321 Hours: Mon, Wed, Fri 11:00 – 1:00 pm <a href="http://www.foodpantries.org">www.foodpantries.org</a>			
Grace Fellowship EFC	24 N Chestnut St	(970) 565-3663	<a href="https://graceincortez.org">https://graceincortez.org</a>
Highway Church of Christ	13293 N Broadway	(970) 565-1045	
Kingdom Hall Jehovah's Witness	1304 E Empire St	(970) 565-6241	

Lighthouse Baptist Church Lighthouse Academy	11502 Highway 145	(970) 565-9302	<a href="mailto:info@lbccortez.org">info@lbccortez.org</a> & <a href="https://lbccortez.org">https://lbccortez.org</a> Women's Ministry 970-529-3664
Montezuma Valley Presbyterian	350 S Washington	(970) 565-7024	<a href="https://mvpchurch3.wixsite.com/2020">https://mvpchurch3.wixsite.com/2020</a>
Native Grace Intertribal Fellowship	515 N Park PO Box 1016	970-394-4415	<a href="mailto:marknorman1056@yahoo.com">marknorman1056@yahoo.com</a>
New Covenant Fellowship	146 S Maple	(970) 560-0707	<a href="http://www.ncscortez.com">www.ncscortez.com</a>
New Nation Worship Center	500 N Washington	(970) 564-3224	<a href="https://facebook.com/New-Nation-Worship-Center-101051223302356/">facebook.com/New-Nation-Worship-Center-101051223302356/</a>
Rock Springs Church	601 N Dolores Rd P.O. Box 775	(970) 565-1177	<a href="https://www.rocksprings.church">https://www.rocksprings.church</a> Country Campus 32233 Hwy 160
<b>CELEBRATE RECOVERY</b> is a Christ-centered, 12-step program where we can gain freedom, acceptance, and accountability for life's "Hurts, Habits, and Hang-Ups." By applying the 8 Recovery Principles within the 12-step program, we open ourselves up to God's grace so that we can break free. We also open the door to recovery by sharing our experiences and hopes with one another. CR is open to all ages. No registration is required. Childcare is provided. (co-dependency, food, gambling, pornography, relationships, substances) 1 <sup>st</sup> & 3 <sup>rd</sup> Friday 6 pm – 9 pm; 2 <sup>nd</sup> & 4 <sup>th</sup> Friday 6:30 pm – 9 pm adults & children: CALL 970-403-4643 for more info.			
Southwest Cowboy Church 1st Monday of the Month	21176 Road S LIVE MUSIC	(970) 749-2933 (970) 565-6542	Lewis-Arriola Community Center off Hwy 491 Potluck at 6:30 / Service at 7 pm
St Barnabas Episcopal Church	110 W North St	(970) 565-7865	<a href="https://www.stbarnabascortez.org">https://www.stbarnabascortez.org</a> <a href="mailto:office@stbarnabascortez.org">office@stbarnabascortez.org</a>
Grace's Kitchen serves a free community lunch for those in need every Tuesday, Thursday, and Saturday. This meal, open to all, is nutritious and home-made by our fantastic cooks. Grace's Kitchen also serves a giant community Thanksgiving meal each year! COVID makes some of these meals take out only.			
St. Margaret Mary Catholic Church	28 East Montezuma Ave	(970) 565-7308	<a href="https://montelorecatholic.com">https://montelorecatholic.com</a> Outreach: Vicki
The Anglican Church of St Philip the Evangelist	716 S Market St	(970) 565-1555 (505) 608-4060	<a href="http://www.stphiliptheevangelist.org">www.stphiliptheevangelist.org</a> Cell Phone
The Church of Jesus Christ of Latter-day Saints	1700 E Empire St 26525 Road M	see website	<a href="https://www.churchofjesuschrist.org">https://www.churchofjesuschrist.org</a>
<ul style="list-style-type: none"> <li>- Addiction Recovery Program &amp; Family Support Groups (See Addictions Section Page 39)</li> <li>- Emergency Preparedness: 72-hour packs; food and water storage</li> <li>- Home Storage Food Farmington, NM for #10 Cans of fruits, vegetables, grains, spaghetti, cocoa, juices, etc. (See Food)</li> <li>- Family History &amp; Genealogy Center to record stories, add photos and locate family past &amp; present around the world</li> <li>- Self-Reliance classes on Emotional Resilience; Personal Finances; Starting &amp; Growing a Business; Jobs &amp; Employment</li> </ul>			
The Good Shepherd Church	1805 E Main Ste 5	(970) 739-5093	Bilingual (Spanish)
Trinity Lutheran Church	208 N Dolores Rd	(970) 565-9346	<a href="https://www.trinitylutheranchurchcortez.com">https://www.trinitylutheranchurchcortez.com</a>
Victory World Outreach	11088 Highway 491	(970) 565-8533	

**CHURCHES IN DOLORES: 81323**

Dolores Southern Baptist	100 21 <sup>st</sup> St	(970) 882-3104	
JMD United Methodist	105 N 8 <sup>th</sup> St	(970) 882-7780	
Mountain view Baptist church	30510 CO-184	(970) 882-7521	
Our Lady of Victory – Catholic	101 N 7 <sup>th</sup> St	(970) 565-7308	

**CHURCHES IN DOVE CREEK: 81324**

Cahone Fellowship Baptist Church	51252 Hwy 491	970-562-4490	Cahone, Co 81320
First Assembly of God	412 4th St	970-677-3683	
First Baptist Church	303 Main St	970-677-2230	
First Southern Baptist Church	518 Guyrene St	970-677-2578	
St Jude Catholic Church	432 Main St	970-565-7308	
United Methodist Church	630 College St	970-677-2304	

**CHURCHES IN MANCOS: 81328**

First Baptist Church	150 N Walnut St	970-533-7634	
Four Corners Christian Camp	14051 Rd 37	970-882-2523	
Mesa Trails Cowboy Church	281 W Menefee St	970-773-3721 970-560-9880 C	<a href="http://www.mesatrails.com">www.mesatrails.com</a> <a href="mailto:shane@mesatrails.com">shane@mesatrails.com</a>
LIFE RECOVERY MONTEZUMA COUNTY is a Christ centered 12-Step Recovery Program group. Thursday Nights 6:30-8:30 pm Conference Room at First National Bank, Cortez 970-426-5722 <a href="https://www.facebook.com/liferecoverymc">https://www.facebook.com/liferecoverymc</a>			
Our Lady of Sorrows	41531 Road H	970-946-1930	
San Juan Bible Camp	14260 Road 39.9	970-533-7622	<a href="http://www.sanjuanbiblecamp.org">www.sanjuanbiblecamp.org</a> <a href="mailto:sanjuanbiblecamp@q.com">sanjuanbiblecamp@q.com</a>
Non-denominational camp with 12 cabins, lodge with kitchen & dining area, recreational areas, RV spaces. Yearly KIDS CAMPS in June & July. Then open to rental groups, church retreats, family weekends, weddings, etc.			
St. Rita of Cascia - Catholic	203 S Main St	970-565-7308	
Summit Lake Comm Church	36501 Road 184	970-882-4144	
The Church of Jesus Christ of LDS	210 E Montezuma St	Mancos, CO	<a href="https://www.churchofjesuschrist.org">https://www.churchofjesuschrist.org</a>
United Methodist Church	470 W Grand Ave	970-533-7460	<a href="mailto:mancosumchurch@qwestoffice.net">mancosumchurch@qwestoffice.net</a>

**A SMALL SAMPLE of FAITH-BASED GROUPS MAKING a DIFFERENCE**

Amani Horse Partnership – summer faith-based free therapy program for children Pg 85  
Hazel's House – donations for local nursing home patients (Church of the Nazarene) 970-565-7826  
**Just Serve Together** <https://www.justserve.org>  
FREE Clearing House Website: The best service opportunities are collaborative—working side by side with others in faith-based, nonprofit, community, and government organizations.  
**Not Forgotten Seniors** (Singles, Widows & Widowers Support) Mesa Trails Church [shane@mesatrails.com](mailto:shane@mesatrails.com)  
**Shepherd's New Staff – We Exist to Assist - Manpower to support community needs** 970-560-2426  
**Women United** –Monthly fellowship for all Christian Women [jperiman@hotmail.com](mailto:jperiman@hotmail.com)

**CLUBS, SERVICES & ORGANIZATIONS**

Cortez Elks BPOE	970-565-3557
Cortez Trap Club	970-565-7396
Dare To Be You	970-222-9649
Daughters of the American Revolution (DAR)	505-412-0844
Democratic Central Committee	970-565-7415
Ertel Funeral Home & Crematory	970-565-3468
Escalante Shriner Club	970-562-4257
Republican Party Central Committee	970-882-7998
Republican Headquarters - Conservative Grounds 40 E Main St, Cortez 9-2 Mon-Sat	970-560-6643
Republican Women of Montezuma County	970-565-4280
4-H Clubs –Montezuma & Dolores County Extension Offices	970-565-3123 / 970-677-2283
Four Corners Arabian Horse Association	970-565-7605
Four Corners Dance Society – Mancos (Jan Hevl)	970-222-9649
Four Corners Dancers	970-565-9836
Kiwanis Club	970-565-4414
K-9 Search & Rescue Team	970-882-4746
La Leche League	970-565-6171
League of Women Voters of Montezuma County <a href="http://www.facebook.com/lwvmontezuma.org">www.facebook.com/lwvmontezuma.org</a>	970-565-3026
LOR Foundation	307-699-5343/ 970-987-0356
Lyons Club	970-564-9125
Medicine Horse Center (Mancos, CO) – Horses Helping People	970-533-7403
Mesa Verde Archery Club	970-565-4097
Mesa Verde Back Country Horsemen	970-882-4306
Montelores Christian Home Educators	970-564-9282
Montezuma County Search & Rescue	970-565-8878 / 970-560-6078
National Assoc. of Retired Federal Employees	970-564-1722
National Wild Turkey Federation – Rodney Willbanks	970-882-4741
Onward – A Legacy Foundation	970-565-9200
Preceptor Alpha Theta	970-565-2055
Rotary Club of Cortez PO Box 1423, Cortez, CO 81321 (Jim Reser)	970-739-0077
Rotary Club of Dolores	970-426-9902
Search & Rescue	970-565-8878 / 970-560-6078
Sharp Locks – mobile locksmith	970-739-3278
Southwest Artists League (Montezuma County Annex)	720-448-0418
Southwestern Cowbells	970-882-2259 / 970-565-6078
Special Olympics <a href="https://www.specialolympicsco.org">https://www.specialolympicsco.org</a>	
Youth Leadership Council	970-480-7293

## **COMMUNITY ACTION TEAMS**

### **AmeriCorps**

**800-942-2677**

AmeriCorps is a voluntary civil society program supported by the U.S. federal government, foundations, corporations, and other donors that engage adults in public service work with a goal of "helping others and meeting critical needs in the community." Members commit to full-time or part-time positions offered by a network of nonprofit community organizations and public agencies, to fulfill assignments in the fields of education, public safety, health care, and environmental protection. The program is often seen as a domestic Peace Corps. It employs more than 75,000 Americans in intensive service each year.

Website: <https://americorps.gov>

### **Child Maltreatment Prevention Action Team (CMPAT)**

**970-888-0446**

Contact: Jessica Randell  
 Email: [jessicar@unitedway-swco.org](mailto:jessicar@unitedway-swco.org)  
 Facebook: <https://www.facebook.com/TheCMPAT/>  
 Website: <https://teamup-swco.org>

### **Communities That Care - Montezuma County Public Health**

**970-564-4781**

Contact: Melanie Begay  
 Email: [MBegay@co.montezuma.co.us](mailto:MBegay@co.montezuma.co.us)  
 Website: <https://montezumacounty.org/public-health/prevention-services/>

### **Early Childhood Education Expansion Action Team**

Contact: Lynn Urban  
 Email: [lynnu@unitedway-swco.org](mailto:lynnu@unitedway-swco.org)

### **Food Security Action Team**

Contact: Greg Felsen  
 Email: [gregory.felsen@colostate.edu](mailto:gregory.felsen@colostate.edu)

### **Montezuma Food Coalition (Onward! Supported)**

**970-769-5410**

Email: [info@montezumafoodcoalition.org](mailto:info@montezumafoodcoalition.org)  
 Website: <https://www.monezumafoodcoalition.org>

### **Suicide Prevention Action Team**

Contact: Arlina Yazzi  
 Email: [ayazzie@co.montezuma.co.us](mailto:ayazzie@co.montezuma.co.us)

### **TEAM Up Action Team (AmeriCorps/United Way)**

Led by the United Way of Southwest Colorado, TeamUP AmeriCorps is a program that places AmeriCorps members throughout Southwest Colorado to focus on improving the lives of community members from cradle to career. Currently, members are serving to improve outcomes in Education, Economic Opportunity, & Healthy Futures in Montezuma, Dolores, La Plata, and Archuleta counties.

Contact: Jessica Randall [jessicar@unitedway-swco.org](mailto:jessicar@unitedway-swco.org)  
 Contact: Laura McHenry [lauram@unitedway-swco.org](mailto:lauram@unitedway-swco.org)  
 Website: <https://teamup-swco.org>

### **TEAM UP for Summer (summer jobs)**

We are 9 school districts, San Juan BOCES, United Way of Southwest Colorado, Serve Colorado (AmeriCorps), Colorado Department of Education, and several local nonprofits working together for our kids. We need 24 people to step up to help in this service. We offer 30-40 hours per week with a stipend and education award. Duties: Tutoring, boosting student engagement through summer activities in recreation and enrichment and more. Come Make A Difference!

Time: Mid May to Mid-August  
 Website: [www.teamupforsummer.org](http://www.teamupforsummer.org)

### **United Way of Southwest Colorado – Cortez / Durango**

**970-247-9444**

United Way of Southwest Colorado is a huge advocate for our communities and a support to nonprofit agencies. United Way identifies and builds on community strengths, helps individuals and groups with specific community interests find ways to contribute their time and talents, support community change efforts, advocate public policy changes, and support direct service programs. The Board meets monthly (in Durango) to discuss what is needed and to make decisions that are best for our community.

Address: 215 North Linden, Suite D, Cortez, CO  
 Website: <https://unitedway-swco.org>

## **COMMUNITY CALENDARS & DIRECTORIES**

### **CALL 211 for Colorado Resources Directory by Category**

#### **Colorado Country Life**

Website: [www.coloradocountrylife.coop](http://www.coloradocountrylife.coop)

#### **Community Connections Colorado**

Website: <https://www.communityconnectionsco.org/page12.html>

#### **Cortez Racing Association**

Website: <https://www.cortezracing.com/calendar.html>

#### **Dolores Public Library – Tails & Tales**

Tails & Tales: <http://doloreslibrary.org>  
 Website: <http://visitdolores.com>  
 Email: [cheyenne@doloreslibrary.org](mailto:cheyenne@doloreslibrary.org)

#### **Dove Creek – Community Voice**

**970-677-2897 / 970-739-0073**

Address: 115 S Guyrene, Dove Creek CO 81  
 Website: <https://www.dovecreekcommunityvoice.com/> / [rlancaster@thecotrust.org](mailto:rlancaster@thecotrust.org)

#### **Event Brite – Calendar of Events in Cortez/Durango Area** <https://www.eventbrite.com>

#### **Fairgrounds Speedway Schedule (CRA Racing)** [www.cortezracing.com/caldendar.html](http://www.cortezracing.com/caldendar.html)

#### **Four Corners Youth Clinic**

<https://4cyc.org/community-resources/>

**KSDJ Radio – Community Calendar** <https://www.ksjd.org/community-calendar>

**Mancos Valley Community Events Calendar** <https://mancosvalley.com>

**Mancos Valley Resources – Heart of Community** <https://mancosvalleyresources.com>

**Mesa Verde Country** [www.mesaverdecountry.com](http://www.mesaverdecountry.com)

**Montelore Early Childhood Council – Resource Directory**

Website: [www.monteloresecc.org/parents-families/community-resource-guide/](http://www.monteloresecc.org/parents-families/community-resource-guide/)

**Montezuma County Senior Center Calendar – 107 North Chestnut, Cortez**

Address: 107 North Chestnut Street, Cortez, CO

Website: Go to site. Select Calendars/Minutes then Annex Calendar

<https://montezumacounty.org/>

**Montezuma-Cortez School District Calendar**

Website: <https://cortez.k12.co.us/calendar/monthly>

**Say What Announcements, SW Colorado Television**

*Say What Announcements provides a place for local information to be distributed to the public, free of charge. It can be seen on air antenna channel 24.6.*

Address: PO Box 1570 Cortez, CO

Email: [saywhat@frontier.net](mailto:saywhat@frontier.net)

Facebook: <https://www.facebook.com/saywhattv/>

Website: <http://www.swcotv.org/>

**Self-Reliance Resources**

See Self-Help Section Page 156

Website: <https://www.durangoselfreliance.org/home/local-resources>

**Southwest Health System Directory of Resources**

Website: <https://www.swhealth.org/resources>

**Southwest Health System Organizational Calendar**

Website: <https://www.swhealth.org/calendar>

**The Journal – Cortez Newspaper**

Website: <https://www.the-journal.com/calendar>

<https://www.the-journal.com/articles/cortez-community-calendar>

**True Western Roundup Yearly Calendar**

Contact: Pam Petrie

970-769-1326

Address: La Plata County Fairground

2500 Main Ave, Durango, CO 81301

PO Box 2082, Durango, CO 81302

Email: [pam@truewesternroundup.com](mailto:pam@truewesternroundup.com)

Website: <https://truewesternroundup.com>

**Youth Calendar (SCYC & CTC supported)**

Website: <https://www.scyclistens.org/youthactivitycalendar>

## **CHAMBERS of COMMERCE**

**Cortez Chamber of Commerce**

**970-565-3414**

Address: 25 North Market Street, #200, Cortez, CO

Hours: 9:00 – 5:00 pm Mon – Thursday

Email: [info@cortezchamber.com](mailto:info@cortezchamber.com)

Website: <https://www.cortezchamber.com>

**Dolores Chamber of Commerce / Visitors Center**

**970-426-9902 / 970-882-4018**

Address: 201 Railroad Avenue, Dolores, CO

Email: [info@doloreschamber.com](mailto:info@doloreschamber.com)

[doloreschamber@gmail.com](mailto:doloreschamber@gmail.com)

Website: <http://www.doloreschamber.com>

**Dove Creek Chamber of Commerce**

**970-560-2856**

Email: [manager@dovecreekchamber.com](mailto:manager@dovecreekchamber.com)

[GreaterDCCchamber@yahoo.com](mailto:GreaterDCCchamber@yahoo.com)

Website: <https://www.DoveCreekChamber.com>

**Mancos Chamber of Commerce**

**970-533-7434**

Address: 101 E Bauer Avenue

Email: [chamber@mancosvalley.com](mailto:chamber@mancosvalley.com)

Website: [www.mancosvalley.com](http://www.mancosvalley.com)

**Mesa Verde Chamber of Commerce**

**800-253-1616**

**COMMUNITY CENTERS**

- Cortez - Montezuma County Annex Building** 970-247-7009  
 Contact: John Parker 970-564-2771  
 Email: [jparker@montezuma.co.us](mailto:jparker@montezuma.co.us)
- Cortez - Welcome Center** 970-565-4048  
 Address: 928 East Main Street, Cortez, CO  
 Time: 9:00 – 5:30 pm Monday – Sunday  
 Website: [cortezwelcomecenter@mesaverdecountry.com](mailto:cortezwelcomecenter@mesaverdecountry.com)
- Dolores Community Center** 970-882-7337  
 Address: 400 Riverside Dolores, CO 81323
- Dolores Visitors Center (Chamber of Commerce)** 882/4018 or 426-9902 after hours  
 Address: 201 Railroad Avenue, Dolores, CO  
 Website: <https://www.visitdolores.com>
- Dove Creek Community Center** 970-677-9540  
 Address: 403 7<sup>th</sup> Street, Dove Creek, CO
- Lewis-Arriola Community Center** 970-560-4782  
 Address: 21176 Road S, Cortez, CO  
 Contacts: President Chandler Chaffin 970-560-4782  
 Vice Pres Bobby Yates 970-739-3334  
 Treasurer Tracine Duran 970-749-5331
- Mancos Community Center** 970-533-7725  
 Address: 130 West Grand, Mancos, CO
- Mancos - Mt. Lookout Grange** 719-440-1890  
 Address: 680 Grand Avenue, Mancos, CO
- Mancos Visitors Center** 970-533-7434  
 Address: 101 East Bauer, Mancos CO

**COMMUNITY CONNECTIONS**

Family Stories, Genealogy, History, Museums & Storytelling

**Every culture has its stories to tell . . .**

*When you tell a story, you spark a connection.*

*That is how humans have communicated since the beginning of time —by telling stories.*

- Canyon of the Ancients/Anasazi Heritage Center & Museum** 970-882-5600  
 Southwest Colorado's premier archeological museum, operated by the Bureau of Land Management.  
 Address: 27501 Highway 184, Dolores, CO  
 Hours: 9 am – 5 pm on Thu -Fri - Sat  
 Website: [www.co.blm.gov/canm](http://www.co.blm.gov/canm)  
[www.co.blm.gov/ahc](http://www.co.blm.gov/ahc) (Anasazi Heritage Center) Fax 970-882-7035

- Cortez Cultural Center** 970-565-1151  
 Cultural center that includes interpretive exhibits on Ancestral Puebloans, local history, works by local artists, and a gift shop featuring items made by local and native artisans. Free Native American dance performances Monday through Saturday evenings at 7 pm in the summer months.  
 Address: 25 North Market Street, Cortez CO

- Cortez Genealogy in Montezuma County, CO**  
*Privately owned site of Cortez birth, cemetery, census, church records from three local churches, death records, immigration, maps, marriages, newspapers and obituaries, and school records. Lots of articles.*  
 Website: <https://ldsgenealogy.com>

- Dolores County Colorado Genealogy Trails**  
 Website: <https://genealogytrails.com>

- Durango Art Center**  
 Website: <https://durangoarts.org>

- Family History & Genealogy Center** 970-564-1064  
**FREE** computer access to the following programs: Ancestry.com; FamilySearch.org with charts and timelines; TreeSeek.com; Filae, Geneanet; My Heritage; Find My Past; RelativeFinder.org; virtual pedigree; find a grave and much more. **FREE** assistants help you discover your past and put you in touch with your families around the world. Learn to add pictures, your stories, audio and video files to your personal family tree and share it with all your family. Keep your stories alive for the next generation.  
 Address: 1700 East Empire Street, Cortez, CO (North Door)  
 Days: Wednesdays & Thursdays  
 Hours: 10 AM – 4 PM and 6 PM – 8 PM

- KSJD - Community Radio Station Story Recording Vault** 970-564-9727  
 A Story Vault to record and archive our community's oral histories. A complete sound-proof room for making audio recordings. Uses include telling your life story, your family stories, reading books aloud for family, or whatever else you like. The point is that it gets your voice on tape for you, your family, your organization. Free to the public. Call to schedule your time.

**WHY STORIES MATTER**

STORIES ARE UNIVERSAL

STORIES HELP US UNDERSTAND OUR PLACE IN THE WORLD

STORIES HELP US LEARN HOW TO ACT WISELY

STORIES HELP SHAPE OUR PERSPECTIVE OF THE WORLD

STORIES HELP US UNDERSTAND OTHER PEOPLE AND THEIR PERSPECTIVES

STORIES PASS DOWN KNOWLEDGE AND MORALS

<https://www.tckpublishing.com/stories-matter>

Address: #2 East Main Street, Cortez, CO  
 Mail: P O Box 116, Cortez, CO  
 Website: <https://www.ksjd.org>

### KSJD – The Raven Narratives in Cortez & Durango

**Raven Narratives** are live storytelling events held regularly at the Sunflower Theatre in **Cortez, Colorado** and at the Durango Arts Center in Durango, Colorado. Go to the **EVENTS** page for more information. Podcasts of the stories told at the **Raven Narratives** are available on Apple Podcasts, and on Spotify, Stitcher, and SoundCloud.

The Raven Narratives exist to connect us with each other through the ancient art of storytelling. The Raven Narratives features people of **all colors, ages, and perspectives** sharing their authentic experiences and understanding through dynamic storytelling in front of a live audience.

Raven Narratives storytelling guidelines are:

- Stories are told, not read. No notes are allowed on stage.
- Stories should be true, not fiction
- Tell only one story in 10 minutes (unless otherwise noted)
- The story should have a beginning, middle, and end
- The story should relate meaningfully to the theme presented by Raven Narratives

“I think what’s special about these events is that they pull at the audience to come forward with THEIR stories, helping to break down the gap between teller and listener.” – Ellen Alterman

Organizers: Tom Yoder (KSJD Dryland Community Radio) and Sarah Syverson  
 Email: On the Website under Contact  
 Website: [The Raven Narratives - About](#)  
[The Raven Narratives - Youth Storytelling Projects](#)

### Mesa Verde National Park –Museum Association

Mesa Verde National Park, designated a **World Heritage Site** in 1978, is one of the premier archeological sites in the world and is of paramount importance in educating people about preserving and protecting our international treasures.

Website: <https://www.mesaverde.org>

### Mesa Verde Voices (KSJD & Mesa Verde Museum Association)

Friday podcasts connecting modern people to the people who lived around Mesa Verde hundreds of years ago. Call for times or listen online.

Website: [www.mesaverdevoices.org](http://www.mesaverdevoices.org)

### Montezuma County Colorado Genealogy Trails

Genealogy is a popular pastime, and it is important because ultimately it lies at the heart of the human condition. Uses volunteers to add data to their website for our area.

Website: <https://genealogytrails.com>

### Montezuma County Historical Society

970-570-7333

### Montezuma Heritage Museum

970-570-7333 / 970-565-2747

Save Our History – Tell Our Stories

Address: 38 South Chestnut Street, Cortez, CO  
 Mail: PO Box 218, Cortez, CO  
 Email: [office@montezumamuseum.org](mailto:office@montezumamuseum.org)  
[awbrown288@gmail.com](mailto:awbrown288@gmail.com)  
 Website: <https://www.montezumamuseum.org>

### Sunflower Theatre

970-516-1818

The Sunflower Theatre at KSJD presents performing arts, musical, cinematic, and educational events to enrich the cultural experience of a diverse rural audience in the Four Corners Region.

The mission of the organization is to inform, entertain and empower the people of the Four Corners Region with arts, culture and public media service.

Our 105-seat Sunflower Theatre is the only indoor venue in the area designed for multiple use—live music, film, lecture and theatre—open for use year-round. It is located in the recently renovated, historic, Montezuma Valley National Bank Building in Cortez, CO.

Address: 8 East Main Street, Cortez, CO  
 Facebook: <https://www.facebook.com/SunflowerTheatreCortez/posts>  
 Website: <https://sunflowertheatre.org>

### 9/11/2001 The Stories That Bind Us – New York Times

Sept. 11. 2001 Twin Towers Research: As citizens, Dr. Duke and Dr. Fivush were horrified like everyone else, but as psychologists, they knew they had been given a rare opportunity. Though the families they studied had not been directly affected by the events, all the children had experienced the same national trauma at the same time. The researchers went back and reassessed the children.

“Once again,” Dr. Duke said, “the ones who knew more about their families proved to be more resilient, meaning they could moderate the effects of stress. Why does knowing where your grandmother went to school help a child overcome something as minor as a skinned knee or as major as a terrorist attack?”

The answers have to do with a child’s sense of being part of a larger family.” Dr. Duke said.

<https://www.nytimes.com/2013/03/17/fashion/the-family-stories-that-bind-us-this-life.html>

Stories provide a timeless link to **ancient traditions, legends, myths, and archetypes.**

They also connect us to universal truths about ourselves and our world.

Through stories, we share passions, fears, sadness, hardships, and joys.

We find common ground with other people so that we can connect and communicate with them.

[www.tckpublishing.com/stories-matter/](http://www.tckpublishing.com/stories-matter/)

**Tell Your Story  
 – Stories Connect Us –**

## COMMUNITY LIBRARIES

All our libraries have downloadable materials from books & magazines to movies & music. Take advantage of your Internet connection to take a virtual trip to the library & check out the cool things available to you – for FREE!

### Cortez Public Library

970-565-8117

Books, magazines, and other materials are acquired which meet library objectives, further library programs, and satisfy the needs and interest of the community. Resources are available for families to help with parenting and child education issues. Residents of Montezuma County and Dolores County may use the library and its services. Other residents may apply for use with a \$20 deposit, 25-cent per day charged on overdue books.

**Check out Services:** Books, magazines, movies, and audiobooks are available

**Equipment for Public Use:** Computers, printers, microfiche, microfilms, and reader (Cortez newspaper) and telephone

**Reference:** General library reference section, telephone books Colorado and several cities in the western US

**Internet Access:** Computers available for public use

**Summer Reading Program:** Summer-long program with reading incentives and performances geared toward children

Address: 202 North Park Street Cortez, CO 81321

FAX: 970-565-8720

Website: <https://www.cityofcortez.com>

### Dolly Parton Imagination Library

970-882-4554

Dolly Parton's Imagination Library is a FREE GIFT to our children! Each month a new, carefully selected book will be mailed in your child's name directly to your home. Just pick up a form, fill it out, and mail it to the address below. This service is for children in the Montezuma & Dolores County areas and is made available by Onward! A Legacy Foundation, and other community partners.

Contact: Joanie Howland

Address: Onward! A Legacy Foundation

33 North Chestnut Street, Cortez, CO 81321

### Dolores County Public Library – Dove Creek, CO

970-677-2389

Full-service library serves the residents of Dolores County. All residents of Dolores County are eligible for a library card and use of services. There is no charge for general services. 10-cents per day is charged on overdue books, and there are no fees for equipment use.

Address: 425 North Main Street, Dove Creek, CO

Mailing: PO Box 578 Dove Creek, CO 81324

Hours: 7:30 a.m.-6:00 pm Monday – Thursday and 9:00 a.m.-Noon Friday

Website: <https://dolorescounty.catalog.aspencaat.info/>

### Dolores Public Library – City of Dolores

970-882-4127

An environment is provided to encourage reading by all groups in Montezuma County and the RE-4A School District. All residents of Montezuma County are eligible for library cards and use of services. Summer residents are also eligible. There is no charge for general services. Refundable deposit on temporary cards is required; 5-cent per day is charged on overdue books; fees for equipment use apply. "Your community resources for knowledge and enjoyment."

**Check Out Items:** Books, magazines, videos, and books on tape/CD

**Internet and Wi-Fi Access**

**Interlibrary Loan Program:** Borrow books from other libraries and lend books to other patrons

**E-audiobooks:** Books on tape/CD and videos

**Meeting Rooms:** View of the river and use of LCD projector upon request

**Web-base Catalog:** Search catalog from anywhere, anytime

Address: 1002 Railroad Avenue, Dolores

FAX: 970-882-2224

Mailing: PO Box 847 Dolores, CO 81323-0847

Hours: 10:00am-6:00 pm Monday – Friday

Website: [www.doloreslibrary.org](http://www.doloreslibrary.org)

[www.circ@doloreslibrary.org](mailto:www.circ@doloreslibrary.org)

### LIBRARY On The GO

Tune your radio to FM 90.5 for old and new story favorites read by Barbara Loof.

Hours: Sundays from 3:30 - 4:00 pm

Website: [www.KSJD.org](http://www.KSJD.org)

### Mancos Public Library

970-533-7569

Programs and materials are offered for children entering the world of reading and learning in order to help them gain confidence in and continued enjoyment of reading through their school years and into adulthood. A source of recreational reading for all ages, the library also serves as an agency for self-education and enrichment and provides information essential to daily living for all ages. Residents within the boundaries of the RE-6 School District are eligible to use the library. There is no charge for general library use.

**Check Out Service:** Books, magazines, books-on-tapes, and videos with large southwest section

**Interlibrary Loan Program:** Request materials not in Mancos Library

**Regular Story Hour:** Call for current times

**Family Programming**

**Holiday Parties**

**Afterschool Activities**

**Paperback Exchange**

**School District RE-6 Resources**

**Summer Reading Program**

**Microfilm: Mancos Times**

Address: 211 West First Street, Mancos

FAX: 970-533-7600

Mailing: PO Box 158 Mancos, CO 81328

Hours: 10:00 am-7:00 pm Monday – Thursday

10:00 am – 5:00 pm Friday

10:00 am – 3:00 pm Saturday

Website: <https://mancos.lib.co.us>

### Rico Public Library

970-967-2103

Full-service library serves the residents of Rico and Dolores County. There is no charge for general services.

Address: 2 North Commercial St. Rico, Co 81323

Hours: Mon. – Fri. 1:00p.m. – 5:00p.m.

Saturday 11:00 a.m. – 3:00 p.m.

Sundays - Closed

Website: <https://rico.colibraries.org>

## NON-PROFIT FUNDING ORGANIZATIONS & FOUNDATIONS

### Colorado Gives

<https://coloradogives.org/fundraising>

Sometimes there's only so much good you can do by yourself. That's why we've made it easy for you to raise money for your favorite charity. By creating a personalized fundraising page, you can enlist all of the people you're connected with to support your cause.

### LOR Foundation

970-987-0356

We work with people in rural areas to improve quality of life. LOR looks to the community to define and prioritize solutions that improve livability. Those solutions don't have to be huge to be effective. We're like a start-up accelerator for community-driven ideas. Our goal is to be nimble, moving quickly to help solve problems communities have identified as priorities. Sometimes that help is funding, and sometimes it's simply connecting people and organizations with resources—and to each other.

Contact: Nicci Crowley, Cortez Community Officer  
 Address: 35 South Beech Street, Cortez, CO  
 212 Paseo Del Pueblo Norte, Taos, NM 87571  
 Email: [nicci@lorfoundation.org](mailto:nicci@lorfoundation.org)  
 Facebook: [www.facebook.com/LORfoundationCortez](https://www.facebook.com/LORfoundationCortez)  
 Website: <https://lorfoundation.org>  
<https://lorfoundation.org/solutions>

### Onward! A Legacy Foundation

970-565-9200

We are your local community foundation providing scholarships and grants to nonprofits. We also collaborate with regional non-profits by investing their endowment funds and earn market rates of return. A Legacy Foundation provides opportunities to develop and maintain a sustainable resource base that will enhance the quality of life for residents in the Four Corners' communities. Our efforts focus on scholarships, civic beautification, social services, arts & culture, and organization development.

A Legacy Foundation Since our creation in 2002 to the present, Onward! has grown from managing \$78,000 in assets in one fund to managing over \$3.1 million in assets in 50+ different funds, generating an average annual return of 7%.

Onward! A Legacy Foundation offers the opportunity for all individuals and groups to generate income for their important causes. Partner with Onward! to:

1. Simplify philanthropic giving
2. Avoid the expense and complexity of creating a private foundation or separate non-profit organization
3. Pool assets for higher yields and lower administrative costs
4. Utilize a dedicated volunteer board of directors who assures that its investment strategies are prudent and operates in an effective and efficient manner
5. Employ the insights of the highly experienced professionals on our financial advisory committee to monitor your investments
6. Support your favorite cause in a variety of ways: through a gift in your will, gift of cash, donation of stock, gift of insurance, or donations of land or other property

Contact: Chuck Forth, Executive Director  
 Carolyn Witt, Outreach Director  
 Address: 33 N Chestnut, Cortez, CO 81321 ·  
 Website: <https://onwardfoundation.org>

## GRANTS AND FINANCIAL RESOURCE LISTINGS

### Foundation for Rural Service Community Grant Program is offering grants from \$250 to \$5,000 to rural places.

Funds can be used to support a variety of local efforts to build and sustain a high quality of life in rural communities across America. Focus areas include business development, community development, education, and telecommunications. Note: Applications must be sponsored by the NTCA (The Rural Broadband Association).

Open: Now

Deadline: September 15

### T-Mobile is giving away \$25 million to towns with fewer than 50,000 people to revitalize community spaces.

Over the next five years, T-Mobile will distribute grants up to \$50,000 to kick-start catalytic projects like small but vital infrastructure improvements. Community organizations and elected officials can apply.

Open: Now

Deadline: Grants are open in quarterly cycles; current quarter open through September

### FCC announced the Emergency Connectivity Fund (ECF) to support connectivity hardware for schools and libraries.

The program will help schools and libraries provide the tools and services their communities need for remote learning during the COVID-19 emergency period. For eligible schools and libraries, the ECF Program will cover reasonable costs of laptop and tablet computers; Wi-Fi hotspots; modems; routers; and broadband connectivity purchases for off-campus use by students, school staff, and library patrons.

Open: Now

Deadline: August 13

### The National Endowment for the Arts expands funding opportunities for arts and culture nonprofits through the American Rescue Plan.

NEA has expanded its program to more applicants and uses due to additional funding made available through the American Rescue Plan Act. Grants will be made to eligible\* organizations to support operations. Unlike other Arts Endowment funding programs that offer project-based support, Rescue Plan funds are intended to support day-to-day business expenses/operating costs, and not specific programmatic activities. Cost share/matching funds are not required. First-time applicants are encouraged to apply but read the application instructions carefully, as they require applications be uploaded to [www.grants.gov](http://www.grants.gov). Federal registration with SAM and an organization's DUNS number are required.

Open: Now

Deadline: August 12 for "Part 1" of the application

\*Eligible organizations are 501(c)(3) orgs with three years' history of arts programming. Nonprofit, tax-exempt 501(c)(3), U.S. organizations; units of state or local government; or federally recognized tribal communities or tribes may apply. Applicants may be arts organizations, local arts agencies, arts service organizations, local education agencies (school districts), and others.

### The Housing Assistance Council is offering low-interest loans to preserve affordable housing in rural areas.

HAC is a certified Community Development Financial Institution (CDFI) with a revolving loan fund available to rural housing developers of all types: nonprofit organizations, for-profit developers, housing authorities, and tribal entities. The flexible loan capital is available to support preservation of USDA Section 515 properties, HUD-subsidized properties, and naturally occurring affordable housing in rural places. Eligible properties are existing affordable or mixed-income rental housing (with or without current income restrictions). Loans can be \$50,000 to \$1.5 million, interest rates can be as low as 4.5 percent, and terms can be up to 180 months, with longer amortization periods based on project needs.

Open: Now

Deadline: Rolling

Money [for broadband access for low-income residents and those currently on some form of government assistance](#) (such as SNAP or Medicaid). The \$3.4 billion Emergency Broadband Benefit Program, which launched May 12, provides eligible households up to \$50 a month (\$75 for households on tribal lands) toward a home internet subscription and a \$100 discount toward a computer. Applicants receive the benefit through their Internet Service Providers. Learn more about the EBB [here](#)—or spread the word about this program with this [promotional flyer](#).

Open: Now

[The Self-Help Homeownership Opportunity Program \(SHOP\) is providing funds to help with affordable housing.](#) SHOP grant funds must be used for land acquisition, infrastructure improvements, and reasonable and necessary planning and administration costs needed for sweat equity and volunteer-based homeownership programs for low-income persons and families. The construction or rehabilitation costs of each SHOP unit must be funded with other leveraged public and private funds, and units must be decent, safe, and sanitary non-luxury dwellings that comply with state and local codes, ordinances, and zoning requirements. The SHOP units must be sold to homebuyers at prices below the prevailing market price. SHOP grantees may award SHOP grant funds to local non-profit affiliate organizations to carry out the grantee's SHOP program. These affiliate organizations must be located within the grantee's service area.

Deadline: August 23

[USDA is providing \\$7.4 million in grant funding to support the establishment and operation of Agricultural Innovation Centers.](#) These centers can use the funds to provide technical assistance to help agricultural producers develop and market value-added agricultural products. Sample uses might include financial advisory services for agricultural producers, assistance with product development, outreach, legal services, and more. Nonprofit and for-profit corporations, public bodies and institutions of higher education are all eligible to apply, and recipients must provide matching funds of at least one-third of the total project budget.

Deadline: September 27

## **COURTS & LEGAL ASSISTANCE**

### **22<sup>nd</sup> Judicial District - Court**

**970-565-1111**

*The central legal authority in the state district, this court handles criminal cases, juvenile matters, probate estates, civil claims over \$15,000, mental health cases, divorce, adoptions, and other matters for Montezuma and Dolores Counties. In the case of divorce, individuals can purchase needed forms from office supply companies, some of which have prepared packets explaining how to complete and file them with the court. Individuals may also purchase the divorce packet from the District Court or access forms online at [www.courts.state.co.us](http://www.courts.state.co.us). Filing fees vary with action.*

Address: 109 West Main, Rm 210, Cortez, CO 81321  
Hours: 8:00am-5:00pm Monday-Friday  
Website: <https://courts.state.co.us>

FAX: 970-565-8516

### **22<sup>nd</sup> Judicial District - District Attorney's Office**

**970-565-3788**

*Criminal prosecution is handled in regards to adult and juvenile offenders in Dolores and Montezuma Counties. Victim support through the judicial process is also offered.*

Address: 103 North Chestnut, Cortez, CO 81321  
Hours: 8:30 am-4:30 pm Monday-Friday

FAX: 970-565-9396

### **22<sup>nd</sup> Judicial District - Probation Victim Services**

**970-564-8842**

### **22<sup>nd</sup> Judicial District - Victim Compensation Program (District Attorney's Office)**

*Victim assistance to ensure that victims receive all financial assistance to which they are entitled*

**Monetary Compensation  
Support in Going Through Court System  
Referral to Other Community Resources**

Address: 103 Chestnut, Cortez, CO 81321  
Hours: 8:30 am-4:30 pm Monday-Friday

FAX: 970-565-9396

### **22<sup>nd</sup> Judicial District - Victim Witness Unit (District Attorney's Office)**

**970-565-3788**

*Victim assistance is provided in Montezuma and Dolores Counties including assistance and referral services for victims of personal and property crimes, and comprehensive response to victims of crime regarding local resources available to them in the community. Any victim of a violent crime, including physical, psychological, or sexual violence is eligible for assistance and referral. Services are free.*

Address: 109 West Main Street, Suite 303, Cortez, CO

### **Alternative Sentencing Program**

**970-565-8452**

*An alternative or adjunct to detention and fines for those convicted of misdemeanors and felonies in Montezuma County. Inter-county referrals are also made. Those convicted are court-ordered to ASP at discretion of judge, and charged a fee to cover program administration. Non-profit organizations may request assistance for projects through ASP.*

Address: 730 East Driscoll, Cortez, CO 81321

**Citizen Advocate Office****800-283-7215****Direct: 303-866-6326**

Program through the Governor's office in Denver is designed to assist, advise, refer, and advocate for Colorado citizens.

Address: State Capitol Building Room 127 Denver, CO 80203

FAX: 303-866-6326

**Colorado Legal Services, Inc.****970-247-0266**

Free legal assistance is offered to individuals who could not otherwise afford it in Archuleta, Dolores, La Plata, Montezuma, San Juan Miguel, Hinsdale, and Ouray Counties and the Southern Ute and Ute Mountain Ute Tribes. Eligibility depends on income and case type. No charge for legal services and court costs may be waived depending on income

SSI Claims

Evictions

Landlord-Tenant Claims

Consumer Rights

TANF/Food Stamps/Medicaid Claims

Education Issues

Employment Issues

Domestic Relations: Divorce and Redress of responsibilities

Address: 1474 Main Avenue Suite 200 Durango, Co 81301

Hours: 8:30 am-5:00 pm (Monday – Friday)

**District & Family Courts of the Navajo Nation****505-368-1270 / 505-368 1287**

For more information regarding services and hours please call the above listed numbers.

Address: Corner of US Highways 64 &amp; 491 in Shiprock

FAX: 505-368-1288

Mailing: P.O. Box 1168, Shiprock, NM 87420

Hours: Please call

**Dolores Combined Court - 22<sup>nd</sup> Judicial District****970-677-2258**

Clerical office works in conjunction with Montezuma/Dolores District 9 Court.

Address: 409 North Main, Dove Creek

FAX: 970-677-4156

Mailing: P.O. Box 511, Dove Creek, CO 81324

Email: [DoloresClerk@judicial.state.co.us](mailto:DoloresClerk@judicial.state.co.us)

Hours: 8:00am-5:00pm Monday &amp; Tuesday

8:00am-12:00pm Friday

**Federal District Court of Colorado****970-259-0542****Legal Aid – Durango, CO****888-298-8483****Montezuma Combined Court – 22<sup>nd</sup> Judicial District****970-565-1111**

The judicial branch of county government handles traffic cases and minor criminal matters including DUI, proof of insurance, theft, trespass, under-age drinking, assaults, and other matters. Preliminary hearings are held in more serious criminal matters, and some civil actions and small claims are also handled. In civil actions and small claims, residents can file their own complaints or initiate action without the assistance of an attorney. Court clerks cannot give legal advice, but some actions can be handled by filling out forms available from the clerks in cases such as restraining orders, name changes, money damages/demands, forcible entry, and detention. Filing fees vary with action.

Address: 865 North Park Street, Suite 100, Cortez, CO

FAX: 970-565-8516

Hours: 8:00am-4:30pm Monday – Friday

Website: [https://www.courts.state.co.us/Courts/District/ndex.cfm?District\\_ID=22](https://www.courts.state.co.us/Courts/District/ndex.cfm?District_ID=22)**Municipal Courts**

Judicial branches of municipal governments deal with violations within their respective city boundaries of laws and ordinances committed within the city limits which usually involve traffic violations, shoplifting, disturbances, etc. Duties include filing records of cases, collecting costs, penalties and fines, and holding judicial hearings.

Complaints by citizens must go through the Police Department or Sheriff's Department. Court costs vary as assessed.

**City Attorney – Cortez, Dolores, Mancos****970-565-7952****Cortez****970-565-6362**

Address: 230 West North Street, Cortez, CO 81321

FAX: 970-565-9475

Hours: 8:00am-5:00pm Monday – Friday

**Dolores****970-882-7720**

Address: 420 Central Ave., Dolores

FAX: 970-882-746

Mailing: P.O. Box 630, Dolores, CO 81323

Hours: 8:00am-4:30pm Monday – Friday

**Dove Creek Town Clerk****970-672-2255**Address: 505 4<sup>th</sup> Street, Dove Creek, CO**Mancos Municipal Court****970-533-7725**

Address: 117 North Main, Mancos

FAX: 970-533-7727

Mailing: P.O. Box 487, Mancos, CO 81328

Hours: 8:00am-5:00pm Monday – Friday

**Rico Town Clerk****970-967-2861**

Address: 2 North Short Street, Rico, CO 81332

**Notary Public****Available at all area banks, the County Clerk's office, etc.****Ute Mountain Ute Tribe - Agency Court of Federal Regulations (CFR)****970-565-847**

For more information and a complete listing of programs and services offered through the Ute Mountain Ute Tribe, please see the listing for the Ute Mountain Ute Tribe Directory of Programs and Services in the Native American Services section Page 143.

## **DISABILITY SERVICES**

### **Colorado AgrAbility – farm equipment for persons with disabilities**

The Colorado AgrAbility Project promotes success in agriculture for people with disabilities or other physical challenges and their families. Colorado AgrAbility is part of a nationwide network of United States Department of Agriculture (USDA) programs begun through the 1990 Farm Bill. The goal of the National AgrAbility Project is to inform, educate, and assist farmers, ranchers, farm workers, and their families with disabilities, so they can continue to have successful careers in agriculture. (Colorado State University – Colorado AgrAbility)

Website: <https://agsci.coloradostate.edu/agrability/>  
<https://agsci.coloradostate.edu/agrability/resources>

### **Community Connections, Inc.**

**970-565-4496 / 970-259-2464**

#### ***There's More to Me Than My Disability!***

Opportunities are provided for children and adults with developmental disabilities to lead healthy and fulfilling lives within the communities of Archuleta, Dolores, Montezuma, La Plata, and San Juan Counties. To begin the application process, contact a CCI office. Eligibility is determined by state regulations, which require using results of psychological testing which may indicate the presence of developmental disabilities including cognitive or other developmental delays. Once enrolled, the client is often eligible to pay by Medicaid, Medicare or private insurance. All attempts will be made to assist the client in securing payment assistance. Guidance is provided in seeking eligibility for state payment.

**Adult Programs:** Daily living assistance, teaching independent living skills, assistance with job placement, job coaching, and other job-related activities.

**Family Support Services:** Assistance and funding to families with children with developmental delays or disabilities with the goal of keeping the individual with disabilities living in the family home.

**Early Childhood Programs:** Assessments for children under 3, assistance connecting families with treatment and therapy for early interventions.

### **Community Connections Inc - Cortez**

**970-565-4496**

Address: 105 South Harrison, Cortez, CO FAX: 970-565-8520  
 Email: [cci@cci-colorado.org](mailto:cci@cci-colorado.org)  
 Website: [www.communityconnectionsco.org](http://www.communityconnectionsco.org)  
 Hours: 8:00am-5:00pm Monday - Thursday

### **Community Connections Inc - Durango Main Office**

**970-259-2464**

Contact: Early Intervention Program (Scott) 970-385-3498  
 Address: 281 Sawyer Drive, Suite 200, Durango, CO 81303 FAX: 970-259-2618  
 Email: [cci@cci-colorado.org](mailto:cci@cci-colorado.org)  
 Hours: 8:00 am – 5:00 pm Monday - Thursday  
 Website: [www.communityconnectionsco.org](http://www.communityconnectionsco.org)

### **Cortez Cross-Disabilities Coalition**

**970-565-4063**

"Cross-disabilities" means that an individual's disabilities present no limitations or boundaries to the individual as a person and consumer. Programs are provided to persons in the Four Corners states of Colorado, Arizona, Utah, and New Mexico with a focus on rural areas. Support is provided for families and friends of all cultures and all forms of sexual preference. All information and referrals are held in strictest confidence.

### **Support Services Resources Recreational & Social Activities Training Liaisons to Other Agencies**

Address: 28260 US Highway 160, #15, Cortez, CO 81321 FAX: 562-4726  
 Denver Office: 655 Broadway, Suite 775, Denver, CO 80203 800-817-1435  
 Website: [www.ccdconline.org](http://www.ccdconline.org)

### **Advocacy Training Benefits Counseling Disability Awareness & Empowerment Agency and Employer Assistance**

### **Cortez Lions Club**

**970-564-9125**

Assistance is provided in the acquisition of eyewear and other vision assistance devices for all members of the community not otherwise able to afford them. Sight screening is provided for preschool children, and additional funds may be disbursed as available.

Mailing: P.O. Box 394, Cortez, CO 81321  
 Email: [ejral@fone.net](mailto:ejral@fone.net)

### **Division of Vocational Rehabilitation**

**970-247-3161**

Individuals whose disabilities result in barriers to employment to succeed at work and live independently are assisted. Individuals must live within Archuleta, Dolores, La Plata, Montezuma, or San Juan County and have significant physical or mental impairment that is preventing him/her from returning to work. Eligible individuals must have a need for vocational services. Clear and convincing evidence must exist that he/she can gain employment. Cost of service is dependent upon income.

**Programs for Blind and Visually Impaired:** Business Enterprise Program, Training Program, Older individuals Program

**Youth Transition Services:** School to Work Program

**Independent Living Program**

**Pilot Projects:** Developmentally Disabled Project, Homeless Project

**Ticket to Work and Self-Sufficiency Program**

**Migrant Seasonal Farm Workers Program**

Address: 835 East 2<sup>nd</sup> Avenue, Suite 425, Durango, CO 81301 FAX: 970-247-8324  
 Hours: 8:00am-5:00pm Monday – Friday (Closed for lunch 12-1 pm)  
 Website: [www.dvrcolorado.com](http://www.dvrcolorado.com)

### **Durango Adaptive Sports Association:**

**970-259-0374 / 970-385-2163(Winter)**

Snow skiing, summer sports opportunities and instruction is provided to physically and developmentally disabled adults and children. Work may be with individuals with any type of disability, including deaf, blind, amputees, developmentally disabled, paraplegic, quadriplegic, cerebral palsy, spina bifida, and other congenital disabilities or combinations of disabilities. Scholarships are available for low-income individuals.

Mailing: P.O. Box 1884, Durango, CO 81302 (winter address) FAX: 970-259-2175  
 Email: [info@asadurango.com](mailto:info@asadurango.com)  
 Website: [www.asadurango.org](http://www.asadurango.org)

### **Early Intervention Services**

**970-565-8389**

This program offers assistance for families in Dolores and Montezuma Counties who have developmental concerns regarding their children ages 0-3. Coordination of resources is provided for developmental screening and assessment, support and information, and early intervention services. All children are eligible for a free developmental screening. Home visits and regularly scheduled community screenings are available. Early

intervention services, for children deemed eligible through the intake and assessment process, are provided at no cost to families.

For more information and a complete listing of programs offered through Community Connections, Inc. please see the listing above for Community Connections, Inc. in this Disability Services section.

Address: 22 West North Street, Cortez, CO 81321  
 Email: [swkids@cci-colorado.org](mailto:swkids@cci-colorado.org)  
 Website: [www.communityconnectionsco.org](http://www.communityconnectionsco.org)

### Escalante Shriners Club

970-562-4257

The Shriners are committed to providing the best care for children in the specialty areas of Orthopedics, Burn Care, Spinal Cord Injury, and Cleft Lip and Palate, regardless of a family's ability to pay. A child can be referred to the hospital representative (Fred Petit) by anyone who is aware or becomes aware of a child in the neighborhood, church, or school who could use Shriners' care. To refer a child to the hospital representative, call the number listed above.

Mailing: P.O. Box 211, Cortez, CO 81321  
 Website: [www.shrinershospitalsforchildren.org](http://www.shrinershospitalsforchildren.org)  
[http://www.alkalyshrine.org/clubs/escalante\\_shrine\\_club.htm](http://www.alkalyshrine.org/clubs/escalante_shrine_club.htm)

### Family Support Services

970-385-3498 / 970-565-8389

Families in Archuleta, Dolores, La Plata, Montezuma, and San Juan Counties are assisted in seeking financial resources, with the goal of keeping the individual with disabilities living in the family unit. Eligibility is determined by state regulations, which require using results of psychological testing which may indicate the presence of developmental disabilities including cognitive or other developmental delays.

For more information and a complete listing of programs offered through Community Connections, Inc. in this Disability Services section Page 67.

Address: 281 Sawyer Dr., Suite 200, Durango, CO 81303 FAX: 970-259-2618  
 Email: [pat@cci-colorado.org](mailto:pat@cci-colorado.org)  
 Hours: 8:00am-5:00pm Monday-Thursday  
 Website: [www.communityconnectionsco.org](http://www.communityconnectionsco.org)

### PAWS Across the Rockies

970-533-7231

"Making the best better," this program is for socializing well-mannered dogs which can then take part in blind person's life: also provides referral information to the blind regarding acquiring a guide dog. The primary purpose of this program is to secure volunteers in Southwest Colorado to commit one year to raising a puppy which can then be trained as a guide dog. Screening and training of volunteers is provided. There is no cost to the blind for assistance in securing a guide dog. Volunteers must be able to afford the expense of raising a puppy for one year.

Address: 41410 County Rd G, Mancos, CO 81328  
 Hours: Call anytime

### School to Work Alliance Program (SWAP)

970-759-3317

Work with youth who have mild disabilities and enables them to become competitively employed and more successful in the community as they transition from school to adult life. The program serves young adults ages 16-25 who must also be eligible for services through the Division of Vocational Rehabilitation who have a documented mild or moderate disability. Names of applicants go on a waiting list.

### Full Case Management

**Career Development:** Career awareness groups, career exploration, preparation and short-term training, and more.

**Employment-Related Instruction:** Interviewing, resume writing, connecting with adult agencies, social skills for the workplace, and conflict resolution skills.

**Job Development:** Placement and short-term job coaching.

**Post-Employment Follow-Up and Support** for a minimum of one year

Address: 510 Beech St., Cortez, CO 81321  
 Hours: 8:00am-5:00pm Monday – Friday

FAX: 970-565-1203

### Southwest Center for Independence - Cortez - Durango

970-903-5859

970-259-1672

The center works with people with disabilities in Archuleta, Dolores, La Plata, Montezuma, and San Juan Counties to provide assistance choosing and directing long-term care supports, developing independent living skills, and accessing community resources and public benefits that fit with goals identified through person-centered planning.

**Advocacy:** On behalf of clients with agencies for access to services and resources that support independent living goals, physical access in public sector and vocational services; systemic advocacy to promote state and national programs, projects and benefits that create more opportunity for people with disabilities to choose and direct their own supports.

**Community Transition Services:** Assistance for residents of care facilities to identify goals for living independently with support from the community. Receiving access to resources and assistance to support them in live safely and securely at home.

**Employment:** Ticket to Work vouchers accepted from clients who receive Social Security Administration benefits, assistance to beneficiaries in securing jobs and maintaining benefits.

**Independent Living Skills Training:** Cooking, self-advocacy, personal care, etc.

**Information and Referral:** For benefits, services, and resources available to support independent living goals.

**Housing:** Provision and management of HUD Section 8 housing voucher program; systemic advocacy to promote accessible, affordable, integrated housing and collaborative work with other housing agencies and organizations.

**Low Vision Assessments and Assistance:** Promoting access to assistive technology devices And programs for people with low vision – particularly for seniors; facilitation and development of workshops, exposition, and demonstrations of assistive technology devices and equipment.  
Older Individuals who are Blind – OIB Program

**Recreation:** Bringing people with disabilities together to plan social outings and fun activities in the community, assistance with arranging logistics and facilitation of events.

### CORTEZ

Address: 432 North Broadway, Cortez, CO  
 Email: [david@swilc.org](mailto:david@swilc.org)  
 Website: <https://swindependence.org>  
 Hours: 9:00am-5:00pm, Monday – Friday

970-903-5859  
 FAX: 970- 516-7923

**Southwest Center for Independence Cont'd****DURANGO**

Address: 835 East 2<sup>nd</sup> Ave., Suite #200, Durango, CO 81301 **970-259-1672**  
 Mailing: Same FAX: 970-259-0947  
 Hours: 9:00am-5:00pm, Monday – Friday  
 Email: [maxineswci@msn.com](mailto:maxineswci@msn.com)  
 Website: [www.swcidurango.org](http://www.swcidurango.org)

**Southwest Community Resources 970-259-1086**

Please see the complete listing for Southwest Community Resources in the Housing & Homeless Services PAGE

**Southwest Cooperative Services 970-565-8411**

Address: 510 North Beech Street, Cortez, CO

**Special Olympics 970-565-3830**

Quality athletic training and competition is provided in a variety of year-round sports for individuals with both mental and physical disabilities in Southwest Colorado. Program is free to athletes who have a mental disability, or physical disability with mental disability, and a maximum IQ of 80-90. Volunteers are needed – local training and state screening are provided.

Address: 13691 Rd 28, Dolores, CO 81323  
 Work Address: PO Box 205, Glenwood Springs, CO 81602 970-945-0395  
 Website: [www.specialolympics.org](http://www.specialolympics.org)

**Telluride Adaptive Sports Program 970-728-5010**

The lives of people with disabilities are enriched through educational and recreational opportunities that develop life skills, encourage personal growth, and promote independence. Scholarships are available.

Address: Call for Address FAX: 970-728-3593  
 Email: [tasp@tellurideadaptivesports.org](mailto:tasp@tellurideadaptivesports.org)  
 Website: [www.tellurideadaptivesports.org](http://www.tellurideadaptivesports.org)

**EDUCATION****Adult Education****Colorado State University Extension Office (4-H Programs) 970-565-3123**

**Public Workshops, Seminars, and Events:** Announced in the local media and presentations to groups and organizations by request.

**Information:** Provided by request in regards to concerns or questions individuals may have regarding agriculture, family and consumer science, and 4-H youth development.

Address: 109 West Main, Rm 102, Cortez, CO 81321 FAX: 970-564-8615  
 Email: [montezuma@coop.ext.colostate.edu](mailto:montezuma@coop.ext.colostate.edu)  
 Website: [www.montezumacounty.colostate.edu](http://www.montezumacounty.colostate.edu)

**Division of Vocational Rehabilitation 970-247-3161**

Please see the complete listing for Division of Vocational Rehabilitation in the Disability Services Page 66.

**Pueblo Community College Southwest 970-565-6200**

The southwest campus of Pueblo Community College serves Archuleta, Dolores, La Plata, Montezuma, and San Juan Counties providing individuals with the opportunity to gain skills and knowledge necessary for personal development, job preparation, and a solid general education. Accredited by The Higher Learning Commission and a member of the North Central Association. Open door admission policy with an approved assessment test recommended. Tuition is per credit hour (\$142.00) – most course are 3 credit hours – and registration fee (\$12.25) occurs each semester. Additional costs include books and lab fees. Financial aid is available.

**Associate of Arts****Associate of Science****Associate of Applied Science:**

Emergency Medical Services,  
 Paramedic, Nursing, Radiologic  
 Technology

**Associate of General Studies:** Accounting,

Business Technology, Business Management

**Certificate:** Southwest Regional Law

Enforcement Academy, Auto Technician, Welding,  
 Cosmetology

**Agriculture Mini-Certificate (Fall 2021)**

Address: 33057 Highway 160, Mancos, CO 81328 FAX: 970-565-8450  
 Website: [www.pueblocc.edu](http://www.pueblocc.edu)

**Southwest Adult Education Program (Unlimited Learning Center) 970-565-1601**

Believe that dreams can come true.

Help is offered for dreamers in Southwest Colorado who want more in some area of their lives than they presently have: academic preparation, social interaction, job readiness, or vocational referral. Work with adults on an individualized or small group basis.

Adult Basic Education through GED preparation. CAN classes & other College Classes

Registration fees vary depending on needs.

Ask about: Grant Related Classes, GED Readiness, \$30 Adult GED, Utah State University Classes, Work Place Literacy Classes, and Vocational Classes

Address: 640 E. Second Street, Cortez, CO 81321 FAX: 970-565-1605  
 Mailing: P.O. Box 1273 Cortez, CO 81321  
 Hours: 9:00am-7:30pm Monday-Wednesday,  
 9:00am-3:30pm Thursday,  
 9:00am-12:30pm Friday  
 Website: [www.fourcornerslearning.org](http://www.fourcornerslearning.org)

## Childcare & Preschool Facilities

### **Colorado Child Care Assistance Program (CCAP) 970-392-6123**

Affordable child care available with Social Services which helps to pay the child care costs of eligible families through the Montezuma County Public Health Department in Cortez, Colorado.

Email: [CCAP@co.montezuma.co.us](mailto:CCAP@co.montezuma.co.us)  
Web: <https://cdhs.colorado.gov/benefits-assistance/child-care-assistance>

### **Colorado Department of Education - Preschool Program, Durango, CO 303-866-6600**

#### **Tri-County Head Start – Central Office 970-247-5960**

Provides childcare for 6 weeks of age through preschool for low-income families. If someone qualifies and is accepted, child care and preschool services through Head Start are free

Address: Tri-County Head Start – Central Office Durango, CO  
1315 Main Avenue, Suite 124, Durango, CO  
Email: [FahyZ@tchs4c.org](mailto:FahyZ@tchs4c.org)  
Website: <http://www.tchs4c.org>

#### **Ute Mountain Ute Tribe - Child Development Center 970-564-5323**

Address: 514 Sunset Boulevard, Towaoc  
Mailing: P.O. Box 308, Towaoc, CO 81334

#### **Vroom – Brain Builder Programs 970-769-9069**

Vroom is a global program of the Bezos Family Foundation. We believe all parents have the potential to create a bright future for their children. Our free, science-based tips and tools help parents and caregivers give children a great start in life today—and an even better future. Your child's brain grows the fastest from birth through age 5. Helping them learn now prepares them for school, friends, and life.

Contact: Amber McCoy  
Website: [www.parentpossible.org/vroom/](http://www.parentpossible.org/vroom/)  
<https://www.vroom.org>

## CORTEZ

#### **Beech Street Preschool (RE-1) 970-565-7491**

Address: 510 North Beech Street, Cortez, CO 81321

#### **Children's House (Kiva Early Childhood Program) 970-565-8586**

Address: 1204 East Empire, Cortez, CO  
Mailing: P.O. Box 1317, Cortez, CO 81321  
Email: [childrenskiva@live.com](mailto:childrenskiva@live.com)  
[alexia@childrens-kiva.org](mailto:alexia@childrens-kiva.org)  
Website: [www.childrens-kiva.org](http://www.childrens-kiva.org)

#### **Country Kids Playhouse, Licensed Home Provider 970-564-9560**

Address: 6835 Rd 25, Cortez, CO  
Email: [mcooper@marionetta.org](mailto:mcooper@marionetta.org)

#### **Lil' Rascals Preschool, Licensed Home Provider 970-565-6337**

Address: 25411 Road H, Cortez, CO 81321

#### **Mesa View Head Start Center (Tri-County Head) 970-565-6040**

This centrally located Cortez Campus serves infants, toddlers, and preschoolers under one roof! It has been helping the children and families of Montezuma County prepare for kindergarten for years. Head Start / Ages 0-3 and Head Start Preschool / Ages 3-5

Address: 1320 East Empire Street, Cortez, CO  
Email: [missyv@tchs4c.org](mailto:missyv@tchs4c.org)  
Website: <https://tchs4c.org/mtv-head-start>

#### **Moving Mountains Center 816-244-0085**

Address: 219 North Linden Street, Cortez, CO  
Email: [MovingMountainsCenter@gmail.com](mailto:MovingMountainsCenter@gmail.com)  
Website: <https://movingmountainsscen.wixsite.com/movingmountains>

#### **Por Dia Preschool 970-565-6182**

Address: 1515 South Oak Street, Cortez, CO 81321

#### **Tree House Early Learning Center – Pinon Project 970-564-1195**

Address: 300 North Elm Street, Cortez  
Mailing: P.O. Box 1510, Cortez, CO 81321  
Website: [www.pinonproject.org](http://www.pinonproject.org)

#### **Trinity Lutheran Preschool 970-565-3166**

Address: 208 North Dolores Road, Cortez  
Mailing: P.O. Box 989, Cortez, CO 81321  
Email: [trinitypreschool.snow@gmail.com](mailto:trinitypreschool.snow@gmail.com)

## DOLORES

#### **Dolores Christian Childcare - Deb Jorgenson, Licensed Home Provider 970-739-2344**

Address: 902 Hillside Ave, Dolores, CO 81323

#### **Teddy Bear Preschool (RE-4A) 970-882-7277**

Address: 1550 Hillside, Dolores, C)  
Mailing: 17631 Hwy 145, Dolores, CO 81323

## DOVE CREEK

#### **Dove's Nest Early Education & Childcare 970-677-2850**

Address: 418 North Pine, Dove Creek  
Mailing: P.O. Box 683, Dove Creek, CO 81324  
Email: [dovesnest@centurytel.net](mailto:dovesnest@centurytel.net)

#### **Seventh Street Elementary Preschool 970-677-2296**

Address: 713 North Main, Dove Creek  
Mailing: PO Drawer 495 Dove Creek, CO 81324  
Website: <https://www.dc2j.org>

**MANCOS**

**Mancos Early Learning Center (Mancos Elementary School) 970-533-1587**

Address: 131 South Walnut Street, Mancos, CO  
Website: [www.mancosre6.edu](http://www.mancosre6.edu)

**Mancos Valley Dragonfly Preschool 970-516-0308**

Address: 7844 Road 41, Mancos, CO  
Website: <https://dragonflypreschool.org>

**Theresa & David Espinoza Family Childcare, Licensed Home Provider 970-533-7191**

Address: 303 North Beech Street, Mancos, CO 81328

**TOWAOC**

**Kwiyagat Community Academy – Kindergarten 970-564-5348**

Contact: Tina Washington  
Email: [tkingwashington@utemountain.org](mailto:tkingwashington@utemountain.org)  
Address: Towaoc, CO

**Children & Youth Resources**

**4-H Program – Montezuma County 970-565-3123**

**Dolores County 970-677-2283**

*Please see the complete listing for the 4H Program in the Youth Services & Programs Page 178.*

Email: [montezuma@coop.ext.colostate.edu](mailto:montezuma@coop.ext.colostate.edu)  
Website: <http://www.montezumacounty.colostate.edu>

**After/Before School Program (Pinon Project) 970-564-1195**

*This program is provided to youth at the Cortez Middle School before school starts (Tues & Thurs) and after school on early release Wednesdays. The program provides a caring adult, support for youth, group mentoring, and a safe place to be.*

Address: 210 East Main Street, Cortez, CO

**After School Tutoring Program – Pinon Project 970-564-1195**

Address: 210 East Main Street, Cortez, CO

**Children’s Kiva Montessori Charter School 970-564-9377**

Address: 601 North Mildred, Cortez, CO 81321  
Website: <https://www.kivacharter.org>

**Colorado State University Extension Office (4-H Programs) 970-565-3123**

*Providing area residents with agriculture, family and consumer science, and 4-H/youth development. Programs are available to all without discrimination. Most publications and programs are free of charge; however, there are a limited number that require cost recovery. There is an enrollment fee for youth to join the 4-H program.*

**Public Workshops, Seminars, and Events:** Announced in the local media and presentations to groups and organizations by request.

**Information:** Provided by request in regards to concerns or questions individuals may have regarding agriculture, family and consumer science, and 4-H youth development.

Address: 109 West Main, Rm 102, Cortez, CO 81321 FAX: 970-564-8615  
Email: [montezuma@coop.ext.colostate.edu](mailto:montezuma@coop.ext.colostate.edu)  
Website: [www.montezumacounty.colostate.edu](http://www.montezumacounty.colostate.edu)

**Dolly Parton Imagination Library 970-882-4554**

*See the Community Library Section for a description of services for reading. Free books for children birth to age 5.*

**G.O.A.L. Academy High School 877-776-4625**

*Education – Diploma – Advantage  
Tuition Free Statewide Public High School & Tuition-Free College Now Program  
Technically-Based Environment with a blended learning model that sets high expectations for students in a culturally diverse atmosphere.*

Address: 215 North Linden Street, Cortez, CO  
Website: [www.goalac.org](http://www.goalac.org)

**Montelores Early Childhood Council 970-564-3211**

*Please see the complete listing for the Montelores Early Childhood Council in the Education - Early Learning Section on Page 78.*

Website: <https://monteloresecc.org>  
<https://monteloresecc.org/parents-families/community-resource-guide>

**Montezuma Youth Alliance 970-715-1095**

*Inspiring resilience for the individual and the collective, featuring youth leadership in community service, art and nature. We are a new youth-oriented organization, looking to do Mentoring differently than it has been offered in this area.*

Email: [MontezumaYouthAlliance@gmail.com](mailto:MontezumaYouthAlliance@gmail.com)  
Website: [www.MontezumaYouthAlliance.org](http://www.MontezumaYouthAlliance.org)

**San Juan Board of Cooperative Education Services (BOCES) 970-245-3261**

*The culture of our organization is one of shared leadership, strong professional practice and teamwork. We love to collaborate and support each other in serving the students of Southwestern Colorado.*

*Special Education and related services provided in Mancos, Dolores, Dolores County, and Cortez school districts. The provision of Special Education in all schools in the four districts is overseen. Responsibility held for Child Find services for children 0-21. Children 3-21 served directly.*

*We have over 60 Special Service Providers, such as occupational therapists and school psychologists, supporting students throughout the region within more than 40 schools and preschools. We have services which include exceptional students, special education, gifted / talented students, early childhood, and transition services.*

**Special Education  
GED Program****Gifted Education  
Adult Basic Education**

Contact: Ame Guilfoil, Child Find Coordinator  
Email: [agulfoil@siboces.org](mailto:agulfoil@siboces.org)  
Address: East Office 701 Camino Del Rio, suite 22, Durango, CO 970-247-3261  
West Office 2003 Industrial Park Road, Cortez, CO 970-247-3261  
Hours: 8:00 am-4:30 pm Monday – Friday  
Website: <http://siboces.org>

**School Community Youth Collaborative (SCYC) 970-480-7293**

*School Community Youth Collaborative. SCYC, has been serving Montezuma County since 1999. Today, we provide upstream prevention programming through various outside-of-school-time programs including Youth Leadership Council, kayaking, fly fishing, art, tutoring, and summer school to name a few. We provide a social emotional and substance abuse prevention program to all of Mancos Middle School youth.*

Through 21st Century Community Learning Centers, we provide and partner with others to support outside-of-school-time activities at Montezuma-Cortez High School, Southwest Open School, Mancos schools, and Cortez Middle School. Many of our programs are open to any high school or middle school youth, so please reach out. Through a partnership with Communities That Care, SCYC launched a Youth Activities Calendar that shows all the activities within Montezuma County for young people.

SCYC also houses the **Gear Lending Library** which is designed to provide gear such as kayaks, paddle boards, skate boards, scooters, bikes to youth and families in Montezuma County.

Address: 10 West Main Street, Suite 102, Cortez, CO  
 Email: [general@scyclistens.org](mailto:general@scyclistens.org)  
 Calendar: <https://www.scyclistens.org/youthactivitycalendar>

### Southwest Open School (SWOS) 970-565-1150

SWOS is a public, non-profit charter school which provides an alternative high school environment for ALL students, with a focus on “drop outs” and “at-risk” students to complete a high school education outside of the traditional classroom. Small group academic and elective classes are offered with self-paced, community-based, and experiential educational programs. Students in ninth-twelfth grades living in Montezuma and Dolores Counties can apply by calling the office or on line.

**Experiential-Based Education**  
**Counseling & Advising Services**  
**Post-Secondary & Career Guidance**  
**Fully Certified High School Diploma**

**Outdoor Education**  
**School-Based Health Center**  
**Service Projects**

Contact: Matt Keefauver, Asst. Director  
 Address: 401 North Dolores Road, Cortez FAX: 970-565-8770  
 Mailing: PO Box DD, Cortez, CO 81321  
 Email: [mkeefauver@cortez.k12.co.us](mailto:mkeefauver@cortez.k12.co.us)  
 FB: [www.facebook.com/southwestopenschool/](https://www.facebook.com/southwestopenschool/)  
 Website: [www.SWOS.cortez.k12.co.us](http://www.SWOS.cortez.k12.co.us)

### Ute Mountain Ute Tribe - Child Development Center 970-564-5323

The Ute Mountain Ute Child Development Center is a centralized environment of education, information, and resources to support the community's families in their quest to ensure their child's future is a success.

- Tribal and Non-Tribal
- Daycare Program – 6 months to 7 years
- Head Start Program – 3 to 5 years
- Family Service
- Health / Disabilities

Address: 514 Sunset Boulevard, Towaoc, CO 81334 Fax: 970-564-5318  
 Hours: 7:30 am to 5:00 pm Monday to Friday

## Children & Youth – Public Schools

<b><u>DOLORES COUNTY SCHOOL DISTRICT RE-2J</u></b>	<b>970-677-2522</b>
Address: 425 North Main, Dove Creek, CO	FAX: 970-677- 2712
Mailing: PO Drawer 495 Dove Creek, CO 81324	
Website: <a href="http://dolorescounty.k12.co.us">dolorescounty.k12.co.us</a>	
<b>Dove Creek High School</b>	<b>970-677-2237</b>
Address: 525 North Main, Dove Creek	
Mailing: PO Drawer 495 Dove Creek, CO 81324	
Website: <a href="https://www.dc2j.org">https://www.dc2j.org</a>	
<b>Seventh Street Elementary School</b>	<b>970-677-2296</b>
Address: 713 North Main, Dove Creek	
Mailing: PO Drawer 495 Dove Creek, CO 81324	
Website: <a href="https://www.dc2j.org">https://www.dc2j.org</a>	
<b><u>DOLORES SCHOOL DISTRICT RE-4A</u></b>	<b>970-882-7255</b>
Address: 100 N. 6 <sup>th</sup> St, Dolores, CO 81323	
Mailing: PO Box 727 Dolores, CO 81323	
Website: <a href="https://doloreschools.org">https://doloreschools.org</a>	
<b>Dolores Elementary School</b>	<b>970-882-4688</b>
Address: 12 <sup>th</sup> and Hillside, Dolores	
Mailing: PO Box 727 Dolores, CO 81323	
Website: <a href="https://doloreschools.org/elementary">https://doloreschools.org/elementary</a>	
<b>Dolores Middle School</b>	<b>970-882-7288</b>
Address: 1301 Central Avenue, Dolores	
Mailing: PO Box 727 Dolores, CO 81323	
Website: <a href="https://doloreschools.org">https://doloreschools.org</a>	
<b>Dolores High School</b>	<b>970-882-7288</b>
Address: 1301 Central Avenue, Dolores	
Mailing: PO Box 727 Dolores, CO 81323	
Website: <a href="https://doloreschools.org">https://doloreschools.org</a>	
<b><u>MANCOS SCHOOL DISTRICT RE-6</u></b>	<b>970-533-7748</b>
Address: 395 Grand Avenue, Mancos, CO 81328	FAX: 970-533-7954
Website: <a href="http://www.mancosre6.edu">www.mancosre6.edu</a>	
<b>Mancos Elementary School &amp; Early Learning Center</b>	<b>970-533-7744</b>
Address: 301 Grand Avenue, Mancos	
Mailing: 395 Grand Avenue Mancos, CO 81328	
Website: <a href="http://www.mancosre6.edu">www.mancosre6.edu</a>	
<b>Mancos Middle School</b>	<b>970-533-9143</b>
Address: 100 Beech Street, Mancos	
Mailing: 395 Grand Avenue, Mancos, CO 81328	
Website: <a href="http://www.mancosre6.edu">www.mancosre6.edu</a>	
<b>Mancos High School</b>	<b>970-533-7746</b>
Address: 355 Grand Avenue, Mancos	
Mailing: 395 Grand Avenue, Mancos, CO 81328	
Website: <a href="http://www.mancosre6.edu">www.mancosre6.edu</a>	

**MONTEZUMA-CORTEZ SCHOOL DISTRICT RE-1****970-565-7282**

The district partners with many community partners and resources: Pinon Project, SCYC, Montelores Early Childhood Council, Montezuma School to Farm Program, Food Bank, four Corners Child Advocacy Center, and Montezuma Cortez Smile Makers.

Address: 400 North Elm Street, Cortez, CO  
 Mailing: PO Drawer R, Cortez, CO 81321  
 Website: [www.cortez.k12.co.us](http://www.cortez.k12.co.us)  
 FAX: 565-2161

**Battle Rock Charter School****970-565-3237**

Address: 11247 County Road G, Cortez  
 Mailing: PO Drawer R, Cortez, CO  
 Website: [www.battlerockschool.org](http://www.battlerockschool.org)

**Kemper Elementary School****970-565-3737**

Address: 620 East Montezuma, Cortez  
 Mailing: PO Drawer R Cortez, CO 81321

**Lewis-Arriola Elementary School****970-882-4494**

Address: 21434 County Road U, Cortez  
 Mailing: PO Drawer R Cortez, CO 81321

**Manaugh Elementary School****970-565-7691**

Address: 300 East 4<sup>th</sup> Street, Cortez  
 Mailing: PO Drawer R Cortez, CO 81321

**Mesa Elementary School & Preschool****970-565-3859**

Address: 703 West 7<sup>th</sup> Street, Cortez  
 Mailing: PO Drawer R Cortez, CO 81321

**Montezuma-Cortez Middle School****970-565-7824**

Address: 450 West 2nd Street, Cortez, CO  
 Mailing: P.O. Drawer R, Cortez, CO 81321  
 Website: <https://www.cortez.k12.com.us/our-schools/cms>

**Montezuma-Cortez High School****970-565-3722**

Address: 615 Chestnut, Cortez  
 Mailing: PO Drawer R Cortez, CO 81321  
 Website: <https://mchs.cortez.k12.co.us>

**Pleasant View Elementary School****970-882-4494**

Address: 15328 Road CC, Pleasant View  
 Mailing: PO Drawer R Cortez, CO 81321  
 Website: <https://www.cortez.k12.co.us/our-schools/pleasantview>

**Early Learning Agencies, Information & Resources****Colorado Department of Education - Preschool Program, Denver, CO****303-866-6600**

Address: 201 East Colfax Avenue, Denver CO 80203  
 Fax 303-830-0793

**Cortez – Beech Street Preschool****970-565-7491****Dolores – Teddy Bear Preschool****970-882-7277****Dove Creek – Dolores County Schools RE-2J****970-677-2296****Montelores Early Childhood Council (MECC)****970-564-3211**

The Council collaborates with the community in promoting, coordinating, and building an effective early childhood system which includes services, education, and leadership.

**Information & Referral:** For individuals needing information about early childhood services and programs.

**Education:** Opportunities offered for parents, families, and service providers annually. Current training is listed on the website.

**Support:** Family Forums, Leadership Training and Provider support

Contact: Vangi McCoy  
 FAX: 970-564-1011

Address: 925 South Broadway, Suite 212 & 220, Cortez

Mailing: P.O. Box 1725 Cortez, CO 81321

Hours: 9:00am-4:00pm, Monday – Friday

Email: [vangim@monteloresecc.org](mailto:vangim@monteloresecc.org)

Directory: <https://monteloresecc.org/parents-families/community-resource-guide>

Website: <https://monteloresecc.org>

**Montelores (MECC) – School Readiness Program****970-564-3211**

The Montelores Early Childhood Council (MECC) coordinates a School Readiness Program in eleven preschool classrooms in Montezuma County. The goal of the program is to increase overall quality in the classrooms through coaching, parent and family engagement, professional development and community awareness of the importance of high quality childhood programs in the Re-1 Montezuma Cortez School District.

Address: 925 South Broadway, Suite 212 & 220, Cortez

Mailing: P.O. Box 1725 Cortez, CO 81321

Hours: 9:00am-4:00pm, Monday – Friday

Directory: <https://monteloresecc.org/parents-families/community-resource-guide>

Website: <https://monteloresecc.org>

**PINON – Incredible Years Parenting Class****970-564-1195**

Parenting classes to increase positive parenting skills are offered regularly. They are 12 weeks long and include dinner and childcare. Children learn social and emotional skills in early childhood settings during Dinosaur School. Call for a class schedule.

For more information and a complete listing of programs offered through Pinon Project, please see the listing for Pinon Project in the Family Support Section on Page 92.

**PINON – Parents As Teachers****970-564-1195**

An In-Home, individualized program is designed for families with children birth to age 3. The program offers information on developmental stages your child will go through. In-home visits will contain interactive child-parent activities.

For more information and a complete listing of programs offered through Pinon Project, please see the listing for Pinon Project in the Family Support Services section Page 93.

**PINON – School Readiness Program 970-564-1195**

**PINON – Successful Families Program (SuFam) 970-564-1195**

*This program is designed for expectant parents and parents of children, birth to age five (5). We meet Monday through Thursday, 8:30am to 12:30pm. Lunch is provided. Program components include:*

*Parenting: The Incredible Years curriculum is designed to promote nurturing and competent parenting that fosters positive social behaviors in children.*

*Getting Ahead in a Just Gettin' By World: Participants analyze where they are in life right now and are given support to create a future story for themselves and their families. Rather than living from crisis to crisis, families are able to step back and create a sustainable plan for themselves.*

*Communication: Core Communication teaches skills that families can use to explore issues and resolve conflicts.*

*Nutrition and Cooking: A healthy family is the goal of this component. Special attention is given to providing nutrition within budgeting constraints.*

*Life Issues: Stress and money management, domestic violence, childhood medical issues, healthy relationships and other topics are covered, depending upon the needs of the participants.*

For more information and a complete listing of programs offered through Pinon Project, please see the Listing for Pinon Project in the Family Support Services section Page 93.

**PINON - Treasure Chest Literacy Program 970-564-1195**

*The Treasure Chest Program is a free early literacy lending library for families of young children. Take-home literacy program is designed for toddlers and preschool children. Each Treasure Chest is filled with age-appropriate books and fun early learning games and activities for families to enjoy together.*

**Southwest Colorado Resource & Referral 970-247-5960 ext 20**

*Finding Quality Childcare in Southwest Colorado*

**Tri-County Head Start Quality Early Childhood Programs 970-247-5960**

*Provides childcare for 6 weeks of age through preschool for low-income families. If someone qualifies and is accepted, child care and preschool services through Head Start are free.*

Address: Tri-County Head Start – Central Office Durango, CO  
1315 Main Avenue, Suite 124, Durango, CO

Email: [Fahey2@tchs4c.org](mailto:Fahey2@tchs4c.org)

Website: <http://www.tchs4c.org>

**Qualistar Early Learning 877-338-2273**

*Qualistar works to offer all Colorado children quality early-childhood learning experiences by: Increasing awareness of the importance of early childhood learning experiences through a public education campaign aimed primarily at parents. Qualistar's mission is to elevate the quality of early childhood education in Colorado by improving everyday practice of professionals, and by building safe, supportive environments.*

Email: [info@qualistar.org](mailto:info@qualistar.org)

Website: <https://www.qualistar.org>

## **EMERGENCY – FIRE - DISASTER PREPAREDNESS - RESPONSE SERVICES**

**AMBULANCES – Montezuma County Dispatch 970-565-8454**

**American Red Cross (Southwestern Colorado Chapter) 970-259-5383**  
**(Western Colorado Chapter) 970-242-4851**

**Civil Air Patrol (Air Search & Rescue) 970-565-8454**

Website: <http://www.gocivilairpatrol.com>

**Colorado Department of Water Resources 970-565-0694**

*Also known as the State Engineer's Office, the Colorado Division of Water Resources issues water well permits, administers water rights, monitors stream flow and water use, inspects dams for safety, maintains databases of Colorado water information, and represents Colorado in interstate water compact proceedings.*

Address: 60 Cactus Street, Cortez, CO

Website: <https://dwr.colorado.gov>

**Colorado Division of Homeland Security & Emergency Management 720-852-6600**

Address: 9195 East Mineral Avenue, Suite 200, Centennial, CO 80112

Website: <http://coemergency.com>

**Colorado Emergency Preparedness Partnership (CEPP)**

*Organization promoting joint emergency planning between the public, private, and philanthropic sectors in Colorado. They work with federal, state and local agencies, private sector entities and non-governmental organizations to strengthen emergency planning partnerships and far-reaching network.*

Website: <https://thecepp.org>

**Cortez/Montezuma County Communications Center 970-565-8454 / 970-565-8441**

*Oversees communications related to public safety and emergency services in Montezuma County through services provided for twelve user agencies.*

Contact: Lori Johnson

Address: 608 North Park Street, Cortez, CO (Cortez Police Station & Phone 565-8441)

Website: <https://www.cityofcortez.com>

**Dolores County Office of Emergency Management 970-677-2387**

Contact: Keith Keesling, Emergency Manager

Email: [dcm@fone.net](mailto:dcm@fone.net)

Hours: 9am – 5 pm Monday thru Friday

Website: <https://www.dolorescountyoeem.com>

**FEMA & NIMS National Incident Management System see website**

*Mobile emergency response support provides self-sustaining telecommunications, logistics, and operations support through detachments (staff, equipment, and equipment assets) that are immediately deployable. These detachments can be transported nationally and are able to work together to support a large disaster field office and multiple field operating sites within the disaster area. They are activated at the request of state or tribal emergency management offices. Montezuma & Dolores Counties are in Homeland Security & FEMA District 8 with headquarters in Denver, Colorado.*

Website: [www.fema.gov/disaster-emergency-communications](http://www.fema.gov/disaster-emergency-communications)

<ul style="list-style-type: none"> <li>• <a href="#">Active Shooter</a></li> <li>• <a href="#">Bioterrorism</a></li> <li>• <a href="#">Chemical Emergencies</a></li> <li>• <a href="#">Cybersecurity</a></li> <li>• <a href="#">Drought</a></li> <li>• <a href="#">Earthquakes</a></li> <li>• <a href="#">Emergency Alerts</a></li> <li>• <a href="#">Explosions</a></li> <li>• <a href="#">Extreme Heat</a></li> <li>• <a href="#">Floods</a></li> <li>• <a href="#">Hazardous Materials Incidents</a></li> <li>• <a href="#">Home Fires</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Household Chemicals</a></li> <li>• <a href="#">Hurricanes Landslides &amp; Debris Flow</a></li> <li>• <a href="#">Nuclear Explosion</a></li> <li>• <a href="#">Pandemic</a></li> <li>• <a href="#">Power Outages</a></li> <li>• <a href="#">Radiological Dispersion Device</a></li> <li>• <a href="#">Severe Weather</a></li> <li>• <a href="#">Snowstorms &amp; Extreme Cold</a></li> <li>• <a href="#">Space Weather</a></li> <li>• <a href="#">Thunderstorms &amp; Lightning</a></li> <li>• <a href="#">Wildfires</a></li> </ul>
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## FIRE PROTECTION AGENCIES

911

**Controlled Burn** – Call the appropriate dispatch center to report a controlled burn and to find out if there are any burn restrictions.

**Dolores County Dispatch** 970-677-2257  
**Montezuma County Dispatch** 970-565-8441

### Cortez Fire Protection District - 3 Stations

Address: 31 North Washington Street, Cortez, CO 81321 970-565-3157  
 2300 North Dolores Hwy, Cortez, CO  
 Website: <https://www.cortezfire.com>

### Dolores Fire & Rescue - 2 Stations

Address: 47 Central Avenue, Dolores, CO 81323 970- 882-4096  
 15411 Road 33, Dolores, CO 81323

### Dove Creek Ambulance

970-677-2500

### Dove Creek Volunteer Fire Department

970-677-2500

Address: 102 Main Street, Dove Creek, CO 81324

### Lewis-Arriola Fire Protection District - 2 Stations

970- 882-7718

Address: Road W, Hwy 491 / PO Box 10, Lewis, CO 81327  
 Address: 17080 Road P, Dolores, CO 81323

### Mancos Volunteer Fire Protection District

970-533-7400

Address: 41595 HWY 160, Mancos, CO / PO Box 145, Mancos, CO 81328  
 Website: [mancosfire@hotmail.com](mailto:mancosfire@hotmail.com)

### Pleasant View Fire Department – Station & Substation

970-562-4210

15235 County Road CC, Pleasant View, CO 81331

### US Forest Service – Dolores Ranger District

970-882-7296

29211 Colorado Hwy 184, Dolores, CO

### Ute Mountain Ute Fire Department

970-564-5441

101 North Beardance Road, Towaoc, CO

## Home Food Storage Center – Farmington, NM

505-326-3589

Home storage centers help people build a basic supply of food for their longer-term home storage needs. Several prepackaged items are also available through the [online store](#). Items are in #10 cans: apple slices, beans, carrots, dry onions, sugar, wheat, macaroni, powdered milk, hot cocoa mix, pancake mix, potato flakes, quick & regular oats, spaghetti bits, white flour & rice. There are three main components of food storage: short term supply; long term supply and water supply.

Address: 525 Cannery Court, Suite B, Farmington, NM 87410

Hours: Monday 9:00 am – 1:00 pm

Tuesday 12:00 pm – 6:00 pm

Email: [valerie@foodstorageorganizer.com](mailto:valerie@foodstorageorganizer.com) (Monthly Tips)

Website: <https://foodstorage.lds.org>  
[Food Storage | United States Store \(churchofjesuschrist.org\)](#)  
[valerie@foodstorageorganizer.com](mailto:valerie@foodstorageorganizer.com)

## Homeland Security

Website: [www.ready.gov/be-informed](http://www.ready.gov/be-informed)

[www.ready.gov/make-a-plan](http://www.ready.gov/make-a-plan)

## K-9 Search & Rescue Team

970-882-4746

Address: 35 Railroad Avenue, Dolores, CO

Email: [k9@k9team.org](mailto:k9@k9team.org)

Facebook: <https://www.facebook.com/K9SearchandRescueTeaminc>

## Montezuma County Dispatch

970-565-8454

Non-Emergency 970-565-8441

## Montezuma County Emergency Preparedness & Response (EPR)

The EPR department works with local agencies to inform, educate and empower the community about disaster preparedness. They provide training and exercises to provide a competent public health workforce.

Website: [www.montezumacounty.org/web/departments/public-health/emergency-preparedness/](http://www.montezumacounty.org/web/departments/public-health/emergency-preparedness/)

## Montezuma County Office of Emergency Management (OEM)

970-564-4137

Local level office that holds the responsibility of comprehensively planning for and responding to and recovering from all manner of disasters, whether man-made or natural. Possible disasters in Montezuma County include, but are not limited to:

- Chemical Emergency, Coronavirus, Drought, Earthquake
- Fire, Flood, Food Safety
- Heat Wave, Highway Safety, Landslide
- Poisoning, Power Outage, Terrorism, Active Shooter
- Thunderstorm, Lightning Strikes, Wind Shears
- Water Safety, Wildfire, Winter Storms

Contact: Jim Spratlen, Emergency Manager

Address: 109 West Main Street, Suite 115, Cortez, Co

## POISON CONTROL

24 HR HOTLINE 800-222-1222

## Poison Control- Southwest Memorial Hospital

970-565-3448

## Salvation Army – Family Services Center

970-564-4228

Address: 201 North Pinion Drive, Cortez, CO

Website: <https://disaster.salvationarmyusa.org/>

## EMPLOYMENT & TRAINING SERVICES

**Colorado State Employment – Employment & Unemployment Services** 800-388-5515  
State-wide system requires applicants to call and initiate claims and receive information.

**Cortez Day Labor Center (The Bridge – year-round)** 970-565-9808  
Address: 2405 East Empire Street, Cortez, CO

**Division of Vocational Rehabilitation - Cortez** 970-247-3161  
**Division of Vocational Rehabilitation – Blanding** 435-678-2511

Please see the complete listing for Division of Vocational Rehabilitation in the Disability Services Page 66.

**Job Corps** Toll Free: 800-733-JOBS  
970-565-9523

Vocational training and education opportunities are provided to youth between the ages of 16-24 that they would not otherwise be able to afford. The focus of Job Corps is to increase each person's employability. Services are available to residents of Archuleta, Dolores, La Plata, Montezuma, San Juan and San Miguel Counties. Eligibility is based on income and is determined on a case-by-case basis. The application process is by appointment and conducted in a personal interview setting. Free education and training to those who qualify.

<b>Auto Mechanic</b>	<b>Auto Body Repair</b>
<b>Building &amp; Apartment Maintenance</b>	<b>Business Clerical</b>
<b>Carpentry</b>	<b>Culinary Arts</b>
<b>Electrical</b>	<b>Floor Covering</b>
<b>Health Occupations</b>	<b>Machinist</b>
<b>Painting</b>	<b>Plastering</b>
<b>Printing</b>	<b>Plumbing</b>
<b>Tile Setting</b>	<b>Welding and more</b>

Address: 2208 East Main Street Cortez, CO 81321 FAX: 970-564-9843  
Mailing: same  
Hours: 8:30am-1:30pm Monday – Thursday

**PINON PROJECT - Employment Training Program** 970-565-1195

Education provided in obtaining employment through practice interviews, typing professional resumes and cover letters and workplace skill development. Career assessment is also provided. Referrals are made through Social Services.

**PINON PROJECT - Individual and Family Program** 970-565-1195

The Pinon Project strives to work in partnership with families to support them in developing goals and objectives that meet their family needs. Individual and Family Programs are available such as:

**Financial Literacy:** The Pinon Project provides a 5-to-6-week financial literacy class for groups of students who are interested in learning about such financial topics as goal setting, loans, credit and debt, various types of insurance, opening a checking account, ways to track income and spending, and introductory information about investing their money.

In addition to group classes, individual assistance is available based upon personal needs to help answer such questions as: "What is a budget and why should I budget?", how to create a spending and savings

plan and how to make smart purchasing choices. The goal of these offerings is to provide individuals with knowledge and skills to be successful in handling their financial needs.

**Getting Ahead in a Just-Getting-By World (GA) Course:** A class series that will support you in building your resources for a better life. The goal of this curriculum is to help participants break any potential cycle of poverty by learning how to stabilize their environment, develop their future story, practice what they learn, build resources, and become investigators of their own life.

**Salvation Army – Community Service Only** 970-564-4228  
Address: 201 North Pinon Drive, Cortez, CO

**Southwest Colorado Workforce Center & Training Advantage** 970-565-3759

Youth and unskilled adults are prepared for entry into the labor force; and job training is afforded to individuals facing serious barriers to employment. Economically disadvantaged, disabled, school dropouts, dislocated workers and older workers (55+) in Archuleta, Dolores, La Plata, Montezuma, and San Juan Counties are targeted. Income guidelines and eligibility screening apply. No economic eligibility available for dislocated workers.

### **Labor Law Information**

#### **Employment First**

#### **Colorado Works/Job**

**Special Services:** For those with Special needs.

**Job Search Information:** Provided on local, state, and out-of-state jobs

**Employment Counseling:** Vocational assessment and pre-employment skills training including job interview techniques and resume writing.

**On-Job Training:** Work experiences provided for some target groups. Work with employers to secure jobs with on-site training possible for individuals with-in target group.

**Vocational Education Assistance:** Vocational assessment and some financial assistance with vocational education.

**Job Search Assistance:** Offered in conjunction with the Workforce Center.

Address: 2208 East Main Cortez, CO 81321 FAX: 970-565-0916  
Mailing: same  
Hours: 8:00 am – 5:00 pm Monday - Friday  
Website: [www.connectingcolorado.com](http://www.connectingcolorado.com)

**The Bridge – year round Day Labor** 970-565-9109/970-565-9808

**Utah Vocational Rehabilitation (Blanding, UT)** 435-678-2511

**Utah Workforce** 877-555-8296

**Utah Workforce (Blanding, UT)** 535-678-1400

**Ute Mountain Ute Tribe - Day Labor Program** 970-564-5421

**Work and Gainful Employment and Education Skills (WAGEES)** 970-564-3818  
970-564-3803

Program available to serve individuals who are currently on parole. WAGEES case managers work with individuals to build upon their strengths while helping them to break through any barriers that could hinder having a successful life in the community where they live.

Address: Pinon Project  
210 East Main Street, Cortez, CO

**FAMILY SUPPORT SERVICES**

**Alternative Horizons 970-247-9619**

Confidential support is provided for victims of domestic violence. Spanish-speaking advocates are available.

**Amani Youth Partnership 970-739-6854**

*“Partnering Youth & Horses for Courage, Hope & Healing.” Amani Youth Partnership provides 1 ½ hour sessions to youth ages 6-18 by pairing one leader, one child and one horse together for the purpose of renewing courage, hope and healing for each child. We use mentoring to help them through the trials of life that they may be facing. The goal in our sessions is to provide a safe place for kids to come just as they are, to encourage them forward with hope and by encouraging personal growth. Each session is unique and activities chosen by the session leader may be working with or riding horses, crafts, games, tasks, and life skills. Time with the kids and horses is influenced by natural horsemanship techniques, equine facilitated learning concepts, and the belief that wholeness and courage can be found in the embrace of God’s unconditional love. We do not charge families for these services. Call for available times.*

Director: Amy MacBean, Executive Director  
 Mailing Address: 1933 East Main Street, Cortez, CO  
 Email: [amy@amaniyouth.org](mailto:amy@amaniyouth.org)  
 Website: [www.amaniyouth.org](http://www.amaniyouth.org)

**Boys to Men – Pinon Project 970-564-1195 / 970-564-3814**

Expanding to Southwest Colorado a national program for boys. School-based mentoring circles, weekend adventure activities, and Rite of Passage Adventure weekends based on a model of Listen-Accept-Encourage.

**Colorado Crisis Services & Suicide Prevention 844-493-8255**

National Suicide Prevention Lifeline for those dealing with a crisis, considering suicide or need help dealing with a crisis. Call or text TALK to 38255, to speak with a trained professional. Based in New York but routed by area code to regional providers.

**Community Connections - Cortez 970-565-4496**

**Community Connections - Durango (Main Office) 970-259-2464**

For more information and a complete listing of programs offered through Community Connections, Inc., please see the listing for Community Connections, Inc. in the Disability Section Page 65.

**Cortez Integrated Healthcare (Axis Health System) 970-565-7946**

Please see the complete listing for Cortez Integrated Healthcare in the Healthcare Section Page 112.

**Dare to Be You (Onward! A Legacy Foundation supported) 970-565-2070**

DTBY is an award-winning family-based program that empowers youth, families and communities. Multi-level prevention programming provided through three levels of community and school training to target destructive behaviors in youth ages 2-18. Focus is on positive development of youth through training, curriculum, and technical assistance for Families:

- o preschool children (ages 2 to 5)
- o early elementary children (ages 5 to 8) and their teachers (Bridges)
- o middle school children (CARE to Wait ages 11 to 14)
- o Grandparents raising grandchildren.
- o Families recovering from substance abuse or other traumas (Strong Extended Families)

Address: 33 North Chestnut, Cortez, CO  
 Email: [DAREtobeyou20@yahoo.com](mailto:DAREtobeyou20@yahoo.com)  
 Work Email: [renee.pudonovich@colostate.edu](mailto:renee.pudonovich@colostate.edu)  
 Work Email: [dana.cox@colostate.edu](mailto:dana.cox@colostate.edu) Website:  
 Website: <http://www.colostate.edu/Depts/CoopExt/DTBY>

**D - Decision Making and Reasoning Skills**

**A - Assertiveness and Social Skills**

**R- Responsibility**

**E- Esteem for Self and Others**

**Domestic Violence HOTLINE 800-799-7233 / TDD 800-787-3224**

Crisis intervention and referral to local services and shelters provided for men, women, and children who are experiencing or have experienced domestic violence/abuse or who suspect that someone they know is experiencing domestic abuse. Spanish-speaking advocates are available, along with translators for 150 other languages. TDD number above for the hearing impaired.

Hours: 9:00am – 4:00pm Monday - Friday

**Family Support Program – Pinon Project 970-564-1195**

**Family Support Services – see Community Connections Inc above**

Community Connections Inc - Cortez 970-565-9422  
 Community Connections Inc - Durango 970-259-2464

**Four Corners Child Advocacy Center (CAC) 970-565-8155**

**NEST – Nurturing Environments for Safe Transitions**

Non-profit organization operates with a mission to promote the well-being of abused children. The goal is to minimize the emotional trauma to children and their non-offending family members. Facility and staff offer a safe, nurturing and child-friendly atmosphere. The Center is where agencies, professionals and therapists will come to the child for investigative interviews, medical exams, court education and therapy. The Center refers clients to eligible victim services and advocates. The Center is one of only 10 in the state and is a member of the National Network of Child Advocacy Centers. The Center is unique in that it serves victims in four states and jurisdictions. Services are free.

<p><b>Court Education</b>  <b>Criminal Justice Support</b>  <b>Resource Library</b>  <b>Victim Compensation Information</b>  <b>Investigation &amp; Interview Rooms</b>  <b>Medical Exam Room</b>  <b>Preventive Education Program</b>  <b>Children Support Group</b>  <b>Information and Referral</b></p>	<p><b>Trauma Focused Therapy</b>  <b>Sexual Abuse Information Packets</b>  <b>Non-Offending Parent Support Group</b>  <b>Physical Abuse Information Packets</b>  <b>Neglect Information Packets</b>  <b>Victim Advocates</b>  <b>Social Services Information Packets</b>  <b>Follow-Up Contact</b>  <b>Native American Specific Information Packets</b></p>
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Address: 118 North Chestnut Street, Cortez, CO FAX: 970-565-8279  
 Email: [fourcornerscac@nestcac.org](mailto:fourcornerscac@nestcac.org)  
 Hours: 8:30am – 4:30pm Monday – Friday or by appointment  
 Facebook: [www.Facebook.com/FCCAC](http://www.Facebook.com/FCCAC)  
 Website: [www.nestcac.org](http://www.nestcac.org)

**FOUR CORNERS COMMUNITY RESOURCE DIRECTORY 970-730-7593**  
**GEAR LENDING LIBRARY 970-480-7293**

*The Gear Lending Library, part of the Montezuma Inspire Coalition, is a youth-run library designed to lend outdoor gear to local organizations and individuals that take children, youth, and families on outdoor trips.*

*SUMMER PARK DAYS – Every Saturday from 9:30-Noon at the Parque Da Vida (North of the Cortez Rec Center). Summer Park days are a fun way to spend time with your family and try the outdoor gear at the Gear Lending Library. No reservation or deposit needed! We have tennis rackets, scooters, bikes, pickleball, yard games, baskets balls, skate boards and more. We hope to see you this Saturday in the park!*

*Making a reservation to borrow outdoor gear is easy! Click on the gear list to view our library of free gear, then click the reservation form below to make your reservation on our webpage below.*

- If you are wondering if the Gear Lending Library is right for you and your family, the answer is YES! The GLL is for everyone who wants to try outdoor gear without the commitment of making a purchase. Best of all it is easy to make a reservation to borrow our gear.
- Gear requests are fulfilled in order of submitted reservation forms. Supplies are limited. You may not receive the gear you requested.
- There is a \$10 refundable reservation fee due at the time of gear pick up. The \$10 deposit will be refunded when all gear is returned in good condition.
- Gear pickups are Mondays-Saturdays. Please make all gear reservations at least 2 days before you plan to pick up gear or requests may not be fulfilled.
- After you submit your reservation form, please allow 24 hours to receive a confirmation email or phone call to set up your reservation time and place.

Email: [general@scyclistens.org](mailto:general@scyclistens.org)  
 Website: <https://www.scyclistens.org/gear-lending-library>

**Generation Wild – Kids Grow Better Outdoors 970-565-1664**

*Great Outdoors Colorado created Generation Wild to reconnect kids with nature and get them to experience the incredible benefits that are right outside the front door. Because kids grow better outside. (Funded by Montezuma Land Conservancy)*

Email: [info@goco.org](mailto:info@goco.org)  
 Facebook: <https://www.facebook.com/GenerationWildColorado/>  
 Website: <http://generationwild.com>  
 IDEAS: <https://generationwild.com/20ideaslist>

**Heart to Heart Montezuma Crisis Pregnancy Center 970-565-0979**

*A non-profit organization that exists to provide compassionate, confidential care and to walk alongside women who find themselves facing a pregnancy that they are not prepared for and were not expecting. Services are always free and confidential.*

- Free pregnancy testing
- Pregnancy options counseling
- Accurate, caring pregnancy options information
- Infant clothing and care items (diapers, formula, etc.)
- STD/STI information
- Community referrals
- Adoption information
- Abortion recovery group
- Material Assistance
- Ultrasound Referral

Director: Karissa Lundstrom  
 Address: 213 West North Street, Cortez, CO 81321  
 Hours: 2:00 pm-6:00 pm Monday, Tuesday, and Wednesday BY APPOINTMENT  
 Email: [hrt2hrt@fone.net](mailto:hrt2hrt@fone.net)  
 Website: <https://www.hearttoheartcpc.com>

**Hope's Promise – Adoption, Foster & Orphan Care 303-660-0277**

Address: 1585 South Perry Street, Suite 3, Castle Rock, CO 80104 Text 303-908-3083  
 Email: [info@hopespromise.com](mailto:info@hopespromise.com)  
 Website: <https://www.hopespromise.com>

**Housing Solutions for the Southwest 970-259-1086**

*Please see the complete listing for Housing Solutions for the Southwest in the Housing & Homeless Services section.*

**Intergenerational Gardens & Intergenerational Trades – Dave Nelson 970-903-5859**  
**Kiwanis 970-565-4414**

*Kiwanis International is a global community of clubs, members and partners dedicated to improving the lives of children one community at a time.*

Mail: PO Box 753, Cortez, CO  
 Website: <https://kiwanisclubofmesaverde.com/#>

**Medicine Horse Center – Horses Helping People 970-533-7403**

*This is an equine-assisted therapy and social-emotional learning organization specializing in alternative outdoor educational, experiential and therapeutic riding services to children, adults and families of Southwest Colorado. In our work, we constantly witness how horses nurture, inspire and heal a person's spirit, mind and body. We strive to provide a safe, guided and inclusive environment in which our clients can acquire tools and confidence to learn about themselves and each other. It's about developing relationships. Clients understand how their thoughts, feelings, and behaviors affect each relationship.*

Address: 4070 Road J, Mancos, Colorado  
 Hours: 8:30 am – 5:00 pm Monday – Friday  
 Email: [info@medicinehorsecenter.org](mailto:info@medicinehorsecenter.org)  
 Website: [www.medicinehorsecenter.org](http://www.medicinehorsecenter.org)

**Montelores Early Childhood Council & TEAM UP AmeriCorps 970-564-3211**

*Calling All Parents – provides free online workshops for children ages 0-5 in Montezuma & Dolores Counties.*

**Calling All Parents Classes**  
**Waterford UPSTART prepares children for kindergarten.**  
 Website: <https://monteloresecc.org>

**Montelores Emergency Assistance Coalition (MEAC) - Pinon Project 970-564-1195**

*Assistance is provided for housing, utilities, and other emergency needs to individuals or families in Montezuma and Dolores Counties who are usually self-sufficient, but who need temporary help. The Assistance Coalition is made up of several community agencies.*

Address: 300 North Elm, Cortez  
 Mailing: PO Box 1510, Cortez, CO 81321  
 Website: [www.thepinonproject.org](http://www.thepinonproject.org)

**Montezuma County Foster Care & Adoption 970-564-4126**

Address: 109 West Main Street, Cortez, CO  
 Email: [cshupe@co.montezuma.co.us](mailto:cshupe@co.montezuma.co.us)  
 Facebook: <https://facebook.com/MCDSSFosterCare/>  
 Website: <https://monezumacounty.org/social-services/foster-a-child>

**Music Camps & Classes – In Person****970-247-5095**

*Stillwater Music is Durango's primary music education hub. Made up of over 20 faculty members and 5 full-time staff. They teach music by placing students (young and old) in a relaxed and fun environment, in high quality bands, as well as teaching private lessons. Stillwater faculty also provide music instruction to a number of private and charter schools in the Four Corners area.*

Address: 1316 Main Avenue, Suite C, Durango, CO 81301  
 Email: [info@stillwatermusic.org](mailto:info@stillwatermusic.org)  
 Website: <https://stillwatermusic.org>

**Raise The Future****303-755-4756 ext 307***Adoption Issues affect Everyone*

Address: 1325 South Colorado Blvd, B700, Denver, CO 8022  
 Contact in Cortez: Eric Wilson  
 Email: [eric.wilson@raisethefuture.org](mailto:eric.wilson@raisethefuture.org)

**Rape Intervention Team****970-247-5400***Assistance is provided for sexual assault victims. Spanish speaking support personnel are available.***RENEW (Domestic Violence & Adult Victims of Sexual Assault)****970-565-4886****24-HR CRISIS HOTLINE 970-565-2100**

*Services are provided for victims of domestic violence including children, adult victims of sexual assault, and adult survivors of child sex abuse. Any woman and her children needing crisis counseling or safe shelter will be served. All direct services are free. Local referrals are needed for transportation, etc.*

**Assistance with Protection Order Issues****Bilingual Aid**

**Counseling:** Free professional counseling offered for victims of domestic violence and their children with support and therapy groups and individual counseling.

**Criminal Justice Support**

**Crisis HOT LINE:** Trained advocates are available 24 hours to listen and lend support

**Help creating Safety Plans**

**Information:** Referrals available for legal aid, financial assistance, housing, and community resources and information regarding restraining orders, court appearances, etc.

**Pet Kennels for those with pets.**

**Safe Shelter:** Shelter offered to get away from physical abuse and repeated emotional battering.

Address: Call for appointment  
 Mailing: PO Box 169, Cortez, CO 81321  
 Hours: 8:00am – 5:00pm Monday - Friday  
 Email: [staff@renew-inc.org](mailto:staff@renew-inc.org)  
 Website: [www.renew-inc.org](http://www.renew-inc.org)

**Runaway Switchboard - National****800-621-4000**

*Crisis intervention and travel assistance are provided to runaways. Information and local referrals are distributed to adolescents and families and referrals are made to shelters nationwide. At the request of the child, they can also relay messages to, or arranges conference calls with, parents.*

**Salvation Army Family Services Center****970-564-4228**

*Assistance is provided with rent, utilities, gasoline, prescriptions, bus tickets and other emergency needs in order to meet the needs of the community without discrimination. The Salvation Army interfaces with all county agencies. The thrift store in Cortez is able to provide necessity items to assist clients in emergency situations. There are no minimum income requirements. Some restrictions and limits apply. An application and photo identification are required for each assistance request. Family Services are also dependent on need and availability of funds. Services are free. In some cases, a client may be required to provide work hours in conjunction with financial aid. Volunteers are encouraged to contact the Salvation Army Family Service Center.*

Contact: Evelana Russell,  
 Address: 201 Pinon Drive #D, Cortez  
 Mailing: PO Box 824, Cortez, CO 81321  
 Email: [jennifer.heath@usw.salvationarmy.org](mailto:jennifer.heath@usw.salvationarmy.org)  
 Hours: Monday - Friday 10:00am – 4:00pm  
 FAX: 970-564-4228

**San Juan Counseling (Blanding)****435-678-2992****Southwest Safe House (Abuse Section Pg 37)****970-259-5443****Stand Up & Speak Up for Families – Gmas & Gpas Who Care****970-739-7593**

*As community members, groups invests time & energy connecting People & Programs to support Montelores Valley Families. We believe as we work together in small groups that we can be more successful in helping others. For description and full listing of resources and projects Page 176. **Four Corners Community Resource Directory – Together Everyone Achieves More Success***

**SUICIDE****HOTLINE 800-784-2433**

*Humanistic Mental Health foundation provides 24-hour "hopeline" and hospital referrals. Dedicated to sharing the message that suicide is not the answer and help is always available.*

**Tails of Transformation****970-764-0037**

*Equine Facilitated Learning (EFL) is an emerging field in which horses and humans work together experientially. Participants engage in activities with horses on the ground to learn more about themselves and others.*

Contact: Tiffany Nichols  
 Address: 14195 Road 31, Mancos, CO 81328  
 Email: [indigoacomfarm@gmail.com](mailto:indigoacomfarm@gmail.com)  
 Website: <https://www.tailsoftransformation.org>

**Ute Mountain Ute Tribe****970-565-3751**

*For all Family Support Services see Native American Services Section, Page 141.*

**Utilities Assistance**

HEAT Program (Utah) 866-205-4357  
 LEAP Program (Cortez, Colorado) 970-565-8064  
 Southeastern Utah Weatherization Program 435-586-0585

**Widowed Persons Services (Hospice of Montezuma County)****970-565-4400****Young People in Recovery (YPR) see pages 41 & 186****970-570-3235****Youth Suicide Prevention****970-564-3812**

*Works within the community to support organizations, systems and the community to build capacity to prevent youth suicide using the Question, Persuade, Refer (QPR) intervention program.*

Contact: Asialynn Widen, Regional Youth Suicide Prevention Coordinator  
 Address: Pinon Project 210 East Main Street, Cortez, CO

**PINON PROJECT FAMILY RESOURCE CENTER**

Non-profit organization is dedicated to creating opportunities to enrich the quality of life of individuals and families in the community. Montezuma and Dolores Counties are served and most programs and classes are free, but some have a minimal charge.

<p><b>HEALTH</b> Access to Healthcare Eating Smart Being Active</p>	<p><b>YOUTH</b> Youth Empowerment Program Youth Suicide Prevention</p>
<p><b>INDIVIDUAL &amp; FAMILY</b> Emergency Assistance Financial Literacy Getting Ahead Incredible Years Parenting Class Fatherhood Class Strengthening Families Parenting Class Successful Families Supervised Visitation</p>	<p><b>EARLY CHILDHOOD PROGRAMS</b> Alphabet Soup Family Support Group "Dinosaur School" The Incredible Years Child-Teacher Program Treasure Chest Program Tree House Early Learning Center Montelores Early Childhood Council Parents as Teachers (PAT)</p>

Address: 210 West Main Street, Cortez, CO Po Box 1510, Cortez, CO 81321  
 FAX: 970-564-9011 Mailing:  
 Email: [info@pinonproject.org](mailto:info@pinonproject.org)  
 Hours: 8:00am – 5:00pm Monday – Friday Closed 12:00pm-1:00pm for lunch  
 Website: <http://www.pinonproject.org>  
<https://www.pinonproject.org/family-and-supportive-services>

**Access to Health Care (Pinon Project) 970-564-1195**

A three-year grant helps under- and/or uninsured families in Montezuma and Dolores Counties. For more information and a complete listing of programs offered through Pinon Project, Please see the listing for Pinon Project in the Family Support Section Page 85.

**After School Tutoring Program 970-564-1195**

Provides activities daily for middle and high school students: games, art, mural projects, Youth Advisory Council. Provides a safe space for youth to hang out while engaging in enrichment opportunities.

**Alphabet Soup Support Group 970-564-3802**

A support group for parents, caretakers or guardians of children with special needs or challenging behaviors.

Address: The Pinon Project, 210 E Main St., Cortez.  
 Hours: Monthly Meeting on the 1st Thursday of the month, 6:00 to 7:30 pm

**Boys To Men Southwest Colorado (B2MSWC) 970-564-3814**

Boys to Men Southwest Colorado (B2MSWC) is a new organization in Montezuma and La Plata Counties dedicated to providing positive role models for boys 13-17.

Support includes weekly-mentored group circles in schools during operating hours, weekend adventure activities, as well as periodic Rite of Passage Adventure Weekends (ROPAW).

B2MSWC is celebrating the inaugural circle on the campus of Southwest Open School in Cortez this Fall of 2019. For more information on how you can support B2MSWC:

Contact: Geof Byerly

**Circle of Parents – “Circles” 970-564-1195**

Circle of Parents® provides a friendly, supportive community led by parents and other caregivers where parents are the experts.

Alphabet Soup Group 970-564-3802  
Parents in Recovery 970-564-3803  
Single Parents Group 970-564-3800

**Coordinated Approach to Child Health (CATCH) 970-564-1195**

- CATCH works to create a community of healthy youth by providing education surrounding exercise and nutrition.
- The CATCH program also has been proven to prevent childhood obesity; this is backed by 25 years of research into the effects of the program.
- CATCH tackles childhood health by teaching youth to identify healthy food, and by using moderately vigorous physical activity to engage the youth in a healthy lifestyle.

**Employment Training Program 970-565-1195**

Education provided in obtaining employment through practice interviews, typing professional resumes and cover letters and workplace skill development. Career assessment is also provided. Referrals are made through Social Services.

**Family Resource Center / Family Support Services- Pinon Project 970-564-1195**

Case managers assist families with resolving family crisis as well as with daily living, help in developing family plans and budgets. Referrals to local agencies are provided. Home visits are also conducted.

**Fatherhood Program – Pinon Project 970-564-1195 / 970-564-3814**

The Responsible Fatherhood Class is a weekly, 15-week course designed to help fathers develop the skills needed to be successful parents. ALL fathers are welcome to join this program at any time. Fathers will receive support in communicating effectively; being a loving father, spouse or partner; how to deal with children's challenging behavior; and much more!

**Incredible Years Parenting Groups 970-564-3800**

The Incredible Years Parenting Class is a weekly ( 8-14 week-long) course for parents with children birth to 12 years of age. All classes include a free meal for the family, free transportation for those who qualify, and free childcare and social emotional instruction for participating children. Classes teach parents positive ways of interacting with their children.

**Individual and Family Program 970-565-1195**

The Piñon Project strives to work in partnership with families to support them in developing goals and objectives that meet their family needs. Individual and Family Programs are available such as:

**Financial Literacy:** The Piñon Project provides a 5-to-6-week financial literacy class for groups of students who are interested in learning about such financial topics such as; goal setting, loans, credit and debt, various types of

insurance, opening a checking, ways to track income and spending, and introductory information about investing their money.

In addition to group classes, individual assistance is available based upon personal needs to help answer such questions as: "What is a budget and why should I budget?", how to create a spending and savings plan and how to make smart purchasing choices. The goal of these offerings is to provide individuals with knowledge and skills to be successful in handling their financial needs.

**Getting Ahead in a Just-Getting-By World (GA) Course:** A class series that will support you in building your resources for a better life. The goal of this curriculum is to help participants break any potential cycle of poverty by learning how to stabilize your environment, develop your future story, practice what you learn, build resources, and become investigators of your own life.

#### **Parents as Teachers 970-564-1195**

An in-home, individualized program for families with children from birth to 3. This program offers information on the developmental stages your child will go through. In-home visits include interactive parent-child activities.

#### **Playgroups 970-570-5870**

The Pinon Project hosts playgroups on Thursdays during the summer. Please remember, children must be accompanied by a parent or guardian at all times.

Facebook: <https://www.facebook.com/fourcornersboard/posts/127680929555817>  
Hours: from 10:30 am - 12 pm Every Thursday in June & July

#### **QPR (Question – Persuade – Refer) Suicide Prevention Training 970-564-3830**

QPR is a suicide intervention program designed to support all people to intervene when someone is thinking about suicide and to ensure they get the help they need.

This 13-week evidence-based curriculum offers all men seeking improved attitude and skills for themselves and children an opportunity to collaborate with other men seeking the same. The Fatherhood Initiative is a course destined to help fathers develop the skills needed to be successful parents. Fatherhood is able to offer this support to men both in this group setting or according to individualized needs.

#### **Safe Exchange & Supervised Visitation Program 970-564-1195**

These programs offer a safe place for parents to exchange their child(ren) back and forth. The case manager makes sure the parents do not have contact during the exchange. The Supervised Visitation program is for parents who do not have custody of their child(ren) and need a supervised environment in which to have a visit.

#### **Sources for Strength (SOS) 970-564-1195**

The framework of this suicide prevention program strives to build connections to overcome the negative events such as bullying, substance abuse, trauma and suicide. This program is practiced as a school-based program with the help of peer support. This helps the program focus on hope and resiliency. The youth within the schools are trained as peer leaders and trained to promote change between the schools and the community.

Address: Pinon Project 210 East Main Street, Cortez, CO

#### **Strengthening Families Parenting Class 970-564-1195**

The Strengthening Families Program is a 14-week course that meets for 2 ½ hours once a week with some at-home practices. Dinner, class, and childcare (for children under 7) are included free of charge.

#### **Successful Families (SuFam) 970-564-3815**

This program is designed for expectant parents and parents of children birth to age five (5). Program participants meet Monday through Thursday, and lunch is provided.

#### **Supervised Visitation & Safe Exchange 970-564-3897**

The Supervised Visitation Program provides a safe, monitored environment for child(ren) to maintain or establish a relationship with a non-custodial parent while the parents resolve court or lifestyle issues.

The Safe Exchange Program provides a neutral location in which children may be exchanged from one parent to another without being exposed to the conflict of their parents.

#### **Treasure Chest Literacy Program 970-564-1195**

The Treasure Chest Program is a free early literacy lending library for families of young children. Take-home literacy program is designed for toddlers and preschool children. Each Treasure Chest is filled with age-appropriate books and fun early learning games and activities for families to enjoy together.

#### **Work and Gainful Employment and Education Skills (WAGEES) 970-564-3818**

**970-564-3803**

Program available to serve individuals who are currently on parole. WAGEES case managers work with individuals to build upon their strengths while helping them to break through any barriers that could hinder having a successful life in the community where they live.

Address: Pinon Project 210 East Main Street, Cortez, CO

#### **Youth Suicide Prevention 970-564-3812**

Works within the community to support organizations, systems and the community to build capacity to prevent youth suicide using the Question, Persuade, Refer (QPR) intervention program.

Contact: Asialynn Widen, Regional Youth Suicide Prevention Coordinator

Address: Pinon Project  
210 East Main Street, Cortez, CO

Email: [awiden@pinonproject.org](mailto:awiden@pinonproject.org)

## FOOD ASSISTANCE SERVICES & FOOD SECURITY PROGRAMS

**4-H Clubs – Agricultural Youth Programs & Leaders**      **970-565-3123 / 970-677-2283**  
**Montezuma & Dolores County Colorado State Extension Offices**

**Adobe Milling Company**      **970-677-2620**

*Tasty southwestern delights & bulk items too.*

Address: 60740 Hwy 491, Dove Creek, CO  
 Mail: PO Box 596, Dove Creek, CO  
 Email: [adobemilling@gmail.com](mailto:adobemilling@gmail.com)  
 Website: [www.anasazibbeans.com](http://www.anasazibbeans.com)

**Aneth Mobile Pantry, Aneth Chapter House**      **801-887-1242**

Address: Highway 162 East, Aneth, UT 84510

**Aneth Senior Center meal program**      **435-651-3527**

Address: Aneth, UT

**Arizona Navajo Department of Health Food Distribution Program**      **928-656-3651**

Address: Teec Nos Pos Warehouse,  
 PO Box 919, Teec Nos Pos, AZ 86514  
 Email: [nndoh@navajo-nsn.gov](mailto:nndoh@navajo-nsn.gov)  
 Website: [Food Distribution Program \(navajo-nsn.gov\)](http://Food Distribution Program (navajo-nsn.gov))

**Azure Standard**      **971-200-8350**

*Azure specializes in delivering quality organic, non-GMO bulk and natural foods across the country. Montelores Valley delivery at Arriola, CO monthly.*

Address: Dufur, Oregon 97021  
 DROP OFF: MONTHLY DELIVERY to Arriola Bible Church Hwy 491 and Road 22  
 Website: <https://www.azurestandard.com>

**Bethel Christian Reformed Church**      **505-368-4475**

Address: US Highway 64 & 491, Shiprock, NM

**Bountiful Ridge Farm**      **970-317-3213**

*Your source for LOCAL food fresh from the FARM*

Address: 16245 Road 24, Dolores, CO

**Bow and Arrow Foods**      **970-565-6412**

*Bow & Arrow Brand provides the finest non-GMO corn products available from our state-of-the-art mill on the Ute Mountain Ute reservation. Specializing in non-GMO gluten-free blue, yellow and white corn meal that is grown and milled on site as part of the Ute Tribe Farm & Ranch Enterprise. See the Ute Mountain Ute Tribe Farm & Ranch below on Page 105*

Address: 12500 UMU 201, Towaoc, CO 81334  
 Email: [bowandarrowbrand@utemtn.com](mailto:bowandarrowbrand@utemtn.com)  
 Website: [www.bowandarrowbrand.com](http://www.bowandarrowbrand.com)

**Care and Share Food Bank for Southern Colorado**      **719-528-1247**

*Supplies the major food pantries in Colorado.*

Address: Colorado Springs, CO

**Church of the Nazarene – Small Food Pantry**      **970-565-7826**

**Colorado State University Extension – “Grow & Give” Program**

*Grow & Give was created to address food insecurity in Colorado by connecting backyard and community gardens to food donation sites across the state. We are here to provide resources to help you both ‘Grow’ and ‘Give’ part of your garden’s bounty to those in need. Give Locally. Fresh, home-grown produce distributed to those in need is the core mission of CSU’s Grow & Give project. Learn how to donate produce to organizations who would love to receive it. Information on site includes ‘Tips for Giving’.*

Website: <https://growgive.extension.colostate.edu>

**COLLABORATIVE MULTI-ORGANIZATIONS**      – see list below on Page 105

**Community Foundation Serving Southwest Colorado**      **970-375-5807**

*Funds local food purchases for food assistance organizations*

Contact: Briggen Wrinkle  
 Address: 1309 East 3<sup>rd</sup> Street, Suite 20 A, Durango, CO 81301  
 Email: [director@swcommunityfoundation.org](mailto:director@swcommunityfoundation.org)

**COMMUNITY KITCHENS**      – see list below on Page 106

**Cortez Community Garden (Common Ground)**      **970-565-6424**

*Common Ground Cortez Community Gardens, a project of Good Sam’s Food Pantry, offers organic gardening space to residents as well as a variety of demonstrations, workshops, and activities for all ages. The garden also grows produce that it donates to The Good Samaritan Food Pantry. Together we can create vibrant community gardens in Cortez, supporting the health, security, and connectedness of our friends and neighbors. The community garden is funded entirely by donations. A single plot is \$7.00.*

Contact: Reid Brugger & Kirbi Foster  
 Address: 425 Roger Smith Blvd, Cortez Co 81321  
 Mail: P.O. Box 662, Cortez, Colorado 81321  
 Email: [commongroundcortez@gmail.com](mailto:commongroundcortez@gmail.com)  
 Website: <https://www.commongroundcortez.org>

**Cortez Family Worship Center**      **970-529-6261**

Address: 500 North Washington, Cortez, CO  
 Time: Every Other Thursday – call to reserve a box and confirm dates and times

**Cortez Food Stamp Certification & Issuance Office (Montezuma County)** **970-565-3769**

**Cortez Milling Company, Inc.**      **970-565-3119**

*Blue Bird and White Rose Brand Flours in small and large bags. Extra fine flour is good for Italian breads and pizza.*

Address: 309 North Market Street, Cortez, CO  
 Email: [cortezmilling@gmail.com](mailto:cortezmilling@gmail.com)  
 Website: <http://cortezmilling.com>

**Cultivating Colorado****303-869-9000**

Colorado Department of Agriculture. Agriculture is inherently resilient, innovative and adaptable. Among many other things, 2020 has highlighted the critical importance of our diverse food producers that make up our diverse food producers that make up every link of the supply chain.

Contact: Mary Peck, Director Community Outreach:  
 Address: 305 Interlocken Pkwy, Broomfield, CO  
 Email: [mary.peck@state.co.us](mailto:mary.peck@state.co.us)  
 Website: <https://COagriculture.com>

**Dolores County Senior Services****970-677-2787**

Address: 8540 Road 7.2, Dove Creek, CO

**Dolores Family Project – Dolores Residents Only****970-317-5567**

A program that strengthens the community by providing food security. We run the Backpack and Open Pantry programs for Dolores residents.

Back Pack Program – all students RE-4A school  
 Every Thursday

Summer Lunch Program – children 18 and under

Mon – Thurs 11:00 – 1:00 pm at Dolores Schools

Contact: Amber for Monthly food box pickup – Call 317-5567

Address: 100 21<sup>st</sup> Street, Dolores, CO (Southern Baptist Church)

**Dolores Senior Center****970-882-7337**

Address: 400 East Riverside, Dolores, CO

- o Commodities/Senior Box at Dolores Community Center
- o Meals on Wheels for homebound
- o Senior Meals: Mon & Wednesday at noon (Reserve your spot the day before)

**Dove Creek Care & Share Food Pantry****970- 769-0006 / 970-769-0005**

Emergency food bank and pantry serving all residents of Dolores County and Egnar, Colorado regardless of situation. Also provides once-per-month distribution of USDA's TEFAP for those who qualify. We are an equal opportunity provider. Please call to schedule: curbside pickup, pickup in person or deliverer services.

Address: 214 US Hwy 491, Dove Creek, CO (rear entrance of VFW 5181)  
 Date: 2<sup>nd</sup> Friday of each month  
 Time: 10:00 – Noon

**EDUCATION – Food, Nutrition, Gardening, and / or Farming**

– see below Page 106

**Evangel Assembly of God Emergency Food Pantry****970-565-4198**

Address: 209 West 5<sup>th</sup>, Cortez, CO

Hours: 10:30 – 12:30 pm Mon-Tues

CALL AHEAD for Hours & Days for availability due to COVID

Email: [evangel@yahoo.com](mailto:evangel@yahoo.com)

**Farmers Markets – double amount of SNAP benefits****Cortez Farmers Market – Starts in June**

Courthouse Parking Lot at 109 W Main St, 7:30 to Noon

Saturday Mornings 7:30 am - Noon

**Dolores County Farmers Market**

214 US Hwy 491, Dove Creek, CO

Saturday 5:00-7:00 pm

**Dolores Farmers Market**

Flanders Park on Wednesdays, 4 – 7 pm

**Four Seasons Winter Farmers Market**

26650 Road P, Dolores, CO

November 4<sup>th</sup> to Mid-March Yearly

Saturday Mornings 10:00 – 1:00 pm

**Mancos Farmers Market – June to October****970-533-7434**

Parking across from Opera House on Grand Avenue, Mancos, CO

Date: Thursdays, 4-7 pm

Website: [www.mancosvalley.com](http://www.mancosvalley.com)

**Food Security Action Team (Colorado Extension Service)**

Greg Felsen - [gregory.felson@colostate.edu](mailto:gregory.felson@colostate.edu)

Rachel Landis - [rachel@goodfoodcollective.org](mailto:rachel@goodfoodcollective.org)

**Food Stamp Certification & Issuance Office (Montezuma County)****970-565-3769****Four Corners Women in Agriculture – New 2021**

Website: <https://www.facebook.com/groups/928726641280396>

<https://www.facebook.com/groups/928726641280306/?ref=share>

**Fozzie's Farm (Montezuma Land Conservancy)****970-516-0304**

*Fozzie's Farm is a budding farm education center that is taking a unique community approach to connecting people to land, and to each other. Donated to MLC in 2016, this beautiful 83-acre farm outside Lewis, CO is the center of MLC's community education programming and the site of our recently constructed community classroom. Learning projects include planting, construction, trail building, irrigation and more. Works with School Community Youth Collaborative Youth Leadership and all public school.*

Address: 19760 Road W, Lewis, CO 81327

Website: [https://montezumaland.org/programs\\_detail/fozzies-farm](https://montezumaland.org/programs_detail/fozzies-farm)

**Good Samaritan Center & Food Pantry****970-565-6424**

*The Good Samaritan Center is a faith-based nonprofit organization that offers food assistance and care to anyone in need. It is our mission to ensure equitable access to healthy food, shared knowledge and a strong local food system.*

*The Center offers biweekly food boxes and weekly produce to anyone in need. No photo ID or proof of income is required. For those who cannot make it to the pantry during our hours, we deliver food boxes on Tuesday and Thursday afternoons. To request a delivery, call 970-565-6424 or email the delivery address below. All Are Welcome at Good Sam's; come garden, cook, and compost with us! Check out our website to learn how to volunteer, donate and participate!*

Address: 30 Beech Street, Unit C, Cortez, CO 81321  
 Mail: PO Box 662, Cortez, CO  
 Hours: Mon – Thurs 12:00 -2:00 pm  
 Wednesdays 3:00 -5:00 pm  
 Email: [director@GoodSamCortez.org](mailto:director@GoodSamCortez.org)  
 Email: [delivery@goodsamscortez.org](mailto:delivery@goodsamscortez.org)  
 Facebook: [www.facebook.com/goodsamscenter](https://www.facebook.com/goodsamscenter)  
 Website: <https://goodsamscortez.org>

### Good Samaritan Center – Free Adult & Teen Gardening Classes 970-565-6424

Classes available are: Indigenous Foods Class, Adult Gardening, and Teen Gardening.  
 Call or Register online at [www.goodsamscortez.org/pantry-garden](http://www.goodsamscortez.org/pantry-garden).

Address: 30 Beech Street, Unit 3, Cortez, CO  
 Date: Monthly from May through October  
**FIRST FRIDAY of the Month – Adult Gardening**  
**SECOND FRIDAY of the Month – Teen Gardening**  
 Hours: 3:30 pm – 5:30 pm  
 Email: [director@GoodSamsCortez.Org](mailto:director@GoodSamsCortez.Org)  
[coordinator@goodsamscortez.org](mailto:coordinator@goodsamscortez.org)  
 Website: [www.goodsamscortez.org/pantry-garden](http://www.goodsamscortez.org/pantry-garden) to register

### Good Samaritan Center – Free Indigenous Foods Class 970-565-6424

Contact: [gregory.felsen@colostate.edu](mailto:gregory.felsen@colostate.edu)  
[bfrancis@nmsu.edu](mailto:bfrancis@nmsu.edu)  
 Date: THIRD FRIDAY of the MONTH  
 Hours: 3:30 pm – 5:00 pm  
 Website: [www.goodsamscortez.org/pantry-garden](http://www.goodsamscortez.org/pantry-garden) to register

### Grace’s Soup Kitchen (St. Barnabas Church) 970-565-7865

Free lunch is provided three days each week. CALL AHEAD for Hours & Days for availability due to COVID

Address: 110 West North Street Cortez, CO 81321  
 Hours: 12:00pm – 1:00pm Tuesday & Thursday (Sit down lunch but COVID take out)  
 12:30pm – 12:30pm Saturday (Take-out lunch)

### Green Table Farm (Farmers Market in Dolores & Mancos) 208-284-5604

**Home Food Storage Center – Farmington, NM 505-326-3589**  
 Home storage centers help people build a basic supply of food for their longer-term home storage needs. Several prepackaged items are also available through the [online store](#). Items are in #10 cans: apple slices, beans, carrots, dry onions, sugar, wheat, macaroni, powdered milk, hot cocoa mix, pancake mix, potato flakes, quick & regular oats, spaghetti bits, white flour & rice. There are three main components of food storage:

Short term supply	Long term supply	Water Supply
Address: 525 Cannery Court, Suite B, Farmington, NM 87410		
Hours: Monday 9:00 am – 1:00 pm		
Tuesday 12:00 pm – 6:00 pm		
Email: <a href="mailto:valerie@foodstorageorganizer.com">valerie@foodstorageorganizer.com</a> (Monthly Tips)		

Website: <https://foodstorage.lds.org>  
[Food Storage | United States Store \(churchofjesuschrist.org\)](https://www.foodstorage.org/UnitedStatesStore/churchofjesuschrist.org)  
[valerie@foodstorageorganizer.com](mailto:valerie@foodstorageorganizer.com)

### Hope’s Soup Kitchen (First United Methodist Church) 970-565-3002

Care and Share soup kitchen. CALL AHEAD for hours of operation due to COVID.

Address: 515 N Park St, Cortez, Colorado 81321  
 Hours: Mon, Wed, Fri 11:00 – 1:00 pm

### IN-HOUSE MEAL PROGRAMS – see list below Page 108

### Laughing Wolf Farm & Seeds 970-560-5486

Specializing in organically and ecologically grown vegetables, and heritage grains and seeds adapted to the aid Southwest.

Address: 8411 Road 41, Mancos, CO  
 Facebook: [www.facebook.com/laughingwolffarm](https://www.facebook.com/laughingwolffarm)  
 Website: <https://laughingwolffarm.com/>

### Mancos Food Share / Commodities 509-830-4380

Distribution at Mt. Lookout Grange

Address: 680 Grand Avenue, Mancos, CO  
 Date: 4<sup>th</sup> Monday of the Month  
 Hours: 4:00-5:00 pm  
 Email: [mvr@mancosvalleyresources.com](mailto:mvr@mancosvalleyresources.com)

### Mancos Food Share / Food Pantry 509-830-4380

Distribution at Mt. Lookout Grange. Seeds are also available for planting.

Address: 680 Grand Avenue, Mancos, CO  
 Hours: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Mondays from 2:00 – 4:00 pm

### Mancos Senior Center – Lunch at Masonic Lodge 970-533-7721

Address: 141 East Montezuma Street, Mancos, CO  
 Dates: Mondays & Wednesdays & Fridays  
 Time: Open at 11:30 am – Lunch from Noon to 1:00 pm  
 Age: 60 + with \$3.50 donation

### Mancos Senior Center – Meals on Wheels 970-533-7721

### Many Waters Mission Food Pantry 970-598-5433

Address: 3 CR 6820, Waterflow, NM - 87421

### Midland Bean Company 970-677-2215

Agricultural Product Wholesaler

Address: 489 US-491, Dove Creek, CO 81324  
 Hours: Monday thru Friday 8 am – 5 pm

### Montezuma Creek Mobile Pantry 801-887-1242

Address: 400 North 50 East, Hwy 292, Montezuma Creek, UT

<b>Montezuma County Public Health Department</b>	<b>970-565-3056</b>
<i>For delivery of necessary groceries, essential prescriptions and additional meals. Call to make arrangements.</i>	
Address: 106 West North Street, Cortez, CO	
Website: <a href="https://montezumacounty.org/public-health">https://montezumacounty.org/public-health</a>	
<b>Montezuma County Senior Center (Cortez, CO)</b>	<b>970-564-4166</b>
Address: 107 North Chestnut Street, Cortez, CO	
Hours: Open 11:30 am with Lunch at Noon	
Reservations by 9 am same day - \$4.00 donation	
<b>Montezuma County Senior Center</b>	<b>970-564-4166</b>
<b>Senior Center Meals-on-Wheels / Home Delivery</b>	<b>970-564-2775</b>
Thru MoCo Senior Services	
<b>Food Commodities Box for 60 and over</b>	<b>970- 564-2775</b>
Hours: 4 <sup>th</sup> Tuesday of Every Month – Lori Thompson	
11:30 – 3:00 pm	
<b>Senior Food Commodities – Montezuma County Fairgrounds</b>	<b>970-564-2775</b>
Contact: Lori Thompson (Senior Center)	
Depends on eligibility	
Hours: 9:00 – 9:30 am First Saturday of the month	
<b>Montezuma County Senior Nutrition (Senior Center)</b>	<b>970-565-4166</b>
<b>Montezuma County Social Services – Food Stamps</b>	<b>970-565-3769</b>
<b>Montezuma County WIC - Women, Infant &amp; Children</b>	<b>970-565-3056</b>
<i>Serving children to the age of 5. Have added a food pantry for clients.</i>	
Contact: Delilah Darland-Mott	970-564-4784
Address: 106 West North Street, Cortez, CO	
Website: <a href="http://www.montezumacounty.org">www.montezumacounty.org</a>	
<b>Montezuma Food Coalition – Emergency Food Response</b>	<b>970-769-5410</b>
Contact: Laurie Hall, Sharehouse Director	
Address: 30 Beech Street, Cortez, CO	
Email: <a href="mailto:info@montezumafoodcoalition.org">info@montezumafoodcoalition.org</a>	
<b>Montezuma Land Conservatory (MLC)</b>	<b>970-565-1664</b>
<i>Montezuma Land Conservancy, at its heart, is a not-for-profit Southwest Colorado land trust located in Cortez, CO. Established in 1998 to conserve special lands in our community. The Montezuma Land Conservancy (MLC) is an innovative local land trust working to protect lands and reconnect community to our natural world in the stunning southwest corner of Colorado.</i>	
Programs: Educational Workshops, Volunteer Opportunities	
Contact: Jay Loschert, Outreach & Education Coordinator	Cell 970-799-1475
Address: PO Box 1522, Cortez, CO	

Email: [jay@montezumaland.org](mailto:jay@montezumaland.org)  
 Website: [www.montezumaland.org](http://www.montezumaland.org)  
<https://montezumaland.org/events>  
[www.facebook.com/FozziesFarm](https://www.facebook.com/FozziesFarm)

<b>Montezuma Orchard Restoration Project (MORP)</b>	<b>970-565-3099</b>
<i>Fruit in the late summer / early fall</i>	
<b>Montezuma School to Farm Project</b>	<b>512-801-6628</b>
Mail: PO Box 694, Mancos, CO	
Contact: Karen Linder, Education Manager	
Email: <a href="mailto:educationmanager@montezumaschooltofarm.org">educationmanager@montezumaschooltofarm.org</a>	
<b>Navajo Nation TANF – Kayenta, Arizona Office</b>	<b>928-697-5660</b>
<i>Temporary Assistance to Needy Families – Food Stamps, etc.</i>	
<b>New Mexico State University Extension, San Juan County, Utah</b>	<b>505-334-9496</b>
<b>Pinon Project - Family Resource Center</b>	<b>970-564-1195</b>
<i>Snacks and summer lunch programs for kids</i>	
Address: 210 E Main Street, Cortez, CO	
<b>Pueblo Community College Southwest – New Ag Program</b>	<b>970-564-6200</b>
Fall 2021 Agriculture mini-certification at PCC Southwest	
ASC 100 – Intro to Animal Science	
AGB 102 – Foundations of Agri-Business	
CIS 118 – Intro to PC Applications (basic computer, file management & internet)	
College Enrollment: <a href="mailto:Heather.Houk@pueblocc.edu">Heather.Houk@pueblocc.edu</a>	970-564-6230
High School Enrollment: <a href="mailto:Jennifer.Reynolds@pueblocc.edu">Jennifer.Reynolds@pueblocc.edu</a>	970-564-6223
Address: 33057 US Hwy 160, Mancos, CO	
<b>Red Mesa Mobile Food Pantry</b>	<b>928-656-3690</b>
<i>Provides a food pantry. Serves San Juan County.</i>	
Address: Montezuma Creek, UT - 84534; Pantry hours:	
Hours: 4th Friday after the 1st Monday: Call for Details	
<b>Red Mesa Mobile Food Pantry - Red Mesa Senior Center</b>	<b>801-887-1242</b>
Address: Montezuma Creek, UT 84534	
<b>ROCK – Reaching Out to Community Kids</b>	<b>970-739-3562</b>
<i>Food boxes and summer lunches for kids.</i>	
Address: 128E Hwy 491, Dove Creek, CO 81324	
Time: Free youth lunches school days	
until end of Dolores County School District spring break	

**Salvation Army – Emergency Travelers Food Vouchers 970-564-4228****SHARE Colorado – Cortez 970-564-9884**

Lower-cost food for families in Dolores and Montezuma Counties is offered. Classic food package is \$30, produce pack is \$20. Flyers stating what is in each food box, as well as monthly specials, can be picked up at the following agencies: Pinon Project (see listing in Family Section [Page 91](#)), Montezuma County Social Services (see listing in Social Services Section [Page 165](#)), Montezuma County Senior's Center (see listing in Senior Services Section [Page 160](#)), Housing Authority of Montezuma County (see listing in Housing & Homeless Section [Page 128](#)), Salvation Army (see listing in Family Support Section [Page 90](#)), and Cortez Library (see listing in Community Libraries Section [Page 57](#)).

Address: American Legion 3  
20 North Harrison, Cortez, CO 81321 (food delivery & pick-up)

**SHAREHOUSE – Cortez 970-769-5410**

The Sharehouse Community Food Center houses refrigerated food storage, equipment for minimal food processing, and facilities for classes, workshops, meetings, and events. They provide a multi-use space dedicated to all things food related, including food production, aggregation, processing, storage, distribution, events, and education. We cultivate community collaboration to develop a local food system that benefits all. Contributions are always appreciated!

This is a project of the Montezuma Food Coalition (Onward!) For credit cards, please visit Onward! A Legacy Foundation's donation portal at [bit.ly/onwardfoundation](http://bit.ly/onwardfoundation), and scroll down to Montezuma Food Coalition. For checks, please mail to The Sharehouse, 30 North Beech Street, Unit A, Cortez CO 81321

Contact: Laurie Hall, Director  
Address: 30 North Beech Street, Unit A, Cortez, CO  
Email: [info@montezumafoodcoalition.org](mailto:info@montezumafoodcoalition.org)

**SNAP – Supplemental Nutrition Assistance Program 970-565-8526 / 970-565-3769  
Food (SNAP), Cash, Health Coverage, and Childcare**

Montezuma Department of Social Services application based on income & resource base for eligibility.

Dolores County Social Services 970-677-2250  
Montezuma County Social Services, Gina Montoya 970-565-3769 / 970-565-8526  
Nourish Colorado, Colorado Double Up Bucks – available @ Cortez Farmers Market

Referrals to food pantries & free meals, nutrition program information.  
SNAP application assistance

FREE Fruits & Vegetables with your SNAP / Food Assistance (see website below)

Address: 109 West Main Street, Cortez, CO  
Website: Download the MyCOBenefits App or call 970-565-8526

<https://Colorado.gov/PEAK> 970-383-2399

<https://HungerFreeColorado.org>

<https://foodstampoffice.com/cortez-co/>

<https://doubleupcolorado.org> 720-573-3617

**Southwest Farm Fresh Cooperative 970-560-1028**

Get your share of the best local fruits, veggies, and pastured meats, all sustainably grown by our cooperative of local family farms. We offer terrific variety, convenient pickup, and a weekly newsletter packed with tips and recipes!

Address: 20 North Beech Street, Cortez, CO  
Email: [swff.csa@gmail.com](mailto:swff.csa@gmail.com)  
Website: <https://southwestfarmfresh.com>

**Southwest Open School - SWOS 970-565-1150**

High School gardening project and harvest of garden seeds.

Contact: Devyn Lacey  
Email: [dlacey@cortez.k12.co.us](mailto:dlacey@cortez.k12.co.us)

**Southwest Safe House 970-259-5443**

Please see the complete listing for Southwest Safe House in the Abuse; Housing & Homeless Services.

**Teec Nos Pos Food Distribution Program 928-658-3225**

(Teec Nos Pos Chapter House)

**Towaoc Food Program - Care & Share Mobile Market 970-565-3751**

Commodities distribution open to Ute Mountain Ute Tribe and non-tribal members.

Contact: Harvest Frost ([to see if program open](#))  
Address: Towaoc Recreation Center  
Date: 3<sup>rd</sup> Tuesday each month  
Time: 11:00 am bring own bags / baskets

**Towaoc Recreation Center 970-565-5360**

Box lunches available for Ute Mountain Ute Tribe youth in the multi-purpose room. They will deliver as well. Call the front desk with the number of youth and the physical address. Call Kia Whiteshunk if you have questions. 970-564-5752.

Address: 495 Sunset Blvd, Towaoc, CO FAX 970-564-5365  
Hours: 12:00 – 1:00 pm

**Transitions Pantry 435-678-3741**

Provides a food pantry. Serves San Juan County.

Address: Montezuma Creek, UT - 84534;  
Hours: Monday and Thursday: 10am and 3pm

**Utah Food Bank serving San Juan County including the Navajo Nation: 801-887-1252**

A mobile program runs once a month in La Sal, Montezuma Creek, Monticello, Blanding and Aneth. We drop the product and they distribute it that day. School pantries located in Montezuma Creek at White Horse High and the high school and elementary in Monument Valley, Monument Valley High, tse'bi'ni'dzizgai elementary; Brick and mortar site in Monument Valley at the transitions building. All sites can only serve residents of Utah except for Monument Valley because we are on the border of UT and AZ and we are the closest site for food in that area.

Contact: Lillian Varas-Carter, Utah Food Bank,  
Address: 3150 S 900 W, Salt Lake City UT, 84119  
Email: [lillianvc@utahfoodbank.org](mailto:lillianvc@utahfoodbank.org)

**Ute Mountain Ute Tribe - Community Health****970-565-3751***Have added a food pantry for their clients***Ute Mountain Ute Tribe - Farm & Ranch Enterprise****970-565-6412***A tribal owned farm consisting of 7700 irrigated acres producing alfalfa, corn, wheat; and manages a 700-head cow/calf operation. See Bow & Arrow Brand, LLC above for white & blue corn that is made into cornmeal Pg 95**Coming from the South, take Highway 491/160 North into Colorado, to highway mile marker #25, and our intersection, #201.**Coming from the North, take Highway 491/160 South to Cortez, Colorado. Travel approximately 10 miles south of Cortez on Highway 491/160 past the port of entry to our intersection #201. (1.4 miles south of Ute Mountain Travel Center)**Turn west at intersection #201, onto a gravel road UMU 201. Travel 12 ½ miles west on #201 to our headquarters facility on the right. We have a grain facility and truck scales at our headquarters.*

Address: 12500 UMU 201, Towaoc, CO 81334

Hours: 8:00 am – 4:00 pm Monday – Friday  
Closed on Tribal Holidays

8:00 am – 4:00 pm Loading Hours Monday - Friday

Email: [inquiry@utemtn.com](mailto:inquiry@utemtn.com)Facebook: <https://facebook.com/UteMountainFarmandRanchEnterprise/>Website: <http://www.utemtn.com/>Email: [bowandarrowbrand@utemtn.com](mailto:bowandarrowbrand@utemtn.com)Website: [www.bowandarrowbrand.com](http://www.bowandarrowbrand.com)**Ute Mountain Ute Tribe - WIC (Women, Infant, Children) Program****970-564-5363***An application is required to receive services. Have added a food pantry for their clients***Collaborative Multi-Organization Efforts to Reduce Food Insecurity**

Community Foundation of SW CO: five-county food distribution program 970-375-5807

Essentials for Childhood, Montezuma County Public Health Department 970-565-3056

*The Colorado-National Collaborative/Essentials for Childhood Coordinator supports suicide prevention efforts in Montezuma County by helping to build a sustainable coalition which implements the CNC suicide prevention model (CNC), and tackles the issues around economic stability and supports regarding food and childcare through data-driven collective impact (EfC)*

Four Corners Farm &amp; Ranchers Coalition see Website

Contacts: Erin Kuhlman, Hann Fulmer, Co-Presidents  
Jay Loschert, MemberWebsite: <https://farmersandrancherscoalition.org/meet-the-board>

Four Corners Mutual Aid Network (LaPlata &amp; Montezuma Counties) 970-343-4687

GOOD SAM'S/Sharehouse/Four Corners Food Coalition/Southwest Farm Fresh facility sharing 970-565-6424

Montezuma Food Coalition (Onward! Supported) 970-769-5410

Website: <https://www.montezumafoodcoalition.org>

Sharehouse Food Assistance Providers bulk food distribution 970-769-5410

Team Up Food Security Action Team <https://teamup-swco.org>**Community Kitchens**Dolores Community Center 970-882-7337Lewis-Arriola Community Center 970-560-4782Montezuma County Annex & Senior Center 970-247-7009Montezuma County Fairgrounds 970-565-1000Mt. Lookout Grange – Mancos, CO 719-440-1890Sharehouse – coming in 2021 970-769-5410St. Barnabas Church – Cortez, CO 970-565-7865**Education - Food, Nutrition, Gardening, and Farming****AXIS Health System**

– see full listing in Healthcare Section Page 111

**Colorado State University Extension (CSU) - Dolores County****970-677-2283**

Contact: Gus Westerman

Email: [Gus.Westerman@colostate.edu](mailto:Gus.Westerman@colostate.edu)**Colorado State University Extension (CSU) - Montezuma County****970-564-4155***4 H Afterschool Programs and Community Education*

Address: 103 North Chestnut Street, Cortez, CO

Contact: Greg Felsen, County Extension Director / Agent

Email: [gregory.felsen@colordostate.edu](mailto:gregory.felsen@colordostate.edu)Facebook: [www.facebook.com/CSU-extension-Montezuma-County](https://www.facebook.com/CSU-extension-Montezuma-County)**Cortez Community Gardens - Common Ground (Good Sam's Project)****970-565-6424***Community garden project, community growing space and education.*

Contact: Reid Brugger &amp; Kirbi Foster

**Cooking Matters****970-300-3055**

Free small group cooking classes aimed for low-income people

Contact: Brigid Hunt

720-543-8651

Address: 862 Main Avenue, Suite 223, Durango, CO

Hours: 9:00 am – 5:00 pm Monday thru Friday

Website: <https://co.cookingmatters.org/contact-us>**Fort Lewis Old Fort Farm and Ranch****877-352-2656***The Old Fort at Hesperus is a growing and multi-faceted answer to farmer training in the Four Corners region. Welcoming everyone from college interns for brief summer experiences to incubator farmers ready to start a business, the Old Fort offers good (and challenging) growing conditions, supportive staff, a lively farming community, and rich resources for high elevation market farming.**The Old Fort Farm Stand has meat and veggies for sale. The Old Fort brings produce to the Fort Lewis College Campus on Wednesday afternoons between 12:30 and 3:30 p.m. throughout the year.*Address: Fort Lewis College  
1000 Rim Drive, Durango, CO 81301

Contact: Beth LaShell

970-385-4574

Address: Old Fort

18683 Highway 140, Hesperus, CO

Hours: Dawn to Dusk

Website: [Farmer Training Programs | Old Fort | Fort Lewis College](#)  
<https://www.localharvest.org/the-old-fort-at-hesperus-M63572>  
<https://www.fortlewis.edu/oldfort>

**Fozzie's Farm education programs, a project of the Montezuma Land Conservancy** 970-516-0304

**Future Farmers of America (in all available high schools)** – check with schools

**Good Samaritan Center – Free Adult & Teen Gardening Classes / Indigenous Food** 970-565-6424

*Classes available are: Indigenous Foods, Adult Gardening, and Teen Gardening.*

*Register online at [www.goodsamskortez.org/pantry-garden](http://www.goodsamskortez.org/pantry-garden).*

Address: 30 Beech Street, Unite 3, Cortez  
 Date: Monthly from May 7, 2021 to Oct 8, 2021  
**FIRST FRIDAY of the Month / Call or Register Online**  
 Hours: 3:30 pm – 5:30 pm  
 Email: [director@GoodSamsCortez.org](mailto:director@GoodSamsCortez.org)  
[coordinator@GoodSamskortez.org](mailto:coordinator@GoodSamskortez.org)  
 Website: <https://goodsamskortez.org/garden>  
[www.GoodSamskortez.org/pantry-garden](http://www.GoodSamskortez.org/pantry-garden)

**Montezuma County Public Health Department - nutrition classes for WIC participants - see Page 108**

**Montezuma-Cortez High School - Culinary Program** 970-565-3722

**Montezuma Orchard Restoration Project** 970-565-3099

Montezuma Orchard Restoration Project (MORP) works to preserve Colorado's fruit- growing heritage and restore an orchard culture and economy to the southwestern region.

Contact: Addie and Jude Schuenmeyer  
 Address: 17312 Road G, Cortez, CO  
 Facebook: <https://www.facebook.com/montezumaorchardproject>  
 Website: <https://montezumaorchard.org>

**Montezuma School to Farm Project** Website

*MSTFP has installed a 2+ acre school production area, heritage orchards, high tunnels, cold frames, vertical growing spaces, permaculture swales, wicking beds, adobe ovens, and numerous living examples of water and soil conservation across the schools in the county. Classes also utilize a greenhouse, a bio-thermal heating system, an on-site beehive, and an aquaponics unit as garden learning spaces.*

Contact: Trinette Robichoux-Cichock, Executive Director  
 Address: 202 West North Street, Cortez, CO  
 Website: [www.montezumaschooltofarm.org](http://www.montezumaschooltofarm.org)

**Navajo Nation TANF – Kayenta, Arizona Office** 928-697-5660

Temporary Assistance to Needy Families (TANF). *Financial assistance is available to families with children who meet income and resources criteria. Colorado Works requirement with this assistance.*

**New Mexico State University (NMSU) Extension, San Juan County, New Mexico** 505-334-9496

Address: 213-A South Oliver Drive, Aztec, NM 87410  
 Email: [sanjuan@nmsu.edu](mailto:sanjuan@nmsu.edu)  
 Website: <https://sanjuanextension.nmsu.edu>

**Pinon Project Family Resource Center** 970-564-1195

**Pueblo Community College Ag Program (new) – see EDUCATION Adult Pg** 970-564-6200

**Utah State University Extension, San Juan County, Utah** 435-587-3239  
 Address: 117 South Main, Monticello, UT

**Ute Mountain Ute Community Health** 970-565-3751

### In-House Meal Programs

**Dolores County School District – free and reduced lunches** 970-677-2716

Contact: Cassie Burnham

**Montezuma-Cortez RE-1 School District** 970-565-7522 ext 1145

Contact: Sandra VanHoutean

**RENEW Women's Shelter** 970-565-4473

Contact: Jodi Jones

**The Bridge Emergency Shelter** 970-565-9808

Address: 735 North Park Street, Cortez, CO

### SNAP

*The Supplemental Nutrition Assistance Program (SNAP) helps low-income households in Colorado purchase food. It provides a monthly benefit that helps families and individuals buy the food they need for good health. The benefit is provided based on income, resources and the number of individuals in the household.*

**Dolores County Social Services** 970-677-2250

**Montezuma County Social Services, Gina Montoya** 970-565-3769 / 970-565-8526

**Nourish Colorado, Colorado Double-Up Bucks are available** @ Cortez Farmers Market

### WIC Program - Women, Infant & Children's Health & Nutrition

**Dolores County WIC** 970- 677-2387

**Montezuma County WIC, Delilah Darland** 970-565-3056

**San Juan County WIC, Hwy 262, Montezuma Creek, UT 84534,** 435-359-0038

**Ute Mountain Ute Tribe - WIC (Venus Bancroft)** 970-564-5363

## **GOVERNMENT OFFICES – CITY, COUNTY, STATE, FEDERAL**

### **Colorado Drivers Licenses - Cortez, CO 970-565-9779**

*Drivers Licenses with appropriate Identification & address information. Voter Registration for State of Colorado*

Address: 2210 East Main Street, Cortez, CO (drivers licenses)  
Website: <https://local.dmv.org/colorado/branch/cortez-driver-license-office>

### **Colorado Vehicle Registrations & Titles – Cortez, CO 970-565-3728**

Handicap Parking Permits/Tickets  
Motor Vehicle Registrations  
Motor Vehicle Titles  
Voter Registration

Address: 140 West Main Street, Cortez, CO (titles & registration)  
Hours: 8:30 am – 4:30 pm Monday - Friday

### **Dolores County Government 970-677-2383**

*Contact Administration, including County Clerk's Office, County Treasurer, County Commissioners, Roads and other county services.*

Address: 409 North Main, Dove Creek, CO 81324 FAX: 970-677-2815  
Mailing: PO Box 608, Dove Creek, CO 81234  
Hours: 8:30am - 4:30pm Monday – Friday  
Website: <https://DoloresCounty.org>

### **Internal Revenue Service 800-829-1040**

### **Medicaid & Medicare Services**

Montezuma County vs Cortez Social Services 970-565-3769  
Medicaid (National Number) 800-662-9651  
Medicare (National Number) 800-332-6681

### **Montezuma County Clerk & Recorder's Office 970-565-3728**

Address: 140 West Main Street, Suite #1, Cortez, CO  
Hours: 8:30 am – 4:30 pm Monday - Friday  
Website: <https://montezumacounty.org/elections-office>

### **Montezuma County Election Department & Ballot Dropoff**

Cortez City Hall 123 Roger Smith Ave. Cortez Co. 81321  
Cox Conoco 18794 US-491, Lewis, CO 81327Cortez  
Dolores Town Hall 420 Central Ave, Dolores, CO 81323  
Mancos Town Hall 117 N Main St, Mancos, CO 81328  
Montezuma County 140 W. Main St Suite #1 Cortez Co. 81321  
Tribal Complex Building 124 Mike Wash Road Towaoc Co. 81334  
Website: <https://monezumacounty.org/elections-office>

### **Montezuma County Government 970-565- 8317**

*Contact Administration, including County Clerk's Office, County Treasurer, County Commissioners, Roads and other county services.*

Address: 140 West Main Street, Cortez, CO  
109 West Main, Rm 302, Cortez, CO 81321  
Hours: Monday – Friday 8:30am – 4:30pm

### **Montezuma County Medical Examiner / Coroner 970-749-1771**

Website: <https://montezumacounty.org/serivces/coroner/>

### **Municipalities**

#### **City of Cortez 970-565-3402**

Address: 210 East Main Cortez, CO 81321  
Mailing: same  
Hours: 8:00am – 5:00 pm Monday – Friday  
Website: <http://www.cityofcortez.com>

#### **Dolores Town Hall 970-882-7720**

Address: 420 Central Avenue, Dolores  
Mailing: PO Box 630 Dolores, CO 81323  
Hours: 8:00am – 4:30pm Monday – Friday

#### **Dove Creek Town Hall 970-677-2255**

Address: 409 North Main Dove Creek, CO 81324  
Hours: 8:00am – 4:30pm Monday - Friday

#### **Mancos Town Government 970-533-7725**

Address: 117 North Main, Mancos  
Mailing: PO Box 487, Mancos, CO 81328  
Hours: 8:00am – 5:00pm Monday – Friday  
FAX: 970-533-7727

#### **Rico Town Hall 970-967-2861**

Address: 2 North Commercial Street, Rico, CO 81332  
Mailing: P.O. Box 9, 2 North Commercial Street, Rico, CO 81332

### **Social Security – Colorado, New Mexico, Utah 970-247-3128**

### **Social Security - National 800-772-1213**

### **United States Post Offices**

Cahone	Zip 81320 – 51796 Highway 491	970-572-4223
Cortez	Zip 81321 – 35 South Beech Street	970-565-3181
Dolores	Zip 81323 – 1000 Railroad Ave. North	970-882-7796
Dove Creek	Zip 81324 – 80 Highway 491	970-677-2286
Lewis	Zip 81327 – 18794 Highway 491	970-882-4631
Mancos	Zip 81328 – 291 North Walnut Street	970-533-7754
Pleasant View	Zip 81331 – 26070 Highway 491	970-562-4222
Rico	Zip 81332 – 28 South Glasgow Avenue	970-967-2563
Towac	Zip 81334 - 119.8 Mike Wash	970-565-6411
Yellow Jacket	Zip 81335 – 22009 Montezuma County Road 18	970-562-4221

### **Ute Mountain Ute Tribe 970-563-3751**

## HEALTHCARE SERVICES

**PHYSICIANS & SPECIALISTS:** Search AXIS Health System, Google, SW Memorial Hospital, Southwestern Telephone Directory (too many changes & pages to include here)

**AMBULANCES – MONTEZUMA COUNTY DISPATCH** 970-565-8454

**Access to Health Care (Pinon Project)** 970-564-1195

A three-year grant helps under- and/or uninsured families in Montezuma and Dolores Counties. For more information and a complete listing of programs offered through Pinon Project, please see the listing for Pinon Project in the Family Support Section Page 85.

**ACUPUNCTURE SERVICES** – See List of Providers at End of Section

**American Cancer Society – Durango, CO** 970-247-0278

Nation-wide volunteer health organization with a local branch providing local services is dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives from cancer, and diminishing suffering from cancer through research, education, and service. The Durango Hub Office serves Montezuma, La Plata, Archuleta, and San Juan (New Mexico) Counties.

**Information & Referral:** Information about types of cancer, treatments available, and communication skills in working with medical personnel. Call 1-800-ACS-2345

**Support Groups:** Available for men and women, their loved ones, and caregivers.

**Cancer Resource Center:** Located in the Durango Cancer Center at Mercy Medical Plaza, this volunteer-staffed center offers patients free wigs, hats, turbans, literature, support, and answers. Call 403-0086.

**Reach to Recovery:** Peer-to-peer mentor visitation program with trained volunteer breast cancer survivors provides information, comfort, and support for patients before, during, and after breast cancer treatment.

**Look Good...Feel Better:** Community-based service teaches female cancer patients beauty techniques to help enhance their appearance and self-image during chemotherapy and radiation treatments. Professional cosmetologists volunteer their time to assemble a free cosmetic kit. Attendees learn about skin care, wig styling, nail care, and cosmetic tips.

**Road to Recovery:** Free transportation provided for cancer patients in La Plata, Archuleta, and Montezuma Counties to their treatment appointments and home again. Trained volunteer drivers assist patients who have no transportation, are too ill to drive, or who do not have access to other local resources. Rides arranged by calling 403-0086

**Patient Lodging Program:** Durango motels and hotels offer free or discounted rooms to cancer patients who must travel more than one hour. Call 403-0086

**Man to Man:** Education and support group for survivors of prostate cancer. Call 247-9039

**National Cancer Information Center:** Trained cancer information specialists available 24-hours, 7 days/week to answer questions about cancer, link callers with resources in their community, and provide information on local events. Call 1-800-ACS-2345

**American Cancer Society Website:** In-depth information on all major types of cancer, including breast cancer guidelines for prevention, detections, treatment, clinical trials, programs & services for patients, and more.

Address: 1800 East Third Ave. Suite 101 Durango, CO 81301 FAX: 970-247-4200  
Hours: 8:30am – 5:00pm Monday-Friday  
Website: [www.cancer.org](http://www.cancer.org)

**American Red Cross – Cortez** 970-882-7999

**American Red Cross – Durango** 970-259-5882

**AXIS Crisis Care** HOTLINE 970-335-2255

**AXIS Health System see Integrated Healthcare - Cortez** 970-565-7946

Axis Health System has six federally designated Community Health Centers (CHC). CHC's are located in medically underserved areas throughout the nation. CHC's make comprehensive primary care accessible to all people regardless of insurance status and improve the health of the whole community.

They serve five counties in SW Colorado. Treatment approaches include: cognitive/behavior therapy, Dialectical behavior therapy, substance abuse counseling approach, trauma related counseling. This includes drug and alcohol addiction rehab centers. Axis Health System is a provider of Colorado Crisis System Services. Funded in part by the eColorado Department of Human Services and in part by the Colorado Department of Human Services.

Contact: Haley Leonard, Director of Public Relations & Development 314-368-2723  
Address: 635 E Empire Street, Cortez, CO  
Hours: 8:00 am – 5:00 pm Monday thru Friday  
Email: [hleonard@axishealthsystem.org](mailto:hleonard@axishealthsystem.org)  
Website: <https://www.axishealthsystem.org>

**CareLink Medical Alert Service** 970-749-3464

Montezuma Social Services – Long Term Care

Southwest Memorial Hospital

Website: <https://healthcominc.com>

**CHIROPRACTIC SERVICES** – See List of Providers at End of Section

**Colorado AIDS Project** 303-837-0166

The project improves lives affected by HIV and AIDS and works to prevent infection. Services are provided to achieve maximum quality of life possible. Identification of at-risk populations performed with resulting culturally competent education about HIV and protection.

Address: 2490 West 26<sup>th</sup> Ave, Building A, Suite 300, Denver FAX: 303-837-0388  
Mailing: P.O. Box 48120 Denver, CO 80204  
Website: [www.coloradoAIDSproject.org](http://www.coloradoAIDSproject.org)

**Cortez Integrated Healthcare (AXIS Health System)** 970-565-7946

Cortez Integrated Healthcare is one of Axis Health System's six federally designated Community Health Center (CHC) sites. CHCs are located in medically underserved areas throughout the nation. CHCs make comprehensive primary care accessible to all people regardless of insurance status and improve the health of the whole community.

Cortez Integrated Healthcare is an innovative primary care practice devoted to whole person healthcare. In addition to family healthcare, the clinic also offers pediatric services: all of which include integrated behavioral care services. The clinic is operated by Axis Health System. New patients are being accepted and most local insurance plans are accepted. Cortez Integrated Healthcare services are provided to make a meaningful difference in the communities of Montezuma and Dolores Counties.

**Integrated services include:**

**Family and pediatric healthcare:** A healthcare home for the entire family

**Adult Out-Patient Therapy:** Individual and group mental health and substance abuse treatment  
**Child and Adolescent Out-Patient Therapy:** Individual, family, and group therapy for children ages 0-18 and their families

**Crisis Services:** No cost walk-in crisis intervention from 8-5 Monday through Friday, no-cost telephone crisis intervention after-hours

**Regional Youth and Family Support:** A free counseling service for families with children under the age of 18. Services are offered in the school, home, or office

**Case Management Services:** Additional support for patients with mental illness to ensure that basic needs are met. Involves assessment, referral to community support, care coordination, and advocacy for access to resources.

**Cortez Kiva Empowerment Center:** A support and activity center for clients.

**Vocational Rehabilitation:** Help for individuals with mental illness to prepare for and maintain employment. Collaboration with Division of Vocational Rehabilitation (please see listing in Employment Section Page 83 ) for additional services

**Psychiatric Services:** Diagnostic treatment planning, medication management, and follow-up planning.

Address: 691 East Empire Street, Cortez FAX: 970-565-9005

Hours: 8:00 am-5:00 pm Monday, Wednesday, Thursday, Friday.

8:00 am-6:00 pm Tuesday

Evening Programs as scheduled.

Website: <https://www.axishealthsystem.org/Addresses/cortez/cortez-integrated-healthcare>

**DENTAL SERVICES**

– See List of Providers at End of Section

**Denver Children’s Hospital**

**800-624-6553**

*Providing specialty care and surgery. The Denver Children’s Hospital will be able to put you in contact with area lodging including the rates and availability of motels, the Ronald McDonald House and St. Christopher’s House.*

**Dolores County Public Health – Dove Creek, CO**

**970-677-2387**

*Health and education services are provided for Dolores County:*

**WIC**

**Emergency Preparedness**

**Immunizations**

**Environmental Health**

**Dental/Medical Referrals**

Address: 497 West 4<sup>th</sup> Street, Dove Creek

FAX: 970-677-2948

Mailing: P.O. Box 368, Dove Creek, CO 81324

Hours: 8:00am – 4:00pm Monday-Friday

**Dove Creek Integrated Healthcare (AXIS Health System)**

**970-677-2291**

*Formerly Frontier Community Health Clinic*

*Dove Creek Integrated Healthcare is one of Axis Health System’s six federally designated Community Health Center (CHC) sites. CHCs are located in medically underserved areas throughout the nation. CHCs make comprehensive primary care accessible to all people regardless of insurance status and improve the health of the whole community. Primary health care services are provided as well as behavioral health services. Low-cost pharmacy is available for in-house patients.*

Address: 495 West 4<sup>th</sup> Street, Dove Creek

FAX: 970-677-2540

Mailing: P.O. Box 576, Dove Creek, CO 81324

Hours: 8:30 am - 5:00 pm Monday, Wednesday, Thursday, Friday

7:30 am - 5:00 pm Tuesday

**ESSENTIALS for CHILDHOOD & Colorado Nat’l Collaborative Program 970-566-4799/564-4799**

Website: [Adverse Childhood Experiences \(ACEs\) \(cdc.gov\)](https://www.adversechildhoodexperiences.com)

**EXERCISE & FITNESS**

– See Self-Care Section Page 157

**Four Corners Youth Clinics (Cortez & Dolores, CO)**

**970-560-5056 / 970-560-4890**

*Four Corners Youth Clinics has been in operation as a school-based health center (SBHC) on the SWOS campus since 1998. It was established as “Southwest Open School” School-Based Health Center” and assumed the Doing Business as Name of “Four Corners Youth Clinics” in February, 2018. Services are for ages 0-21 and include Dental, Family, Healthcare and Behavioral Issues.*

**Primary Care**

- Well Child Checks (WCC)/Physicals (Sports Physicals completed during WCC)
- Minor Illness
- Screens: Blood Pressure/ Weight/ Vision
- CLIA Waived labs: Urine dipsticks (to test for urinary tract infections), throat cultures for strep, microscopy
- Care and treatment for Acne, Asthma, Diabetes, and Weight Management
- Supportive treatment for other chronic conditions in collaboration with specialists (seizures, cystic fibrosis, etc.)

**Behavioral Health**

- Risk Assessments- Anxiety, Depression, Substance Use, Developmental
- Assessment/Diagnosis
- Short-term Counseling (Individual, Group, & Family)
- Medication in conjunction with primary care and psychiatric consultation

**Reproductive Care**

- Pregnancy Testing
- Birth Control
- Sexually Transmitted Infection testing and treatment

Address: 401 North Dolores Road, Cortez, CO

970-560-5056

1301 Central Avenue, Dolores, CO

970-560-4890

Hours: 8:30 am – 4:30 pm Mon & Wed SWOS Clinic

8:00 am – 4:00 pm Tues & Thurs at Dolores Clinic

Resources: <https://4cyc.org/community-resources/>

Website: <https://4cyc.org>

**Good RX Pharmacy Discount Card Information**

**855-213-1275**

**HEARING SERVICES**

– See List of Providers at End of Section

**Heart to Heart Montezuma Crisis Pregnancy Center (24/7)**

**970-565-0979**

*A non-profit organization that exists to provide compassionate, confidential care and walk alongside women who find themselves facing a pregnancy that they are not prepared for and were not expecting. Services are always free and confidential.*

- Free pregnancy testing
- Pregnancy options counseling
- Accurate, caring pregnancy options information
- STD/STI information
- Infant clothing and care items (diapers, formula, etc.)
- Community referrals
- Adoption information
- Abortion recovery group

Address: 213 North Street, Cortez, CO 81321  
 Hours: 2:00 pm-6:00 pm Monday, Tuesday, and Wednesday BY APPOINTMENT  
 Email: [hrt2hrt@fone.net](mailto:hrt2hrt@fone.net)  
 Website: <https://www.hearttoheartcpc.com>

### HOME HEALTH / MEDICAL & HOME SERVICES – See List of Providers at End of Section

#### **Hospice of Montezuma County** 970-565-4400

Home health and hospice care are provided to patients and their families within a 70-mile radius of Cortez. Team concept to care is provided by nurses, certified nurse aides, medical director, therapists, social workers, volunteers, etc. Programs support physical, emotional, and spiritual needs of terminally ill patients and their families through interdisciplinary teams which include the patient and family members. Patients are helped to maintain and enhance quality of life while remaining in the setting of their choice, pain-free, in control, and in touch with family and friends. Referrals can be made by anyone including doctors, hospital, family, or friends. Medicare, Medicaid, and private insurance are all accepted. One-on-one, whole family, grief & suicide counseling are available.

<b>Home Health</b>	<b>Bereavement Services</b>	
<b>Hospice</b>	<b>Support Groups</b>	
<b>Volunteer Opportunities</b>	<b>Family Grief Camp</b>	
Address: 512 North Broadway, Cortez		FAX: 970-565-9543
Hours: 8:00am – 5:00pm Monday-Friday On-Call 24 hours/day		
Email: <a href="mailto:office@hospiceofmontezuma.org">office@hospiceofmontezuma.org</a>		
Website: <a href="http://www.hospiceofmontezuma.org">www.hospiceofmontezuma.org</a>		

### KIDNEY RESOURCES – See List of Providers at End of Section

#### **LONG TERM CARE OPTIONS** – Montezuma County Public Health 970-564-4770 / 970-564-4780

#### **Mancos Valley Health Clinic (SW Health System)** 970-533-9125

Family practice community health clinic is always accepting new patients of all ages. All insurances, Medicare, Medicaid, CHP+ accepted, uninsured, indigent, and non-documented clients served. Mercy Hospital lab draw station on site. Must have an appointment – NOT a walk-in clinic.

Address: 111 East Railroad Avenue, Mancos, CO 81328 FAX: 970-533-7310  
 Hours: 8:00am – 5:00pm Monday – Friday Closed for lunch  
 Website: [www.vwhs.org](http://www.vwhs.org)

### MEDICAID & MEDICARE SERVICES – See List of Providers at End of Section

#### **Montezuma County Public Health – Cortez, CO** 970-565-3056

#### **Montezuma County Public Health – Dolores, CO** 970-667-2387

A variety of health care services, health education, sanitation, food service inspection, and environmental health services are provided to the residents of Montezuma County. Some services are also provided for Dove Creek. Many services are free.

**Bike Helmets:** age appropriate to local children at reduced cost  
**Car Seats:** Keep children safe in a vehicle with children in age and weight appropriate car seats.  
**CDED:** Child Development Evaluation Clinic, Options for Long Term Care  
**Child Safety Seat-Education & Seats call number above** (also see <https://saferide4kinds.com>)  
**Communicable Disease Control Program:** To prevent and monitor communicable diseases.  
**CTC – see Youth Substance Abuse Below**  
**Dental Clinics:** Smile Makers Dental Clinics is a Medicaid & CHP+ clinic for adults & children. 970-564-4764  
**Environmental Health:** The sanitarian is responsible for monitoring environmental factors which affect the health of the community.  
**EPSDT (Early Periodic Screening Detection & Treatment):** Case Management for Medicaid children.  
**Essentials for Children & Colorado National Collaborative Program:** Violence Prevention  
**Handicapped Children's Program:** Evaluation and treatment for children from birth to 21 years of age who have a physical disability which interferes with normal growth and development.  
**Healthy Kids-Nurse Family Partnerships:** Home visitation first time, low income eligible.  
**Helmet Safety Education & Helmets call number above**  
**Immunization Clinic:** Routine immunizations provided free to low-income families.  
**Injury Prevention-Helmet Program**  
**Nurse-Family Partnerships:** Support for first-time mothers  
**Options for Long Term Care:** A case management program for Medicaid Long Term Care clients also provides resources for private pay clients.  
**P.A.T.H. (Partners in Action for Teen Health):** A multi-disciplinary community bases team coordinates resources and activities for adolescents in Montezuma County.  
**Personal Care Provider Agency:** Homemaking/personal care for financially/medically eligible  
**Prenatal Plus:** Case Management for high-risk women on Medicaid  
**Program:** Prenatal care is provided to non-Medicaid clients who meet financial guidelines. Care is provided in conjunction with area physicians.  
**Tobacco Education**  
**Well Child Clinic:** A clinic for children up to the age of five who meet financial guidelines  
**W.I.C. (Women, Infants and Children):** Provides supplemental foods and nutrition education at no cost to women, infants and children who meet financial and nutritional risk factor guidelines.  
**Young Parents Plus:** Support for young parents.  
**Youth Substance Abuse Prevention – CTC Communities That Care**  
 Contact: Bobbi Lock, Director FAX: 970-565-0647  
 Address: 106 West North Street Cortez, CO  
 Hours: 8:00am – 5:00pm Monday – Friday except holidays

#### **Pasco Southwest** 970-565-6833

Privately owned services. Providing care under nursing, physical therapy, speech therapy, occupational therapy, social work, home health care, home makers, and personal care services. Certified under Medicare and Medicaid, VA, all other insurances as well as private pay.

Address: 45 South Washington Cortez, CO FAX: 970-564-8057  
 Hours: 8:30AM-4:30PM Monday-Friday

**PHYSICAL THERAPY SERVICES**

– See List of Providers at End of Section

**Planned Parenthood****970-565-7011**

Quality of life is improved by enabling all people to exercise individual choice in their own reproductive health. Low-cost birth control is available. Breast, pelvic exams, pap smears and possibly annual mammograms are offered to women 40-64 for free if guidelines are met. Service is available to men and women of any age and any income level. Fees for services are based upon income and family size, and a sliding-fee scale is used for all services. Medicaid and some insurances accepted.

**All Birth Control Methods and Education:** Some available without an exam  
**Emergency Contraception and Emergency Contraception to go**  
**Pregnancy Testing and Information About Choices:** Prenatal care, adoption, and abortion  
**Annual Exams and Pap Smears**  
**Follow-Up for Abnormal Pap Smears:** Referrals for colposcopy and cryotherapy  
**Testing and Treatment for Sexually Transmitted Diseases:** For men and women  
**HIV Testing:** Results in as little as 10 minutes  
**HPV Vaccinations**  
**Mid-Life Services:** Including Hormone Replacement Therapy  
**Mammogram Referrals**

Address: 20 West North Street Cortez, CO 81321 FAX: 970-565-3277  
 Hours: Monday 9:00 am - 5:00 pm  
 Tuesday 11:00 am – 6:00 pm  
 Wednesday Closed  
 Thursday 10:00 am – 4:00 pm  
 Friday 9:00 am – 3:00 pm  
 Website: [www.pprm.org](http://www.pprm.org)

**Poison Control – National****800-222-1222****Poison Control – SW Memorial Hospital****970-564-2025**

Advice is given on incidents involving poisons of any kind, whether by ingestion or external contact. For more information and a complete listing of programs offered through Southwest Memorial Hospital, please see the listing for Southwest Memorial Hospital in this section Page 118.

Address: 1311 N Mildred, Cortez, CO

**Rocky Mountain Health Plans (Colorado & Utah)****800-843-0719**

Website: <https://pp.rmh.org/health/insurance>

**San Juan Health Department (Blanding)****435-678-2723 / 435-359-0038**

Address: 735 South 200 West, #2, Blanding, UT  
 Website: <https://sanjuanpublichealth.org>

**Senior Services – Dolores County****970-677-2787**

Services available through Dolores County Senior Services:

Senior Health Insurance (SHIP'S)	Adult Resources for Care & Help (ARDC)
Senior Nutrition Program	Commodity Supplemental Food Prog (CSFP)
Senior & Public Transportation	Health Promotions Program
National Family Caregiver Program	Home Chore/Homemaker Program
Outreach Services	

Address: 8540 Road 7.2, Dove Creek, CO  
 Email: [dcsenior@fone.net](mailto:dcsenior@fone.net)  
 Website: [www.dolorescountyseniorservices.org](http://www.dolorescountyseniorservices.org)

**Senior Services – Montezuma County****970-565-4166**

The following services are free and available through Montezuma County Senior Services. Please always consider a donation.

On-site lunches for seniors age 60 and over and their spouses	
Home delivered meals for anyone 60 years and over who is homebound.	
Educational Programs	
Financial Assistance	
House cleaning, personal chores, house repairs, respite & personal care	970-564-2772
MoCo Public Transportation	970-564-2773
Nail It Down – nail trimming and foot inspection	970-564-4166
Resource Assistance	
Senior Health Insurance & Dental Assistance (SHIP'S)	970-564-2772
Senior Activities	
Contact: Jonathan Parker, Director	970-564-2771
Address: Montezuma County Senior Center (Meals)	970-564-2775
107 North Chestnut Street, Cortez, CO	
Dolores Community Center 400 Riverside, Dolores, CO	970-882-7337
400 Riverside, Dolores, CO	
Mancos – Masonic Lodge	970-533-7721
141 East Montezuma, Mancos, CO	
Website: <a href="https://montezumacounty.org/senior-services">https://montezumacounty.org/senior-services</a>	

**Shriners Hospital (Salt Lake City, UT)****800-237-5055****Direct 801-536-3500**

Offering specialized medical care to children needing orthopedic or burn care. Including diagnostic services, surgery, medical care, casts, braces, prosthetics. X-rays, and rehabilitation services. There is never a charge to the patient or the parent for any treatment received. Call for an application or appointment.

Address: 1275 E Fairfax Rd, Salt Lake City, UT 84103

Website: [www.shrinersshg.org](http://www.shrinersshg.org)  
[www.shrinershospitalforchildren.org/salt-lake-city](http://www.shrinershospitalforchildren.org/salt-lake-city)

**Southwest Center for Independence - Cortez****970-903-5859**

See Disability Section Page 68 for full description of services.

**Southwest Health System – SW Memorial Hospital****970-565-6666**

High quality, accessible health care is provided for the people in Montezuma County and surrounding areas of the four corners region. Most services require physician order or referral for access. Community education and outreach programs are open to the public. Please see website for current class offerings.

**Medical Services:**

Ambulance	Cardiac Rehab	Cardiopulmonary
Clinical Laboratory	Nutrition	Emergency Services
Home Health	Intensive Care Unit	Labor & Delivery

Medical Imaging  
Pharmacy  
Sleep Center  
Wound Care

Medical/Surgical  
Physical Therapy  
Speech Therapy

Occupational Therapy  
Same Day Surgery  
Vaccination Clinic VFC

**Social Services:**

Advocacy/Referral  
Cancer Support Group  
School Based – Health Center (Montezuma Cortez RE-1 school between ages 3-21 eligibility)

Grief Support  
Diabetes Support Group

Counseling  
Inpatient Support Services

**Advanced Cardiac Life Support (ACLS) Classes:** Open to public.

**Community Outreach/Education:**

**Diabetes Education:** Group and individual classes, referral from MD required.

**First Aid & CPR Classes:** Open to the public.

**Lamaze Classes:** Taught by nurses from the Family Birthing Unit.

**Pediatric Advanced Life Support (PALS) Classes:** Open to public

**Telemedicine:** Live, interactive programs offered through the following entities of University of Colorado Health Sciences – Children’s Hospital, Poudre Valley Hospital, North Colorado Medical Center, Denver Health & Hospitals.

Address: 1311 North Mildred Road Cortez, CO 81321 FAX: 970-564-2151  
Email: [contact@swhealth.org](mailto:contact@swhealth.org)  
Hours: 24-hours, 7 days/week  
Website: <https://www.swhealth.org>

**Southwest Health System – Patient Financial Coordinator 970-565-666 / 970-564-2131**

We serve the Four Corners in Southwest Colorado. Emergency services, primary care, MRI, x-ray, mammography, sleep center are a part of our services.

Address: 1311 North Mildred Road, Cortez, CO  
Contact: Rhonda Hatfield  
Email: [rhatfield@swhealth.org](mailto:rhatfield@swhealth.org)  
Website: <https://www.swhealth.org>

**Southwest Health System – Pharmacy 970-564-2190**

Address: 1311 North Mildred Road, Cortez, CO  
Hours: 8:30 am – 6:00 pm Monday – Friday (closed weekends)  
Website: <https://www.swhealth.org/pharmacy>

**Southwest Health System - School-Based Health Clinic 970-564-4855**

Address: 418 South Sligo Street, Cortez, CO

**Southwest Health System – Walk-In Clinic 970-564-1037**

Address: 1413 North Mildred, Cortez, CO  
Hours: 8:00 am – 8:00 pm Monday – Saturday (Closed Sunday)  
Website: <https://www.swhealth.org/walkin>

**Southwest Medical Group – Mancos Clinic (see above)**

Address: 111 Railroad Avenue, Mancos, CO 81328

**970-533-9125**

**SUICIDE – National**

**HOTLINE 800-784-2433**

Humanistic Mental Health Foundation provides 24-hour “**hopeline**” and hospital referrals. Dedicated to sharing the message that suicide is not the answer and help is always available.

**Target Tobacco Coalition**

**970-565-3056 Ext. 226**

Coalition works to reduce the death and disease caused by tobacco use and secondhand smoke exposure. The coalition meets quarterly to provide updates to members on news and resources regarding tobacco use. Cessation classes are offered 2-4 times per year for a small fee. Free “Quit Kits” are available at the Public Health Department as well as brochures, posters, and other materials to help spread the word. Technical assistance on a variety of tobacco-related issues is available for employers, medical providers, schools, day care providers, and other organizations.

Address: 106 West North Street, Cortez, CO 81321 FAX: 970-565-0647  
Email: [jhesse@co.montezuma.co.us](mailto:jhesse@co.montezuma.co.us)  
Hours: 8:00am – 5:00pm Monday – Friday

**TRANSPLANT RESOURCES**

– See List of Providers at end of Section

**Ute Mountain Ute Health Clinic**

**970-565-4411**

Please see the complete listing for the Ute Mountain Ute Health Clinic in the Native American Section Pg 141.

**VISION SERVICES**

– See List of Providers at end of Section

**Acupuncture Services**

**Acupuncture Therapy Clinic**

Address: 28 South Washington Street, Cortez

**970-739-4749**

**Cortez Family Acupuncture (Benjamin Hawes)**

Address: 1 West 1<sup>st</sup> Street, Cortez, CO

**970-565-0230**

**Four Corners Community Acupuncture**

Address: 18483 Highway 145, Dolores, CO

**970-882-8809**

**Ivy’s Therapy Center**

Address: 13845 Road 23, Cortez, CO

**970-565-0185**

**Sherry McCullough Acupuncture**

Address: 443 East Montezuma

**970-564-1660**

**Chiropractic Services**

**4 Corners Chiropractic**

Address: 440 West Main Street, Cortez, CO

**970-565-4483**

**Breitenbach (Dolores) Chiropractic**

Address: 18483 Highway 145, Dolores, CO

**970-882-2275**

<b>Cortez Chiropractic</b>	<b>970-564-9515</b>
Address: 112 West Montezuma Avenue, Cortez CO	
<b>Dr. Hainey's Chiropractic Alliance</b>	<b>970-565-6776</b>
Address: 353 East Main Street, Suite 200, Cortez, CO	
<b>Mountain Chiropractic</b>	<b>970-565-4800</b>
Address: 1933 East Main Street, Cortez, CO	
<b>The River Studio</b>	<b>970-903-1948</b>
Address: 121 West Grand Avenue, Mancos, CO	
Website: <a href="https://mancosriverstudio.com">https://mancosriverstudio.com</a>	
<b>Tullis Chiropractic</b>	<b>970-564-9811</b>
Address: 15 East 1 <sup>st</sup> Street, Cortez, CO	

### Dental Services

<b>Arter Family Dental Care: Scott Arter, DDS</b>	<b>970-565-4702</b>
Address: 18 South Beech Street, Cortez, CO	
<b>Cortez Dental: Howard Pack</b>	<b>970-565-9569</b>
<i>Service includes replacing, removing, and repairing teeth, dental enhancements and preventative care.</i>	
Address: 3 West Montezuma Avenue, Cortez, CO	
Hours: 7:00 am-2:00 pm Mon- Fri	
<b>Cortez Family Dentistry: Ned Walker, DDS</b>	<b>970-565-7275</b>
<i>Service includes general dentistry, preventative care, dental technology ( X-Ray) and dental implants. Accepts cash, checks, credit cards, online payments, care credit, icare financial and a variety of insurance. Contact office to know more about which insurances.</i>	
Address: 115 North Beech Street, Cortez, CO	
<b>Cortez General Dentistry</b>	<b>970-565-2761</b>
Address: 925 South Broadway #232, Cortez, CO	
<b>Cortez Oral Health Clinic (Axis Health System)</b>	<b>970-565-1800</b>
Address: 101 South Maple Street, Cortez, CO	
<b>Cortez Smiles</b>	<b>970-565-5457</b>
<i>Providers services in general dentistry. Accepts all insurances except adult Medicaid.</i>	
Address: 217 West Main Street, Cortez, CO	
Hours: 9:00 am – 5:00 pm Mon – Thurs (Lunch 1:00-2:00 pm)	
<b>Dove Creek Community Dental Clinic</b>	<b>970-677-3644</b>
<i>Community Dental Clinic, general dentistry services. Sliding fee scale available to those who qualify. Dental care is provided for children under 21 years of age. Medicaid accepted. Dental education is also offered on request.</i>	
Address: 495 West 4 <sup>th</sup> Street, Dove Creek	
Mail: PO Box 576 Dove Creek, CO 81324	FAX: 970-677-2540
Hours: 9:00am-5:00pm Monday thru Friday	

<b>Jason Smith, DDS</b>	<b>970-565-4499</b>
<i>Cleanings, X-Ray, fillings, crowns, dentures, partials, implant of crown, extraction. Will submit to any insurances. Not contracted with Medicaid.</i>	
Address: 115 North Beech Street, Cortez, CO	
Hours: 8:00 am – 5:00 pm Mon – Thurs (Lunch 1:00 – 2:00 pm)	
<b>John Vestal, DDS</b>	<b>970-565-3612</b>
Address: 302 West Montezuma Avenue, Cortez, CO	
<b>Mancos Family Dentistry</b>	<b>970-533-7204</b>
Address: 111 Railroad Avenue Unit 2, Mancos, CO	
<b>Montelores Dental Group</b>	<b>970-565-4449</b>
Address: 115 North Beech Street, Cortez, CO	
<b>Montezuma County Health Dept (Tues &amp; Wed)</b>	<b>970-565-3056</b>
<b>Montezuma County Smile Makers – Prevention &amp; Restoration</b>	<b>970-564-4764</b>
Contact: Sheila Castillo	
Address: 106 West North Street, Cortez, CO	
Email: <a href="mailto:scastillo@comontezuma.co.us">scastillo@comontezuma.co.us</a>	
Website: <a href="https://montezumacounty.org/public-health/prevention-services">https://montezumacounty.org/public-health/prevention-services</a>	
<b>Northern Navajo Medical Center (NNMC)– Shiprock, NM</b>	<b>505-368-6095</b>
<b>Orthodontics Inc – Cortez</b>	<b>970-565-3531</b>
Address: 101 South Maple Street, Cortez, CO	
<b>San Juan Basin Health Dept (Information Line)</b>	<b>970-247-5702</b>
<b>Shiprock Dental</b>	<b>505-368-6370</b>
<b>Smart Dentistry</b>	<b>970-564-3636</b>
Address: 2288 East Main Street, Suite C, Cortez, CO	
<b>Summit Family Dental of Cortez / Sundance Dental Care</b>	<b>970-459-1314</b>
<i>Services include; cosmetic dentistry, dental implants, emergency dental care, family dentistry, gum disease treatment, laser dentistry, orthodontics, restorative dentistry, root canals, sedation dentistry, sleep apnea and snoring, smile makeover, TMD/TMJ treatment. Accepts cash, money order, major insurance, all major credit cards. Contact office for more information on insurance.</i>	
Address: 111 Sligo Street, Building A, Cortez, CO (also one in Shiprock, NM)	
Hours: 8:00AM-3:00PM Monday	
8:00AM-5:00PM Tuesday-Friday	
Website: <a href="http://www.sundancesmiles.com">www.sundancesmiles.com</a>	
<b>Utah Navajo Health System</b>	<b>435-351-3700 / 435-651-3291</b>
Address: 1478 East Highway 62, Montezuma Creek, UT 84534	
Website: <a href="https://www.unhsinc.org">https://www.unhsinc.org</a>	

### Hearing Services

<b>A Better Hearing Solution</b>	<b>970-769-8900</b>
Address: 343 East Main Street Unit B, Cortez, CO	

<b>Animas Valley Audiology Association</b>	<b>970-375-2369</b>
Address: 1280 North Mildred Road, Suite #1, Cortez, CO	
<b>Four Corners Hearing</b>	<b>970-564-9088</b>
Address: 1740 East Main Street, Mancos, CO	
<b>Laurence Speech &amp; Hearing Services</b>	<b>970-459-1179</b>
Address: 111 North Main Street, Mancos, CO	
Email:	<a href="mailto:admin@lawrencespeechandhearing.com">admin@lawrencespeechandhearing.com</a>
Website:	<a href="http://www.lawrencespeechandhearing.com">www.lawrencespeechandhearing.com</a>
<b>Livingston Hearing Center</b>	<b>970-529-8209 / 970-403-8475</b>
Address: 303 N Broadway, Cortez, CO	
Email:	<a href="mailto:Kverchick@LHAC.com">Kverchick@LHAC.com</a>
<b>Montezuma Hearing Clinic</b>	<b>970-565-4655</b>
Address: 892 Cottonwood Street, Cortez, CO	
Also serving Monticello & Blanding, UT	
<b>Sandia Hearing Aids</b>	<b>970-565-0818</b>
Address: 1108 North Mildred Road, Cortez, CO	
<b>Sound Therapy: Vagus nerve stimulation</b>	<b>online</b>
<i>Researchers are discovering that the vagus nerve has a significant impact on the symptoms of a variety of disorders. Evidence shows that stimulating the vagus nerve, a process called vagus nerve stimulation (VNS), can reduce symptoms of depression and anxiety, autism, and stroke recovery, and even influence all the sensory systems in our bodies.</i>	
Website:	<a href="http://integratedlistening.com">http://integratedlistening.com</a>
<b>Southwest Center for Independence – Cortez</b>	<b>970-963-5859</b>
<b>Southwestern Colorado Ear, Nose &amp; Throat Associates</b>	<b>970-385-7272</b>
Address: Mercy Medical Plaza	
One Mercado Street, Suite 205, Durango, CO 81301	
Website:	<a href="http://www.swcoent.com">www.swcoent.com</a>
<b>Telephone for Hearing Loss</b>	<b>720-481-7188</b>
<i>Cap-Tel Phones have answering machines, amplified sound, WIFI connectivity, caller ID and Bluetooth Connectivity &amp; Speakerphone (Cap Tel 2400i only)</i>	
<b><u>Home Health - Medical &amp; Home Services</u></b>	
<b>Alpine Home Health</b>	<b>970-565-9118</b>
<b>Aspen Gardens</b>	<b>970-564-8600</b>
Address: 1200 North Dolores Road, Cortez, CO	
<b>Bee Hive Homes – Assisted Living with Dementia</b>	<b>970-564-3101</b>
Address: 694 Cottonwood Street, Cortez, CO	
Website:	<a href="http://www.beehivehomes.com">www.beehivehomes.com</a>
<b>Colorado Compassionate Care – Mancos</b>	
Provides reliable and consistent non-medical home care services in Mancos, CO.	
Website:	<a href="https://coloradocompassionatecare.com">https://coloradocompassionatecare.com</a>

<b>Four Corners Home Health Care (Blanding)</b>	<b>435-678-2194</b>								
Address: 301 South Main Street, Blanding, CO									
<b>Given Home Health Care - Lewis, CO</b>	<b>970-882-4483</b>								
Address: 21262 Road 20, Lewis, CO 81327									
<b>Golden Years</b>	<b>855-344-4048</b>								
Address: 13129 Highway 491, Cortez, CO									
<b>Guardian Angel Home Health (Cortez)</b>	<b>970-565-7134</b>								
<i>Home health service that providers physical therapy, occupational therapy, nurse aid, PCW, PCP, and skilled nursing. Not a 24 hour service. Takes all insurance as long as in network including Medicare, Medicaid, VA, and private insurance.</i>									
Address: 925 South Broadway, No 286, Cortez, CO									
Hours: 9:00 am – 5:00 pm Monday – Friday									
<b>HOSPICE of Montezuma</b>	<b>970-565-4400</b>								
Home Health service provided within a 70 mile radius of Cortez. Program supports physical, emotional, and spiritual needs of terminally ill patients and their families. Referrals can be made by anyone including doctors, hospital, family, or friends. All insurances are accepted.									
<ul style="list-style-type: none"> <li>• Home Health</li> <li>• Volunteer Opportunities</li> <li>• Hospice</li> <li>• Support Groups</li> <li>• Bereavement Service</li> </ul>									
Address: 512 North Broadway, Cortez, CO									
Mailing:	PO Box 740, Cortez, CO								
Hours:	8:00 AM – 5:00 PM Monday – Friday								
Email:	<a href="mailto:office@hospiceofmontezuma.org">office@hospiceofmontezuma.org</a>								
Website:	<a href="http://www.hospiceofmontezuma.org">www.hospiceofmontezuma.org</a>								
<b>Life Care Inc. (Page 48)</b>	<b>970-516-1234</b>								
<b>Madison House</b>	<b>970-565-2047</b>								
<i>The area's only not-for-profit long-term care facility for seniors provides safe, comfortable, care home to seniors who no longer can live safely on their own, but do not require nursing home services. Montezuma and Dolores County residents receive preference. Health screening is required. Residents must be ambulatory or able to transfer self if using a wheelchair, and must be able to carry out personal hygiene with little assistance. Application information is available by calling. Cost varies according to payment status (Medicaid or private payment).</i>									
<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;"><b>3 Meals Daily with Snacks</b></td> <td style="width: 50%;"><b>Individualized Care Plans</b></td> </tr> <tr> <td><b>Housekeeping</b></td> <td><b>Personal Care Services</b></td> </tr> <tr> <td><b>Daily Activities</b></td> <td><b>Supervised Medication Monitoring</b></td> </tr> <tr> <td><b>Laundry Service</b></td> <td><b>Transportation Services</b></td> </tr> </table>		<b>3 Meals Daily with Snacks</b>	<b>Individualized Care Plans</b>	<b>Housekeeping</b>	<b>Personal Care Services</b>	<b>Daily Activities</b>	<b>Supervised Medication Monitoring</b>	<b>Laundry Service</b>	<b>Transportation Services</b>
<b>3 Meals Daily with Snacks</b>	<b>Individualized Care Plans</b>								
<b>Housekeeping</b>	<b>Personal Care Services</b>								
<b>Daily Activities</b>	<b>Supervised Medication Monitoring</b>								
<b>Laundry Service</b>	<b>Transportation Services</b>								
Address: 120 South Madison Cortez, CO 81321									
Website:	<a href="http://www.seniorhousingoptions.org">www.seniorhousingoptions.org</a>								
<b>Mancos Valley Inn (Skilled Nursing)</b>	<b>970-533-9031</b>								
<i>Quality care is provided for residents and loved ones. Staff works as a team to create an individual care plan for each of the residents so that needs are met on a daily basis.</i>									

**Alzheimer Care Unit:** Safe and secure home provided for residents who may be suffering from Alzheimer's disease and other disorienting illnesses. Programs are available for both residents and family.

**Rehabilitation Center:** Rehabilitation with the comforts of home offered for residents while they receive therapies (physical, occupational, and/or speech)

**Respite Care**

**Palliative Care Room**

**Wound Recovery**

**Dialysis Care**

**Long Term Care**

**Post-Acute Skilled Care**

**Activities Programs**

Address: 211 Third Avenue Mancos, CO 81328

FAX: 970-533-7297

Hours: 24-hours care

**Mesa View Nursing Home / Retirement 970-564-0716 / 970-564-2047**

Address: 24760 Road G, Cortez, CO

**Montezuma County Hospice 970-565-4400**

**Montezuma County Public Health Department 970-565-3056**

**Ombudsman - Advocate for Region 9 Long Term Care Facilities 970-264-0501**

**Pasco Southwest 970-565-6833**

Privately owned services providing care under nursing, physical therapy, speech therapy, occupational therapy, social work, home health care, home makers, and personal care services. Certified under Medicare and Medicaid, VA, all other insurances as well as private pay.

Address: 45 South Washington Cortez, CO

FAX: 970-564-8057

Hours: 8:30AM-4:30PM Monday-Friday FAX: 970-564-8057

**Rocky Mountain Home Care (Blanding) 435-678-3266**

**Southwest Memorial Hospital (SW Health System) 970-564-6666**

**Southwestern UT Home Health Agency (Blanding) 435-678-2723**

**Tachiinii Nursing Services (Blanding) 435-587-2141**

**Vista Grande Inn 970-564-1122**

Rehabilitation and long-term care are provided to residents of the Four Corners area. Physician or individual referrals accepted. Services are fee-based, with Medicaid, Medicare, and private pay accepted. A Medicaid and Medicare payment requires meeting level of care guidelines.

**Nursing Services**  
**Social Services/Activities**  
**18 Bed Secure Unit**

**Physical Therapy**  
**Occupational Therapy**  
**Speech Therapy**

Address: 1206 North Mildred Road Cortez, CO 81321

Hours: 24-hour care

Website: [www.vista-mesa.com](http://www.vista-mesa.com)

**Vista Mesa Assisted Living 970-564-1888**

Address: 1206 North Mildred, Cortez, CO

## Kidney Resources

American Association of Kidney Patients	800-749-2257
American Kidney Fund	800-638-8299
Donor Alliance Program	888-868-4747
ESRD Network - Kidney Resource	800-472-8774
National Kidney Foundation of Colorado	800-596-7943

## Medicaid & Medicare Resources

Dolores County Department of Social Services	970-677-2250
Medicaid (National Number)	800-662-9651
Medicaid Transportation (Colorado)	970-565-3056
Medicare (National Number)	800-332-6681
Montezuma County Social Services	970-565-3769
Social Security (National Number)	800-772-1213
Social Security Administration – Durango, CO (Colorado, New Mexico, Utah)	970-247-3128
Utah Medicaid (Blanding Office)	435-678-3434
Utah Medicaid (Monument Valley)	435-727-3230

## Physical Therapy Services

<b>High Desert Physical Therapy</b>	970-516-1600
Address: 111 North Park Suite #B, Cortez, CO	
<b>Johnson Physical Therapy</b>	970-564-0311
Address: 1280 North Mildred Road #2, Cortez, CO	
<b>Spire Physical Therapy &amp; Wellness</b>	970-715-1719
Pilates, dry needling & more.	
Address: 30 East Main Street, Cortez, CO	
Website: <a href="http://www.spiretw.com">www.spiretw.com</a>	
<b>Southwest Memorial Hospital</b>	970-564-2229

## Transplant Resources

Mayo Clinic (Arizona)	800-344-6396
Porter's Hospital	303-778-5797
Presbyterian Hospital (Colorado)	303-869-2155
Samaritan Transplant Service (Arizona)	800-544-1923
University of Colorado	720-848-0000
University of New Mexico	505-272-2111
University of Utah	800-824-2073

### Vision Services

<b>Alpine Eye Clinic</b>	970-565-8809
Address: 2423 East Main Street #4, Cortez, CO	
<b>Blind &amp; Physically Handicapped Library Service (Denver)</b>	800-685-2136
<b>Cortez Vision Clinic &amp; Optical</b>	970-565-2020
Address: 140 North Market Street, Cortez, CO	
Website: <a href="http://www.cortezvision.com">www.cortezvision.com</a>	
<b>Four Corners Eye Care</b>	970-259-2202
Address: 22 South Beech Street, Cortez, CO	
Website: <a href="https://www.fourcornerseye.com">https://www.fourcornerseye.com</a>	
<b>Southwest Center for Independence – Low Vision Assistance – Cortez</b>	970-903-5859
Address: 432 North Broadway, Cortez, CO	
Website: <a href="http://www.swindependence.org">http://www.swindependence.org</a>	
<b>Southwest Center for Independence – Low Vision Assistance – Durango</b>	970-259-1672
Address: 3473 Main Ave, Unit 23, Durango, CO 81301	
<b>Southwest Eye Consultants</b>	970-828-2200
Address: 111 South Sligo Street, Building B, Cortez, CO	
Website: <a href="http://www.sweyeconsultants.com">www.sweyeconsultants.com</a>	
<b>The Optical Shoppe – Cortez Eye Care</b>	970-565-1580
Address: 48 East Main Street, Cortez, CO	
<b>Underwood Optical</b>	970-565-7195
Address: 22 South Beech Street, Cortez, CO	
<b>Walmart Vision &amp; Glasses</b>	970-564-0310
Address: 1835 East Main Street, Cortez, CO	

### HOUSING & HOMELESS SERVICES

(also view Senior Services Section Page 160)

**Affordable Housing** 970-565-3831

Contact Housing Authority of Montezuma County for current information

**Aneth Chapter House (Utah)** 435-651-3525

#### **Apartments**

<u>Cortez Apartments – 620 East Empire, Cortez</u>	970-565-7316
<u>Cortez Park Apartments – 23 West 7<sup>th</sup> Street, Cortez</u>	970-564-9708
Seniors & Disabled Only	
<u>Mesa Park Apartments – 880 South Chestnut Street, Cortez</u>	970-564-0849
<u>Sleeping Ute Apartments – 516 South Madison, Cortez</u>	970-565-4729
<u>Valley Sun Village – 700 East 2<sup>nd</sup> Street, Cortez</u>	970-565-4002
Seniors & Disabled Only	

**Durango Community Shelter** 970-259-1255

**HEAT Utilities Program (Utah)** 866-205-4357

**Home Again Partnership** 970-214-5815

*The Home Again Partnership is a housing program created by the Volunteers of America Southwest Safehouse in collaboration with Housing Solutions for the Southwest and Rise Above Violence (Archuleta County). The program serves individuals who are survivors of crimes, and are homeless, or at-risk of homelessness, as a result of their victimization.*

Contact: Molly Huff, Housing Coordinator  
Website: [mhuff@voacolorado.org](mailto:mhuff@voacolorado.org)

**Housing Authority of Montezuma County** 970-565-3831

*Housing assistance provided to low-income families, the disabled, and the elderly in Dolores, La Plata, and Montezuma Counties. Eligibility is determined by total family income. Applications are initiated in person at the agency office and require information on income and family size. Contracts are normally written with one-year lease.*

#### **Family Self-Sufficiency**

#### **Housing Counseling**

**Public Housing:** Public housing wait-list for units located in Dolores, Cortez, and Mancos

**Rental Listings:** Rental units listed voluntarily by landlords

**Section 8:** Clients may choose Section 8 waiting list, which requires the client to locate own rental unit with agreement from landlord to accept contract with MCHA.

Address: 37 North Madison Street, Cortez, CO FAX: 970-565-0860  
Email: [hamntz@beyondbb.com](mailto:hamntz@beyondbb.com)  
Hours: 9:00am – 3:00pm Monday-Thursday  
9:00am – 12:00pm Friday  
Closed for Lunch  
Website: [www.mc-ha.org](http://www.mc-ha.org)

## Housing Solutions for the Southwest 970-259-1086

Promotion of a socially and economically balanced community is sought through provision of assistance and services to very-low to moderate income families, individuals, elderly, disabled, and special needs populations in areas including, but not limited to, housing and energy in Archuleta, Dolores, La Plata, Montezuma, and San Juan Counties. Applications are available for all programs in the office or by mail.

**Homeowner Rehabilitation Program:** Housing rehabilitation for low to moderate income owner occupants in the five-county region, funded through the Colorado Division of Housing, Community Development Block Grant.

**Weatherization Program:** Provides energy conservation measures for low-income owners and renters in the five-county region. There is no cost to recipients. The services provided may include insulation, furnace checks, appliance replacement and energy audits.

**Rental Assistance:** Provides qualified families with the opportunity to live in safe, decent and sanitary rental housing in Archuleta, La Plata and San Juan counties through the Housing and Urban Development (HUD) Housing Choice Voucher program. The program is designed for families to pay 30% of their income toward rent and utilities.

**Transitional Housing:** Homeward Bound facility provides housing for homeless families with children.

**Scattered Site Self-Sufficiency:** Provides subsidies for homeless families with children so the family can enter into a lease with a landlord.

**Emergency Homeless Prevention Program:** Provides emergency housing funds for low-income families in the five-county region facing homelessness due to a temporary interruption in income. These funds are available for rental, mortgage and utility payments.

Address: 295 Girard Street, Durango, CO 81301 FAX: 970-259-2037  
 Email: [receptionist@swcommunityresources.org](mailto:receptionist@swcommunityresources.org)  
 Website: [www.swhousingsolutions.com](http://www.swhousingsolutions.com)  
 Hours: 9:00am – 5:30 Monday-Thursday  
 9:00am – 12:00pm on Friday

## Housing & Urban Development (HUD) 970-565-3831

Please see the listing above for the Housing Authority of Montezuma County above.

## LEAP Utilities Program – Cortez 970-565-8064

## Mexican Water Chapter House (Arizona) 928-429-0943

## Red Mesa Chapter House (Utah) 928-656-3679

## RENEW – see Abuse Section Pages 34, 37, 38 970-565-4886

## Salvation Army – Emergency Travelers Lodging Vouchers 970-564-4228

## Southwest Center for Independence (See Page 68) 970-963-5859

## Southwest Community Resources & Safe House (VOA) 970-259-5443

## Southwestern Utah Weatherization Program 435-586-0585

## Southwest Safe House 970-259-5443

Free housing, food, referrals, and a children's group are available to anyone in need of immediate shelter for domestic violence. Time with a therapy dog is also offered.

Mailing: P.O. Box 2107, Durango, CO 81301 FAX: 970-259-1021  
 Hours: 24 hours/7 days/365

## SUNRISE Youth Shelter – Towac, CO 970-565-2426

Children in need of out-of-home placement in their own community are maintained. Essential therapy provided for growth and development within the context of a structured home-like setting. Families strengthened and reunified when possible. The Four Corners Area, the Ute Mountain Ute Tribe, and national youth are served. Referrals are made to Social Services for placement if appropriate and family cannot be contacted. Runaway and Homeless programs are free. Group Home rate is \$79, paid by the referring agency or family if a private placement.

**Group Home:** Services are offered for youth 5-17 years of age (some exceptions and 18-21 years of age). The Home works closely with parents of youth in conflict and also with the court systems when youth are awaiting a bed in a treatment facility. Length of stay depends on each child's situation, but a stay of ninety days or less is attempted. The ultimate goal in each case is to return the child or youth to his/her own home.

**The Runaway or Homeless Program:** Serves youth 5-17 years of age, and youth may stay for up to two weeks at no charge. Youth can self-refer themselves if homeless or a throw-away. If youth is a runaway, they must be a runaway for 24 hours. This is a nation-wide program in which all ethnicities and nationalities are accepted. Every attempt is made to reunite such youth with their families if that is appropriate or possible. **24-hours, 7 days/week**

**Cultural & Recreational Activities:** On- and off-site activities provided daily.

**Counseling:** Work with individual children and youth and their families with the goal of reunification. Referrals to alcohol and substance abuse prevention programs, medical and dental services, and Ansell Casey Life Skills are also offered.

**School:** Education department teacher for K-12, GED program, and close partnership with Job Corp Recruitment to place youth in a program if they meet the criteria.

**Transportation:** Provided as needed only locally

### Clothing Closet

Address: 332 Dry Creek Road, Towaco, CO 81334 FAX: 970-565-2619  
 Mail: PO Box 56, Towaco, CO 81334  
 Hours: Administrative Office  
 8:00am – 4:30pm Monday-Friday  
 Hours: Sunrise Youth Shelter  
 365 days 24/7

## The Bridge Emergency Shelter 970-565-9808

Shelter is open to men and women nightly for emergency shelter October 15 – April 15. Services include sheltering & transitional apartments under one roof, as well as day labor opportunities for both men and women. Ground floor seasonal shelter for 41 people. Second floor is transitional housing for 27 homeless.

Address: 735 North Park Street, Cortez, CO  
 Mailing: P.O. Box 56, Cortez, CO  
 Email: [info@thebridgeshelter.org](mailto:info@thebridgeshelter.org)  
[bridgeemergencysshelter@gmail.com](mailto:bridgeemergencysshelter@gmail.com)

Website: [www.thebridgeshelter.org](http://www.thebridgeshelter.org)  
 Hours: 6:00pm - 7:00am nightly  
Closed for the season April 15 – October 15

**USDA Rural Development 970-565-8416**

*Federal loans and homes are available for very-low and low income individuals and families in Montezuma, Dolores, La Plata, Archuleta, San Juan, and San Miguel Counties. Applicants must provide information regarding gross annual income and amount of outstanding debt as well as demonstrate an ability to make payments either with employment or any other source of regular income. Monthly payments depend on family income and household size. Loan and grant programs are also available for very-low income individuals to help with home improvements to make the home decent, safe, or sanitary (i.e. window, roof, insulation, etc.)*

Address: 628 West Fifth Street, Cortez, CO 81321 FAX: 970-564-9384  
 Hours: Monday-Friday 8am – 4:30pm

**Utah Navajo Trust Fund 435-678-1460**

**Ute Mountain Ute Tribe 970-565-3751**

*Please see the complete listing for the Ute Mountain Ute Tribe in the Native American Section Page 141.*

**WINGS Safehouse – A Renew Program 970-565-9116**

*Free and confidential emergency temporary shelter, food, referrals, and counseling are available to anyone in need of immediate shelter for domestic violence or sexual assault. 24-hour Intake and on-site staff.*

Mailing: P.O. Box 169, Cortez, CO 81321  
 Hours: 24/7/365

**LAW ENFORCEMENT SERVICES & AGENCIES**

**22<sup>nd</sup> Judicial District – Court 970-565-1111**

**22<sup>nd</sup> Judicial District – District Attorney 970-565-3788**

**22<sup>nd</sup> Judicial District – Probation Department 970-565-7216**

*In-community probation services are provided for Montezuma and Dolores County Courts and District Court. Clients are on court-ordered probation. Cost varies per statute.*

**Pre-Sentence Reports**

**Case Management and Supervision**

Address: 601 North Mildred Rd. Suite 1 Cortez, CO 81321 FAX: 970-565-7937  
 Website: [www.courts.state.co.us](http://www.courts.state.co.us)

**22<sup>nd</sup> Judicial District –Victim Compensation & Victim Witness Unit 970-565-3788**

*Please see the complete listing for the Victim Witness Unit in the Legal Section Page 62.*

Contact: District Attorney

**Alternative Sentencing Program 970-565-8452**

*Please see the complete listing for the Alternative Sentencing Program in the Court/Legal Section Page 62..*

**Bureau of Indian Affairs Law Enforcement (BIA-Towaoc) 970-565-3706**

*Protection and law enforcement are provided for citizens of Towaoc*

Address: 107 Spruce Street, Towaoc FAX: 970-565-9537  
 Mailing: P.O. Box 449, Towaoc, CO 82334  
 Hours: Monday-Friday 8:00am – 4:30pm - Closed for lunch

**Citizen Advocate Office 800-283-7215 / 303-877-6326**

**Colorado Bureau of Investigation 970- 375-0223**

**Cortez Child Support & Enforcement Office 970-565-3769**

Address: 109 West Main Street, Cortez, CO

**District Attorney's Office 970-565-3788**

**District Attorney's Office Victim Compensation & Witness Unit 970-565-3788**

**Montezuma County Detention Center 970-565-8452**

*Detention Center is for adult criminals.*

Address: 730 East Driscoll, Cortez, CO 81321  
 Hours: 24-hours, 7 days/week

**Montezuma County Dispatch 970-565-8454**

**Non-emergency: 970-565-8441**

*Law enforcement, ambulance, and fire patrol services are dispatched for Montezuma County.*

Address: 730 East Driscoll, Cortez, CO 81321

**Montezuma County Search & Rescue – Montezuma Sheriff’s Office**      **970-565-8452**  
**Probation Department, 22<sup>nd</sup> Judicial District**      **970-565-7216**  
**Ute Mountain Ute Tribe - Agency Court of Federal Regulations (CFR)**      **970-565-8471**

**LAW ENFORCEMENT AGENCIES**

**Bureau of Indian Affairs Law Enforcement (BIA-Towaoc, CO)**      **970-565-3706**

**Colorado State Patrol**

*Patrol serves to reduce vehicle accidents, injuries, and fatalities on the state’s highways; to reduce alcohol-related vehicular accidents, injuries, and fatalities; to ensure the efficient flow of traffic; and to provide a secure environment to the public’s activities in Montezuma and Dolores Counties. Safety classes, including AA@25, are available on request. Some costs may apply.*

<u>Cortez Office</u>	<u>970-564-9556</u>
<u>Durango Office</u>	<u>970-385-1675</u>
<u>Patrol - Trooper Dispatch</u>	<u>970-249-4392</u>

Address: 33009 Highway 160 Cortez, CO 81321  
 Hours: Regular hours in Durango only  
 Monday-Friday 8:00am – 5:00pm  
 Website: [www.csp.state.co.us](http://www.csp.state.co.us)

**Cortez Police Department**      **970-565-8441**

*Protection and law enforcement is provided for the citizens of Cortez. Community outreach and educational programs are available including bike and other safety issues and drug & alcohol information. One week notice needed for preparation of educational programs. CPD participates in prevention programs such as Crime Stoppers, DARE (Drug Awareness Resistance Education) and fingerprinting for children. Any resident of Cortez can receive assistance from CPD.*

PROGRAMS:      **Animal Services**      **Cortez/Montezuma Communications Center**  
                  **D.A.R.E.**      **Detective & Patrol Divisions**  
                  **Records Services**      **Registered Sex Offenders**  
                  **Victim Services**      **Community Work with Salvation Army**

Address: 608 Park Street, Cortez, CO 81321      FAX: 970-565-0455  
 Hours: 8:00am – 5:00pm Monday – Friday  
 Website: [www.cityofcortez.com](http://www.cityofcortez.com)

**Cortez Police Department – Child Protection Department (CPD)**      **970-555-8441**

Contact: Martha Robertson, 1<sup>st</sup> Responder in all Child Cases

**Crime Stoppers**      **970-565-4243**

*This program provides a method for anonymous reporting of information pertaining to a crime that has happened or is going to happen in Montezuma and Dolores Counties or BLM land within these counties. A reward of up to \$100 is possible if the information provided results in an arrest or conviction.*

***This is not a reporting program for crimes in progress. In that case, call 911.***

Address: 730 East Driscoll Cortez, CO 81321      FAX: 970-565-3731  
 Hours: 8:00am – 5:00pm Monday - Friday

**Dolores County Sheriff’s Department - Dove Creek, CO**      **970-667-2257**

*Law enforcement and protection services are provided for residents of Dolores County.*

**Mancos Marshal’s Office**      **970-533-1432**

Address: 117 North Main Street, Mancos, CO

**Mesa Verde Park Law Enforcement**      **970-529-4465**

**Montezuma County Sheriff’s Office**      **970-565-8452**

*Montezuma County citizens living outside the City of Cortez are provided protection and enforcement by the sheriff’s office. Education programs target public schools and youth groups.*

<b>Alcohol &amp; Drug Education</b>	<b>D.A.R.E.</b>
<b>Citizen’s Academy</b>	<b>McGruff</b>
<b>Crime Prevention</b>	<b>Sheriff’s Posse</b>
<b>County School Resource Officer</b>	

Address: 730 East Driscoll, Cortez, CO 81321  
 Hours: 8:00am – 5:00pm Monday-Friday

**Shiprock Police Department**      **505-368-1350**

**Ute Mountain Ute Tribe - Police (Towaoc)**      **970-565-3706**

## MEN'S SERVICES

**Addiction Recovery Programs** – see the *Addiction Recovery Sections Page 39-44*

**Boys to Men – Pinon Project** **970-564-1195 / 970-564-3814**

A national program for boys expanding to Southwest Colorado. School-based mentoring circles, weekend adventure activities, and Rite of Passage Adventure weekends based on a model of Listen-Accept-Encourage. For more information see *Family Support Services – Pinon Project Page 85*.

**Celebrate Recovery** **970-565-1177**

*Celebrate Recovery is a Christ-centered, 12-step program where we can gain FREEDOM, ACCEPTANCE, and ACCOUNTABILITY for life's "Hurts, Habits, and Hang-Ups". By applying the 8 Recovery Principles within the 12-step program, we open ourselves up to God's grace so that we can Break Free. We also open the door to recovery by sharing our experiences and hopes with one another.*

*Adult Classes for Addictions, Depression, Grief, Relationships*

*Men: Addictions & Relationships Classes*

*Women: Addiction, Grief & Depression, and Relationship Classes*

*Children's Classes for Healing and Recovery*

*Celebration Place recovery for K-5<sup>th</sup> grades. Elementary students find support For Life.*

*The Landing: Recovery for 6-12 grade students. Teens connect with adults About Life.*

Location: 601 North Dolores Road, Cortez, CO  
 Hours: FRIDAY NIGHTS 6:00 – 9:00 pm  
 6:00-7:00 pm Eat Together 1<sup>st</sup> & 3<sup>rd</sup> Friday  
 6:30-7:00 pm Registration 2<sup>nd</sup> & 4<sup>th</sup> Friday  
 7:00-8:00 pm Large Group Gather for Music, Lesson, Testimony  
 8:00-9:00 pm Small Group Open Share – Talk Together  
 Facebook: [www.facebook.com/celebraterecoveryrs](http://www.facebook.com/celebraterecoveryrs)

**Celebrate Recovery**  
*FREEDOM is Possible*

. Anger	. Gambling	. Pornography
. Codependency	. Grief / Loss	. Procrastination
. Depression	. Guilt	. Relational Pain
. Eating Disorders	. Insecurity	. Sexual Addiction
. Enabling	. Need to control	. Self Destruction
. Faith Doubts	. Overspending	. Serious Illness
. Fear/	. Overworking	. Shame
. Anxiety/Stress	. Perfectionism	. Unforgiveness

**EXERCISE & FITNESS** – see the *Self-Help Section Page 157*

**Fatherhood Program** **970-564-1195**

*The Responsible Fatherhood Class is a weekly, 15-week course designed to help fathers develop the skills needed to be successful parents. ALL fathers are welcome to join this program at any time. Fathers will receive support in communicating effectively; being a loving father, spouse or partner; how to deal with children's challenging behavior; and much more!*

*For more information and a complete listing of programs offered through Pinon Project, please see the listing for Pinon Project in the Family Support Section Page*

**FOUR CORNERS COMMUNITY RESOURCE DIRECTORY** **970-739-7593**

**HUNTING, FISHING & SPORTING GOODS** – see the *Recreation Section Page 151*

**Intergenerational Gardens & Intergenerational Trades – Dave Nelson** **970-903-5859**

**KSJD Community Radio Station Story Recording Vault** **970-564-9727**

*A Story Vault to record and archive our community's oral histories. A complete sound-proof room for making audio recordings. Uses include telling your life story, your family stories, reading books aloud for family, or whatever else you like. The point is that it gets your voice on tape for you, your family, your organization. Free to the public. Call to schedule your time.*

Address: #2 East Main Street, Cortez, CO  
 Mail: P O Box 116, Cortez, CO  
 Website: <https://www.ksjd.org>

**KSJD – The Raven Narratives in Cortez & Durango**

*Raven Narratives are live storytelling events held regularly at the Sunflower Theatre in Cortez, Colorado and at the Durango Arts Center in Durango, Colorado. Go to the EVENTS page for more information. Podcasts of the stories told at the Raven Narratives are available on Apple Podcasts, and on Spotify, Stitcher, and SoundCloud.*

*The Raven Narratives exist to connect us with each other through the ancient art of storytelling.*

*The Raven Narratives features people of all colors, ages, and perspectives sharing their authentic experiences and understanding through dynamic storytelling in front of a live audience.*

*IF you have a story that you would like to share at a future Raven Narratives storytelling event, please fill out the form under 'CONTACT' on our webpage and tell us about it!*

*Raven Narratives storytelling guidelines are:*

- Stories are told, not read. No notes are allowed on stage.
- Stories should be true, not fiction
- Tell only one story in 10 minutes (unless otherwise noted)
- The story should have a beginning, middle, and end
- The story should relate meaningfully to the theme presented by Raven Narratives

*"I think what's special about these events is that they pull at the audience to come forward with THEIR stories, helping to break down the gap between teller and listener." – Ellen Alterman*

Organizers: Tom Yoder (KSJD Dryland Community Radio) and Sarah Syverson  
 Email: On the Website under Contact  
 Website: [The Raven Narratives - About](#)  
[The Raven Narratives - Youth Storytelling Projects](#)

**Life Recovery 12 Step Montezuma County** **970-426-5722 / 970-529-3084**

*Christ centered 12 Step Recovery Group for abuse, addictions, codependency, food, relationships, etc.*

Address: First National Bank conference room  
 2258 East Main Street, Cortez, CO

Time: Thursday Nights 6:30-8:00 pm  
 Facebook: <https://www.facebook.com/liferecoverymc>

**RECREATION & SPORTS** –see *Recreation & Sports Section Page 147*

**RENEW (Domestic Violence & Adult Victims of Sexual Assault)** 970-565-4886  
**24-hr HOTLINE** 970-565-2100

*Please see the complete listing for RENEW in the ABUSE Section Pgs 34,37-38 or Family Support Section Pg 89.*

**SELF-CARE, SELF-HELP & SUPPORT SERVICES** See page 155

**Southwest Center for Independence - Cortez** 970-903-5859  
 Contact: Dave Nelson

**Southwest Safe House** 970-259-5443

*Please see the complete listing for the Southwest Safe House in the Housing & Homeless Section Page 129.*

**Stand Up & Speak Up for Families – Gmas & Gpas Who Care** 970-739-7593

As community members, groups invest time & energy connecting People & Programs to support Montelores Valley Families. We believe as we work together in small groups that we can be more successful in helping others. Our hope is that together we can create a place of Hope, Hospitality, Help and Healing in the Four Corners area.

We do this through the Four Corners Community Resource Directory in order to raise the awareness of services, connections, support and resources to individuals, families and groups in all our communities. We also propose & support positive multicultural, multi-denominational and intergenerational group activities, events, conferences, projects and retreats for this purpose.

We believe that if we feel alone, we can become overwhelmed by life but that . . .

**T**ogether **E**veryone **A**chieves **M**ore **S**uccess!

**Four Corners Community Resource Directory is provided FREE to ALL** by *Grandmas Who Care*. It is available online with a Just Serve.org link or it can be sent out by email in a PDF file for printing. This committee needs volunteers for updating this document, maintaining online files, posting needs on Just Serve.org & meeting coordinators to plan gatherings and events.

Projects: **Four Corners Community Connections Resource Directory** 970-739-7593  
**Just Serve Together** <https://www.justserve.org>  
 Kids Zone – a large safe Playland for children with hands- on experiences  
 MoTi Center – a motivational retreat & life skills learning center for small groups  
 Stand Up & Speak Up for Families – A Yearly Event [StandUpforFamilies2021@gmail.com](mailto:StandUpforFamilies2021@gmail.com)  
<https://facebook.com/people/Stand-Up-For-Families/100067613166665/>  
 Telling Our Stories – Stories Connect Us & Make a Difference  
 Warrior Camp – a local retreat for ALL churches & small youth groups

**Widowed Persons Services (Hospice of Montezuma)** 970-564-4400

**MENTAL HEALTH & SUICIDE PREVENTION SERVICES**

**AXIS Health System (Cortez Integrated Health)** 970-565-7946

Behavioral health programs and services are provided to make a meaningful difference by providing the highest quality of mental health services to the communities of Montezuma and Dolores Counties in the most appropriate, affordable, educational, and accessible manner

Address: 691 E Empire Street Cortez, CO Fax 970-565-9005  
 Hours: 8:00 am – 6:00 pm Monday  
 8:00 am – 5:00 pm Tuesday  
 8:00 am – 7:00 pm Wednesday & Thursday  
 8:00 am – 5:00 pm Friday

**Celebrating Healthy Communities – Durango, CO** 970-317-8039

*For almost three decades Celebrating Healthy Communities has worked to improve the quality of life for Southwest Colorado residents through community collaboration, social norming, and youth adult partnerships. We partner with local organizations, schools, businesses, active coalition members, and volunteers across the Southwest region.*

Website: <https://celebratinghealthycommunities.org>

**Colorado Crisis Services & Suicide Prevention** 844-493-TALK (8255)

*National Suicide Prevention Lifeline for those dealing with a crisis, considering suicide or need help dealing with a crisis. Call or text TALK to 38255, to speak with a trained professional. Based in New York but routed by area code to regional providers.*

*As a Positive Youth Development organization, we empower our young employees, interns, and partners to drive meaningful changes in their communities by giving them the skills and knowledge provided by data and evidence-based programming as well as allowing space for innovation of strategies.*

**Cortez Integrated Healthcare (Axis Health System)** 970-565-7946

*Please see the complete listing for Cortez Integrated Healthcare in the Health Services section.*

**Four Corners Child Advocacy Center (NEST)** 970-565-8155

*Resource and referral services are provided for mental health services and providers in Montezuma and Dolores Counties. Please see the complete listing for The Four Corners Child Advocacy Center in the family Support Section Page 86.*

Address: 140 North Linden Street, Cortez, CO  
 Hours: 8:30 am – 4:30 Pm Monday - Friday

**KSJD Community Radio Station Story Recording Vault** 970-564-9727

*A Story Vault to record and archive our community's oral histories. A complete sound-proof room for making audio recordings. Uses include telling your life story, your family stories, reading books aloud for family, or whatever else you like. The point is that it gets your voice on tape for you, your family, your organization. Free to the public. Call to schedule your time.*

Address: #2 East Main Street, Cortez, CO  
 Mail: P O Box 116, Cortez, CO  
 Website: <https://www.ksjd.org>

**KSJD – The Raven Narratives in Cortez & Durango 970-564-9727**

*Raven Narratives* are live storytelling events held regularly at the Sunflower Theatre in Cortez, Colorado and at the Durango Arts Center in Durango, Colorado. Go to the **EVENTS** page for more information. Podcasts of the stories told at the *Raven Narratives* are available on Apple Podcasts, and on Spotify, Stitcher, and SoundCloud.

The Raven Narratives exist to connect us with each other through the ancient art of storytelling. The Raven Narratives features people of all colors, ages, and perspectives sharing their authentic experiences and understanding through dynamic storytelling in front of a live audience. IF you have a story that you would like to share at a future Raven Narratives storytelling event, please fill out the form under 'CONTACT' on our webpage and tell us about it!

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"I think what's special about these events is that they pull at the audience to come forward with THEIR stories, helping to break down the gap between teller and listener." – Ellen Alterman

Organizers: Tom Yoder (KSJD Dryland Community Radio) and Sarah Syverson  
 Email: On the Website under Contact  
 Website: [The Raven Narratives - About](#)  
[The Raven Narratives - Youth Storytelling Projects](#)

**Mental Health Clinical Psychologist – Susan Fredrickson (Towaoc) 970-564-4441**  
**Mental Health Coordinator – Christie Williams (Towaoc) 970-564-5388**

**Moguan Behavior Health 970-560-6853**  
 Address: 118 Spruce Street, Towaoc, CO 81334  
 Mail: PO Box 408, Towaoc, CO 81334

**Montezuma County Suicide Prevention Coalition 970-564-4799**  
 Contact: Arlina Yazzi, Montezuma County Health Dept.

**National Institute of Mental Health 866-615-6464**  
*Depression & Suicide Facts*  
 Website: [www.nimh.gov](http://www.nimh.gov)

**Positive Behavioral Services of the Four Corners 970-946-1539**  
*Provides collaborative, evidence based, person centered service and support to help achieve goals and desires. Includes behavioral assessments, behavioral consulting, behavioral counseling, vocational development and vocational placement.*

Address: 23 South Beech St, #B101

**QPR( Question, Persuade, Refer) Suicide Prevention Training- Pinon) 970-564-1195 / 970-564-3830**

**Raise the Future – Dealing with Being Adopted 303-755-4756 ext 307**

**RENEW Domestic Violence Shelter 970-565-4886**

**Safe Coalition – Suicide Awareness for Everyone 970-564-4799**

**San Juan Counseling – Blanding, UT 435-678-2992**

**Sound Therapy: Vagus nerve stimulation (many programs available online)**

Researchers are discovering that the vagus nerve has a significant impact on the symptoms of a variety of disorders. Evidence shows that stimulating the vagus nerve, a process called vagus nerve stimulation (VNS) can reduce symptoms of depression and anxiety, autism, and stroke recovery, and even influence all the sensory systems in our bodies.

Website: <http://integratedlistening.com>

**Southwest Colorado Emergency & Suicide Prevention (AXIS) 970-247-5245**

**Southwest Colorado Mental Health Crisis Line 970-565-7946**

*Support is provided for those experiencing distressing emotions such as intense anxiety, depression or thoughts of suicide. Conversations are confidential, and trained therapists are available*

**STRENGTHEN FAMILIES – Utah 24/7 Crisis Line 505-368-1157**

**SUICIDE HOTLINE 800-784-2433**

*Humanistic Mental Health Foundation provides 24-hour "hopeline" and hospital referrals. Dedicated to sharing the message that suicide is not the answer and help is always available.*

**Utah Navajo Health System 435-651-3291**

**Ute Mountain Ute Tribe 970-565-3751**

*Please see the complete listing for the Ute Mountain Ute Tribe in the Native American Section Page 141.*

**Widowed Persons Services (Hospice of Montezuma County) 970-565-4400**

**Young People in Recovery (YPR) 970-570-3235**

## NATIVE AMERICAN SERVICES

**DIRECTORY:** [UMUT CommResources 10-09-2019 INTERACTIVE.pdf \(tourdeute.org\)](#)  
[www.tourdeute.org/wp-content/uploads/UMUT\\_CommResources\\_10-09-2019\\_INTERACTIVE.pdf](http://www.tourdeute.org/wp-content/uploads/UMUT_CommResources_10-09-2019_INTERACTIVE.pdf)

**Blanding Family Practice** 435-651-3766

**Blue Mountain Hospital, Emergency Room (Blanding, UT)** 435-767-0517

**Bureau of Indian Affairs (BIA)** 970-565-3706 / 970-565-8473

*Please see the complete listing for the Bureau of Indian Affairs in the Law Enforcement Section Page 132.*

### DOMESTIC VIOLENCE

ADABI-Chinle	927-674-8314
Alice's place- Winslow, AZ	888-531-7233
Battered Family services-Gallup	505-722-7483
Family Crisis Center Farmington	505-564-9192
Southwest Safehouse Durango	970-259-5443
<b>STRENGTHEN FAMILIES</b>	<b>24/7 Crisis Line 505-368-1157</b>
Tohdenasshai Committee Against Family Abuse (Kayenta, AZ)	602-697-3305
Tohdenasshai Shelter (Kayenta, AZ)	928-697-3635
Utah Navajo Health System	435-351-3700 / 435-651-3291

**Drug Free Connections** 970-564-5470

### INDIAN HEALTH SERVICES (IHS)

Community Health Representative (CHP)	970-565-3751
Health & Human Services	970-565-4441
Montezuma Creek Clinic (Utah)	435-651-3291
Northern Navajo Medical Center (NNMC) Shiprock, NM 87420	800-549-5644
Northern Navajo Medical Center – Local	505-368-6001
Southern Ute Health Center – Ignacio Clinic (Colorado)	970-563-4581
Ute Mountain Ute Tribe - Health Clinic (Towaoc, CO)	970-565-4441
Address: 232 Rustling Willow Street, Towaoc	
Mailing: PO Box 49 Towaoc, CO 81334	

**Moguan Behavioral Health – Suicide Prevention** 970-560-6853

Address: 118 Spruce Street, Towaoc, CO  
 Email: [wlaner-spalding@utemountain.org](mailto:wlaner-spalding@utemountain.org)

**Montezuma Creek Community Clinic (Utah Navajo Health System)** 435-651-3700

**Southern Ute Health Center – Ignacio Clinic (Colorado)** 970-563-4581

*The Southern Colorado Ute Service Unit (SCUSU) provides ambulatory care services through two health centers at Towaoc and Ignacio, Colorado, and a field health station in White Mesa, Utah, in conjunction with a diverse contract health services program.*  
 Address: 123 Weminuche Avenue, Ignacio, CO 81137

**Ute Mountain Ute Tribe - Health Clinic (Towaoc, CO)** 970-565-4441

Address: 232 Rustling Willow Street, Towaoc  
 Mail: PO Box 49 Towaoc, CO 81334

**Native Connections** 970-564-5405

**National Indigenous Women's Resource Center** 855-649-6299

*Women Are Sacred – Futures Without Violence* [www.FuturesWithoutViolence.org](http://www.FuturesWithoutViolence.org)  
 Website: <https://www.niwrc.org>

**National Child Abuse** HOTLINE 800-422-4453

**National Domestic Violence** HOTLINE 800-799-7233

**National Sexual Assault** HOTLINE 800-656-4673

**Navajo Nation TANF – Kayenta, Arizona Office** 928-697-5660

Temporary Assistance to Needy Families (TANF). *Financial assistance is available to families with children who meet income and resources criteria. Colorado Works requirement with this assistance.*

**Office of Violence Against Women** 970-564-5470

**San Juan Counseling Center - Blanding** 435-678-2992

**San Juan County Youth Coalition** 435-678-2992

### SEXUAL ASSAULT

Another Way Page Regional Domestic Violence Shelter: Page, AZ	928-660-8991 / 970-645-5300
Northern Navajo Medical Center ER	505-368-6600
<b>SEXUAL ASSAULT SERVICE ORGANIZATION (SASO) - Durango</b>	<b>24/7 crisis line 970-247-5400</b>
Sexual assault services NW NM Farmington/Gallup	505-326-4700
Shiprock community sexual assault response program	505-368-6304
Utah Navajo Health System	435-351-3700 / 435-651-3291

**Shiprock Tribal Social Services** 505-368-1145

**Stand Up & Speak Up for Families/Gmas & Gpas Who Care (Women's Circles)** 970-739-7593

See Family, Men, Seniors, Women, Youth Sections. Full listing in Men's & Women's Section Pages 137 & 176.

**SUICIDE - National** HOTLINE 800-784-2433

**UTAH Navajo - Behavioral Health Services** 435-678-0274

**UTAH Navajo - Health System** 435-651-3291

Address: East Highway 262, Montezuma, Creek, UT 84534  
 Website: <https://www.unhsinc.org>

**UTAH Navajo - Suicide Prevention** 534-678-0274

**Ute Mountain Ute Tribe - 24 Hour Crisis Line - Cortez** 970-247-5245

**Ute Mountain Ute Tribe - 24 Hour Crisis Line - Blanding / White Mesa 435-979-1588**

**Ute Mountain Ute Tribe 970-565-3751**  
 Directory of Programs and Services FAX: 970-565-8309

**Directory of Programs and Services**  
 Tribal Council  
 BIA (Bureau of Indian Affairs)  
 Counseling/Alcohol Unit  
 JOM Program  
 Public Safety  
 Mental Health Program  
 Environmental Program  
 Police Department  
 Recreation  
 WIC  
 Home-based Program  
 Tribal Park

**Tribal Justice**  
 CFR Courts (Court of Federal Regulations)  
 Education  
 Library  
 Food Distribution  
 Diabetes Program  
 Housing  
 Energy Department  
 Senior Services  
 Social Services  
 Sunrise Youth Shelter  
 Youth Opportunity Program

Mail: PO Box 248, Towaoc, CO 81334  
 Hours: 8:00am-4:30pm Monday-Friday  
 Website: <https://utemountainutetribe.com/contact%20us.html>

**Ute Mountain Ute Tribe - Administration Department 970-565-3751**

*The Ute Mountain Ute Reservation is located in the Four Corners region of the United States. The majority of the reservation consists of about 55,008 acres in Montezuma and LaPlata Counties in Colorado and San Juan County in New Mexico. The Ute Mountain Ute Reservation is a Sovereign Nation.*

*The Towaoc Administration Department of the Ute Mountain Ute Tribe provides for the administration support services of the executive branch of the Tribal Government. This branch includes the Tribal Chairman, Tribal Council and the Executive Director. It is responsibility the Tribal Administration to be completely informed of both internal and external issues which will affect the Ute Mountain Ute Tribe and its members.*

Address: 125 Mike Wash Road, Towaoc, CO 81334 Fax 970-564-5709  
 Hours: Monday – Friday 8:00 am – 5:00 pm  
 Website: <https://utemountainutetribe.com>

**Ute Mountain Ute Tribe - Agency Court of Federal Regulations (CFR) 970-565-8471**

**Ute Mountain Ute Tribe - Alcoholics Counseling & Treatment 970-564-5701**

**Ute Mountain Ute Tribe - AA Group 970-565-9230**

**Ute Mountain Ute Tribe - Al-Anon Group 970-565-9230 /866-362-4427**

Lactation: High Country Village  
 27514 Hwy 160 East, Cortez, CO  
 Hours: Tuesdays at 7:00 pm

**Ute Mountain Ute Tribe - Casino 800-258-8007**

**Ute Mountain Ute Tribe - Child Development Center 970-564-5323**

**Ute Mountain Ute Tribe - Counseling & Treatment 970-565-4441 ext 702**

**Ute Mountain Ute Tribe - Day Labor Program 970-564-5421**

**Ute Mountain Ute Tribe - Directory See Page 141**

**Ute Mountain Ute Tribe - Elder Care 970-564-0630**

**Ute Mountain Ute Tribe - Farm & Ranch Enterprise 970-564-6412**

**Ute Mountain Ute Tribe - Fire Department 970-564-5441**

**Ute Mountain Ute Tribe - Health Clinic (Towaoc) 970-565-4411**

**Ute Mountain Ute Tribe - Police (Towaoc) 970-565-3706**

**Ute Mountain Ute Tribe - Social Services - Information 970-564-5307 ext 311**

Address: 125 Mike Wash Road, Towaoc, CO 81334  
 Website: <https://utemountainutetribe.com/social%20services.html>

**Ute Mountain Ute Tribe - Social Service - Mental Health (Towaoc, CO) 970-564-5701**

**Ute Mountain Ute Tribe - Sunrise Youth Shelter 970-565-2426**

**Ute Mountain Ute Tribe - Tribal Park 970-565-9653**

*Ute tribal members interpret tribal culture, pictographs, cliff dwellings, surface ruins, and artifacts on half or full day tours. Reservations required.*

Address: Tribal Park Visitor Center – Corner of Hwy at 160/49 in Four Corners Area  
 Email: [utepark@fone.net](mailto:utepark@fone.net)  
 Website: [www.utemountaintribalpark.info](http://www.utemountaintribalpark.info)

**Ute Mountain Ute Tribe - Tribal Recreation 970-565-3751**

*For more information and a complete listing of Ute Mountain Ute Tribe programs and services, please see the listing for Ute Mountain Ute Tribe Directory of Programs and Services in the Native American Section Page 141*

**Ute Mountain Ute Tribe - Victims Assistance 970-565-3751**

**Ute Mountain Ute Tribe - Victim Services 970-565-5314 / 970-565-3706**

**Ute Mountain Ute Tribe - Vocational Rehabilitation 970-564-5722**

**Ute Mountain Ute Tribe - WIC (Women, Infants, Children) Program 970-564-5363**

**Ute Mountain Ute Tribe - Youth Opportunities Program 970-564-3751**

**Victim Services – Montezuma & Dolores Counties 970-565-3706**

**White Mesa Administration - Ute Mountain Ute Tribe 435-678-2118**

Address: PO Box 7096, White Mesa, UT 84511

**PET CARE SERVICES**

<b>Adobe Animal Hospital</b>	<b>970-565-4458</b>
Address: 11314 Highway 145, Cortez, CO	
<b>Animal Protection Services – (City of Cortez Animal Shelter)</b>	<b>970-565-4910</b>
<b>Bizzy B’s Mobile Grooming</b>	<b>970-560-0536</b>
Address: 810 Ridge Drive, Cortez, CO	
<b>City of Cortez Animal Shelter</b>	<b>970-565-4910</b>
Address: 2791 East Main Street, Cortez, CO	
<b>Coats &amp; Tails Pet Grooming</b>	<b>970-565-7568</b>
Address: 27512 Highway 160, Cortez, CO	
<b>Cortez Animal Bed &amp; Breakfast</b>	<b>970-564-1385</b>
Address: 6815 Highway 160, Cortez, CO	
<b>Denkai Animal Sanctuary</b>	<b>970-560-6747</b>
Address: 209 West Main Street, Cortez, CO	
Website: <a href="http://www.denkaisanctuary.org">www.denkaisanctuary.org</a>	
<b>Dolores Animal Veterinary – Dr Chris</b>	<b>970-882-7100</b>
Address: 110 South 6 <sup>th</sup> Street, Dolores, CO	
<b>For Pets Sake - Humane Society</b>	<b>970-560-7387</b>
Address: PO Box 1705, Cortez, CO	
Email: <a href="mailto:info@forpetsakehs.org">info@forpetsakehs.org</a>	
Website: <a href="http://www.forpetsakechs.org">www.forpetsakechs.org</a>	
<b>Four Corners Holistic Animal Care – Durango, CO</b>	<b>970-946-3510</b>
<b>Four Corners Mash, LLC (Veterinary Services)</b>	<b>970-560-4054</b>
Address: 12838 Road 24.5, Cortez, CO	
Website: <a href="https://fourcornersmash.com">https://fourcornersmash.com</a>	
<b>JC Pets</b>	<b>970-564-1000</b>
<i>Pet store concerning fish, birds, reptiles and pet supplies.</i>	
Address: 24 N Madison St, Cortez	
<b>Kindred Pack – Diana Kindred</b>	<b>970-560-1035</b>
<i>Custom dog care, training, boarding, testing for all your dog needs</i>	
Address: 12456 Road 23.25 Loop, Cortez, CO	

<b>Mancos Pet Pantry</b>	<b>719-440-1890</b>
Address: Mt. Lookout Grange - 680 Grand Avenue, Mancos, CO	
Hours: 3:00 – 5:00 pm First Monday of the Month	
May pick up every other month for dogs & cats	
<b>Mancos Valley Veterinary Hospital</b>	<b>970-533-1060</b>
Address: 299 West Frontage Road, Mancos, CO	
<b>Montezuma Veterinary Clinic</b>	<b>970-565-7567</b>
Address: 10411 Highway 491, Cortez, CO	
Website: <a href="http://www.montezumavetclinic.com">www.montezumavetclinic.com</a>	
<b>Mudpuppies Pawshoppe</b>	<b>970-882-7130</b>
Address: 45 Porter Way, Dolores, CO	
<b>Petra Sullwold, DC (Veterinary Chiropractor)</b>	<b>970-903-8901</b>
Address: 245 North Main, Mancos, CO	
<b>Snooty’s Pet Salon</b>	<b>970-565-7247</b>
Address: 501 East 2 <sup>nd</sup> Street, Cortez, CO	
<b>St. Francis Hotel for Pets</b>	<b>970-565-3569</b>
Address: 14951 Road G, Cortez, CO	
<b>The Good Life Pet Food &amp; Supplies</b>	<b>970-565-2762</b>
Address: 360 West 1 <sup>st</sup> Street, Unit C, Cortez, CO	
Website: <a href="http://www.thegoodlife4pets.com">www.thegoodlife4pets.com</a>	
<b>Vibrant Pet Animal Hospital</b>	<b>970-565-3196</b>
Address: 25628 Road L, Cortez, CO	

## RECREATION & SPORTS – A Sampling from Our Area

- Adaptive Sports Association** 970-247-9000 ext 3217
- Canyon of the Ancients/Anasazi Heritage Center & Museum** 970-882-5600  
*Southwest Colorado's premier archeological museum, operated by the Bureau of Land Management.*  
 Address: 27501 Highway 184, Dolores, CO Fax 970-882-7035  
 Hours: 9 am – 5 pm on Thur - Fri - Sat  
 Website: [www.co.blm.gov/canm](http://www.co.blm.gov/canm)  
[www.co.blm.gov/ahc](http://www.co.blm.gov/ahc) Anasazi Heritage Center
- Circle K Guest Ranch** 970-562-3826
- Circle K Hunting Info & Reservations** 970-562-3808  
 Address: 27758 Highway 145, Dolores CO  
 Email: [vacation@ckranch.com](mailto:vacation@ckranch.com)
- Comedy Nights – Cortez, Dolores & Durango Locations**  
*Comedy Nights at DRB is back. SW Colorado's Hottest Comedy Room is back all summer on the patio. Locals mic at 7:30 pm before the showcase at 9:00 pm.*  
 Website: <https://comicuprising.com>  
<https://comicuprising.eventbrite.com>
- Conquistador Golf Course** 970-565-9208  
 Address: 2018 North Dolores Road, Cortez, CO  
 Hours: 9:30 – 5:00 pm Monday – Sunday
- Cortez Cultural Center & Native Summer Dances** 970-565-1151  
*A forum for arts, education, and Native cultures. The Center offers free Indian Dances and Cultural Outdoor programs during the summer months. The Center also features exhibits of prehistoric and contemporary Native tribes as well as rotating art exhibits.*  
 Address: 25 North Market Street, Cortez, CO-  
 Email: [dvf@cortezculturalcenter.org](mailto:dvf@cortezculturalcenter.org)  
 Website: <https://cortezculturalcenter.org>
- Cortez Outdoor Municipal Pool – Summers Only** 970-565-7877  
 Address: 803 E Montezuma Ave, Cortez, CO  
 Fees: 0 – 17 Youth \$3; Adult 18-59 \$5; Senior 60+ \$4  
 Hours: 10:30 – 11:30 am / 11:30 – 12:30 pm Lap Swim  
 1:00 – 5:00 pm Open Public Swim  
 5:00 – 6:50 pm Mon & Wed Night Family Swim
- Cortez Parks and Recreation** 970-564-4080  
 Address: 425 Roger Smith Avenue Cortez, CO FAX: 970-564-4086  
 Hours: 5:30 am-9:00 pm Monday-Friday  
 8:00am-9:00pm Saturday  
 10:00 am-7:00pm Sunday  
 Website: [www.cityofcortez.com](http://www.cityofcortez.com)

- Crow Canyon Archeological Center** 800-422-8975  
 Address: 23390 Road K, Cortez, CO
- Dove Creek Recreation Department** 970-677-9540  
 Address: 403 West Seventh Street, Dove Creek  
 Mailing: PO Box 791 Dove Creek, CO 81324
- Fairgrounds Speedway Cortez, CO (CRA Racing)** 435-592-5092  
*Clay Oval Dirt Track. IMCA modifieds, IMCA Stock Cars, IMCA Northern & IMCA Southern, IMCA Hobby Stocks, Sport Compacts and MOD Lites. Demolition derbies for adults and youth. Attention Non-members: CRA requires an entry fee of \$40 from non-members for each race series or regatta; \$35 with USSA Membership. If you race in more than three events, joining CRA is cost effective. As a CRA member, you can also enter the Summer Beer Can Series at a greatly reduced rate. Membership application forms are available [here](#).*  
 Contact: Eugene Felker  
 Address: 30100 Highway 160, Cortez, CO  
 Facebook: <https://www.facebook.com/FairgroundsSpeedwayCortez>  
 CALENDAR: [www.cortezracing.com/calendar.html](http://www.cortezracing.com/calendar.html)
- Gear Lending Library (SCYC)** 970-565-8117  
*Free gear, scooters, bikes, skateboards and more! The Gear Lending Library is run by SCYC in partnership with the Montezuma Land Conservancy. Make reservations online.*  
 Address: 425 Roger Smith Avenue Cortez, CO  
 Storage Shed at the NORTH END of the REC CENTER near the tennis courts.  
 Website: <https://www.scyclists.org/gear-lendinglibrary>
- Gold Mine Tour – Silverton, Colorado** 970-387-5444  
 Address: 721 Road 4-A, Silverton, CO 81433  
 Email: [info@minetour.com](mailto:info@minetour.com)  
 Website: [www.minetour.com](http://www.minetour.com)
- Mancos Park & Recreation (Town of Mancos)** 970-533-7725  
 Address: 117 North Main Street, Mancos, CO  
 Mail: PO Box 487 Mancos, CO 81328  
 Hours: 9:00 am-5:00pm Monday – Friday  
 Email: [info@mancoscolorado.com](mailto:info@mancoscolorado.com)  
 Website: [www.mancoscolorado.com](http://www.mancoscolorado.com)
- Mesa Verde National Park** 970-529-4465  
*A wild landscape of deep canyons and expansive vistas where for over 700 years, the Ancestral Pueblo people built thriving communities on the mesas and in the cliffs of Mesa Verde. Established in 1906 as a National Park. Today the park protects the rich heritage of 26 tribes and offers visitors a spectacular window into the past. Some services still limited because of COVID.*  
 Address: Off Hwy 160 approximately 10 miles East of Cortez, CO (Mesa Top Ruins Road)  
 Website: [www.nps.gov/meve](http://www.nps.gov/meve)  
<https://www.visitmesaverde.com>

**Montezuma County Fairgrounds****970-565-1000**

The Montezuma County Fairgrounds hosts a variety of events such as: ATV Obstacle Course, Steve Blackwell's Ultimate Outdoor & Gun Show, Four States Ag Expo, Ute Mountain Round-Up Rodeo, 12 Hours of Mesa Verde Bike Race, Four Corners Home and Garden Show, Cortez Gun Show, County Fair, Car Races, Teen Maze, Frazier Carnival, Jordan World Circus, Barrel Races, Team Roping, 4 States Jr Rodeo, Colorado High School Rodeo, Cross Country Meets, Dog Shows, Car Shows, Archery Practice, 4 H Activities, Horse Shows, Hunter Ed Classes, Swap Meets, Concerts, Native American Rodeos, Horse Cuttings, Ranch Rodeos, CDOT Truck Rodeos, Demo Derbies, Community meetings, and many more.

The Montezuma County Fairgrounds would love to host your upcoming event, and has an excellent staff made up of Tim Cook and Justin McGuire to help make your event a success.

Contact: Justin McGuire  
 Phone: Contact us to book your next event @ 970-565-1000 office, 970-759-1795 cell  
 Races 970-435-5925.  
 Address: 30100 US Hwy 160, Cortez, CO

**Nature Center at Butler Corner - Small Children Play Area****970-882-4593**

A place for children and adults to walk, listen to birds and pine trees sing, breathe in the fresh air, and discover all that nature has to offer in three bio-regions from semi-desert, foothills with gamble oak, and mountains with Ponderosa pine. Come discover and learn to conserve and enjoy without disturbing habitats. Also visit the Weaver's Studio where weaving and felting lessons are offered.

Address: 20503 Road 31, Dolores, CO  
 Hours: 9 am – 5 pm Monday thru Saturday for members.  
 10:30 am Friday Storytime & Crafts  
 Non-members call in advance for dates and times.  
 Email: [butlerkathleen@yahoo.com](mailto:butlerkathleen@yahoo.com)  
 Website: <http://thenaturecenteratbutlercorner.com>

**Navajo Country in New Mexico (Farmington/Gallup/Four Corners)**

Website: [www.navajonationparks.org](http://www.navajonationparks.org)  
[www.discovernavajo.com](http://www.discovernavajo.com)

**San Juan Mountain Association (SJMA)****970-247-4874**

Promoting exploration, learning and protecting our Wilderness and Public Lands of Southwest Colorado through stewardship, conservation and education. Programs for kids and adults as well as a multitude of volunteer opportunities.

Forest Fridays program features outdoor activities for youth in Montezuma County led by outdoor educators every other Friday through the end of July. Call 970-385-1210 or check SJMA.org online.

Address: 15 Burnett Court, Durango, CO 81302  
 Mail: P O Box 2261  
 Email: [info@sjma.org](mailto:info@sjma.org)  
 Website: <https://www.sjma.org>

**San Juan County Visitors Services****800-574-4386**

San Juan County, Utah is home of Canyonlands National Park, Hovenweep, Natural Bridges and Rainbow Bridge National Monuments, Edge of the Cedars and Dead Horse Point State Parks, Monument Valley, Lake Powell and much more.

Website: <https://utahscanyoncountry.com>

**Spring Creek Basin – Wild Horse Management Area (BLM)****970-882-1120**

The Spring Creek Basin herd includes bays, sorrels, grays and pintos. Legend says that in the early 1900s, a Montana rancher came to Disappointment Valley with a herd of stolen horses that he raised to sell to the U.S. Cavalry and other groups. When the law began to close in on him, he gathered some of his horses and quickly left the area. Local ranchers managed the remaining horses by culling undesirable horses and adding their own stock, and now the BLM manages the herd under the Wild Free-Roaming Horse and Burro Act of 1971. The Spring Creek Basin HMA is in Disappointment Valley in southwest Colorado, between Norwood and Dove Creek. Size: 21,932 acres Topography/Vegetation: The HMA's terrain varies from open, rolling hills to rugged mountainous country on its north, south and east borders.

Email: [tjholmes0406@gmail.com](mailto:tjholmes0406@gmail.com)  
[springcreekbasinmustangs.com](http://springcreekbasinmustangs.com)

Website: <https://springcreekbasinmustangs.com>

**Third Thursday in Montezuma Park**

Join the fun every 3rd Thursday Food, vendors, drinks, live music, games. Bring your friends to Montezuma Park (Corner of N. Market and Montezuma Ave)

Address: Montezuma Park, East  
 Montezuma Ave & North Market St, Cortez, CO  
 Time: @ 5:00 pm – 8:00 pm Summer Months  
 Website: [www.shopcortez.com/event/3rd-thursday](http://www.shopcortez.com/event/3rd-thursday)

**Ute Mountain Ute Tribe - Casino****800-258-8007**

Address: 3 Weeminuche Dr, Towaoc, CO  
 Website: [www.utemountaincasino.com](http://www.utemountaincasino.com)

(970) 565-8800

**Ute Mountain Ute Tribe - Tribal Park****970-565-9653**

Ute tribal members interpret tribal culture, pictographs, cliff dwellings, surface ruins, and artifacts on half or full day tours. Reservations required.

Address: Tribal Park Visitor Center – Corner of Hwy at 160/49 in Four Corners Area  
 Email: [utepark@fone.net](mailto:utepark@fone.net)  
 Website: [www.utemountaintribalpark.info](http://www.utemountaintribalpark.info)

**Ute Mountain Ute Tribe - Tribal Recreation****970-565-3751**

For more information and a complete listing of Ute Mountain Ute Tribe programs and services, please see the listing for Ute Mountain Ute Tribe Directory of Programs and Services in the Native American Section Page 141.

### Hunting, Fishing and Sporting Goods - A Sampling from Our Area

<b>Animas Valley Anglers</b>	970-259-0484 / 970-422-4862
Website: <a href="http://www.animasvalleyanglers.com">http://www.animasvalleyanglers.com</a>	
<a href="http://www.gotttrout.com">http://www.gotttrout.com</a>	
<b>Anasazi Angler Inc</b>	970-385-4665
Address: 12895 Highway 140, Hesperus, CO 81326	
<b>Colorado Elk Camp Outfitters</b>	970-985-8002
Website: <a href="http://www.coloradoelkcamp.com">http://www.coloradoelkcamp.com</a>	
<b>Colorado Hunting Expeditions</b>	970-882-5400
Address: 28662 Road 38, Dolores, CO 81323	
Websites: <a href="http://www.coloradohunting.com">http://www.coloradohunting.com</a>	
<b>Dolores River Anglers – Trout Unlimited</b>	970-759-0175
Contact: Brad Waltman	
<b>Four Corners Rifle &amp; Pistol Club</b>	
Address: US Highway 160, Cortez, CO	
Website: <a href="https://4cornersrifleandpistol.com">https://4cornersrifleandpistol.com</a>	
<b>Goods for The Woods</b>	970-565-9861
Address: 24720 Road K3, Cortez, CO	
Website: <a href="http://www.goodsforthewoodsco.com">www.goodsforthewoodsco.com</a>	
<b>Hibbett Sports</b>	970-565-6900
Address: 215 South Sligo Street, Cortez, CO	
Website: <a href="https://hibbett.com">https://hibbett.com</a>	
<b>High Desert Life Outdoors</b>	970-564-3299
Address: 28 West Main Street, Cortez, CO	
<b>J &amp; J Outfitters – Pleasant View</b>	970-560-2363
Website: <a href="https://coloradojnhunts.com">https://coloradojnhunts.com</a>	
<b>Kokopelli Bike Shop</b>	970-565-4408
Address: 130 West Main Street, Cortez, CO	
Website: <a href="https://kokopellibike.com">https://kokopellibike.com</a>	
<b>Rimrock Outfitters</b>	970-533-7588
<i>Horse Rides, pack trips, breakfast or dinner rides, wagon rides, hunting horses &amp; sleigh rides.</i>	
Contact: Perry & Lynne Lewis	
Address: 12175 Road 44, Mancos, CO 81328	
Email: <a href="mailto:horses@rimrockoutfillers.com">horses@rimrockoutfillers.com</a>	
Website: <a href="http://www.rimrockoutfillers.com">www.rimrockoutfillers.com</a>	

<b>Rough Canyon Outfitters</b>	970-739-0888
Contact: Dusty Veach	
Address: 27286 Road H.6 Cortez, Co 81321	
Website: <a href="http://Contact Info (roughcanyonoutfitters.com)">Contact Info (roughcanyonoutfitters.com)</a>	
<b>Run + Hike - Sports Equipment</b>	970-570-5999
<i>Apparel – Footwear – Gear</i>	
Address: 1 West Main Street, Cortez, CO	
<b>RDF Guns</b>	970-564-4218
Address: 10933 Road 26, Cortez, CO	
<b>Silver Peak Outfitters (elk, deer, black bear)</b>	970-759-0777
Contact: Jason & Michael Hall	
Address: 7510 Road 26.1 Loop, Cortez, CO 81321	

### Sports – & Samples of Seasonal Activities

<b>Cortez BMX Association</b>	<a href="http://www.cortezbmx.org">www.cortezbmx.org</a>
<b>Cortez Little League Baseball - Facebook Page</b>	
Email: <a href="mailto:secretary.swcb@gmail.com">secretary.swcb@gmail.com</a>	
Facebook: <a href="https://www.facebook.com/Cortezbaseball">https://www.facebook.com/Cortezbaseball</a>	
Website: <a href="http://www.cortezbaseball.com">http://www.cortezbaseball.com</a>	
<b>Cortez High School Panthers Football</b>	970-565-3722
<b>Cortez Water Dragons Swim Team</b>	
Facebook: <a href="https://www.facebook.com/cortez-water-dragons-332859794017075/">https://www.facebook.com/cortez-water-dragons-332859794017075/</a>	
<b>Four Corners Youth Football League (YAFL)</b>	
<a href="http://www.fourcornersyafl.com">http://www.fourcornersyafl.com</a>	
<b>Fun links</b>	<b>100 Top Kids Activities</b>
	<a href="http://www.100topkid.com">http://www.100topkid.com</a>
<b>Mancos Youth Sports (football &amp; wrestling)</b>	970-258-2547 / 970-433-5412
Contact: Genevieve / Eldon / Zach	
Email: <a href="mailto:mancosyouthsports@gmail.com">mancosyouthsports@gmail.com</a>	
Website: <a href="http://www.mancosyouthsports.org">www.mancosyouthsports.org</a>	
<b>Montezuma County 4H program Facebook page</b>	
Website: <a href="http://welcome.colostate.edu/info-equalop.aspx">http://welcome.colostate.edu/info-equalop.aspx</a>	
<b>Montezuma Cortez Girls Basketball</b>	
Website: <a href="https://www.breakthroughbasketball.com/camps/">https://www.breakthroughbasketball.com/camps/</a>	

Rhoda Allmon's Dance Studio [\(20+\) Rhonda Allmon's Dance Studio | Facebook](#)

Rodeo Events - see *True Western Roundup - Community Calendars Section Page 51*

Southwest Elite Baseball – Youth 8 to 14 [Facebook Msg](#)

*Southwest Elite Baseball is a competitive baseball organization based out of the Four Corners Area.*

*The teams consist of 9u – 14u athletes. Some lessons from Mountain Range Fitness.*

Cortez Baseball & Softball – Rotary Ball Fields 540 Roger Smith Avenue, Cortez CO

Mancos Youth Baseball & Softball – Boyle Park 150 Grand Avenue, Mancos CO

Contact: Southwest Elite Baseball, Cortez/Mancos

Facebook: <https://www.facebook.com/Cortezbaseball/posts>

Suzanne's School of Dance - Facebook [Suzanne's School of Dance Facebook page.](#)

Tri-City Soccer Association [Tri-city Soccer Association](#)  
Spring Registration

## **SELF-CARE, SELF-HELP & SUPPORT GROUPS**

(See ADDICTIONS Section for More Groups Page 39)

**AA Groups & Al-Anon Groups** – see *ADDICTION Section Page 39*

**Alzheimer Support Group** **970-259-0122**  
**HELPLINE 24 hr 800-272-3900**

*Education and support provided for caregivers of Alzheimer (and related dementia) affected persons, including information, referral, and other available services.*

Address: 1206 North Mildred Road, Cortez  
Vista Mesa Assisted Living Conference Room  
Hours: 3<sup>rd</sup> Wednesday of every month @ 7:00pm  
Website: [www.alz.org](http://www.alz.org)

**Amani Youth Partnership – Youth on Horses for Healing** **970-739-6854**

*Partnering Youth & Horses for courage, Hope & Healing. Children who come to us may simply desire the joy and experience of learning about and spending time with horses, while others may be struggling with the trials of life. The goal is to provide a safe place for kids to come just as they are, to encourage them forward towards hope and personal growth. This is done by pairing **One leader, One Child, One Horse** for the purpose of mentorship. Activities chosen by the leader may be working with/riding horses, crafts, games, chores, and life skills. Time with the kids is influenced by natural horsemanship techniques, equine facilitated learning and natural lifemanship concepts.*

Director: Amy MacBean  
Address: 20387 Road 31.8, Dolores, CO  
Mail: 1933 East Main Street, Cortez, CO  
Email: [amy@amaniyouth.org](mailto:amy@amaniyouth.org)  
Website: [www.amaniyouth.org](http://www.amaniyouth.org)

**American Heart Association** **970-369-5433**

Address: 1775 S. Harrison St., Denver, CO 80210

**Art Therapy / Support Therapy (Mind-Body Connections)** **385-232-3671**

*It may look like a craft class, but art therapy in Cortez is a serious technique that uses the creative process to help improve mental health of clients. Cortez Art Therapy can be used on children and adults to treat a wide range of emotional issues including depression, family and relationship problems, abuse and domestic violence, trauma, and loss.*

**Bariatric Surgery Support Group (Weight Loss)** **970-564-2276**

**Better Business Bureau** **703-276-1000**

Website: [www.bbb.com](http://www.bbb.com)

**Cancer Support Group** **970-565-3342**

**Cedar Tree Healing Arts, Kris Abrams** **970-403-5018**

<b>Center for Disease Control (CDC)</b>	<b>800-677-1116</b>
Website: <a href="http://www.cdc.gov/aging/">www.cdc.gov/aging/</a>	
<b>Co-Dependents Anonymous</b>	<b>970-565-9126</b>
<b>Colorado AIDS Project</b>	<b>303-837-0166</b>
<b>Cortez Addictions Recovery Services</b>	<b>970-565-4109</b>
<b>Dare to Be You (Onward! A Legacy Foundation supported)</b>	<b>970-565-2070</b>

*DTBY is an award-winning family-based program that empowers youth, families and communities. Multi-level prevention programming provided through three levels of community and school training to target destructive behaviors in youth ages 2-18. Focus is on positive development of youth through training, curriculum, and technical assistance for families:*

- o preschool children (ages 2 to 5)
- o early elementary children (ages 5 to 8) and their teachers (Bridges)
- o middle school children (CARE to Wait ages 11 to 14)
- o Grandparents raising grandchildren.
- o Families recovering from substance abuse or other traumas (Strong Extended Families)

Address: 33 North Chestnut, Cortez, CO  
 Email: [DAREtobeyou20@yahoo.com](mailto:DAREtobeyou20@yahoo.com)  
 Work Email: [renee.pudonovich@colostate.edu](mailto:renee.pudonovich@colostate.edu)  
 Work Email: [dana.cox@colostate.edu](mailto:dana.cox@colostate.edu)  
 Website: <http://www.colostate.edu/Depts/CoopExt/DTBY>

<b>Dementia Caregiver Resource Guide</b>	<a href="https://www.dementiafriendlydenver.org">https://www.dementiafriendlydenver.org</a>
<b>Alzheimer's Disease</b>	<b>800-272-3900</b>
<b>Frontotemporal Dementia</b>	<b>866-507-7722</b>
<b>Lewy Body Dementia</b>	<b>800-539-9767</b>
<b>Parkinson's</b>	<b>303-861-1810</b>
<b>Vascular Dementia / Stroke</b>	<b>800-787-6537</b>

#### Communication Tips: S-M-I-L-E

Slow Down – Minimize Choices - Instill Calm - Look & Listen – Engage

<b>Diabetes Education - Southwest Memorial Hospital</b>	<b>970-565-2275</b>
Address: 1311 North Mildred Road, Cortez, CO 81321	
Hours: 2 <sup>nd</sup> Tuesday of each month 10:30am – 12:30pm and the 2 <sup>nd</sup> Thursday of each month 6:30pm-8:30pm	
<b>Diabetes Support Group - Southwest Health System</b>	<b>970-565-2275</b>
Support is available for persons with diabetes. There is no cost to participants.	
Address: 1311 North Mildred, Cortez, CO	FAX: 970-564-2650
<b>Grief Support Group (Hospice of Montezuma County)</b>	<b>970-565-4400</b>
<b>La Leche League Breastfeeding Support</b>	<b>970-385-1460</b>
Please see the complete listing for La Leche League in the Women's Services Section Page 175.	

#### Life Help – Church of Jesus Christ of Latter-day Saints

Everyone needs help sometimes. Life is like that. In fact, God planned it to be that way. Mortality presents each of us with a wide variety of experiences, and some are easier to manage than others. No matter the experience, there is always help. That's part of God's plan too.

<b>Abuse</b>	<b>Addiction</b>	<b>Adoption</b>
<b>Death, Grieving &amp; Loss</b>	<b>Disabilities</b>	<b>Divorce</b>
<b>Education</b>	<b>Employment</b>	<b>Single &amp; Family Parent Relationships</b>
<b>Finances</b>	<b>Media Safety</b>	<b>Mental &amp; Emotional Help</b>
<b>Pregnant &amp; Single</b>	<b>Self-Reliance Services</b>	<b>Suicide . . . and More</b>

<https://www.churchofjesuschrist.org/topics/families-and-individuals/lifes-challenges/hope-and-help?lang=eng>

#### Medicine Horse Center – Horses Helping People

**970-533-7403**

*This is an equine-assisted therapy and social/emotional learning organization specializing in alternative outdoor educational, experiential and therapeutic riding services to children, adults and families of Southwest Colorado. In our work, we constantly witness how horses nurture, inspire and heal a person's spirit, mind and body. We strive to provide a safe, guided and inclusive environment in which our clients can acquire tools and confidence to learn about themselves and each other. It's about developing relationships. Clients understand how their thoughts, feelings, and behaviors affect each relationship.*

Address: 4070 Road J, Mancos, Colorado  
 Hours: 8:30 am – 5:00 pm Monday – Friday  
 Email: [info@medicinehorsecenter.org](mailto:info@medicinehorsecenter.org)  
 Website: [www.medicinehorsecenter.org](http://www.medicinehorsecenter.org)

#### NARCOTICS ANONYMOUS

**HOTLINE 505-324-1807**

#### Narcotics Anonymous

**970-564-4109**

Website: <https://narcotics.com>

#### Panic Attack / Anxiety Group

**970- 565-3363 / 970-565-7132**

#### Podunk's Ranch

**970-672-0720**

Email: [lanea@podunksranch.com](mailto:lanea@podunksranch.com)  
 Website: <https://podunksranch.com>  
 Address: 23151 Road M, Cortez, CO 81321

#### Self-Reliance Classes (Church of Jesus Christ of Latter-day Saints)

**970-749-3644**

*The self-reliance initiative is a tool for help. In the initiative, much of the work takes place in small groups that combine spiritual principles with practical skills and creative ways. Groups offer practical courses with spiritual benefits. The self-reliant courses are designed to teach individuals and families the importance of self-reliance in all aspects of life and then pointing them in the right direction so they can obtain the education and tools they need to achieve their goal in one of four areas: employment, education, personal finance, and starting & growing a business. A fifth course was added for emotional resilience in hard times.*

- 1) My Path for Self-Reliance
- 2) My Foundation for Self-Reliance a 12-Step Program (Faith, Manage Money, Use Time Wisely, Be Responsible & Persevere, Solve Problems, Serve Others, Take Responsibility, Live a Balanced Life)
- 3) Emotional Resilience (Finding Strength in the Lord) You don't find your life YOU create it.
- 4) Personal Finances (The Lord's Way)
- 5) Starting and Growing My Business
- 6) Find a Better Job

- 7) Education for Better Work  
8) Life Skills for Self-Reliance – Prepare for Success, Create an Environment for Success, Networking

Email: [twotanners@hotmail.com](mailto:twotanners@hotmail.com)  
Website: <https://www.churchofjesuschrist.org/self-reliance/course-materials/achieve/my-path>

**Smoking Cessation** 970-565-3956

**Stand Up & Speak Up for Families – Gmas & Gpas Who Care** 970-739-7593

Community and Organizations Working Together & Serving Together. For description and full listing of resources and projects Pages 176.

**TOPS (Take Off Pounds Sensibly)** 765-621-8700

Non-profit, non-commercial weight-loss support organization encourages healthy lifestyles through weight management support and also sponsors obesity research. New members consult with their physician to establish a weight goal, then meet weekly and establish individual programs. Programs vary but all serve to provide members with positive reinforcement and motivation in adhering to their food and exercise plans. Membership dues are \$35 annually plus nominal Chapter fees to cover operating costs.

Address: Cortez City Hall Conference Room  
123 East Roger Smith Avenue, Cortez, CO 81321  
Time: Fridays 11:00 – 11:30 Weigh In / Meeting 12:00 – 1:00 pm

**Weight Watchers** 800-651-6000

**Widowed Persons Services (Hospice of Montezuma County)** 970-565-4400

### EXERCISE and FITNESS

**24 HR Power House** 970-739-8639

Address: 2232 East Main Street, Cortez, CO  
Website: <https://cortezpowerhouse.com>

**Balanced Body Fitness** 970-570-9225

Address: 212 West Montezuma Avenue, Cortez, CO

**Body by Design & Fitness (Trainer)** 970-565-6300

Address: 1240 N Lebanon Road, Cortez, CO  
Website: <https://bodybydesignfitnessllc.com>

**Cortez Parks & Recreation Center** 970-564-4080

Address: 425 Roger Smith Ave, Cortez, CO

**Cycling Classes** Mon – Wed – Thursday 5:35 am – 6:30 am

**Silver Sneakers Classic** Mon & Wed 9:00 am – 10:00 am

**Tai Chi** Tues & Thur 9:15 am – 10:15 am

Class has elements of “Tai Ji Quan, Moving for Better Balance,” Tai Chi, Qi Gong and Chinese Traditional Medicine. Focus is on breath, visualization, meditation, movement therapy, and balance. Move and strengthen all parts of the body; sitting, standing and stepping.

**Yoga** Friday 9:00 am – 10:00 am

**Zumba** Tuesday 9:00 am – 10:00 am

Aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

**CrossFit MRF of Cortez – Evolution Gym** 970-403-5238

Contact: Ellen Shrinkle, Owner & Lead Trainer  
Address: 2005 Industrial Road, Cortez CO  
Email: [info@crossfitcortez.com](mailto:info@crossfitcortez.com)  
Website: [www.crossfitcortez.com](http://www.crossfitcortez.com)

**Elemental Kinetics: Bodywork & Movement Therapy** 970-560-5795

Website: <https://elementalkinetics.com>

**Empowered Body Fitness & Coach** 970-739-0189

Using the Active Release Technique. What is ART? A non-invasive system precisely engineered to locate and quickly resolve soft tissue issues. What are your pains? ART helps with carpal tunnel, sciatica, shoulder pain, hip pain, sprains/strains, migraines, muscle tension, knee pain, overuse injuries, back pain, tennis/golfers' elbow, and neck pain.

Contact: Jeanna Echols  
Address: 2005 Industrial Road, Cortez, CO  
Email: [jeana@empoweredbodyfit.com](mailto:jeana@empoweredbodyfit.com)  
Facebook: <https://m.facebook.com/empoweredbodyfitnesscortez>  
Website: <https://empoweredbodyfitness.com>

**Four Corners Dance Society –Montezuma County Annex** 970-222-9649

Dances, refresher & beginner classes in swing, Latin, ballroom and two step dances.

Contact: Jan Heyl  
Location: Montezuma County Annex – see monthly calendar for dates

**Halau Hula o Pu'a Li'ana** 970-739-0957

Instructor: Liana Wright, Certified in Hapa Haole and Auana Hula. I teach keiki (children) in the fall/spring months and adults in the summer.

Address: Rhonda Allmons Studio 125 North Park Street, Cortez, CO  
Email: [keepcalmandhulaon@gmail.com](mailto:keepcalmandhulaon@gmail.com)  
Hours: Friday 5:00 pm – 7:00 pm

**Heart & Core Yoga Studio & Pilates** 970-363-4321

Address: 720 East Main Street, Cortez, CO  
Website: <https://heartandcoreyoga.com>

**Montezuma County Annex & Senior Center** 970-565-4166

Matter of Balance Tues & Thurs 8:00 am  
Senior Cardio Mon 10:00 am / Thursday 10:15 am

Senior Yoga Mon 9:00 am / Thursday 9:15 am  
 Tai Chi Tues & Thurs 1:00 pm  
 Website: <https://montezumacounty.org/calendarsminutes/annexcalendar>  
**Mountain Range Fitness – Functional Fitness Gym** 970-560-1988 / 970-560-5999 / 970-5670-7019  
 Address: 2310 E Empire Street, Cortez, CO 18321  
 Website: [mountainrangefitness@gmail.com](mailto:mountainrangefitness@gmail.com)  
**Rhonda Allmon’s Dance Studio** 970-565-9221  
 Address: 125 North Park Street, Cortez, CO  
 Facebook: [www.facebook.com/Rhonda-Allmons-Dance-Studio](http://www.facebook.com/Rhonda-Allmons-Dance-Studio)  
**Stormy’s ATC Gymnastics** 970-565-7455  
 Address: 2310 East Empire Street, Cortez, CO  
**Strength Studio** 970-565-0230  
 Address: 1 West 1<sup>st</sup> Street, Cortez, CO  
**Tai Chi – For All** Text 435-705-3412  
*Women of all ages gather for the joy of it!*  
 Dates: Tuesdays & Thursdays  
 Address: 107 North Chestnut Street, Cortez, CO (Senior Center)  
 Time: 1:00 pm – 2:00 pm– donation accepted  
 Email: [donnahicks42@yahoo.com](mailto:donnahicks42@yahoo.com)  
**The River Studio** 970-903-1948  
 Address: 121 West Grand Avenue, Mancos, CO  
 Website: <https://mancosriverstudio.com>  
**Yama Bushi Dojo** 970-560-1391  
 Address: 310 West Arbecam Avenue, Cortez, CO  
**Wild Roots Yoga & Wellness** 262-433-8990  
*A variety of teachers sharing belly dance, kickboxing, Pilates, yoga, restorative yoga, Zumba*  
 Address: 411 Central Avenue, Dolores, CO  
 Website: <https://www.wildrootsyogawellness.com>

**SENIOR CITIZEN SERVICES**

**AARP** 970-565-1068  
**ADRC Aging & Disability Resources of Colorado**  
**Dolores County – 52288 Hwy 491** 970-562-4626  
**Montezuma County – 107 North Chestnut, Cortez** 970-564-2772  
**Area Agency on Aging (Ombudsman)** 970-259-1967  
**Colorado Coalition for Elder Rights** [www.ccerap.org](http://www.ccerap.org)  
**Colorado Department of Human Services** [CDHS\\_APS\\_Questions@state.co.us](mailto:CDHS_APS_Questions@state.co.us)  
*Division of Aging & Adult Services / Adult Protective Services Program*  
 Address: 1757 Sherman Street, 10<sup>th</sup> Floor, Denver, CO  
 Email: [CDHS\\_APS\\_Questions@state.co.us](mailto:CDHS_APS_Questions@state.co.us)  
**Colorado School & Public Employee Retirement Association (PERA)** 970-565-1045  
*Forum and representative body for retired school and state employees in Montezuma and Dolores Counties. Provides scholarships for local educators who wish to improve their teaching skill. Works to maintain adequate retirement benefits for retired school and state employees. Arranges times to enjoy old friends and meet new friends at scheduled lunch and breakfast meetings. Members must be retired employees of Colorado schools or Colorado state agencies. \$15.00 annual dues.*  
**Defensive Driving Program:** in conjunction with AARP  
**Pre-Retirement Seminars:** for educators  
**Social Activities**  
**Regular Meetings:** Third Tuesday of April, May, October & November 11:30 am, and Valentine  
**Breakfast:** (call for Address)  
 Address: 505 South Cedar Street Cortez, CO 81321  
**Dolores County Senior Services – Dove Creek** 970-677-2787  
*The needs of senior citizens are addressed with a very active group through the Cahone Senior Center. The Center has a bus which makes recreational trips for seniors. Trips may include: state or national parks, the Ute Mountain Casino, or shopping trips to Cortez, Durango, or Farmington. Nutritionally balanced meals are served at noon on Tuesday and Thursday at the Cahone Senior Center and on Monday at 6:00 pm at the Dove Creek Community Center. The Center has a “Meals on Wheels” program but a payment is not required. The bus also picks up and returns seniors to their homes on meal days. Several fundraising events and helps support the meals and the center activities with additional funding events helps support the meals and the center activities with additional funding through the Quality-of-Life mil levy.*  
**Homemaker** **Home Chore**  
**Transportation** **Meals on Wheels**  
**Seniors Nutrition Meals**  
 Address: 8540 Road 7.2, Dove Creek, CO 81324 FAX: 970-562-462  
 Mail: PO Box 678, Dove Creek, CO 81324  
 Hours: 8:30am-4:30pm Monday-Friday  
 Email: [decsenior@fone.net](mailto:decsenior@fone.net)  
 Website: [www.dolorescountryseniorservices.org/contact-us.html](http://www.dolorescountryseniorservices.org/contact-us.html)

**Dolores / Montezuma County (Montelores) Senior Citizens' Group 970-882-7245**

Social support and activities are provided for seniors in the Dolores area, including Dolores, Summit Ridge, Lewis, Arriola, and Lebanon. Nutritious meals are provided Monday, Wednesday, Friday. Seniors must be 60 or older. \$3.50 donation is requested for meals, but no one will be refused a meal because of inability to pay.

**Outdoor Trips  
Games  
Entertainment  
Fundraising**

**Summer Picnics  
Noon Meals  
Arts & Craft Classes**

Address: **Dolores Community Center** FAX: 970-565-0833  
400 Riverside, **Dolores, CO** 81323  
Address: **Montezuma Senior Center**  
107 Chestnut, **Cortez, CO** 81321

**Hospice of Montezuma County 970-565-4400**

Grief support. See full description under Healthcare Section Pages 115,126.

**KSJD Community Radio Station Story Recording Vault 970-564-9727**

A Story Vault to record and archive our community's oral histories. A complete sound-proof room for making audio recordings. Uses include telling your life story, your family stories, reading books aloud for family, or whatever else you like. The point is that it gets your voice on tape for you, your family, your organization. Free to the public. Call to schedule your time.

Address: #2 East Main Street, Cortez, CO  
Mail: P O Box 116, Cortez, CO  
Website: <https://www.ksjd.org>

**KSJD – The Raven Narratives in Cortez & Durango – Opening again in 2021**

**Raven Narratives** are live storytelling events held regularly at the Sunflower Theatre in **Cortez, Colorado** and at the Durango Arts Center in Durango, Colorado. Go to the **EVENTS** page for more information. Podcasts of the stories told at the **Raven Narratives** are available on Apple Podcasts, and on Spotify, Stitcher, and SoundCloud.

Raven Narratives storytelling guidelines are:

- Stories are told, not read. No notes are allowed on stage.
- Stories should be true, not fiction
- Tell only one story in 10 minutes (unless otherwise noted)
- The story should have a beginning, middle, and end
- The story should relate meaningfully to the theme presented by Raven Narratives

Organizers: Tom Yoder (KSJD Dryland Community Radio) and Sarah Sverson  
Email: On the Website under Contact  
Website: [The Raven Narratives - About](#)  
[The Raven Narratives - Youth Storytelling Projects](#)

**LONG TERM CARE OPTIONS 970-564-4770 / 970-564-4780**

We provide home and community alternatives to nursing facility levels of care so community members are able to remain in their homes. We help to provide access to adult daycare, alternative care facilities, community transition services, personal emergency response systems, home modifications, homemaker services, in-home support services, consumer-directed attendant support services, non-medical transportation, personal care, and respite care.

Contact: Bobbi Lock, Director  
Address: Montezuma County Annex  
106 West North, Cortez, CO 81321

**Mancos Senior Citizens' Group 970-533-7721**

Social support and activities are provided for seniors in the Mancos area. Nutritious meals are provided Monday, Wednesday, Friday. Seniors must be 60 or older. Donations requested for means and for delivery services.

**Arts Classes  
Games  
Support & Fundraising**

**Exercise Classes  
Noon Meals**

Address: Masonic Temple Basement FAX: 970-533-7721  
141 Montezuma Mancos, CO 81328  
Mail: 107 Chestnut Cortez, CO 81321  
Hours: 8:00 am-2:0 pm Monday, Wednesday, Friday

**Medicaid & Medicare Resources**

<u>Dolores County Social Services</u>	<u>970-677-2250</u>
<u>Medi-caid (National Number)</u>	<u>800-662-9651</u>
<u>Medi-caid Transportation (Colorado)</u>	<u>970-565-3056</u>
<u>Medi-care (National Number)</u>	<u>800-332-6681</u>
<u>MoCo Public Transportation</u>	<u>970-564-2773</u>
<u>Montezuma County Social Services – Cortez, CO</u>	<u>970-565-3769</u>
<u>Social Security (National Number)</u>	<u>800-772-1213</u>
<u>Social Security Administration – Durango, CO (Colorado, New Mexico, Utah)</u>	<u>970-247-3128</u>
<u>Utah Medicaid (Blanding Office)</u>	<u>435-678-3434</u>
<u>Utah Medicaid (Monument Valley)</u>	<u>435-727-3230</u>

**Montezuma County Senior Services - AAA Voucher Program**

The following services qualify for assistance:

**Dental:** Insurance covers checkup then pay 80% up to \$500.

**Vision:** Insurance covers checkup then pay 80% up to \$500.

**Home Maker and Personal Care:** Upon hospital or nursing home discharge, or in Medicaid transition, the program pays for 20 hours of service.

**Respite Care:** Taking care of a loved one and need a break? Payment can be arranged for someone to come in and stay with your loved one while you go shopping, get your hair done or just go sit in the park where it is quiet

**Montezuma County Senior Services - Nail It Down 970-565-4166**

A community service project providing foot inspections and toenail trimming for non-diabetic seniors over the age of 60.

**Montezuma County Senior Services - Nutrition Outreach 970-565-4166**

Activities are provided targeting senior citizens in Montezuma County with nutritious meals and nutrition education. Programs, events, activities (i.e. arts/ crafts, bingo, cards, etc.) and meetings are usually sponsored by local seniors' groups. Call to schedule events at the center. Use by non-senior groups is dependent on scheduling.

CALL 970-564-2772 for reservations. Lunch is served Mon-Wed-Thur & Fri at 11:30 am. (Opens at 11 am)  
Donation is requested for meals but no one who is eligible will be refused a meal due to an inability to pay.

**Congregate Meals**  
**Nutrition Education**  
**Golden Age 55+ Club**  
**Senior Health Insurance Program (SHIP)**  
**Outreach**  
**4 Corners Senior Travelers**

Address: 107 Chestnut Street, Cortez, CO 81321  
 Hours: 8:30 am – 4:30 pm Monday – Friday  
 Email: [sfletcher@co.montezuma.co.us](mailto:sfletcher@co.montezuma.co.us)  
 Website: [mgreen@co.montezuma.co.us](http://mgreen@co.montezuma.co.us)

**Home-Delivered Meals**  
**Monthly Newsletter**  
**MoCo Public Transportation**  
**USDA Commodity Program**  
**Information & Referral**

FAX: 970-565-0833

**Montezuma County Senior Services - Travel by Taylored Tours 970-335-8670**

*The Senior Services will be partnering with Cindi Taylor of Taylored Tours, as many of you have asked about both domestic and foreign excursions, to assist in meeting those wants.*

Phone: Cindi Taylor  
 E-mail: [cindi@tayloredtours.com](mailto:cindi@tayloredtours.com)  
 Website: <https://www.tayloredtours.com/>

**Montezuma County Social Services 970-565-3769**

**Not Forgotten Seniors (Singles, Widows & Widowers Support) [shane@mesatrails.com](mailto:shane@mesatrails.com)**

Also Check out: <https://WidowsLink.org> OR [www.Facebook.com/WidowsLinkMinistry](http://www.Facebook.com/WidowsLinkMinistry)

**Pasco Southwest 970-565-6833**

*Privately owned services. Providing care under nursing, physical therapy, speech therapy, occupational therapy, social work, home health care, home makers, and personal care services. Certified under Medicare and Medicaid, VA, all other insurances as well as private pay.*

Address: 45 South Washington Cortez, CO  
 Hours: 8:30AM-4:30PM Monday-Friday  
 FAX: 970-564-8057

**San Juan Basin Area Agency on Aging - Cortez 970-564-2774**

*A non-profit approach to the planning and delivery of services and benefits for senior citizens, maximizes dignity and independence, emphasizes home environments and self-care, and advocates for needs while removing barriers to benefits. Administers the Older American Act Program and assists with the development of a Senior Services Network for Region 9, with an emphasis on services and benefits for those aged 60+ in social and economic need in the Archuleta, Dolores, La Plata, Montezuma, and San Juan Counties. Information and referrals are free.*

**Transportation**  
**Nutrition**  
**Family Caregiver**  
**Information & Referral**  
**OAP Dental Program**  
**Homemaker Services**

**Legal Services**  
**Health Care**  
**In-Home Services**  
**Ombudsman Program**  
**Personal Care Providers**

Address: 103 North Chestnut Suite 1 Cortez, CO 81321  
 Hours: 8:30am – 4:30 pm Monday – Friday  
 Email: [sbjarea9@gmail.com](mailto:sbjarea9@gmail.com)  
 Website: <http://www.sjbaaa.org>

**SENIOR ASSISTED LIVING FACILITIES**

**- See List at End of This Section**

**Social Security - Administration (National)**

**800-772-1213**

**Social Security - Durango, CO**

**970-247-3128 / 888-472-6115**

Address: 103 Sheppard Drive Suite 120, Durango, CO 81303

**Southwest Center for Independence**

**970-903-5859**

*Please see the complete listing for the Southwest Center for Independence in the Disability Section Page 68.*

**Southwest Community Resources**

**970-259-1086 / 970-259-5443**

*Please see the complete listing for Southwest Community Resources in the Housing & Homeless Section Page 129*

**Southwest Memorial Hospital (DBA Southwest Health System)**

**970-565-6666**

Address: 1311 North Mildred Road, Cortez, CO

Email: [contact@swhealth.org](mailto:contact@swhealth.org)

Website: <http://swhealth.org>

<http://swhealth.org/servicesdirectory/>

**Stand Up & Speak Up for Families – Gmas & Gpas Who Care**

**970-739-7593**

*FOUR CORNERS COMMUNITY RESOURCE DIRECTORY -- Community and Organizations Working Together & Serving Together. For description and full listing of resources and projects Pages 87, 137 & 176.*

**State Health Insurance Assistance Programs (SHIP)**

**888-696-7213**

*Counseling program for Medicare beneficiaries and their families who wish assistance in understanding Medicare benefits, coverage gaps, billing concerns, Medigap, Medicare Health Plans, long-term care insurance and other health insurance options. Free of charge.*

Montezuma County – 107 N Chestnut

970-564-2775

Dolores County – 52288 Highway 491, Cahone, CO

970-562-4626

Website: <http://www.dora.colorado.gov/SHIP>

**Taylored Tours (Montezuma County Senior Services – Travel)**

**970-335-8670**

**Utah Medicaid (Blanding, UT Office)**

**435-678-3434**

**Utah Medicaid (Monument Valley, UT)**

**435-727-3230**

**Widowed Persons Services (Hospice of Montezuma County)**

**970-565-4400**

**SENIOR ASSISTED LIVING FACILITIES**

**– See Healthcare & Housing Sections Pgs 123 & 128**

<u>Aspen Gardens</u>	<u>970-564-8600</u>
<u>Bee Hive Homes – Assisted Living with Dementia</u>	<u>970-564-3101</u>
<u>Colorado Compassionate Care – Mancos</u>	<u>970-882-7008</u>
<u>Madison House</u>	<u>970-565-2047</u>
<u>Mancos Valley Inn</u>	<u>970-533-9031</u>
<u>Mesa View Nursing Home - Assisted Living</u>	<u>970-564-2047</u>
<u>Valley Inn – Mancos</u>	<u>970-533-9031</u>
<u>Vista Grande Inn</u>	<u>970-564-1122</u>
<u>Vista Mesa Assisted Living</u>	<u>970-564-1888</u>

**SOCIAL SERVICES****Adult Protection Services 970-564-4110****Child Abuse Reporting – Cortez 970-565-3769****Dolores County Department of Social Services 970-677-2250***Medicaid, food stamps, child support services, and day care referrals are offered to residents of Dolores County. Other programs are offered through referrals to the Pinon Project.*

Address: 409 North Main, Dove Creek FAX: 970-677-2859  
 Mailing: PO Box 485 Dove Creek, CO 81324  
 Hours: 8:30 am – 4:30 pm Monday – Friday  
 Website: dolorescounty.org Link to Social Services

**Montezuma County Department of Child Protective Services 970-565-8441****Montezuma County Department of Social Services 970-565-3769***Public assistance is provided to those in need. Children, adults, seniors, and disabled persons in Montezuma County are eligible for specific services, by definition of the service. Assistance Payment Programs require income eligibility screening, and most services require interview for eligibility screening. Applications are available at the agency and services are free to those who qualify.***Assistance Payment Programs****Children Protection***Medicaid: Medical assistance for children and pregnant women who meet income and resource criteria. Supplemental Security Income, Old Age Pension, Aid to Needy Disabled/Aid to the Blind (interim assistance while SSI application is processed). Transportation (for health care for Medicaid clients), and Qualified Medical Benefits (medical bill assistance for those not qualifying for Medicaid)**Temporary Assistance to Needy Families (TANF): Formerly AFCD. Financial assistance is available to families with children who meet income and resources criteria. Colorado Works requirement with this assistance.*

Address: 109 West Main Street, Room 203, Cortez, CO FAX: 970-565-8526  
 Hours: 8:30 am – 4:30 pm Monday – Friday

**Navajo Nation Department of Social Services (Shiprock) 505-368-1348****Shiprock Tribal Social Services 505-368-1145****Ute Mountain Ute Tribe - Social Services - Towaoc 970-565-3751 / 970-564-5307***For more information and a complete listing of Ute Mountain Ute Tribe programs and services, please see the listing for Ute Mountain Ute Tribe Directory of Programs and Services in the Native American Section Page 144.*

Address: 125 Mike Wash Road, Towaco, CO 81334  
 Website: <https://utemountainutetribe.com/social%20services.html>

**White Mesa Administration Ute Mountain Ute Tribe 435-678-2118**

Address: PO Box 7096, White Mesa, UT 84511

**THRIFT & CONSIGNMENT STORES****Clothing & Home Furnishings****Denkai Animal Sanctuary / Thrift Store & Online Resale 970-516-1738**

Address: 209 West Main Street, Cortez, CO  
 Hours: Monday thru Saturday 11 am – 5 pm  
 Email: [info@denkaisanctuary.org](mailto:info@denkaisanctuary.org)  
 Website: [www.denkaisanctuary.org](http://www.denkaisanctuary.org)  
[www.denkaimarket.org](http://www.denkaimarket.org)

**From Our Heart, LLC 970-739-4637**

Address: 350 Railroad Avenue, Dolores, CO  
 Hours: Monday thru Saturday 10 am – 5 pm

**Habitat for Humanity Restore 970-565-8237**

Address: 6786 Highway 160/491, Cortez, CO  
 Hours: Wednesday thru Saturday 10 am – 4 pm

**LaDawn's Resale Store 970-739-4895**

Address: 344 East Main Street, Cortez, CO  
 Hours: Monday thru Saturday 10 am – 6 pm  
 Sunday Noon – 6 pm

**Love on a Hanger 970-565-9075**

Address: 32 East Main Street, Cortez, CO  
 Hours: Monday thru Saturday 10 am – 5:30 pm

**Methodist Thrift Store 970-565-7369**

Contact: Kelly Ayers  
 Address: 444 East Main Street, Cortez, CO  
 Hours: Tuesday thru Saturday 10 am – 4 pm  
 Email: [methodistthriftshop@gmail.com](mailto:methodistthriftshop@gmail.com)

**Re-New Thrift Store (Old Second Chances) 970-882-3233**

Address: 96 Central Avenue, Dolores, CO  
 Hours: Monday thru Saturday 10 am – 4 pm

**Salvation Army – Family Services Center 970-564-4228**

Address: 201 North Pinon Drive, Cortez, CO  
 Hours: Tuesday thru Saturday 10 am – 4 pm

**Second Time Fashions 970-565-8247**

Address: 1423 East Main Street, Cortez, CO  
 Hours: Monday thru Saturday 10 am – 5 pm

**The Flippin Frog (used furniture and home décor) 970-564-3100**

Address: 28 West Main Street, Cortez, CO  
 Hours: Monday thru Saturday 10 am – 6 pm

**The Flying Pig Boutique 970-739-1916**

Address: 341 Railroad Avenue, Dolores, CO  
 Hours: Tuesday thru Saturday 11am – 5 pm

## TRANSPORTATION

### **AIRPORT – City of Cortez 415-650-7215**

*Boutique Air currently provides commercial flights to Denver International Airport and Phoenix Sky-Harbor International Airport. To purchase airline tickets or book a rental car, contact them at 855-268-8478 or the terminal office in Cortez at 415-650-7215. For further information check out Boutique Air.*

*Residents have found success with competitive pricing options at Lonely Planet, Smart Fares, and Orbitz.*

Contact: Boutique Air Local  
 Manager: Jeremy Patton, Manager  
 Address: 22874 Road F, Cortez, CO

### **AIRPORT – Durango, CO 970-382-6050**

Address: 1000 Airport Road, Durango, CO 81303  
 Website: [www.flydurango.com](http://www.flydurango.com)

### **ANGEL WINGS – Free medical transportation for Veterans**

Website: <https://angelwingsforveterans.org/contact>

### **ANGEL WHEELS – Free medical transportation for Veterans**

Website: <https://angelwheels.org>

### **Cortez Cab 970-565-6911**

*Taxi Cab & Special Delivery in Cortez & SW Colorado. Taxi and Special Delivery services all day, every day, including holidays for addresses such as the Cortez Airport, Mesa Verde National Park, The Ute Mountain Casino, and the towns of Dolores, Mancos, Rico, Durango, and Telluride. We'll get you where you want – when you want.*

Hours: 24/7 service  
 Calls for service & reservations  
 taken from 6 am – 10 pm Monday – Friday  
 taken from 6 am – 2 am Saturday - Sunday

Website: <https://cortezcab.com>

### **DAV - Disabled American Veterans Transportation 970-565-4310**

Address: 432 North Broadway, Cortez, CO

### **Dolores County Senior Resources – Transportation 970-677-2787**

Address: 8540 Road 7.2, Dove Creek, CO

### **Enterprise Car Rental 970-565-6824**

Address: 201 North Pinon Drive, Suite A, Cortez, CO

### **Medicaid Transportation (Cortez) 970-565-3056**

### **MoCo Transportation 970-564-2773**

*We operate a door-to-door call response transportation system within Montezuma County. We also provide transportation to Dove Creek and Durango for medical appointments only. We are a Medicaid*

*provider for non-emergency medical transportation. Call IntelliRide at (855) 489-4999 to book appointments (Medicaid Only) and to check to see if you are approved for non-emergency medical transportation. If you are approved then there will not be a charge.*

*We are a Medicaid provider for the Home Community Based Services non-medical transportation. If you are on HCBS through the Montezuma County Department of Health, contact your caseworker to check for eligibility. There is no charge to the client.*

*MoCo Public Transportation is partnered with the Montezuma County Emergency Preparedness. This means, if there are any emergency evacuations needed in the country, our obligation is to shut down services at any time and help with the emergency. If you have any questions, call (970) 564-2773. First pickups at 7 am and last to go home are as follows: Mancos/Dolores/Towaoc at 3:00 pm and Cortez at 3:30 pm*

Address: 1680 North Dolores Road, Dolores, CO  
 Mailing: 1700 North Dolores Road, Dolores, CO  
 Hours: Monday - Friday 8 am – 4 pm  
**Dispatch/Reservation**  
 Hours: Daily 8 am – 1:30 pm

### **Montezuma County Senior Services - Transportation**

**970-565-4166**

Address: 107 North Chestnut Street, Cortez, CO  
 Hours: Monday – Friday 8:30 am – 4:30 pm

**VETERAN SERVICES**

<b>AARP</b>	<b>970-565-1068</b>
<b>Albuquerque Veterans Administration Hospital</b>	<b>800-465-8362</b>
<b>American Legion - Dolores, CO</b>	<b>970-759-6110</b>
Address: 400 Riverside Avenue, Dolores, CO	
<b>American Legion - Ute Mountain Post 75</b>	<b>970-565-8151</b>
<i>American Legion member meetings are the first Tuesday of every month. 7:00 PM - 8:00 PM</i>	
Address: 320 N Harrison St, Cortez, CO 81321	
Hours: 3:00pm - 10 pm Wednesday - Monday (Closed Tuesday)	
Email: <a href="mailto:cortezvets-amlegionpost75@hotmail.com">cortezvets-amlegionpost75@hotmail.com</a>	
<b>Blue Star Mothers of America</b>	<b>970-946-8070</b>
<i>Mothers of Active Military, deployed or not</i>	
Address: Bayfield, CO & Durango, CO	
<b>DAV (Disabled American Veterans) Chapter #44 - Project Outreach</b>	<b>970-565-4310</b>
Address: 432 N Broadway, Cortez, CO 81321	FAX: 970-375-7916
<b>DAV - RIDES for VETERANS</b>	<b>877-310-2214</b>
<i>If you need a ride to a VA Healthcare appointment, contact DAV Van Coordinator. We will pick up at your residence; take you to your appointment; and bring you home when you are done.</i>	
<b>DAV - Women Veterans - National</b>	<b>855-VA-WOMEN</b>
<b>Dolores County Veteran Service</b>	<b>970-677-3200</b>
Address: 214 Highway 491, Dove Creek, CO	
<b>Durango Veterans Clinic</b>	<b>970-247-2214</b>
Address: 1970 East 3 <sup>rd</sup> Avenue, Suite 102, Durango, CO	
<b>Elks Lodge #1739</b>	<b>970-565-3557</b>
<i>Elks invest in their communities through programs that help children, meet the needs of today's veterans, and improve the quality of life. Come check us out! You don't have to be a member to dine, rent our facilities, or play bingo. Our bar is open to anyone wishing to socialize, so come on out and enjoy a great view, find new friends, and become part of our community.</i>	
<i>Need a place to hold your event? Check out our banquet and event facilities! We do weddings, special occasions, fundraisers, retreats, and more.</i>	
<b>FIRST FRIDAY of EACH MONTH - Food Backpacks for Homeless Veterans</b>	
Address: 2100 N Dolores Rd, Cortez, CO 81321 (Highway 145 & Alamosa / Road L)	
Mail: PO Box 726	
Email: <a href="mailto:cortezelks@gmail.com">cortezelks@gmail.com</a>	
Website: <a href="https://www.cortezelks.com">https://www.cortezelks.com</a>	

<b>Farmington Veterans Center</b>	<b>505-327-9684</b>
Contact: Misty Weiser, LSW	
Address: 4251 East Main, Suite A, Farmington, NM 87402	
<b>LaPlata County Veterans Services</b>	<b>970-759-0117</b>
<i>The purpose of the Veterans' Services Office is to provide information, support and guidance services to veterans and their families so they can receive the maximum benefits for which they are eligible. They provide information and assistance to veterans and their families. There is a wide range of benefits available to veterans. Every veteran is encouraged to contact this office to find out about Veterans' Benefits. Appointments are encouraged. Please call (970) 382-6150 to schedule an appointment with the La Plata CVSO.</i>	
Address: 1970 East Third Ave, Suite 102, Durango, CO 81301	FAX: 970-247-3277
Hours: 8 a.m-5 pm , Monday - Friday, except holidays. Closed from 12 :00-1:00pm for lunch.	
<b>MEDICAID &amp; MEDICARE RESOURCES</b>	
<u>Dolores County Department of Social Services</u>	<u>970-677-2250</u>
<u>Medi-caid (National Number)</u>	<u>800-662-9651</u>
<u>Medi-caid Transportation (Colorado)</u>	<u>970-565-3056</u>
<u>Medi-care (National Number)</u>	<u>800-332-6681</u>
<u>Montezuma County Social Services - Cortez</u>	<u>970-565-3769</u>
<u>Utah Medicaid (Blanding Office)</u>	<u>435-678-3434</u>
<u>Utah Medicaid (Monument Valley)</u>	<u>435-727-3230</u>
<b>Moab VA Clinic – VA Western Colorado Health Care System</b>	<b>435-719-4144</b>
<i>Services: Primary Care, Audiology, Nutrition, Telehealth, Podiatry, Lab (by appointment only) NO EMERGENCY SERVICES ARE AVAILABLE AT THIS FACILITY.</i>	
Address: 702 South Main Street, Suite 5B, Moab, UT	
Hours: 8:00 am – 4:30 pm Monday – Thursday, Closed Weekends	
Website: <a href="http://www.grandjunction.va.gov/Address/Moab_Veterans_Community_Clinic.asp">www.grandjunction.va.gov/Address/Moab_Veterans_Community_Clinic.asp</a>	
<b>Montezuma County Social Services – Cortez (see Page 116)</b>	<b>970-565-3769</b>
<b>Montezuma County - Stand Down for Veterans</b>	<b>970-560-5242</b>
Contact: Tom at 970-560-5242 Corena at 970-570-5755	
DATE: <b>September 18, 2021 (call for yearly updates ) from 9 am to 3 pm</b>	
Address: Montezuma County Annex – 107 North Chestnut Street, Cortez, CO	
Email: <a href="mailto:montezumastanddown@gmail.com">montezumastanddown@gmail.com</a>	
<b>VA enrollment benefits</b>	<b>Suicide Prevention Info</b>
<b>Secure area for belongings</b>	<b>National Park Access Info</b>
<b>Homeless Prevention</b>	<b>Income Tax Assistance</b>
<b>Hair Cuts</b>	<b>Legal Information</b>
<b>Hygiene Supplies</b>	<b>Housing Assistance</b>
<b>Employment</b>	<b>Military Records</b>
<b>Education</b>	<b>Hearing Checks</b>
<b>Medical</b>	<b>Veteran Service Offices</b>
<b>Medical Health</b>	<b>Substance Abuse Counseling</b>

**Montezuma County - Veterans Service****970-565-7155**

Assistance is provided to veterans, surviving spouses, and dependents in filing for federal and state benefits from the Department of Veteran Affairs and the State of Colorado. FAX: (970) 565-5434

Please bring your Military ID or your DD 214 to help us help you. If you do not have one, we will have services available to help you obtain one. This event is open to any veteran, honorably discharged, from any branch of the service. Please attend and see what it is that we can do for you.

Contacts: Sarah Kuhn, Veteran Service Officer 970-564-2779  
 Frank LoBue, Assistant Veteran Service Officer 970-564-2777  
 Address: 107 North Chestnut, Suite #3, Cortez, CO  
 Hours: Monday through Thursday 8:15 a.m. to 4:30 p.m. (closed noon to 1 p.m.)  
 Fridays 8:30 a.m. to 12:30 p.m.

**Montezuma County - Veterans of Foreign Wars Post 5231****970-560-5242**

Address: 400 Riverside Avenue, Dolores, CO 970-759-6110  
 Mail: PO Box 561, Cortez CO 81321  
 Email: [vfwpost5231@gmail.com](mailto:vfwpost5231@gmail.com)

**Montezuma County Women's Veterans Association (June 2021)****970-560-2793**

Contact: Darla Sanders  
 Email: [darlaisanders1@yahoo.com](mailto:darlaisanders1@yahoo.com)

**SAN JUAN COUNTY VETERANS SERVICES****505-327-2861**

Serving and honoring the men and women who are America's Veterans.

- Calendar of Events
  - Español: Recursos Médicos
  - Dedicated to Quality
  - Mission, Vision, Values
  - Recruitment
  - Job Postings
  - Education & Training Programs
- Address: 101 West Animas Street, Farmington NM 87401

**Social Security Administration - National****800-722-1213****Social Security Office (Medicaid / Medicare)****888-472-6115**

Address: 103 Sheppard Drive, Suite 120, Durango, CO 81303

**Southwest Center for Independence Cortez / Durango 970-903-5859 / 970-259-1672**

The center works with people with disabilities in Archuleta, Dolores, La Plata, Montezuma, and San Juan Counties to provide assistance choosing and directing long-term care supports, developing independent living skills, and accessing community resources and public benefits that fit with goals identified through person-centered planning. See DISABILITY SERVICES Section Page 67 for full description of programs.

Contact: Dave Nelson, U.S. Veteran Specialist FAX: 970-516-7920  
 Address: 432 North Broadway, Cortez, CO  
 Hours: 9:00am-5:00pm, Monday – Friday  
 Email: [david@swilc.org](mailto:david@swilc.org)  
 Website: <https://swindependence.org>  
 Address: 835 East 2<sup>nd</sup> Ave., Suite #200, Durango, CO 81301 FAX: 970-259-0947  
 Hours: 9:00am-5:00 pm, Monday – Friday  
 Email: [maxineswci@msn.com](mailto:maxineswci@msn.com)  
 Website: [www.swcidurango.org](http://www.swcidurango.org)

**Stand Up & Speak Up for Families – Gmas & Gpas Who Care 970-739-7593**

**FOUR CORNERS COMMUNITY RESOURCE DIRECTORY** – Community and Organizations Working & Serving Together – see resources and projects Pages 87, 137 & 176.

**US Department of Veterans Affairs – Denver, CO****303-331-7500**

Address: 3773 East Cherry Creek North Drive, Denver, CO  
 Website: <https://www.va.gov>

**US Department of Veterans Affairs – Farmington, NM****505-326-4383**

Address: 3605 English Road, Farmington, NM

**UTAH Medicaid (Blanding, UT)****435-678-3434****UTAH Medicaid (Monument Valley, UT)****435-727-3230****Veterans Administration Medical Center (Denver)****888-336-8262****Veterans Affairs****800-827-1000****Veterans Center – Re- Adjustment Counseling Services****505-327-9684**

Readjustment counseling is provided to veterans and their families in the Four Corners area. Any war zone veteran and family are eligible for counseling services. Veterans who have experienced acts of sexual violence or harassment while an active duty are eligible.

Any veteran can be seen for assessment of needs and referral to appropriate services. Please bring discharge papers if unavailable, permission forms for copies of discharge papers are available at the Center. Services are free.

**Counseling:** Counseling provided to eligible vets and their families in the areas of emotional difficulties, post-traumatic stress syndrome, family/marital difficulties, crisis intervention, and substance abuse.

**Outreach:** Occasional informational-sharing sessions in area communities and weekly assistance from other agencies provides job information and benefits applications.

Address: 4251 East Main Street Suite C, Farmington, NM 87402 FAX: 505-327-9519  
 Hours: 8:00am-4:30pm Monday-Wednesday & Friday  
 12:30 pm – 7:15pm Thursday

**Veterans Crisis Hotline****HOTLINE 800-273-8255**

Self-destructive behaviors such as drug abuse or weapons, etc. along with suicide risks.  
 Confidential crisis chat at [VeteransCrisisLine.net](http://VeteransCrisisLine.net) or text 838255

**VFW Veterans of Foreign Wars, Durango, CO****970-247-0384****VFW Veterans of Foreign Wars Post #5231****970-560-5242**

Meeting: 1<sup>st</sup> Thursday of the Month at 5:30 pm Montezuma County Annex  
 107 North Chestnut Street, Cortez, CO  
 Mail: PO Box 1136, Mancos, CO  
 Facebook: <https://www.facebook.com/VFWPost5231>

**VFW Women's Auxiliary Post #5231****970-749-9320**

Meeting: 1<sup>st</sup> Thursday of each month at 6:00 pm at American Legion in Cortez CO  
 Email: [auxiliaryvfwpost5231@gmail.com](mailto:auxiliaryvfwpost5231@gmail.com)  
 Facebook: <https://www.facebook.com/vfwauxiliary5231>  
 Website: <https://vfwauxiliary.org>

**WOMEN'S SERVICES**

**Women Are Sacred – Futures Without Violence**

National Indigenous Women's Resources Center

**WHAT'S THE PROBLEM?**

- Abuse / Abandonment
- Addictions & Recovery
- Anxiety & Depression
- Children's Safety
- Death / Divorce
- Domestic Violence
- Lack of Education & Training
- FEAR
- Isolation / Rejection / Separation
- Mental Health
- Physical Health
- Pornography/Trafficking
- Recovery Programs
- Senior & Long-Term Care
- Stress & Self Care
- Suicide

**WHAT ARE OUR SOLUTIONS & RESOURCES?**

- Break the Silence / Break Free**
- Christian Ministry & Study Groups
- Counseling and Support Groups
- Crisis & Emergency Services
- Family, Friends, Neighbors**
- Food, Clothing, Shelter Basics
- Groups, Professionals & Volunteers
- Homeless Food & Shelter
- Kids Zone - Playland & Projects**
- Life Skills Classes & Training
- Pet & Animal Care & Support
- Profit & Non-Profit Organizations
- Retreat & Motivational Center**
- Social Services
- Spiritual Support
- Spiritual Warriors Training Camp**

*FREEDOM is Possible*

- |                    |                   |                    |
|--------------------|-------------------|--------------------|
| . Anger            | . Gambling        | . Pornography      |
| . Codependency     | . Grief / Loss    | . Procrastination  |
| . Depression       | . Guilt           | . Relational Pain  |
| . Eating Disorders | . Insecurity      | . Sexual Addiction |
| . Enabling         | . Need to control | . Self Destruction |
| . Faith Doubts     | . Overspending    | . Serious Illness  |
| . Fear/            | . Overworking     | . Shame            |
| Anxiety/Stress     | . Perfectionism   | . Unforgiveness    |

**Together We are the Solution!**

**Women Rising – Breaking the Silence**

[BREAK THE CHAIN - YouTube](#)

[Her Rising Stories: Healing Power of Dancing in One Billion Rising - YouTube](#)

[Red Women Rising Digital Stories: Dancing My Way Back to Beauty - CCUIH - YouTube](#)

[BHUTAN: We Are One - One Billion Rising - YouTube](#)

**ADDICTIONS**

- See Addictions Section Page 39

**Alternative Horizons**

**970-247-9619**

Confidential support is provided for victims of domestic violence. Spanish-speaking advocates are available.

**Celebrate Recovery – Freedom is Possible**

**970-565-1177**

*Celebrate Recovery is a Christ-centered, 12-step program where we can gain FREEDOM, ACCEPTANCE, and ACCOUNTABILITY for life's "Hurts, Habits, and Hang-Ups". By applying the 8 Recovery Principles within the 12-step program, we open ourselves up to God's grace so that we can Break Free. We also open the door to recovery by sharing our experiences and hopes with one another.*

*Adult Classes for Addictions, Depression, Grief, Relationships*

*Men: Addictions & Relationships Classes*

*Women: Addiction, Grief & Depression, and Relationship Classes*

*Children's Classes for Healing and Recovery*

- *Celebration Place recovery for K-5<sup>th</sup> grades. Elementary students finding support For Life.*

- *The Landing: Recovery for 6-12 grade students. Teens connecting with adults About Life.*

Location: 601 North Dolores Road, Cortez, CO

Hours: FRIDAY NIGHTS 6:00 – 9:00 pm

6:00-7:00 pm Eat Together 1<sup>st</sup> & 3<sup>rd</sup> Friday

6:30-7:00 pm Registration 2<sup>nd</sup> & 4<sup>th</sup> Friday

7:00-8:00 pm Large Group Gather for Music, Lesson, Testimony

8:00-9:00 pm Small Group Open Share – Talk Together

Facebook: [www.facebook.com/celebraterecoveryrs](http://www.facebook.com/celebraterecoveryrs)

**DOMESTIC VIOLENCE**

**HOTLINE 800-799-SAFE**

**EXERCISE & FITNESS**

- See Self-Care Section Page 157

**Facials, Manicures, Pedicures**

- **Ask Your Friends & Family for Referrals**

(For Example: West View Salon & Day Spa 970-565-0663)

**Hair & Makeup**

- **Ask Your Friends & Family for Referrals**

**Healing Arts & Trauma Release**

- **Ask Your Friends & Family for Referrals**

(For Example: Angela at 970-739-4738 and [angela.rae68@gmail.com](mailto:angela.rae68@gmail.com))

**Heart to Heart - Montezuma Crisis Pregnancy Center (24/7)**

**970-565-0979**

*Compassionate support provided for women with unplanned pregnancies and related needs. Personalized care and complete and accurate information are provided so they can make educated decisions they can live with.*

*Services are free to women with unplanned pregnancies in Montezuma County and bordering communities.*

*Pregnancy tests are available by appointment or walk-in.*

**Information:** Pregnancy options and community resources

**Abstinence Counseling**

**Free Pregnancy Tests**

**Referrals:** Other local agencies and doctors

**Maternity and Baby Clothes**

**Post-Abortion Counseling**

**Supplies and Furniture**

**Training Classes:** Volunteers in pregnancy center crisis intervention

Address: 213 West North Street, Cortez

FAX: 970-565-3079

Mailing: P.O. Box 716, Cortez, CO 81321

Hours: 2:00pm – 6:00pm Monday, Tuesday & Wednesday BY APPOINTMENT

Email: [hrt2hrt@fone.net](mailto:hrt2hrt@fone.net)  
 Website: <https://www.hearttoheartcpc.com>

**Hope's Promise – Adoption, Foster & Orphan Care** 303-660-0277  
 Address: 1585 South Perry Street, Suite 3, Castle Rock, CO 80104 Text 303-908-3083  
 Email: [info@hopespromise.com](mailto:info@hopespromise.com)  
 Website: <https://www.hopespromise.com>

**KSJD Community Radio Station Story Recording Vault** 970-564-9727

*A Story Vault to record and archive our community's oral histories. A complete sound-proof room for making audio recordings. Uses include telling your life story, your family stories, reading books aloud for family, or whatever else you like. The point is that it gets your voice on tape for you, your family, your organization. Free to the public. Call to schedule your time.*

Address: #2 East Main Street, Cortez, CO  
 Mail: P O Box 116, Cortez, CO  
 Website: <https://www.ksjd.org>

**KSJD – The Raven Narratives in Cortez & Durango** 970-564-9727

*Raven Narratives are live storytelling events held regularly at the Sunflower Theatre in Cortez, Colorado and at the Durango Arts Center in Durango, Colorado. Go to the EVENTS page for more information. Podcasts of the stories told at the Raven Narratives are available on Apple Podcasts, and on Spotify, Stitcher, and SoundCloud.*

*Raven Narratives storytelling guidelines are:*

- Stories are told, not read. No notes are allowed on stage.
- Stories should be true, not fiction
- Tell only one story in 10 minutes (unless otherwise noted)
- The story should have a beginning, middle, and end
- The story should relate meaningfully to the theme presented by Raven Narratives

Organizers: Tom Yoder (KSJD Dryland Community Radio) and Sarah Syverson  
 Email: On the Website under Contact  
 Website: [The Raven Narratives - About](#)  
[The Raven Narratives - Youth Storytelling Projects](http://www.ravennarratives.org/youth-storytelling)  
[www.ravennarratives.org/youth-storytelling](http://www.ravennarratives.org/youth-storytelling)

**La Leche League – Breastfeeding Support** 970-385-1460

*The local chapter of this international organization promotes breastfeeding through support and encouragement to mothers in the Four Corners area. Any woman who is breastfeeding or considering breastfeeding her baby is encouraged to call or attend a meeting for information and support. Breast pumps and other nursing supplies available. Services are free.*

Address: Call for Address  
 Time: 1<sup>st</sup> Monday of each month 10:00am – 12:00pm  
 Website: <http://www.llli.org>

**Life Recovery Montezuma County** 970-426-5722 / 970-529-3084

*Christ centered 12 Step Recovery Group for abuse, addictions, codependency, food, relationships, etc.*

Address: First National Bank conference room  
 2258 East Main Street, Cortez, CO

Time: Thursday Nights 6:30-8:00 pm  
 Website: <http://www.facebook.com/liferecoverymc>

**Massage & Body Work** - Ask Your Friends & Family for Referrals  
 (For Example: Sacred Designs & Creative Healing – Mobile Massage 970-317-5040)

**Montezuma Crisis Pregnancy Center** – see Heart to Heart above

**National Indigenous Women's Resource Center** 855-649-6299

*Women Are Sacred – Futures Without Violence* [www.FuturesWithoutViolence.org](http://www.FuturesWithoutViolence.org)  
*Providing national leadership to end violence against American Indian, Alaska Native and Native Hawaiian women by lifting up the collective voices of grassroots advocates and offering culturally grounded resources, technical assistance and training, and policy development to strengthen tribal sovereignty.*

<b>National Child Abuse</b>	<b>HOTLINE</b>	<b>800-422-4453</b>
<b>National Domestic Violence</b>	<b>HOTLINE</b>	<b>800-799-7233</b>
<b>National Sexual Assault</b>	<b>HOTLINE</b>	<b>800-656-4673</b>

<https://www.niwrc.org>

**Planned Parenthood** 970-565-7011

*Please see the complete listing for Planned Parenthood in the Health Services Section Page 127.*

**Rape Intervention Team** 970-247-5400

*Assistance is provided for sexual assault victims. Spanish-speaking support personnel are available.*

**RENEW (Domestic Violence & Adult Victims of Sexual Assault)** 970-565-4886  
**24-HR HOTLINE** 970-565-2100

**SELF-CARE, SELF-HELP & SUPPORT GROUPS** – see *Self-Care Section Pages 154-159*

**SEXUAL ASSAULT** HOTLINE 800-656-4673

**Southwest Safe House** 970-259-5443

*Please see the complete listing for the Southwest Safe House in the Abuse Section Page 34-37.*

**Stand Up & Speak Up for Families / Gmas & Gpas Who Care** 970-739-7593

*As community members & groups we invest time & energy connecting People & Programs to support Montelores Valley Families. We believe as we work together in small groups that we can be more successful in helping others. Our hope is that together we can create a place of Hope, Hospitality, Help and Healing in the Four Corners area.*

*We do this through the Four Corners Community Resource Directory in order to raise the awareness of services, connections, support and resources to individuals, families and groups in all our communities. We also **propose** positive multicultural, multi-denominational and intergenerational group activities, events, conferences, projects and retreats for this purpose.*

*We believe that if we feel alone, we can become overwhelmed by life, but that . . .*

**T**ogether **E**veryone **A**chieves **M**ore **S**uccess

**Four Corners Community Resource Directory is provided FREE to ALL.** It is also available online with a Just Serve.org link or it can be sent out by email in a PDF file for printing. This committee needs volunteers for

updating this document, maintaining online files, posting needs on Just Serve.org & meeting coordinators to plan gatherings and events.

Link: <https://tinyurl.com/umzxbv8>

Projects: *A Community Event Center for non-profit & faith-based events* 970-739-7593  
**Four Corners Community Resource Directory** 970-739-7593  
*Intergenerational Gardens & Intergenerational Trades – Dave Nelson* 970-903-5859  
**Just Serve Together – free volunteer website** <https://www.justserve.org>  
*Kids Zone – a large safe Playland for children with hands-on experiences*  
*MoTi Center – a motivational retreat & life skills learning center for small groups & online classes & podcasts for local teachers, presenters and trainer to do worldwide trainings from the Montelores Valley*  
 Stand Up & Speak Up for Families – A Yearly Event [StandUpforFamilies2021@gmail.com](mailto:StandUpforFamilies2021@gmail.com)  
<https://facebook.com/people/Stand-Up-For-Families/100067613166665/>  
**Warrior Camp – a local retreat for ALL churches & youth groups**  
**Woman Speak Circles** [kkconnect1987@gmail.com](mailto:kkconnect1987@gmail.com)  
 Break the Silence & Break the Chain (Dance Together)  
 H.O.M.E. (Home Organization Made Easy)  
 P.L.A.N. (Prepare for Life Act Now) to Win Your Life  
 Six Week Intensive Tell Your Story - Stories Connect Us

**SUICIDE HOTLINE 800-784-2433**

**Victim Compensation & Victim Witness Unit (District Attorney) 970-565-3788**  
 Please see the complete listing for the Victim Witness Unit in the Legal Section Page 62.

**Widowed Persons Services (Hospice of Montezuma) 970-565-4400**

**WINGS Safehouse – A RENEW Program 970-565-9116**

Free and confidential emergency temporary shelter, food, referrals, and counseling are available to anyone in need of immediate shelter for domestic violence or sexual assault. 24-hour Intake and on-site staff.

Hours: 24/7/365

Mailing: P.O. Box 169, Cortez, CO 81321

**Women's Resource Center – Durango 970-247-1242**

Advocate for the personal empowerment and economic self-sufficiency of women in La Plata County and surrounding area. Primarily serves women and girls, but access to information is available to anyone. Information access is by walk-in, or mail-in requests. Information, referral, and networking events are free. Some programs and events are fee-based.

**Resource & Referral**  
**Girls to Women Conference**

**Women's Small Business Services**

**Advocacy for La Plata**  
**Women's Conference**

Address: 679 East Second Ave, Suite 6, Durango, CO 81301

Email: [director@wrcdurango.org](mailto:director@wrcdurango.org)

FAX: 970-247-8722

## YOUTH SERVICES & PROGRAMS

**4-H Program – Dolores County 970-677-2283**  
**4-H Program – Montezuma County 970-565-3123**

*Fun, hands-on learning activities are supported by the latest research of land grant universities that are focused on science, engineering, technology, healthy living, and citizenship. The 4-H leadership builds on the strength of state and local professionals in partnership with the National 4-H Headquarters.*

*For more information and a complete listing see the Colorado State University Extension in the Adult Education Services Section Page 70 & 73.*

**Alternative Horizons 970-247-9619**

*Confidential support is provided for victims of domestic violence. Spanish-speaking advocates are available.*

**Amani Youth Partnership – Youth on Horses for Healing 970-739-6854**

*Partnering Youth & Horses for courage, Hope & Healing. Children who come to us may simply desire the joy and experience of learning about and spending time with horses, while others may be struggling with the trials of life. The goal is to provide a safe place for kids to come just as they are, to encourage them forward towards hope and personal growth. This is done by pairing **One leader, One Child, One Horse** for the purpose of mentorship. Activities chosen by the leader may be working with/riding horses, crafts, games, chores, and life skills. Time with the kids is influenced by natural horsemanship techniques, equine facilitated learning and natural lifemanship concepts. Call for available times.*

Director: Amy MacBean  
 Address: 20387 Road 31.8, Dolores, CO  
 Mail: 1933 East Main Street, Cortez, CO  
 Email: [amy@amaniyouth.org](mailto:amy@amaniyouth.org)  
 Website: [www.amaniyouth.org](http://www.amaniyouth.org)

**Art Therapy / Support Therapy (Mind & Body Connections) 385-232-3671**

*It may look like a craft class, but art therapy in Cortez is a serious technique that uses the creative process to help improve mental health of clients. Cortez Art Therapy can be used on children and adults to treat a wide range of emotional issues including depression, family and relationship problems, abuse and domestic violence, trauma, and loss.*

**Boys to Men – Pinon Project 970-564-1195 / 970-564-3814**

*Expanding to Southwest Colorado a national program for boys. School-based mentoring circles, weekend adventure activities, and Rite of Passage Adventure weekends based on a model of Listen-Accept-Encourage.*

**Child Maltreatment Prevention Action Team (CMPAT) 970-888-0446**

*The Child Maltreatment Prevention Action Team (CMPAT) was formed by United Way of Southwest Colorado to support the goal of "every child living in a safe and supportive home and school environment." TEAM UP Southwest Colorado (TEAM UP AmeriCorps) uses collective impact to make sure all children in Montezuma and Dolores Counties can thrive from cradle to career. Currently members are serving to improve outcomes in Education, Economic Opportunity & Healthy Futures. Collaborating with the Pinon Project, Four corners child Advocacy Center, the School Community Youth Collaborative, and the Montelores Early Childhood Council.*

Contact: Emily Spahn Email: [EmilyS@unitedway-swco.org](mailto:EmilyS@unitedway-swco.org)  
 Contact: Jessica Randell Email: [jessicar@unitedway-swco.org](mailto:jessicar@unitedway-swco.org)  
 Facebook: <https://www.facebook.com/TheCMPAT/>  
 Website: <https://teamup-swco.org>

### Communities That Care – Collaboration with Groups 970-564-4781

*Prevent youth substance use in Montezuma County and also empower youth & families to create a strong diverse community. To inspire positive change in Montezuma County*

Contact: Melanie Begay  
 Location: First National Bank Conference Room  
 Hours: Meetings 3<sup>rd</sup> Wednesday of Each Month  
 Email: [mbegay@co.montezuma.co.us](mailto:mbegay@co.montezuma.co.us)  
 Website: [www.communitiesthatcare.com](http://www.communitiesthatcare.com)

### Cortez Cultural Center – Digital Media Art & Other Classes 970-565-1151

### Cortez Integrated Healthcare (Axis Health System) 970-565-7946

*Please see the complete listing for Cortez Integrated Healthcare in the Healthcare Section Page 112.*

### Dare to Be You (Onward! supported) 970-565-2070

*DTBY is an award-winning family based program that empowers youth, families and communities. Multi-level prevention programming provided through three levels of community and school training to target destructive behaviors in youth ages 2-18. Focus is on positive development of youth through training, curriculum, and technical assistance for families:*

- o with preschool children (ages 2 to 5)
- o with early elementary children (ages 5 to 8) and their teachers (Bridges)
- o with middle school children (ages 11 to 14) (CARE to Wait)
- o Grandparents raising grandchildren. Families recovering from substance abuse or other traumas (Strong Extended Families)

Address: 33 North Chestnut, Cortez, CO  
 Email: [DAREtobeyou20@yahoo.com](mailto:DAREtobeyou20@yahoo.com)  
 Work Email: [renee.pudonovich@colostate.edu](mailto:renee.pudonovich@colostate.edu)  
 Work Email: [dana.cox@colostate.edu](mailto:dana.cox@colostate.edu)  
 Website: <http://www.colostate.edu/Depts/CoopExt/DTBY>

#### D - Decision Making and Reasoning Skills

#### A - Assertiveness and Social Skills

#### R- Responsibility

#### E- Esteem for Self and Others

### DOMESTIC VIOLENCE HOTLINE 970-565-2100

### Four Corners Child Advocacy Center – The NEST 970-565-8155

*Please see the complete listing for the Four Corners Child Advocacy Center in the Family Support Section Page 86*

### GEAR LENDING LIBRARY (SCYC) 970-480-7293

*The Gear Lending Library, part of the Montezuma Inspire Coalition, is a youth-run library designed to lend outdoor gear to local organizations and individuals that take children, youth, and families on outdoor trips.*

*SUMMER PARK DAYS – Every Saturday from 9:30-Noon at the Parque Da Vida (North of the Cortez Rec Center). Summer Park days are a fun way to spend time with your family and try the outdoor gear at the Gear Lending Library. No reservation or deposit needed! We have tennis rackets, scooters, bikes, pickle ball, yard games, baskets balls, skate boards and more. We hope to see you this Saturday in the park!*

*Making a reservation to borrow outdoor gear is easy! Click on the gear list to view our library of free gear, then click the reservation form below to make your reservation on our webpage below.*

- If you are wondering if the Gear Lending Library is right for you and your family, the answer is YES! The GLL is for everyone who wants to try outdoor gear without the commitment of making a purchase. Best of all it is easy to make a reservation to borrow our gear.
- Gear requests are fulfilled in order of submitted reservation forms. Supplies are limited. You may not receive the gear you requested.
- There is a \$10 refundable reservation fee due at the time of gear pick up. The \$10 deposit will be refunded when all gear is returned in good condition.
- Gear pickups are Mondays-Saturdays. Please make all gear reservations at least 2 days before you plan to pick up gear or requests may not be fulfilled.
- After you submit your reservation form please allow 24 hours to receive a confirmation email or phone call to set up your reservation time and place.

Email: [general@scyclistens.org](mailto:general@scyclistens.org)  
 Website: <https://www.scyclistens.org/gear-lending-library>

### Generation Wild – Kids Grow Better Outside 970-565-1664

*Great Outdoors Colorado created Generation Wild to reconnect kids with nature and get them to experience the incredible benefits that are right outside the front door. Because kids grow better outside.*

Email: [info@goco.org](mailto:info@goco.org)  
 Facebook: <https://www.facebook.com/GenerationWildColorado/>  
 Website: <http://generationwild.com>  
 IDEAS: <https://generationwild.com/20ideaslist>

### Heart to Heart Montezuma Crisis Pregnancy Center (24/7) 970-565-0979

*A non-profit organization that exists to provide compassionate, confidential care and walk alongside women who find themselves facing a pregnancy they are not prepared for and were not expecting. Services are always free and confidential.*

- Free pregnancy testing
- Pregnancy options counseling
- Accurate, caring pregnancy options information
- STD/STI information
- Infant clothing and care items (diapers, formula, etc.)
- Community referrals
- Adoption information
- Abortion recovery group

Address: 213 North Street, Cortez, CO 81321  
 Hours: 2:00 pm-6:00 pm Monday, Tuesday, and Wednesday BY APPOINTMENT  
 Email: [hrt2hrt@fone.net](mailto:hrt2hrt@fone.net)  
 Website: <https://www.hearttoheartcpc.com>

**Hope's Promise – Adoption, Foster & Orphan Care****303-660-0277**

Address: 1585 South Perry Street, Suite 3, Castle Rock, CO 80104 Text 303-908-3083  
 Email: [info@hopespromise.com](mailto:info@hopespromise.com)  
 Website: <https://www.hopespromise.com>

**KSJD Community Radio Station Story Recording Vault****970-564-9727**

*A Story Vault to record and archive our community's oral histories. A complete sound-proof room for making audio recordings. Uses include telling your life story, your family stories, reading books aloud for family, or whatever else you like. The point is that it gets your voice on tape for you, your family, your organization. Free to the public. Call to schedule your time.*

Address: #2 East Main Street, Cortez, CO  
 Mail: P O Box 116, Cortez, CO  
 Website: <https://www.ksjd.org>

**KSJD – The Raven Narratives in Cortez & Durango – Opening again in 2021**

*Raven Narratives* are live storytelling events held regularly at the Sunflower Theatre in **Cortez, Colorado** and at the Durango Arts Center in Durango, Colorado. Go to the **EVENTS** page for more information. Podcasts of the stories told at the **Raven Narratives** are available on Apple Podcasts, and on Spotify, Stitcher, and SoundCloud.

Raven Narratives storytelling guidelines are:

- Stories are told, not read. No notes are allowed on stage.
- Stories should be true, not fiction
- Tell only one story in 10 minutes (unless otherwise noted)
- The story should have a beginning, middle, and end
- The story should relate meaningfully to the theme presented by Raven Narratives

Organizers: Tom Yoder (KSJD Dryland Community Radio) and Sarah Syverson  
 Email: On the Website under Contact  
 Website: [The Raven Narratives - About](#)  
[The Raven Narratives - Youth Storytelling Projects](#)

**Job Corps****970-565-9523**

Please see the complete listing for Job Corps in the Employment & Training Services section.

Location: 2208 East Main Street, Cortez CO 81321 FAX: 970-564-9843  
 Website: <http://www.jobcorps.gov/>  
 Work Phone: 800-733-JOBS (5627)

**Medicine Horse Center – Horses Helping People****970-533-7403**

*This is an equine-assisted therapy and social-emotional learning organization specializing in alternative outdoor educational, experiential and therapeutic riding services to children, adults and families of Southwest Colorado. In our work, we constantly witness how horses nurture, inspire and heal a person's spirit, mind and body. We strive to provide a safe, guided and inclusive environment in which our clients can acquire tools and confidence to learn about themselves and each other. It's about developing relationships. Clients understand how their thoughts, feelings, and behaviors affect each relationship.*

Address: 4070 Road J, Mancos, Colorado  
 Hours: 8:30 am – 5:00 pm Monday – Friday  
 Email: [info@medicinehorsecenter.org](mailto:info@medicinehorsecenter.org)

Website: [www.medicinehorsecenter.org](http://www.medicinehorsecenter.org)

**Montezuma Youth Alliance****970-715-1095**

*Mentoring youth through community service, art and nature.*

Website: [www.MontezumaYouthAlliance.org](http://www.MontezumaYouthAlliance.org)

**Montezuma Youth Education – Interpretive Hikes****Email**

Contact: Adrianna  
 Email: [astimax@gmail.com](mailto:astimax@gmail.com)  
 Time: Summer Hikes  
 Fee: FREE

**Planned Parenthood****970-565-7011**

Please see the complete listing for Planned Parenthood in the Healthcare Section Page 127.

**Pueblo Community College Southwest****970-565-6200**

*The southwest campus of Pueblo Community College serves Archuleta, Dolores, La Plata, Montezuma, and San Juan Counties providing individuals with the opportunity to gain skills and knowledge necessary for personal development, job preparation, and a solid general education. Accredited by The Higher Learning Commission and a member of the North Central Association. Open door admission policy with an approved assessment test recommended. Tuition is per credit hour (\$142.00) – most courses are 3 credit hours – and registration fee (\$12.25) occurs each semester. Additional costs include books and lab fees. Financial aid is available.*

**Associate of Arts**  
**Associate of Science**  
**Associate of Applied Science:**  
 Emergency Medical Services,  
 Paramedic, Nursing, Radiologic  
 Technology

**Associate of General Studies:** Accounting,  
 Business Technology, Business Management  
**Certificate:** Southwest Regional Law  
 Enforcement Academy, Auto Technician, Welding,  
 Cosmetology

**Agriculture Mini-Certificate (Fall 2021)**

Address: 33057 Highway 160, Mancos, CO 81328 FAX: 970-565-8450  
 Website: [www.pueblocc.edu](http://www.pueblocc.edu)

**Rape Intervention Team****970-247-5400**

*Assistance provided for sexual assault victims. Spanish-speaking support personnel are available.*

**RENEW (Domestic Violence & Adult Victims of Sexual Assault)****970-565-4886****HOTLINE 970-565-2100**

Please see the complete listing for RENEW in the Abuse & Family Services Sections Pages 34 & 89.

**Runaway Switchboard - National****800-621-4000**

*Crisis intervention and travel assistance are provided to runaways. Information and local referrals are distributed to adolescents and families and referrals are made to shelters nationwide. At the request of the child, they can also relay messages to, or arrange conference calls with, parents.*

**School Community Youth Collaborative (SCYC)****970-480-7293**

*The Collaboration works to prevent and reduce substance abuse and violence among youth 10-18 years old in Montezuma and Dolores Counties by networking community organizations together, writing grants, building*

collaborative projects, and coordinating prevention activities. Anyone is eligible for involvement, including local businesses, parents, youth, and non-profit organizations. Services are free.

School Community Youth Collaborative. SCYC has been serving Montezuma County since 1999. Today, we provide upstream prevention programming through various outside of school time programs including Youth Leadership Council, kayaking, fly fishing, art, tutoring, and summer school to name a few. We provide a social emotional and substance abuse prevention program to all of Mancos Middle School youth. Through 21st Century Community Learning Centers, we provide and partner with others to support outside of school time activities at Montezuma-Cortez High School, Southwest Open School, Mancos schools, and Cortez Middle School. Many of our programs are open to any high school or middle school youth, so please reach out.

Through a partnership with Communities That Care, SCYC launched a Youth Activities Calendar that shows all the activities within Montezuma County for young people. It can be found here: <https://www.scyclistsens.org/youthactivitycalendar>

SCYC also houses the Gear Lending Library which is designed to provide gear such as kayaks, paddle boards, skate boards, scooters, bikes to youth and families in Montezuma County.

<b>Collaborative Meetings</b>	<b>Reduce Youth Substance Abuse &amp; Violence</b>
<b>Teen Maze</b>	<b>Social Marketing Campaigns</b>
<b>Methamphetamine Action Committee</b>	<b>Southwest Colorado Prevention Policy Network</b>
<b>HORIZONS Newsletter &amp; Radio Show</b>	<b>Youth Leadership</b>
Contact: Mary Jo Standard, Director	703-509-4343
	<a href="mailto:mstandard@scyclistsens.org">mstandard@scyclistsens.org</a>
Address: 10 West Main Street, #102, Cortez, CO	FAX: 970-565-8450
Email: <a href="mailto:general@scyclistsens.org">general@scyclistsens.org</a>	
Hours: 8:30am-4:30pm Monday - Friday	
Website: <a href="http://www.scyclistsens.org">www.scyclistsens.org</a>	
	<a href="http://www.scvcnews.blogspot.com">www.scvcnews.blogspot.com</a>

### School to Work Alliance Program /SWAP 970-759-3317

Please see the complete listing for School to Work Alliance Program in the Disability Section Page 67.

### Southwest Safe House 970-259-5443

Please see the complete listing for the Southwest Safe House in the Abuse Section Page 38.

### Stand Up & Speak Up for Families – Gmas & Gpas Who Care 970-739-7593

As community members, groups invest time & energy connecting People & Programs to support Montelores Valley Families. We believe as we work together in small groups that we can be more successful in helping others. Our hope is that together we can create a place of Hope, Hospitality, Help and Healing in the Four Corners area.

We do this through the Four Corners Community Resource Directory in order to raise the awareness of services, connections, support and resources to individuals, families and groups in all our communities. We also **propose** positive multicultural, multi-denominational and intergenerational group activities, events, conferences, projects and retreats for this purpose.

We believe that if we feel alone, we can become overwhelmed by life, but that . . .

**T**ogether **E**veryone **A**chieves **M**ore **S**uccess!

**Four Corners Community Resource Directory is provided FREE to ALL.** It is available online with a Just Serve.org link or it can be sent out by email in a PDF file for printing. This committee needs volunteers for updating this

document, maintaining online files, posting needs on Just Serve.org & meeting coordinators to plan gatherings and events.

Link: <https://tinyurl.com/umzxbv8>

Projects: **Four Corners Community Connections Resource Directory** 970-739-7593  
*H.O.M.E. Home Organization Made Easy (Kon Mari tips for Simple Elegance)*  
*Intergenerational Gardens & Intergenerational Trades – Dave Nelson* 970-903-5859  
**Just Serve Together – volunteer posting website** <https://www.justserve.org>  
*Kids Zone – a large safe Playland with hands- on experiences*  
*MoTi Center – a motivational retreat & life skills learning center for small groups & online classes & podcasts for local teachers, presenters and trainer to do worldwide trainings from the Montelores Valley*  
 Stand Up & Speak Up for Families – A Yearly Event [StandUpforFamilies2021@gmail.com](mailto:StandUpforFamilies2021@gmail.com)  
<https://facebook.com/people/Stand-Up-For-Families/100067613166665/>  
 Tell Your Story! Stories Connect Us  
**Woman Speak Circles** [kkconnect1987@gmail.com](mailto:kkconnect1987@gmail.com)  
 P.L.A.N. (Prepare for Life Act Now) to Win Your Life (Visioneering)  
 Six Week Intensive Tell Your Story - Stories Connect Us  
*Warrior Camp – a local retreat for ALL churches & small youth group*  
 What's Behind Your Name? Who R You? What R you to do? Where R you going?  
**Women Rising – Break the Silence & Break the Chain (Dance Together)**  
 Gatherings to Find YOUR Circle of Support / YOUR Tribe

**SUICIDE – Local 970-565-9634**

**SUICIDE – National HOTLINE 800-784-2433**

Humanistic Mental Health Foundation provides 24-hour “**hopeline**” and hospital referrals. Dedicated to sharing the message that suicide is not the answer and help is always available.

**Sunrise Youth Shelter - Towaoc 970-565-2426**

Children in need of out-of-home placement in their own community are maintained. Essential therapy provided for growth and development within the context of a structured home-like setting. Families strengthened and reunified when possible. The Four Corners Area, the Ute Mountain Ute Tribe, and national youth are served. Referrals are made to Social Services for placement if appropriate and family cannot be contacted. Runaway and Homeless programs are free. Group Home rate is \$79, paid by the referring agency or family if a private placement.

**Group Home:** Services are offered for youth 5-17 years of age (some exceptions and 18-21 years of age). The Home works closely with parents of youth in conflict and also with the court systems when youth are awaiting a bed in a treatment facility. Length of stay depends on each child's situation, but a stay of ninety days or less is attempted. The ultimate goal in each case is to return the child or youth to his/her own home.

**The Runaway or Homeless Program:** Serves youth 5-17 years of age, and youth may stay for up to two weeks at no charge. Youth can self-refer themselves if homeless or a throw-away. If youth is a runaway, they must be a runaway for 24 hours. This is a nation-wide program in which all ethnicities and nationalities are accepted. Every attempt is made to reunite such youth with their families if that is appropriate or possible. **24-hours, 7 days/week**

**Cultural & Recreational Activities:** On- and off-site activities provided daily.

**Counseling:** Work with individual children and youth and their families with the goal of reunification. Referrals to alcohol and substance abuse prevention programs, medical and dental services, and Ancell Casey Life Skills are also offered.

**School:** Education department teacher for K-12, GED program, and close partnership with Job Corp Recruitment to place youth in a program if they meet the criteria.

**Transportation:** Provided as needed only locally

#### Clothing Closet

Address: 332 Dry Creek Road, Towaoc, CO 81334 FAX: 970-565-2619  
 Mail: PO Box 56, Towaoc, CO 81334  
 Hours: **Administrative Office**  
 Monday-Friday 8:00am – 4:30pm  
 Hours: **Sunrise Youth Shelter**  
 365 days 24/7

#### TEAM UP Southwest Colorado (AmeriCorps)

#### Website

Led by the United Way of Southwest Colorado, Team UP AmeriCorps is a program that places AmeriCorps members throughout Southwest Colorado to focus on improving the lives of community members from cradle to career. Currently, members are serving to improve outcomes in Education, Economic Opportunity, & Healthy Futures in Montezuma, Dolores, La Plata, and Archuleta counties.

Contact: Jessica Randall  
[jessicar@unitedway-swco.org](mailto:jessicar@unitedway-swco.org)  
 Website: <https://teamup-swco.org>  
<https://teamupforsummer.org>  
[hiring 24 kids as tutors from May thru August](#)

#### TEAM UP Southwest Colorado (Summer Employment)

#### Website

Website: <https://teamupforsummer.org>  
[hiring 24 kids as tutors from May thru August](#)

#### Ute Mountain Ute Tribe - Youth Opportunities Program

970-565-3751

For more information and a complete listing of programs and services offered through the Ute Services in the Native American Services section page.

#### YOUTH CRISIS NATIONAL HOTLINE

HOTLINE 800-442-4673

Counseling and referrals provided to local drug treatment centers, shelters, and services. Response provided to youth dealing with pregnancy, molestation, suicide, and child abuse.

#### Youth Empowerment Project – Pinon Project

970-564-1195

The Youth Empowerment Project offers a variety of services for youth in Montezuma and Dolores Counties. These services include: Before and After school program, Asset Building, Mentoring, Restorative Justice, and the Strengthening Families Program.

**Asset Building:** is a twelve-week course provided to middle school age students. The program is based off the 40 Development Assets developed by the Search Institute. Research shows that the more assets a youth has the less likely they are to engage in risk taking behavior including: violence, drug use, alcohol use, and sexual activity. The research shows staggering statistics.

**Before and After School Program:** This program is provided to youth at the Cortez Middle School, before school starts (Tues & Thur) and after school on early release Wednesdays. The program provides a caring adult, support for youth, group mentoring, and a safe place to be.

**Community Based Mentoring Program:** Mentoring is a timeless strategy for helping youth mature into healthy adults. This program is designed to match youth with a caring adult for one year. During this partnership Mentor and Mentee spend 3 hours a week together having fun. The program also provides life skill classes, monthly recreational activities, and senior mentor only training.

**Restorative Justice:** Restorative Justice is an alternative to the traditional judicial process. It unites the justice system with community values as offenders and victims work together to rebuild after wrongdoing. Key components are repairing (to the degree possible) the harm caused, personal responsibility, managing consequences and a solution-focused closure to the incident. The program is offered to non-habitual youth offenders who have been involved in incidents involving such concerns as theft, alcohol or drugs, shoplifting, bullying, and other property crimes or misdemeanor charges.

**Strengthening Families Parenting Program (SFP):** SFP is available for families with youth ages 12 through 17 who desire to improve their communication, relationship and parenting environment. Both parents and youth participate in the program in separate and interactive sessions. The program consists of a fourteen-week curriculum addressing such issues as conflict resolution, communication, peer pressure, resistance skill building, encouraging positive behavior and appropriate boundaries. Dinner is served at every session and childcare is available for younger children.

For more information and a complete listing of programs offered through The Pinon Project, please see the listing for The Pinon Project in the Family Services section.

Address: 210 East Main Street, Cortez, CO  
 Hours: 8:00 am – 12:00 PM then 1:00 pm – 5:00 pm Monday – Friday  
 Website: <http://www.pinonproject.org>

#### Young People in Recovery (YPR)

970-570-3235

YPR envisions a world where all young people have the resources they need to thrive in recovery from addiction to drugs and alcohol. YPR's mission is to provide the life skills and peer supports to help people recover from substance use disorder and reach their full potential. YPR's core values are community, caring, respect, inclusion, and commitment.

Contact: Dante Downey, Chapter Lead, Cortez, CO 970-570-3235  
 Address: Cortez Cultural Center, Media Room upstairs  
 25 North Market Street, Cortez, CO  
 Email: [dante.downey@youngpeopleinrecovery.org](mailto:dante.downey@youngpeopleinrecovery.org)  
 Facebook: <https://www.facebook.com/The-Youth-Empowerment-Project-593522880779942>  
 Website: <https://youngpeopleinrecovery.org>

#### Youth Leadership Council (SCYC & Communities That Care)

970-480-7293

Website: <https://www.scyclistsens.org/>

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35, 165	Child Abuse Reporting – Cortez	800-677-1116
35, 49, 178	Child Maltreatment Prevention Action Team (CMPAT)	<a href="mailto:emilys@unitedway-swco.org">emilys@unitedway-swco.org</a>

71	Children's House (Kiva Early Childhood Program Preschool)	970-565-3769
73	Children's Kiva Montessori Charter School	970-888-0446
120	<b>CHIROPRACTIC SERVICES</b>	970-565-8586
42	Christian Discipleship Center – Native American Men	970-564-9377
45	<b>CHURCH &amp; RELIGIOUS ORGANIZATIONS</b>	Page 120
45	Church of Christ	970-565-3290
96	Church of the Nazarene – Small Food Pantry	Page 45
147	Circle K Guest Ranch (SYCY Youth Calendar)	970-565-3631
147	Circle K Hunting Info & Reservations	970-565-7826
92	Circles: Parents in Recovery, Single Parents, Spec Needs - Pinon	970-562-3826
63	Citizen Advocate Office (Governor's Office)	970-562-3808
63	Citizen Advocate Office (Governor's Office) DIRECT	970-564-1195
110	City of Cortez	800-283-7215
145	City of Cortez Animal Shelter	303-866-6326
80	Civil Air Patrol (Air Search & Rescue)	970-565-3402
48	<b>CLUBS &amp; OTHER ORGANIZATIONS</b>	970-565-4910
145	Coats & Tails Pet Grooming	970-565-8454
155	Co-Dependents Anonymous	Page 48
105	<b>COLLABORATIVE MULTI-ORGANIZATIONAL FOOD SECURITY</b>	970-565-7568
		970-565-9126
65	Colorado Agrability (Southwest Center for Independence)	Page 105
112, 155	Colorado AIDS Project	
132	Colorado Bureau of Investigation	website
35	<b>COLORADO CHILD ABUSE &amp; NEGLECT</b>	303-837-0166
71	Colorado Child Care Assistance Prog (CCAP)-Child Care (MC)	970-375-0223
35	Colorado Coalition Against Sexual Assault (CCASA)	<b>HOTLINE 844-264-5437</b>
160	Colorado Coalition for Elder Rights	970-382-6123
124, 164	Colorado Compassionate Care – Mancos	303-839-9999 / 800-818-7662
50	Colorado Country Life	www.ccerap.org
85, 138	Colorado Crisis Services & Suicide Prevention	970-882-7008
71	Colorado Department of Education - Preschool Prog Durango	<a href="https://coloradocountrylife.coop">https://coloradocountrylife.coop</a>
80	Colorado Department of Water Resources	844-493-8255
78	Colorado Dept. of Education & Preschool Program–Denver	
160	Colorado Dept. of Human Services	970-565-0694
80	Colorado Division of Homeland Security & Emerg. Mgmt.	303-866-6600
109	Colorado Drivers Licenses & Vehicle Registration	CDHS_APS_Questions@state.co.us
151	Colorado Elk Camp Outfitters	<a href="http://coemergency.com">http://coemergency.com</a>
80	Colorado Emergency Preparedness Partnership (CEPP)	303-205-5694
151	Colorado Hunting Expeditions	970-985-8002
63	Colorado Legal Services, Inc. – Durango, CO	<a href="https://thecepp.org">https://thecepp.org</a>
35	Colorado Organization for Victim Assistance (COVA)	970-882-5400
		970-247-0266
78	Colorado Preschool Program – Cortez (Beech Street Preschool)	303-861-1160 / 800-261-2682

78	Colorado Preschool Program – Dolores (Teddy Bear Preschool)	
78	Colorado Preschool Program – Dove Creek (Dolores County RE-2J)	970-565-7491
78	Colorado Preschool Program – Mancos	970-882-7277
160	Colorado School and Public Employee Retirement Association	970-677-2296
83	Colorado State Unemployment Services	970-533-3211
133	Colorado State Patrol - Cortez	970-565-1045
133	Colorado State Patrol – Durango Office	800-388-5515
133	Colorado State Patrol – Trooper Dispatch	970-564-9556
96	Colorado State University – “Grow & Give” Program	970-385-1675
106	Colorado State University Extension (CSU) - Montezuma County	970-249-4392
70, 73, 106	Colorado State University Extension (CSU) 4H - Cortez	Website
109	Colorado Vehicle Registrations & Titles	970-565-3123
34	Colorado Victims’ Rights	970-565-3123 970-565-3728
147	Comedy Nights - Cortez, Dolores & Durango	<a href="http://www.renew-inc.org">www.renew-inc.org</a>
46, 49, 179	Communities that Care (CMPAT)– Collaboration with Groups	
49	<b>COMMUNITY ACTION TEAMS</b>	Website
50	<b>COMMUNITY CALENDARS &amp; DIRECTORIES</b>	970-564-4781
53	<b>COMMUNITY CENTERS</b>	Page 49
52	<b>COMMUNITY CHAMBER of COMMERCEs</b>	Page 50
50	Community Connections Colorado	Page 53
65, 85	Community Connections Inc - Durango	Page 52
85, 85	Community Connections Inc – Cortez	Website
54	<b>COMMUNITY CONNECTIONS: Genealogy, Museums, Storytelling</b>	970-259-2464
96, 105	Community Foundation of Southwest Colorado (SW CO)	970-565-9422
141	Community Health Representative (CHP)	Page 54
106	<b>COMMUNITY KITCHENS</b>	970-375-5807
57	<b>COMMUNITY LIBRARIES</b>	970-565-3751
42	Compliance Drug & Alcohol Testing	Page 106
147	Conquistador Golf Course	Page 57
106	Cooking Matters	970-575-9515
92	Coordinated Approach to Child Health (CATCH) Pinon	970-565-9208
45	Cornerstone Baptist	970-300-3055 970-564-1195 970-560-8777
53	Cortez – Montezuma County Annex Building	
64	Cortez - Municipal Court	
80	Cortez / Montezuma County Communications Centers	970-247-7009
40	Cortez AA Fellowship Group	970-565-6362
42	Cortez Addiction Recovery Services Inc (CARS)	970-565-8454 / 970-565-8441
155	Cortez Addictions Recovery Services	970-565-8047
145	Cortez Animal Bed & Breakfast	970-565-4109
152	<a href="#">Cortez BMX Association.</a>	970-565-4109

167	Cortez Cab	970-564-1385
52	Cortez Chamber of Commerce	Website
132	Cortez Child Support & Enforcement Office	970-565-6911
121	Cortez Chiropractic – Justin Brehms	970-565-3414
45	Cortez Church of the Nazarene	970-565-3769
35	Cortez City Police Dept -Child Protection Dept.	970-564-9515
106	Cortez Comm Gardens-Common Ground (Good Sam’s Center)	970-565-7826
96	Cortez Community Gardens (Common Ground)- Good Sam's	970-555-8441
65	Cortez Cross Disabilities Coalition	970-565-6424
56,147, 149	Cortez Cultural Center – Native American Dances	970-564-6424
83, 84	Cortez Day Labor Center (also The Bridge – year round)	970-565-4063
121	Cortez Dental: Howard Peck	970-565-1151
48	Cortez Elks BPOE	970-565-9808
120	Cortez Family Acupuncture	970-565-9569
121	Cortez Family Dentistry: Ned Walker, DDS	970-565-3557
45, 96	Cortez Family Worship Center	970-565-0230
81	Cortez Fire Protection District	970-565-7275
96	Cortez Food Stamp Certification & Issuance Office	970-565-3709
54	Cortez Genealogy in Montezuma County	970-565-3157
121	Cortez General Dentistry	970-565-3769
<u>42, 85, 112, 138, 179</u>	<a href="#">Cortez Integrated Healthcare (AXIS Health System)</a>	Website
66	Cortez Lions Club	970-565-2761
152	<a href="#">Cortez Little League Baseball Facebook page.</a>	<a href="#">970-565-7946</a>
96	Cortez Milling Company - Flours	970- 564-9125
121	Cortez Oral Health Clinic (Axis Health System)	Facebook
147	Cortez Outdoor Municipal Pool	970-565-6424
152	Cortez Panthers Football - Montezuma-Cortez High School	970-565-1800
147, 157	Cortez Parks & Recreation Center	970-565-7877
133	Cortez Police Department	970-565-3722
133	Cortez Police Department – Child Protection Dept. (CPD)	970-564-4080
57	Cortez Public Library	970-565-8441
50	Cortez Racing Association	970-555-8441
45	Cortez Seventh-Day Adventist Church & School	970-565-8117
121	Cortez Smiles	<a href="https://www.cortezracing.com/">https://www.cortezracing.com/</a>
48	Cortez Trap Club	970-565-9740
127	Cortez Vision Clinic & Optical	970-565-5457
110	Cortez Zip 81321 - 35 South Beech Street	970-565-7396
152	<a href="#">Cortez Water Dragons : (teamunify.com)</a>	970-565-2020
53	Cortez Welcome Center	970-565-3181
		Facebook
71	Country Kids Playhouse, Licensed Home Provider	970-565-4048

62	<b>COURTS &amp; LEGAL ASSISTANCE</b>	
42	Covenant Drug & Alcohol Testing	970-564-9560
134	Crime Stoppers	Page 62
158	CrossFit MRF of Cortez – Evolution Gym	970-565-5402
45	Crossroads Christian Fellowship	970-565-4243
148	Crow Canyon Archeological Center	970-403-5238
97	Cultivating Colorado	970-508-1513
		800-422-8975
43	D.A.R.E. (Drug Abuse Resistance Education)	303-869-9000
<u>48, 85, 155, 179</u>	<u>Dare To Be You</u>	
48	Daughters of the American Revolution	970-565-8441
167	DAV - Disabled American Veterans Transportation	970-565-2070
169	DAV - Rides for Veterans to Appointments	505-412-0844
169	DAV - Women Veterans Group	970-565-4810
169	DAV - Women Veterans National	970-565-4310
155	Dementia Caregiver Resource Guide	877-310-2214
48	Democratic Central Committee	855-VA-WOMEN
145, 166	Denkai Animal Sanctuary / Thrift Store & Online Resale	Website
121	<b>DENTAL SERVICES</b>	970-565-7415
113	Denver's Children's Hospital	970-560-6747 / 970-516-1738
155	Diabetes Support Group	Page 121
155	Diabetic Education – Southwest Memorial Hospital	800-624-6553
65	<b>DISABILITY SERVICES</b>	970-565-2275
169	Disabled American Veterans Chapter #44– Project Outreach	970-565-2275
63	District & Family Courts of the Navajo Nation	Page 65
132	District Attorney's Office	970-946-8070
35, 62, 132	District Attorney's Office - Victim Compensation	505-368-1270 /505-368-1287
35, 62, 132	District Attorney's Office - Victim Witness Unit	970-565-3788
83	Division of Vocational Rehabilitation – Blanding, Utah	970-565-3788
66, 70, 83	Division of Vocational Rehabilitation - Cortez	970-565-3788
57, 74	Dolly Parton Imagination Library	435-678-2511
64	Dolores - Municipal Court	970-247-3161
40	Dolores AA Fellowship Group	970-882-4554
145	Dolores Animal Veterinary (Dr Chris)	970-882-7720
52	Dolores Chamber of Commerce	866-641-9190
72	Dolores Christian Child Care	970-882-7100
53, 106	Dolores Community Center	970-426-9902 / 970-882-4018
		970-739-2344
63	Dolores County - Combined Court	970-882-7337
109	Dolores County - Government	
57	Dolores County - Library	970-677-2258
80	Dolores County - Office of Emergency Management	970-677-2383
113	Dolores County - Public Health (Dove Creek)	970-677-2356

97, 160	Dolores County - Senior Services - Dove Creek	970-677-2387
167	Dolores County - Senior Services Transportation	970-677-2387
134	Dolores County - Sheriff's Department	970-677-2787
<u>126, 162, 165, 170</u>	<u>Dolores County - Social Services</u>	970-677-2787
169	Dolores County - Veteran Service	970-667-2257
35	Dolores County - Victim Response	<u>970-677-2250</u>
108	Dolores County - WIC	970-677-3200
		970-677-2257
54	Dolores County Colorado Genealogy Trails	970-677-2387
76	Dolores County School District RE-2J	
108	Dolores County School District – free and reduced lunches	Website
76	Dolores Elementary School	970-677-2232
97	Dolores Family Project – Dolores Residents Only	970-677-2716
81	Dolores Fire & Rescue	970-882-4688
76	Dolores High School	970-317-5567
76	Dolores Middle School	970-882-4096
57	Dolores Public Library (City of Dolores)	970-882-7288
151	Dolores River Anglers – Trout Unlimited	970-882-7288
76	Dolores School District RE-4A	970-882-4127
97	Dolores Senior Center	970-759-0175
46	Dolores Southern Baptist	970-822-7255
50	Dolores Tails & Tales	970-882-7337
110	Dolores Town Hall	970-882-3104
53	Dolores Visitors Center	<a href="http://visitdolores.com">http://visitdolores.com</a>
110	Dolores Zip 81323 - 1000 Railroad Avenue North	970-882-7720
161	Dolores/ Montezuma (Montelores) Senior Citizen's Group	970-426-9902
86, 174	<b>DOMESTIC VIOLENCE</b>	970-882-7796
86	<b>Domestic Violence - Hearing Assistance</b>	970-882-7245
36	<b>DOMESTIC VIOLENCE - National</b>	<b>HOTLINE 800-799-SAFE</b>
179	<b>DOMESTIC VIOLENCE HOTLINE (See RENEW)</b>	<b>TDD 800-787-3224</b>
126	Donor Alliance Program - Kidney	<b>HOTLINE 800-799-7233</b>
		<b>HOTLINE 970-565-2100</b>
40	Dove Creek AA	888-868-4747
97	Dove Creek Care & Share Food Pantry	
52	Dove Creek Chamber of Commerce	970-562-4447
53	Dove Creek Community Center	970-769-0005 / 970-769-0006
121	Dove Creek Community Dental Clinic	970-560-2856
50	Dove Creek Community Voice	970-677-9540
57	Dove Creek County Public Library	970-677-3644
81	Dove Creek Fire Department	Website
76	Dove Creek High School/Middle School	970-677-2389
113	Dove Creek Integrated Healthcare (AXIS Health System)	970-677-2570

64	Dove Creek Municipal Court	970-677-2237
148	Dove Creek Recreation Department	970-677-2291
110	Dove Creek Town Hall	970-672-2255
110	Dove Creek Zip - 81324 - 80 Highway 491	970-677-9540
		970-677-2255
72	Dove's Nest, Early Education & Childcare - Dove Creek	970-677-2286
121	Dr. Hainey's Chiropractic Alliance	
141	Drug Free Connections	970-677-2850
36, 128	Durango – Community Shelter	970-565-6776
36	Durango – Southwest Safe House	970-564-5470
36	Durango – Volunteers of America – Safe House & Shelter	970-259-1255
66	Durango Adaptive Sports Association (Disabilities)	970-259-5443
54	Durango Art Center	970-259-1021
169	Durango Veterans Clinic	970-259-0374
		<a href="http://durangoarts.org">http://durangoarts.org</a>
49	Early Childhood Education Expansion Action Team	970-247-2214
66	Early Intervention Services	
70	<b>EDUCATION - Adult Education</b>	<a href="mailto:lynnu@unitedway-swco.org">lynnu@unitedway-swco.org</a>
71	<b>EDUCATION - Childcare &amp; Preschool Facilities</b>	970-565-8389
73	<b>EDUCATION - Children &amp; Youth</b>	Page 70
76	<b>EDUCATION - Children &amp; Youth Public Schools</b>	Page 71
78	<b>EDUCATION - Early Learning Agencies, Info &amp; Resources</b>	Page 73
106	<b>EDUCATION- Food, Nutrition, Gardening, Farming</b>	Page 76
158	Elemental Kinetics: Bodywork & Movement Therapy	Page
169	Elks Lodge #1739	Page 106
80	<b>EMERGENCY &amp; DISASTER PREPAREDNESS &amp; SERVICES</b>	970-560-5795
83	<b>EMPLOYMENT &amp; TRAINING SERVICES</b>	970-565-3557
92	Employment Training Program - Pinon	Page 80
158	Empowered Body Fitness & Coach	Page 83
167	Enterprise Car Rental	970-564-1195
48	Ertel Funeral Home & Crematory	970-739-0189
48, 67	Escalante Shriners Club	970-565-6824
126	ESRD Network - Kidney Resource	970-565-3468
114	Essentials for Childhood, Montezuma County Public Health	970-562-4257
45	Evangel Assembly of God - Cortez	800-472-8774
97	Evangel Assembly of God – Emergency Food Pantry	970-565-3056
50	Event Brite – Events in Cortez-Durango Area	970-565-4198
157	<b>EXERCISE &amp; FITNESS</b>	970-769-0006
		<a href="https://www.eventbrite.com">https://www.eventbrite.com</a>
174	Facials, Manicures, Pedicures	Page 157
50, 148	Fairgrounds Speedway Schedule (CRA Racing)	
38, 141	Family Crisis Center, Farmington, NM	– Referrals Family & Friends
54	Family History & Genealogy Center (free to all)	435-592-5092

106	Family Resource Center - Pinon Project	505-564-9192
85	<b>FAMILY SUPPORT SERVICES</b>	970-564-1064
86	Family Support Program – see Pinon Project	970-564-1195
67	Family Support Services - Disabilities (Durango CO)	Page 85
65, 86	Family Support Services (Community Connections)	970-564-1195
98	Farmers Markets –Cortez, Dolores, Mancos, Dove Creek	970-385-3498 / 970-565-8389
170	Farmington Veterans Center	970-385-3450
93, 136	Fatherhood Program – Pinon Project	Facebook
36	FBI Victim Assistance – Durango	505-327-9684
63	Federal District Court of Colorado	970-564-1195
80	FEMA & NIMS (National Incident Management System)	970-247-2797
81	FIRE - Controlled Burn - Dolores Dispatch	970-259-0542
81	FIRE - Controlled Burn - Montezuma Dispatch	<a href="http://www.fema.gov/">www.fema.gov/</a>
81	<b>FIRE PROTECTION AGENCIES</b>	970-677-2257
		970-565-8441
45	First Assembly of God Church - Cortez	<b>CALL 911</b>
47	First Assembly of God church - Dove Creek	
45	First Baptist Church - Cortez	970-565-3043
47	First Baptist Church - Dove Creek	970-677-3683
47	First Baptist Church - Mancos	970-565-6555
47	First Southern Baptist Church - Dove Creek	970-677-2230
45	First United Methodist Church	970-533-7634
40	Floatin' Sobriety Group	970-677-2278
95	<b>FOOD ASSISTANCE &amp; FOOD SECURITY PROGRAMS</b>	970-565-3002
49, 98	Food Security Action Team	970-426-5722 / 970-529-3084
98	Food Stamp Certification & Issuance Office (Montezuma County)	Page 95
145	For Pets' Sake Humane Society	<a href="mailto:gregory.felsen@colostate.edu">gregory.felsen@colostate.edu</a>
106	Fort Lewis Old Fort Farm and Ranch (Hesperus CO)	970-565-3769
		970-560-7387
48	Four Corners Arabian Horse Association	877-352-2656
<u>36, 86, 138, 179</u>	<b>Four Corners Child Advocacy Center – The NEST</b>	
47	Four Corners Christian Camp	970-565-7605
120	Four Corners Community Acupuncture	970-565-8155
<u>87, 90, 137, 164, 171, 177</u>	<b>FOUR CORENRS COMMUNITY RESOURCE DIRECTORY</b>	970-882-2523
48, 158	Four Corners Dance Society–Montezuma County Annex (Jan Heyl)	970-882-8809
48	Four Corners Dancers	970-739-7593
127	Four Corners Eye Care	970-222-9649
105	Four Corners Farm & Ranchers Coalition (member number)	970-565-9836
123	Four Corners Hearing	970-259-2202
145	Four Corners Holistic Animal Care - Durango	208-484-5604
124	Four Corners Home Health Care (Blanding)	970-564-9088
145	Four Corners Mash – Veterinary Services	970-946-3510

105	Four Corners Mutual Aid Network (LaPlata & Montezuma Counties)	435-678-2194
151	Four Corners Rifle & Pistol Club	970-560-4054
98	Four Corners Women in Agriculture	970-343-4687
152	<a href="#">Four Corners Young Football League (YAFL)</a>	Website
50, 114	Four Corners Youth Clinic (Cortez & Dolores, CO)	Facebook Group Website
98, 107	Fozzie's Farm Educ Prog Montezuma Land Conservatory)	970-560-5056 / 970-560-4890
166	From our Heart, LLC (Dolores, CO)	
155	Frontotemporal Dementia	970-516-0304
152	Fun Links:	970-739-4637
107	Future Farmers of America (in all available high schools)	866-507-7722 Website
74	G.O.A.L. Academy High School	Check with Schools
43	Gambling Anonymous	
87, 148, 180	Gear Lending Library – SCYC family outings, skateboards, scooters	877-776-4625
180	GENERATION WILD – Kids Grow Better Outside	800-222-5542
87	Generation Wild – Kids Grow Better Outside (Montezuma Land)	970-480-7293
38	Gentle Iron Hawk Shelter, Blanding, UT	Website
124	Given Home Health Care - Lewis, CO	970-565-1664
148	Gold Mine Tour – Silverton, CO	435-678-2445
124	Golden Years	970-882-4483
114	Good RX Pharmacy Discount Card Information	970-387-5444
98	Good Samaritan Center & Food Pantry	970-882-7438
99, 107	Good Samaritan Center – Free Adult Gardening Classes	855-213-1275
99, 107	Good Samaritan Center – Free Indigenous Foods Class	970-565-6424
105	GOOD SAM'S/Sharehouse/Four Corners Food Coalition/SW Farm	970-565-6424
151	Goods for The Woods	970-565-6424
109	<b>GOVERNMENT - City, County, State, Federal</b>	970-565-6424
45	Grace Fellowship EFC	970-565-9861
99	Grace's Soup Kitchen (St. Barnabas Episcopal Church)	Page 109
60 & 61	Grant & Financial Resource Listings	970-565-3663
99	Green Table Farm (Farmers Market in Dolores & Mancos)	970-565-7865
155	Grief Support Group (Hospice of Montezuma Co)	Websites
124	Guardian Angel Home Health (Cortez)	<u>208-284-5604</u> 970-565-4400
166	Habitat for Humanity Restore	970-565-7134
174	Hair & Makeup	
158	Halau Hula o Pu'a Li'ana	970-565-8237
47	Hazel's House – Church of the Nazarene	– Referrals Family & Friends
174	Healing Arts & Trauma	970-739-0957
141	Health & Human Services	970-565-7826
111	<b>HEALTHCARE SERVICES</b>	970-739-4738

123	<b>HEARING SERVICES</b>	970-565-4441
158	Heart & Core Yoga Studio & Pilates	Page 111
87,114,174,180	Heart to Heart – Montezuma Crisis Pregnancy Center	Page 123
128	HEAT Utilities Program (Utah)	970-363-4321
151	Hibbert Sports	970-565-0979
151	High Desert Life Outdoors	866-205-4357
126	High Desert Physical Therapy	970-565-6900
46	Highway Church of Christ	970-564-3299
36, 128	Home Again Partnership	970-516-1600
82, 99	Home Food Storage Center – Farmington, NM and online	970-565-1045
123	<b>HOME HEALTH - MEDICAL &amp; HOME SERVICES</b>	970-214-5815
82	Homeland Security	505-326-3589
43	Hope Not Dope – Narcotics Anonymous	Page 123
88, 175, 181	Hope's Promise – Adoption, Foster & Orphan Care	<a href="http://www.ready.gov/">www.ready.gov/</a>
100	Hope's Kitchen (First Methodist Church)	800-407-7195
115, 124,161	HOSPICE of Montezuma County	303-660-0277
45	Hospital Chaplain & Ministry	970-565-3002
128	<b>HOUSING &amp; HOMELESS SERVICES</b>	970-565-4400
129	Housing & Urban Development (HUD)	719-550-0321
128	Housing Authority of Montezuma County	Page 128
88, 129	Housing Solutions for the Southwest	970-565-3831
151	<b>HUNTING, FISHING and SPORTING GOODS</b>	970-259-1086
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136,177,184	Intergenerational Gardens & Intergenerational Trades	
109	Internal Revenue Service	Page 108
120	Ivy's Therapy Center	970-903-5859 800-829-1040
151	J & J Outfitters – Pleasant View	970-565-0185
145	J C Pet Store	
45	Jail Ministry	970-560-2363
122	Jason Smith, DDS	970-564-1000
47	JMD United Methodist	970-739-3124
83, 181	Job Corps	970-565-4499
122	John Vestal, DDS	970-882-7780
126	Johnson Physical Therapy	970-565-9523
<u>47,137,177,184</u>	Just Serve Together– Volunteers Website	970-565-3612 970-564-0311
48, 82	K-9 Search & Rescue Team	<a href="https://www.justserve.org">https://www.justserve.org</a>
77	Kemper Elementary School	
126	<b>KIDNEY RESOURCES</b>	970-882-4746
145	Kindred Pack – Diana Kindred	970-565-3737

46	Kingdom Hall Jehovah's Witness	Page 125 970-560-1035
48	Kiwanis Club	970-565-6241
151	Kokopelli Bike Shop	
51	KSJD - Community Calendar	970-565-4414
54,55,136,138 161,175,181	KSJD - Community Radio Station Story – Story Recording Vault	970-565-4408
55,136,139,161, 175,181	KSJD - The Raven Narratives in Cortez & Durango	<a href="https://www.ksjd.org/">https://www.ksjd.org/</a>
73	Kwiyagat Community Academy - Towaoc Kindergarten	970-564-9727 <a href="https://www.ksjd.org/">https://www.ksjd.org/</a> <a href="http://www.ravennarratives.org/">www.ravennarratives.org/</a>
48,155,175	La Leche League - Breastfeeding Support	970-564-5348
155	La Leche League - Breastfeeding Support	
166	LaDawn's Resale Store	970-565-6171
170	LaPlata County Veteran Services	970-385-1460
100	Laughing Wolf Farm & Seeds	970-739-4895
123	Laurence Speech & Hearing Services	970-759-0117
132, 133	<b>LAW ENFORCEMENT SERVICES &amp; AGENCIES</b>	970-560-5486
82	Law enforcement, ambulance, and fire patrol - Non-Emergency	970-459-1179
48	League of Women Voters of Montezuma County	Page 132
129	LEAP Utilities Program – Cortez	970-565-8441
63	Legal Aid – Durango, CO	970-565-3026
110	Lewis - Zip 81327 - 18794 Highway 491	970-565-8064
53, 106	Lewis-Arriola Community Center	888-298-8483
77	Lewis-Arriola Elementary School	970-882-4631
81	Lewis-Arriola Fire Protection	970-560-4782
155	Lewy Body Dementia	970-882-4494
58	Library on the Go – Radio Stories on KSJD	970-882-7718
43, 124	Life Care Inc.	800-539-9767
156	Life Help - Church of Jesus Christ of Latter-day Saints	FM 90.5
40,136,175	Life Recovery - Faith Based 12-Step Program	970-516-1234
46	Lighthouse Baptist Church & Lighthouse Academy	Website
71	Lil' Rascals Preschool, Licensed Home Provider	970-426-5722 / 970-529-3084
123	Livingston Hearing Center	970-565-9302
115, 161	LONG TERM CARE OPTIONS – Montezuma County Public Health	970-565-6337
48, 59	LOR Foundation	970-529-8209 / 970-403-8475
166	Love on a Hanger	970-564-4770 / 970-564-4780
48	Lyons Club	307-699-5343 / 970-987-0356 970-565-9075
124, 165	Madison House	970-564-9125
77	Manaugh Elementary School	
52	Mancos Chamber of Commerce	970-565-2047

53	Mancos Community Center	970-565-7691
73	Mancos Early Learning Center * (Tri-County Head Start)	970-533-7434
76	Mancos Elementary School	970-533-7725
122	Mancos Family Dentistry	970-533-7822
81	Mancos Fire Department	970-533-7744
100	Mancos Food Share / Commodities & Food Pantry	970-533-7204
76	Mancos High School	970-533-7400
134	Mancos Marshal's Office	509-830-4380
40	Mancos Men's Recovery Group	970-533-7746
76	Mancos Middle School	970-533-1432
53	Mancos Mt. Lookout Grange	970-533-9046
64	Mancos Municipal Court	970-533-9143
148	Mancos Parks and Recreation	719-440-1890
146	Mancos Pet Pantry	970-533-7725
58	Mancos Public Library	970-533-7725
76	Mancos School District RE-6	719-440-1890
100	Mancos Senior Center & Meals on Wheels	970-533-7569
162	Mancos Senior Citizens' Group	970-533-7748
110	Mancos Town Government	970-533-7721
51	Mancos Valley Calendar	970-533-7721
73	Mancos Valley Dragonfly Preschool	970-533-7725
115	Mancos Valley Health Clinic	<a href="https://mancosvalley.com">https://mancosvalley.com</a>
125,164	Mancos Valley Inn (Skilled Nursing)	970-516-0308
51	Mancos Valley Resources – Heart of Community	970-533-9125
146	Mancos Valley Veterinary Hospital	970-533-9031 <a href="https://mancosvalleyresources.com">https://mancosvalleyresources.com</a>
53	Mancos Visitors Center	<a href="https://mancosvalleyresources.com">https://mancosvalleyresources.com</a>
40	Mancos Women's Meeting	970-533-1060
152	Mancos Youth Sports (football & wrestling)	970-533-7434
110	Mancos Zip 81328 - 291 North Walnut Street	866-641-9190
100	Many Waters Mission Food Panty (Waterflow, NM)	970-258-2547 / 970-433-5412
176	Massage & Body Work	970-533-7754
127	Mayo Clinic (Arizona)	970-598-5433
126,162,170	<b>MEDICAID &amp; MEDICARE RESOURCES</b>	– Referrals Family & Friends 800-344-6396
<a href="https://www.medicare.gov">109,126,162,170</a>	<u>Medicaid (National Number)</u>	Pg 126, 162, 170
<a href="https://www.medicare.gov">126,162,167,170</a>	<u>Medi-caid Transportation (Colorado)</u>	<a href="https://www.medicare.gov">800-662-9651</a>
<a href="https://www.medicare.gov">109,126,162,170</a>	<u>Medi-care Services - National</u>	<a href="https://www.medicare.gov">970-565-3056</a>
36,48,156,181	Medicine Horse Center – Horses Helping People	

88	Medicine Horse Therapy	800-332-6681
135	<b>MEN'S SERVICES</b>	970-533-7403
138	<b>MENTAL HEALTH &amp; SUICIDE PREVENTION SERVICES</b>	970-533-7403
139	Mental Health Clinical Psychologist – Susan Fredrickson (Towaoc)	Page 135
139	Mental Health Coordinator – Christie Williams (Towaoc)	Page 138
77	Mesa Elementary School & Preschool	970-564-4441
47	Mesa Trails Cowboy Church	970-564-5388
48	Mesa Verde Archery Club	970-565-3859
48	Mesa Verde Back Country Horsemen	970-773-3721
52	Mesa Verde Chamber of Commerce	970-565-4097
51	Mesa Verde Country	970-882-4306
148	Mesa Verde National Park – 8 miles East of Cortez, CO	800-253-1616
134	Mesa Verde Park Law Enforcement	<a href="http://www.mesaverdecountry.com">www.mesaverdecountry.com</a>
55	Mesa Verde Voices (KSJD & Mesa Verde Museum Association)	970-529-4465
72	Mesa View Head Start (Tri-County Head Start)	970-529-4465
164	Mesa View Nursing Home - Assisted Living	<a href="http://www.nesaverdevoices.org">www.nesaverdevoices.org</a>
125	Mesa View Retirement	970-565-6040
166	Methodist Thrift Store	970-564-2047
129	Mexican Water Chapter House	970-564-0716
100	Midland Bean Company	970-565-7369
45	Ministerial Alliance	928-429-0943
170	Moab VA Clinic – VA Western Colorado Health Care System	970-677-2215
167	MoCo Public Transportation	970-773-3721
139, 141	Moguan Behavior Health	435-719-4144
48	Montelores Christian Home Educators	970-564-2773
122	Montelores Dental Group	970-560-6853
74,78,88	Montelores Early Childhood Council	970-564-9282
88	Montelores Early Childhood Council & TEAM Up AmeriCorps	970-565-4449
51	Montelores Early Childhood Council- Resource Guide	970-564-3211
78	Montelores ECC School Readiness Program	970-564-3311
88	Montelores Emergency Assistance Coalition	<a href="http://www.monteloresecc.org/">www.monteloresecc.org/</a>
		970-564-3211
82, 133	<b>MONTEZUMA COUNTY EMERGENCY DISPATCH</b>	970-564-1195
133	Montezuma County Emergency Non-Dispatch	
106, 158	Montezuma County - Annex & Senior Center	<b>970-565-8454</b>
51	Montezuma County - Annex / Senior Center Calendar	970-565-8441
109	Montezuma County - Clerk & Recorder's Office	970-565-4166 / 970-247-7009
63	Montezuma County - Combined Court - 22nd Judicial District	<a href="https://montezumacounty.org">https://montezumacounty.org</a>
165	Montezuma County - Department of Child Protective Services	970-565-3728
165	Montezuma County - Department Social Services	970-565-1111
132	Montezuma County - Detention Center	970-565-8441
109	Montezuma County - Election Dept & Ballot Drop Off Locations	970-565-3769
82	Montezuma County - Emergency Preparedness & Response (EPR)	970-565-8452

106, 149	Montezuma County - Fairgrounds	Website
88	Montezuma County - Foster Care & Adoption	Website
110	Montezuma County - Government	970-565-1000
122	Montezuma County - Health Dept (Tues & Wed)	970-564-4126
110	Montezuma County - Medical Examiner / Coroner	970-565- 8317
82	Montezuma County - Office of Emergency Management (OEM)	970-565-3056
101, 116, 125	Montezuma County - Public Health Department – Cortez	970-749-1771
116	Montezuma County - Public Health Department – Dolores	970-564-4137
110	Montezuma County - Public Works	970-565-3056
48	Montezuma County - Search & Rescue	970-667-2387
82, 133	Montezuma County - Search & Rescue – Sheriff's Office	970-565-7320
162	Montezuma County - Senior Services - AAA Voucher Program	970-565-8878 / 970-560-6078
162	Montezuma County - Senior Services - Nail it Down	970-565-8452
101, 162	Montezuma County - Senior Services - Nutrition Outreach	970-565-4166
163	Montezuma County - Senior Services - Travel by Tailored Tours	970-565-4166
168	Montezuma County - Senior Transportation	970-564-4166 / 970-564-2775
134	Montezuma County - Sheriff's Office	970-335-8670
<u>126,162,163,170</u>	<b>Montezuma County - Social Services - Cortez</b>	970-565-4166
101	Montezuma County - Social Services – Food Stamps	970-565-8452
139	Montezuma County - Suicide Prevention Coalition	<u>970-565-3769</u>
171	Montezuma County - Veterans Services	970-565-3769
170	Montezuma County - Veterans Stand Down for Veterans	970-564-4799
101, 107, 108	Montezuma County - (WIC) Women, Infant & Children	970-565-2279
		970-560-5242
55	Montezuma County Colorado Genealogy Trails	970-565-3056
55	Montezuma County Historical Society	
108	Montezuma County School System	<a href="https://genealogytrails.com">https://genealogytrails.com</a>
171	Montezuma County Veterans of Foreign Wars Post 5231	970-570-7333
171	Montezuma County Women's Veterans Association-June 2021	970-565-7522 ext 114
152	Montezuma-Cortez Girls Basketball	970-560-5242
77	Montezuma-Cortez High School	970-560-2793
107	Montezuma-Cortez High School culinary program	Website
77	Montezuma-Cortez Middle School	970-565-3722
51	Montezuma-Cortez School District Calendar	970-565-3722
77	Montezuma-Cortez School District RE-1	970-565-7824
		Website
141	Montezuma Creek Clinic (Utah Navajo Health System)	970-565-7282
100	Montezuma Creek Mobile Pantry	
176	Montezuma Crisis Pregnancy Center – <i>see Heart to Heart</i>	435-661-3291
49, 101, 105	Montezuma Food Coalition – Emergency Food Response	801-887-1242
123	Montezuma Hearing Clinic	970-565-0979
55	Montezuma Heritage Museum	970-769-5410

101	Montezuma Land Conservatory	970-565-4655
102, 107	Montezuma Orchard Restoration Project (MORP)	970-570-7333 / 970-565-2747
102, 107	Montezuma School to Farm Project	970-565-1664
46	Montezuma Valley Presbyterian	970-565-3099
146	Montezuma Veterinary Clinic	512-801-6628 / Website
74,182	Montezuma Youth Alliance	970-565-7024
182	Montezuma Youth Education – Interpretive Hikes	970-565-7567 970-715-1095 Email
121	Mountain Chiropractic	
159	Mountain Range Fitness – Functional Fitness Gym	
47	Mountain View Baptist Church	970-565-4800
72	Moving Mountains Center	970-560-1988 / 560-5999
106	Mt. Lookout Grange – Mancos, CO	970-882-7521
146	Mudpuppies Pawshoppe	816-244-0085
64	<b>MUNICIPAL COURTS</b>	719-440-1890
89	Music Camps & Classes – In Person (Durango)	970-882-7130 Page 64
156	<b>NARCOTICS ANONYMOUS</b>	970-247-5095
43	Narcotics Anonymous - HOTLINE	
156	<b>Narcotics Anonymous - Utah</b>	<b>HOTLINE 970-565-4109</b>
48	National Assoc. of Retired Federal Employees	505-324-1807
36	<b>NATIONAL CENTER for MISSING &amp; EXPLOITED KIDS (NCMEC)</b>	<b>HOTLINE 505-324-3609</b>
142	<b>National Child Abuse</b>	970-564-1722
142	<b>National Domestic Violence</b>	<b>HOTLINE 800-843-5678</b>
142, 176	National Indigenous Women’s Resources Center	<b>HOTLINE 800-422-4453</b>
139	National Institute of Mental Health	<b>HOTLINE 800-799-7233</b>
126	National Kidney Foundation of Colorado	<a href="https://www.niwr.org">https://www.niwr.org</a>
89	National Runaway Switchboard	866-615-6464
142	<b>National Sexual Assault</b>	800-596-7943
48	National Wild Turkey Federation – Rodney Willbanks	800-621-4000
45	Native Grace Intertribal Fellowship	<b>HOTLINE 800-656-4673</b>
141	<b>NATIVE AMERICAN SERVICES</b>	970-882-4741
89	Native American Support & Services - See Our Heritage)	970-394-4415
142	Native Connections	Page 141
149	Nature Center at Butler Corner - Children’s Play Area	970-565-3751 970-564-5405 970-882-4593
149	Navajo Country New Mexico (Farmington/Gallup/Four Corners)	
165	Navajo Nation Department of Social Services (Shiprock)	
102, 107, 142	Navajo Nation TANF – Kayenta, Arizona Office	Websites
43	Navajo Regional Behavioral Health	505-368-1348
7, 46	New Covenant Fellowship Church	928-697-5660
102, 107	New Mexico State University (NMSU) Extension, Aztec NM	505-368-1050 / 505-368-1438
7, 46	New Nation Worship Center	970-560-0707

40	No Hassles AA Meeting - Mancos, CO	505-334-9496
59	<b>NON-PROFIT FUNDING FOUNDATIONS</b>	970-564-3224
142	Northern Navajo Medical Center (NNMC) ER	970-533-0054
141	Northern Navajo Medical Center (NNMC) Local Number	Page 59
122, 141	Northern Navajo Medical Center (NNMC) Shiprock	505-368-6600
47, 163	Not Forgotten Seniors (Singles, Widows & Widowers)	505-368-6001
64	Notary Public	505-368-6095 / 800-549-5644 <a href="mailto:shane@mesatrails.com">shane@mesatrails.com</a>
142	Office of Violence Against Women	Banks / County Clerk / Others
125	Ombudsman, Advocate for Region 9 Long Term Care Facilities	
48, 59	Onward – A Legacy Foundation	970-564-5470
122	Orthodontics Inc – Cortez	970-264-2501
47	Our Lady of Sorrows	970-565-9200
47	Our Lady of Victory	970-565-3531 970-946-1930 970-565-7308
156	Panic Attack/Anxiety	
43	Panic Attack/Anxiety Support Group	
93	Parents as Teachers - Pinon	970-565-3363 / 970-565-7132
93	Parents In Recovery Circle Group - Pinon	970-565-8195
155	Parkinson’s	970-564-1195
116, 125, 163	Pasco Southwest - <i>Healthcare Services</i>	970-564-3803
37	Pathfinders – Victim Advocates	303-861-1810
67	PAWS Across the Rockies	970-565-6833
145	<b>PET CARE SERVICES</b>	970-385-1140
146	Petra Sullwold – Veterinary Chiropractor	970-533-7231
126	<b>PHYSICAL THERAPY SERVICES</b>	Page 145
91, 102, 108	<b>PINON PROJECT - FAMILY RESOURCE CENTER</b>	970-903-8901
83	Pinon Project – Employment Training Program	Page 126
83, 92	Pinon Project – Individual and Family Program -Work & Finances	970-564-1195
78, 92	Pinon Project - Incredible Years Parenting Class	970-564-1195
78	Pinon Project - Parents As Teachers	970-564-1195
153	Pinon Project – Playgroups	970-564-1195
79	Pinon Project - School Readiness Program	970-564-1195
79	Pinon Project - Successful Families Program	970-564-1195
79	Pinon Project - Treasure Chest Literacy Program	970-564-1195
117, 176, 182	Planned Parenthood	970-564-1195
93	Playgroups (Summer) - Pinon	970-564-1195
110	Pleasant View - Zip 81328 - 26070 Highway 491	970-565-7011
77	Pleasant View Elementary School	970-564-5870
81	Pleasant View Fire Dept.	970-562-4222
82, 117	<b>POISON CONTROL - National</b>	970-882-4494
82, 117	POISON CONTROL - Southwest Memorial Hospital	970-562-6371
36	Police Victim Response Unit – Cortez, County, Dolores, Mancos	<b>HOTLINE 800-222-1222</b>

72	Por Dia Preschool	970-564-2025
127	Porter's Hospital (Denver, CO)	970-565-8441
139	Positive Behavioral Services of the Four Corners	970-565-6182
48	Preceptor Alpha Theta	303-778-5797
127	Presbyterian Hospital (Colorado)	970-946-1539
133	Probation Department, 22 <sup>nd</sup> Judicial District	970-565-2055
70, 102, 108, 182	Pueblo Community College Southwest – Ag Mini Program	720-848-0000
		970-565-7216
93, 139	QPR Suicide Prevention Training- Pinon Project	970-564-6200
89	Raise The Future	970-564-1195 / 970-564-3830
89, 139	Raise The Future – Dealing with Being Adopted	
37, 89, 176, 182	Rape Intervention Team	303-755-4756 ext 307
152	RDF Guns	303-755-4756 ext 307
147	<b>RECREATION - Samples from Our Area</b>	970-247-5400
129	Red Mesa Chapter House (Utah)	970-564-4218
102	Red Mesa Mobile Food Pantry	Page 147
102	Red Mesa Mobile Food Pantry, Red Mesa Senior Center	928-656-3679
34, 37, 89, 176, 182 <u>34, 37, 89, 129,</u> <u>137,140,176,</u> <u>182</u>	<b>RENEW - 24 Hour Hotline</b>	928-656-3690
166	<b>RENEW - Domestic Violence &amp; Sexual Assault Crisis Service</b>	801-887-1242
	Re-New Thrift Store (Dolores, CO)	<b>HOTLINE 970-565-2100</b>
	RENEW Women's Shelter	<u>970-565-4886</u>
108	Republican Headquarters - Conservative Grounds	970-882-3233
48	Republican Party Central Committee	970-565-4473 / 4886
48	Republican Women of Montezuma County	970-560-6643
48	Republican Women's Club970-	970-882-7998
153, 159	Rhonda Allmon's Dance Studio	970-565-4280
110	Rico - Zip 81332 - 28 South Glasgow Avenue	970-560-2197
58	Rico Public Library	Facebook / 970-565-9221
64, 110	Rico Town Clerk & Town Hall	970-967-2563
151	Rimrock Outfitters	970-967-2103
40	Riverside Women's Recovery Group (Episcopal Church)	970-967-2861
102	ROCK – Reaching Out to Community Kids	970-533-7588
46	Rock Springs Community Church	970-533-9046
117	Rocky Mountain Health Plans (Colorado & Utah)	970-739-3562
125	Rocky Mountain Home Care (Blanding)	970-565-1177
153	Rodeo Events for All Ages	800-843-0719

48	Rotary Club	435- 678-3266
152	Rough Canyon Outfitters	See Calendars Pg 51
152	Run + Hike	970-564-1037
89, 182	<b>RUNAWAY SWITCHBOARD - NATIONAL</b>	970-739-0888
37	Safe 2 Tell – School Safety for Kids	970-570-5999
140	SAFE Coalition – Suicide Awareness for Everyone	<b>HOTLINE 800-621-4000</b>
93	Safe Exchange & Supervised Visitation Program - Pinon	877-542-7233
38	Safe Haven, Moab, UT	970-564-4799
<u>84, 103, 129,</u> <u>166</u>	<b>Salvation Army &amp; Emergency Traveler Vouchers</b>	970-564-1195
90	Salvation Army Family Services Center	435-259-2229
	Salvation Army, Cortez, CO	970-564-4228
82	Samaritan Transplant Service (Arizona)	970-564-4228
127	San Juan Basin Area Agency on Aging	970-564-4228
163	San Juan Basin Health Dept (Information Line)	800-544-1923
122	San Juan Bible Camp (non-denominational)	970-564-2774
47	San Juan Board of Cooperative Services (BOCES)	970-247-5702
74	San Juan Counseling	970-533-7622
140	San Juan Counseling Center (Blanding UT)	970-565-8411
90, 142	San Juan County Social Services	435-678-2992
171	San Juan County Veteran Services – Farmington, NM	435-678-2992
171	San Juan County Visitors Services	505-327-2861
150	San Juan County WIC, Hwy 262, Montezuma Creek, UT 84534,	505-327-2861
108	San Juan County Youth Coalition	800-574-4386
142	San Juan Health Department (Blanding, CO)	435-359-0038
117	San Juan Mountain Association – wilderness lands	435-678-2992
149	Sandia Hearing Aids	435-678-2723
123	Say What Announcements, SW Colorado Television	970-247-4874
51	School to Work Alliance Program/SWAP	970-565-0818
67, 183	School Community Youth Collaborative (SCYC) & After School Care	<a href="https://www.facebook.com/">https://www.facebook.com/</a>
75, 182	Second Time Fashions	970-759-3317
166	<b>SELF-CARE, SELF-HELP &amp; SUPPORT GROUPS</b>	970-480-7293
154	Self-Reliance Classes – business, finance, jobs, life skills	970-565-8247
156	Self-Reliance Resources	Page 154
51	Senior Abuse	Website
37	<b>SENIOR ASSISTED LIVING FACILITIES</b>	Website
164	<b>SENIOR CITIZENS SERVICES</b>	970-565-2100
160	Senior Services Dolores County (Dove Creek, CO)	Page 164
117	Senior Services Montezuma County	Page 160
118	Seventh Street Elementary Preschool	970-677-2787
72	Seventh Street Elementary School	970-565-4166
76	Sex Trafficking	970-677-2296
37		

37	Sex Trafficking	<a href="http://www.combathumantrafficking.org">www.combathumantrafficking.org</a> (CO)	970-677-2296
37	Sex Trafficking	<a href="http://www.humantraffickinghotline.org">www.humantraffickinghotline.org</a>	888-373-7888 / 800-455-5075
37	Sex Trafficking	<a href="http://www.missingkids.org">www.missingkids.org</a>	866-455-5075
37, 176	<b>SEXUAL ASSAULT</b>		888-373-7888
37	Sexual Assault Nurse Examine (SANE) – SW Memorial Hospital		800-843-5678
37, 142	Sexual Assault Service Organization (SASO)		<b>HOTLINE 800-656-4673</b>
37, 142	<b>Sexual Assault Service Organization (SASO)</b>		970-565-6666
142	Sexual assault services NW-NM Farmington/Gallup		970-247-3074
			<b>HOTLINE 970-247-5400</b>
103	SHARE Colorado – Cortez		505-326-4700
<u>103,105,107</u> <u>108</u>	<b>SHAREHOUSE – Cortez</b>		
	Food Assistance Providers bulk food distribution		970-564-9884
48	Sharp Locks – mobile locksmith		<u>970-769-5410</u>
47	Shepherd's New Staff - Manpower to support community needs		
120	Sherry McCullough Acupuncture		970-739-3278
142	Shiprock community sexual assault response program		TXT 970-560-2426
122	Shiprock Dental		970-564-1660
134	Shiprock Police Department		505-368-6304
37, 142, 165	Shiprock Tribal Social Services		505-368-6370
118	Shriners Hospital (Salt Lake City, UT)		505-368-1350
152	Silver Peak Outfitters (elk, deer, black bear)		505-368-1185
93	Single Parents Circle Group - Pinon		800-237-5055 / 801-536-3500
122	Smart Dentistry		970-759-0777
157	Smoking Cessation		970-564-3800
108	<b>SNAP – Program</b>		970-564-3636
108	SNAP – Dolores County Social Services – Senior Center		970-565-3056
103	SNAP – Supplemental Nutrition Assistance Program		Page 108
108	SNAP Montezuma County Social Services, Gina Montoya		970-677-2250
108	SNAP Nourish Colorado, Colorado Double Up Bucks		970-769-5410
146	Snooty's Pet Salon		970-565-3769 / 970-565-8526
110,126,164,171	Social Security Administration - National		@ Cortez Farmers Market
110, 126, 164	Social Security Administration (Durango, CO)		970-565-7247
171	Social Security Administration (Medicaid/Medicare Local)		800-772-1213
163, 171	Social Security Administration (National Number)		970-247-3128
171	Social Security Office – Durango, CO		970-247-3128
165	<b>SOCIAL SERVICES</b>		800-772-1213
123, 140	Sound Therapy: Vagus nerve stimulation		888-472-6115
93	Sources of Strength-Youth Mentoring (prevent suicide)-Pinon		Page 165
141	Southern Ute Health Center - Ignacio Clinic (Colorado)		Website
			970-564-1195
70	Southwest Adult Education (Unlimited Learning Center)		970-563-4581
48	Southwest Artists League (Montezuma County Annex)		

<u>68, 118, 123,</u> <u>129, 137, 164,</u> <u>171</u>	Southwest Center for Independence – Cortez / Durango	970-565-1601
44, 140	Southwest Colorado Emergency & Suicide Prevention (AXIS)	720-448-0418
44, 140	Southwest Colorado Mental Health / Crisis Line	<u>970-903-5859 / 970-259-1672</u>
79	Southwest Colorado Resource & Referral	970-247-5245
69, 129, 164	Southwest Community Resources & Safe House (VOA)	970-565-7946
69	Southwest Cooperative Services	970-247-5960 (ext 20)
46	Southwest Cowboy Church (Arriola)	970-259-1086 / 970-259-5443
153	<b>Southwest Elite Baseball</b>	970-565-8411
127	Southwest Eye Consultants	970-749-2933
104	Southwest Farm Fresh Cooperative	Facebook
37	Southwest Health Services & Memorial Hospital	970-828-2200
118	Southwest Health System – Memorial Hospital	970-560-1028
119	Southwest Health System – Patient Financial Coordinator	970-565-6666
119	Southwest Health System – Pharmacy	970-565-6666
119	Southwest Health System – School Based Clinic (Sligo St., Cortez)	970-564-2131
119	Southwest Health System – Walk In Clinic	970-564-2190
51	Southwest Health System Directory of Resources	970-564-4855
51	Southwest Health System Organization Calendar	970-564-1037
120	Southwest Medical Group – Mancos Clinic (see above)	<a href="https://www.swhealth.org/">https://www.swhealth.org/</a>
125, 126, 164	Southwest Memorial Hospital	<a href="https://www.swhealth.org/">https://www.swhealth.org/</a>
75, 79, 104	Southwest Open School (SWOS) - Charter School	970-533-9125
<u>90, 104, 137,</u> <u>176, 183</u>	<b>Southwest Safe House</b>	970-564-6666
37	<b>SOUTHWEST SAFE HOUSE CRISIS LINE (Volunteers of America)</b>	970-565-1150
38, 141	Southwest Safehouse, Durango, CO	<u>970-259-5443</u>
123	Southwestern Colorado Ear, Nose & Throat Associates	<b>970-259-5443</b>
48	Southwestern Cowbells	970-259-5443
125	Southwestern Utah Home Health Agency (Blanding, UT)	970-385-7272
130	Southwestern Utah Weatherization Program	970-882-2259 / 970-565-6078
		435-678-2723
48, 69, 150	Special Olympics	435-586-0585
126	Spire Physical Therapy & Wellness	
152	<b>SPORTS</b>	<a href="https://www.specialolympicsco.org">https://www.specialolympicsco.org</a>
150	Spring Creek Basin – Wild Horse Herd Management Area (BLM)	970-715-1719
106	St. Barnabas Church – Cortez, CO	Page 152
46	St. Barnabas Episcopal Church	970-882-1120
146	St. Francis Hotel for Pets	970-565-7865
47	St. Jude Catholic Church	970-565-7865
46	St. Margaret Mary Catholic Church	970-565-3569
47	St. Rita of Cascia	970-565-7308

<u>90,137, 142, 157, 164,171, 176, 183</u>	<b>Stand Up &amp; Speak Up for Families – Gmas &amp; Gpas Who Care FOUR CORNERS COMMUNITY RESOURCE DIRECTORY</b>	970-565-7308
38	STAND UP Colorado – Violence Prevention Campaign	970-565-7308
	State Health Insurance Assistance Programs (SHIP)	970-739-7593
164	Stormy's ATC Gymnastics	303-437-5474
159	Strength Studio	888-696-7213
159	<b>STRENGTHEN FAMILIES - New Mexico 24/7 Crisis Line</b>	970-565-7455
140, 141	Strengthening Families Parenting Class - Pinon	970-565-0230
93	Successful Families (SuFam) - Pinon	<b>Crisis Line 505-368-1157</b>
94	<b>SUICIDE - Local Hotline</b>	970-564-1195
184	<b>SUICIDE NATIONAL HOTLINE</b>	970-564-3815
<u>90,120,140, 142, 177, 184</u>	Suicide Prevention Action Team	<b>HOTLINE 970-565-9634</b>
49	<b>SUICIDE PREVENTION LIFELINE– National</b>	<b>800-784-2433</b>
38	Summit Family Dental of Cortez / Sundance Dental Care	<a href="mailto:ayazzie@co.co.montezuma.co.us">ayazzie@co.co.montezuma.co.us</a>
122	Summit Lake Community Church	<b>800-273-8255</b>
47	Sunflower Theatre	970- 459-1314
56	Sunrise Youth Shelter - Towaoc, CO	970-882-4144
38, 130, 184	Supervised Visitation & Safe Exchange - Pinon Project	970-516-1818
94	<a href="#">Suzanne's School of Dance Facebook page.</a>	970-565-2426
153	SW Center for Independence – Low Vision - Cortez	970-564-3897
127	SW Center for Independence – Low Vision - Durango	Facebook
127	SW Colorado Workforce Center / Training Advantage (Cortez)	970-903-5859
84	Tachiinii Nursing Services (Blanding, UT)	970-259-1672
125	Tai Chi – For All	970-565-3759
157,159	Tails of Transformation (ENF Horse Therapy)	435-587-2141
90	Target Tobacco Coalition	435-705-3412 Text
43, 120	TEAM UP Action Team - Food Security	970-764-0037
105	TEAM UP Action Team	970-565-3056 Ext 226
49	TEAM UP for Summer	<a href="https://teamup-swco.org">https://teamup-swco.org</a>
50	TEAM UP Southwest Colorado (AmeriCorps) & Summer Help	<a href="https://teamup-swco.org">https://teamup-swco.org</a>
185	Teddy Bear Preschool (Tri-County Head Start)	<a href="http://www.teamupforsummer.org">www.teamupforsummer.org</a>
72	Teec Nos Pos Food Distribution Program	website
104	Telephone for Hearing Loss	970-882-7277
123	Telluride Adaptive Sports Program	928-658-3225
69	The Anglican Church of St. Philip the Evangelist	720-481-7188
46	The Bridge Emergency Shelter	970-728-5010
108, 130	The Bridge Emergency Shelter – DAY LABOR year round	970-565-1555
83,84	The Church of Jesus Christ of Latter-day Saints Cortez/Mancos	970-565-9808
46, 47		

56	The Family Stories that Bind Us (Research about 9/11/2001)	970-565-9808
166	The Flippin Frog (used furniture & home décor)	<a href="http://www.churchofjesuschrist.org">www.churchofjesuschrist.org</a>
166	The Flying Pig Boutique (Dolores, CO)	Website
146	The Good Life Pet Food & Supplies	970-564-3100
46	The Good Shepherd Church	970-739-1916
51	The Journal – Cortez	970-565-2762
38	The NEST – Four Corners Child Advocacy Center	970-739-5093
127	The Optical Shoppe – Cortez Eye Care	<a href="https://www.the-journal.com/">https://www.the-journal.com/</a>
44	The Recovery Center	970-565-8155
159	The River Studio	970-565-1580
		970-565-7946
73	Theresa & David Espinoza Family Childcare	970-903-1948
150	Third Thursday in Montezuma Park – music and vendors	
166	<b>THRIFT STORES &amp; CONSIGNMENT SHOPS</b>	970-533-7191
44	Tobacco Education & Prevention Program (MC)	Website
141	Tohdenasshai Committee Against Family Abuse in Kayenta, AZ	Page 166
141	Tohdenasshai Shelter-Kayenta	970-564-4782
157	TOPS (Take Off Pounds Sensibly)	602-697-3305
110	Towaoc - Zip 81334 - 119.8 Mike Wash Road	928-697-3635
104	Towaoc Food Program - Care & Share Mobile Market	765-621-8700
104	Towaoc Recreation Center – lunches for youth	970-565-6411
104	Transitions Pantry	970-565-3751
127	<b>TRANSPLANT SERVICES</b>	970-565-5360
167	<b>TRANSPORTATION</b>	435-678-3741
72	Tree House Early Learning Center (Pinon Project)	Page 127
153	<a href="#">Tri-City Soccer Association (spring registration)</a>	Page 167
71, 79	Tri-County Head Start – Central Office in Durango, CO	970-564-9644
46	Trinity Lutheran Church	Website
72	Trinity Lutheran Preschool	970-247-5960
51	True Western Roundup	970-565-9346
121	Tullis Chiropractor	970-565-3166
		<a href="https://truewesternroundup.com">https://truewesternroundup.com</a>
127	Underwood Optical	970-564-9811
47	United Methodist Church	
41	United Methodist Church AA Meeting, Dove Creek	970-565-7195
110	<b>UNITED STATES POST OFFICES</b>	970-677-2304
50	United Way of Southwest Colorado (Cortez/Durango)	970-562-4447
127	University of Colorado	Page 110
127	University of New Mexico	970- 247-9444
127	University of Utah	303-869-2155
172	US Department of Veterans Affairs – Denver, CO	505-272-2111
172	US Department of Veterans Affairs – Farmington, NM	800-824-2073
81	US Forest Service - Dolores Ranger District	303-331-7500

131	USDA Rural Development	505-326-4383
104	Utah Food Bank serving San Juan County and the Navajo Nation	970-882-7296
126, 162, 170	Utah Medicaid (Blanding Office)	970-565-8416
126, 162, 170	Utah Medicaid (Monument Valley)	801-887-1252
142	UTAH Navajo Behavioral Health Services	435-678-3434
<u>122, 140, 141, 142</u>	<u>Utah Navajo Health System – Montezuma Creek, UT</u>	435-727-3230
142	UTAH Navajo Suicide Prevention	435-678-0274
131	Utah Navajo Trust Fund	<u>435-351-3700 / 435-651-3291</u>
108	Utah State University Extension, San Juan County, Utah	534-678-0274
84	Utah Vocational Rehabilitation – Blanding	435-678-1460
84	Utah Workforce	435-587-3239
84	Utah Workforce – Blanding	435-678-2511
		877-555-8296
		435-678-1400
<b>38, 143</b>	<b>Ute Mountain Ute Tribe –24 Hour Crisis Hotline - Cortez</b>	
	<b>Ute Mountain Ute Tribe –24 Hour Crisis Hotline-Blanding / White Mesa</b>	
<u>38, 143, 44,90,110, 131,140,143</u>	<u>Ute Mountain Ute Tribe</u>	<b>970-247-5245</b>
143	Ute Mountain Ute Tribe - Administrative Department	<b>435-979-1588</b>
64,133,143	Ute Mountain Ute Tribe - Agency Court of Fed Regulations (CFR)	<u>970-565-3751</u>
	Ute Mountain Ute Tribe - Alcohol / Addiction Counseling & Treatment Center	970-565-3751
44,143	Ute Mountain Ute Tribe - AA Group	970-565-8471
41,143	Ute Mountain Ute Tribe - Al-Anon Group - Open to Everyone	970-564-5701
143,150	Ute Mountain Ute Tribe - Casino	970-565-9230
71,75,143	Ute Mountain Ute Tribe - Child Development Center	970-565-9230/ 970-565-6368
105,108,143	Ute Mountain Ute Tribe - Community Health & Food Pantry	800-258-8007
143	Ute Mountain Ute Tribe - Counseling & Treatment	970-564-5323
143	Ute Mountain Ute Tribe - Day Labor Program	970-565-3751
141,144	Ute Mountain Ute Tribe - DIRECTORY	970-564-4441 Ext 702
144	Ute Mountain Ute Tribe - Elder Care	970-565-3751
105,144	Ute Mountain Ute Tribe - Farm & Ranch	Websites
81, 144	Ute Mountain Ute Tribe - Fire Department	970-564-0630
120,141,144	Ute Mountain Ute Tribe - Health Clinic (Towaoc)	970-565-6412
<b>134,144</b>	Ute Mountain Ute Tribe - Police (Towaoc)	970-564-5441
144,165	Ute Mountain Ute Tribe - Social Services - Information	970-565-3706
44, 144	Ute Mountain Ute Tribe - Social Services - Mental Health	970-565-3706
144,184	Ute Mountain Ute Tribe - Sunrise Youth Shelter	970-565-5307 Ext 311
144,150	Ute Mountain Ute Tribe - Tribal Park	970-564-5701
144, 150	Ute Mountain Ute Tribe - Tribal Recreation	970-565-2426
38, 144	Ute Mountain Ute Tribe - Victims Assistance	970-565-9653
38,44,144	Ute Mountain Ute Tribe - Victims Services	970-565-3751
144	Ute Mountain Ute Tribe - Vocational Rehabilitation	970-565-3751

	Ute Mountain Ute Tribe - WIC Program (Women, Infant, Children)	970-565-5314
105, 108,144	Ute Mountain Ute Tribe - Youth Opportunities Program	970-564-5722
144, 185	Utilities Assistance – Colorado & Utah – see page 23	970-564-5363
90		970-565-3751
		970-565-8064 / 866-205-4357
155	Vascular Dementia / Stroke	
172	Veterans Administration Medical Center – Denver, CO	
172	Veterans Affairs - National	800-787-6537
172	Veterans Center – Re-Adjustment Counseling Services	888-336-8262
169	<b>VETERANS SERVICES</b>	800-827-1000
172	VFW Veterans of Foreign Wars - Durango, CO	505-327-9684
172	VFW Veterans of Foreign Wars - Post #5231– Cortez, CO	Page 169
172	VFW Veterans of Foreign Wars - Post #5231–Womens Aux	970-247-0384
146	Vibrant Pet Animal Hospital	970-565-5242
38	Victim Response Unit – Montelores Valley	970-749-9320
144	Victim Services – Montezuma & Dolores Counties	970-565-3196
177	Victim Witness Unit (District Attorney’s Office)	970-564-4028
46	Victory World Outreach	970-565-3706
127	<b>VISION SERVICES</b>	970-565-1147
125	Vista Grande (Skilled Nursing)	970-565-8533
164	Vista Grande Inn	Page 127
126, 164	Vista Mesa Assisted Living	970-564-1122
38	VOCA Emergency Fund for Victims of Crime	970-564-1122
71	Vroom - Brain Builder Programs	970-564-1888
		303-861-1265
127	Walmart Vision & Glasses	970-769-9069
157	Weight Watchers	
144, 165	White Mesa Administration - Ute Mountain Ute Tribe	970-564-0310
108	<b>WIC Prog - Women, Infant &amp; Children’s Health &amp; Nutrition</b>	800-651-6000
<u>90, 137, 140, 164, 177</u>	<u>Widowed Persons Services (Hospice of Montezuma County)</u>	435-678-2118
163	Widows Link – information & Conferences <a href="http://www.Facebook.com/WidowsLinkMinistry">www.Facebook.com/WidowsLinkMinistry</a>	Page 108
	Wild Roots Yoga & Wellness	<u>970-565-4400</u>
159	Wings Safehouse	<a href="https://WidowsLink.org">https://WidowsLink.org</a>
38, 131, 177	<b>Women Are Sacred – Futures Without Violence</b>	262-433-8990
142	Women’s Resource Center – Durango	970-565-9116
177	<b>WOMEN'S SERVICES</b>	<a href="http://www.FuturesWithoutViolence.org">www.FuturesWithoutViolence.org</a>
173	Women United for the Glory of God – Monthly Meetings <a href="mailto:jperiman@hotmail.com">jperiman@hotmail.com</a>	970-247-1242
47	Work & Gainful Employment & Educ Skills (WAGEES)-Pinon	Page 173
84, 94	Yama Bushi Dojo	970-564-1381 / 970-546-3803
159	Yellow Jacket - ZIP 81335 - 22009 MC Road 18	
110		

<u>44, 90, 94, 140,</u> <u>186</u>	<b>Young People in Recovery (YPR)</b>	970-560-1391
51	YOUTH CALENDAR (SCYC) – Excellent!!	970-562-4221
185	<b>YOUTH CRISIS HOTLINE - NATIONAL</b>	970-570-3235
185	Youth Empowerment Project (Pinon Project)	<a href="https://scyslistens.org/">https://scyslistens.org/</a>
48, 186	Youth Leadership Council (SCYC)	<b>HOTLINE 800-422-HOPE</b>
178	<b>YOUTH SERVICES &amp; PROGRAMS</b>	970-564-1195
90, 94	Youth Suicide Prevention	970-480-7293



# INFORMATION GAPS



# Information Gaps

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- While the following information gaps exist in the health data section of this report, please note that every effort was made to compensate for these gaps in the interviews conducted by Community Hospital Consulting.
  - This assessment seen to address the community’s health needs by evaluating the most current data available. However, published data inevitably lags behind due to publication and analysis logistics.
  - Due to smaller population numbers and the general rural nature of Montezuma County, 3-year estimates for a few data indicators are statistically unreliable. Therefore, sets of years were combined to increase the reliability of the data while maintaining the county-level perspective.



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# ABOUT COMMUNITY HOSPITAL CONSULTING

# About CHC Consulting

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- Community Hospital Corporation owns, manages and consults with hospitals through three distinct organizations – CHC Hospitals, CHC Consulting and CHC ContinueCare, which share a common purpose of preserving and protecting community hospitals.
- Based in Plano, Texas, CHC provides the resources and experience community hospitals need to improve quality outcomes, patient satisfaction and financial performance. For more information about CHC, please visit the website at: [www.communityhospitalcorp.com](http://www.communityhospitalcorp.com)



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# APPENDIX

- SUMMARY OF DATA SOURCES
- DATA REFERENCES
- MUA/P AND HPSA INFORMATION
- INTERVIEWEE INFORMATION
- PRIORITY BALLOT



# SUMMARY OF DATA SOURCES

# Summary of Data Sources

- **Demographics**

- This study utilized demographic data from **Stratasan**.
- Food insecurity information is pulled from **Feeding America’s Map the Meal Gap**, which provides food insecurity data by county, congressional district and state: <http://map.feedingamerica.org/>.
- This study also used health data collected by the **SparkMap**, a national platform that provides public and custom tools produced by the Center for Applied Research and Engagement Systems (CARES) at the University of Missouri. Data can be accessed at <https://sparkmap.org/report/>.
- The **Annie E. Casey Foundation** is a private charitable organization, dedicated to helping build better futures for disadvantaged children in the United States. One of their initiatives is the Kids Count Data Center, which provides access to hundreds of measures of child well-being by county and state; <http://datacenter.kidscount.org/>.
- **The United States Census Bureau** provides access to transportation data at the county and state level: <https://censusreporter.org/search/>.
- **The United States Census Bureau** provided data regarding foreign-born populations. Data can be accessed at <https://data.census.gov/cedsci/table?q=foreign%20born&tid=ACSDP1Y2019.DP02>.
- This study also used data collected by the **Small Area Income and Poverty Estimates (SAIPE)**, that provides Supplemental Nutrition Assistance Program (SNAP) Benefits as well as poverty estimates by county and state [<https://www.census.gov/data/datasets/time-series/demo/saipe/model-tables.html> and [https://www.census.gov/data-tools/demo/saipe/#/?map\\_geoSelector=aa\\_c](https://www.census.gov/data-tools/demo/saipe/#/?map_geoSelector=aa_c)] respectively.
- **The United States Bureau of Labor Statistics**, Local Area Unemployment Statistics provides unemployment statistics by county and state; <http://www.bls.gov/lau/#tables>.
- **Data USA** provides access to industry workforce categories at the county and state level: <https://datausa.io/>.
- This study utilizes data from the **Economic Innovation Group**, which provides distressed community index scores by county and state: <https://eig.org/dci/interactive-map?path=state/>.

- **Health Data**

- The County Health Rankings are made available by the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The Rankings measure the health of nearly all counties in the nation and rank them within states. The Rankings are compiled using county-level measures from a variety of national and state data sources. These measures are standardized and combined using scientifically-informed weights. The Rankings are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play. Building on the work of America's Health Rankings, the University of Wisconsin Population Health Institute has used this model to rank the health of Wisconsin’s counties every year since 2003; <http://www.countyhealthrankings.org/>.

# Summary of Data Sources

- **Health Data (continued)**

- This study also used health data collected by the **SparkMap**, a national platform that provides public and custom tools produced by the Center for Applied Research and Engagement Systems (CARES) at the University of Missouri. Data can be accessed at <https://sparkmap.org/report/>.
- The **U.S. Census Bureau’s Small Area Health Insurance Estimates** program produces the only source of data for single-year estimates of health insurance coverage status for all counties in the U.S. by selected economic and demographic characteristics. Data can be accessed at <https://www.census.gov/data-tools/demo/sahie/index.html>.
- The **U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA)** provides Medically Underserved Area / Population and Health Professional Shortage Area scores, and can be accessed at: <https://datawarehouse.hrsa.gov/tools/analyzers.aspx>.
- The **Centers for Disease Control and Prevention National Center for Health Statistics WONDER Tool** provides access to public health statistics and community health data including, but not limited to, mortality, chronic conditions, and communicable diseases; <http://wonder.cdc.gov/ucd-icd10.html>.
- This study utilizes county level data from the **Behavioral Risk Factor Surveillance System (BRFSS)**, provided by the: Colorado Department of Public Health & Environment, Colorado Health; <https://cdphe.colorado.gov/colorado-health-indicators>.
- **Colorado Health Information Dataset (CoHID) Cancer Incidence**, Colorado Department of Public Health & Environment, provides information on Cancer Incidence & Mortality by Type; [https://cohealthviz.dphe.state.co.us/t/HealthInformaticsPublic/views/COHIDCancerIncidenceRates/CancerIncidences?iframeSizedToWindow=true&%3Aembed=y&%3AshowAppBanner=false&%3Adisplay\\_count=no&%3AshowVizHome=no](https://cohealthviz.dphe.state.co.us/t/HealthInformaticsPublic/views/COHIDCancerIncidenceRates/CancerIncidences?iframeSizedToWindow=true&%3Aembed=y&%3AshowAppBanner=false&%3Adisplay_count=no&%3AshowVizHome=no).
- **Centers for Disease Control and Prevention**, National Center for Health Statistics provides information on the leading causes of death; <http://wonder.cdc.gov/ucd-icd10.html>.

- **Community Input**

- CHC conducted interviews on behalf of CHC conducted interviews on behalf of Southwest Health System from April 12, 2022 – April 29, 2022.
- Interviews were conducted and summarized by Alex Campbell, Planning Analyst.



# DATA REFERENCES

# Distressed Communities Index

The seven components of the index are:

-  **No High School Diploma**  
Percent of the 25-year-old+ population without a high school diploma or equivalent
-  **Housing Vacancy Rate**  
Percent of habitable housing that is unoccupied, excluding properties that are for seasonal, recreational, or occasional use
-  **Adults Not Working**  
Percent of the prime-age (25-54) population not currently employed
-  **Poverty Rate**  
Percent of the population living under the poverty line
-  **Median Income Ratio**  
Median household income as a percent of metro area median household income (or state, for non-metro areas)
-  **Change in Employment**  
Percent change in the number of jobs from 2014 to 2018
-  **Change in Establishments**  
Percent change in the number of business establishments from 2014 to 2018

# 2022 Poverty Guidelines

2022 POVERTY GUIDELINES FOR THE 48 CONTIGUOUS STATES AND THE DISTRICT OF COLUMBIA	
Persons in family/household	Poverty guideline
1	\$13,590
2	\$18,310
3	\$23,030
4	\$27,750
5	\$32,470
6	\$37,190
7	\$41,910
8	\$46,630
For families/households with more than 8 persons, add \$4,720 for each additional person.	



# MUA/P AND HPSA INFORMATION

# Medically Underserved Areas/Populations

## *Background*

- Medically Underserved Areas (MUAs) and Medically Underserved Populations (MUPs) are areas or populations designated by HRSA as having too few primary care providers, high infant mortality, high poverty or a high elderly population.
- MUAs have a shortage of primary care services for residents within a geographic area such as:
  - A whole county
  - A group of neighboring counties
  - A group of urban census tracts
  - A group of county or civil divisions
- MUPs are specific sub-groups of people living in a defined geographic area with a shortage of primary care services. These groups may face economic, cultural, or linguistic barriers to health care. Examples include, but are not limited to:
  - Homeless
  - Low income
  - Medicaid eligible
  - Native American
  - Migrant farmworkers

# Medically Underserved Areas/Populations

## *Background (continued)*

- The Index of Medical Underservice (IMU) is applied to data on a service area to obtain a score for the area. IMU is calculated based on four criteria:
  1. Population to provider ratio
  2. Percent of the population below the federal poverty level
  3. Percent of the population over age 65
  4. Infant mortality rate
- The IMU scale is from 1 to 100, where 0 represents ‘completely underserved’ and 100 represents ‘best served’ or ‘least underserved.’
- Each service area or population group found to have an IMU of 62.0 or less qualifies for designation as a Medically Underserved Area or Medically Underserved Population.

Discipline	MUA/P ID	Service Area Name	Designation Type	Primary State Name	County	Index of Medical Underservice Score	Status	Rural Status	Designation Date	Update Date
Primary Care	06175	Low Income Population of Montezuma Co	Medically Underserved Area – Governor’s Exception	Colorado	Montezuma County, CO	63.2	Designated	Rural	01/22/2001	01/22/2001
	Component State Name	Component County Name	Component Name	Component Type	Component GEOID	Component Rural Status				
	Colorado	Montezuma	Montezuma	Single County	08083	Rural				

# Health Professional Shortage Areas

## *Background*

- Health Professional Shortage Areas (HPSAs) are designations that indicate health care provider shortages in:
  - Primary care
  - Dental health
  - Mental health
- These shortages may be geographic-, population-, or facility-based:
  - Geographic Area: A shortage of providers for the entire population within a defined geographic area.
  - Population Groups: A shortage of providers for a specific population group(s) within a defined geographic area (e.g., low income, migrant farmworkers, and other groups)
  - Facilities:
    - Other Facility (OFAC)
    - Correctional Facility
    - State Mental Hospitals
    - Automatic Facility HPSAs (FQHCs, FQHC Look-A-Likes, Indian Health Facilities, HIS and Tribal Hospitals, Dual-funded Community Health Centers/Tribal Clinics, CMS-Certified Rural Health Clinics (RHCs) that meet National Health Service Corps (NHSC) site requirements)

# Health Professional Shortage Areas

## *Background (continued)*

- HRSA reviews these applications to determine if they meet the eligibility criteria for designation. The main eligibility criterion is that the proposed designation meets a threshold ratio for population to providers.
- Once designated, HRSA scores HPSAs on a scale of 0-25 for primary care and mental health, and 0-26 for dental health, with higher scores indicating greater need.

Discipline	HPSA ID	HPSA Name	Designation Type	Primary State Name	County Name	HPSA FTE Short	HPSA Score	Status	Rural Status	Designation Date	Update Date
Dental Health	6083033575	LI - Montezuma County	Low Income Population HPSA	Colorado	Montezuma County, CO	1.342	13	Designated	Rural	02/12/2009	09/09/2021
<b>Component State Name</b>		<b>Component County Name</b>		<b>Component Name</b>		<b>Component Type</b>		<b>Component GEOID</b>		<b>Component Rural Status</b>	
Colorado		Montezuma		Montezuma		Single County		08083		Rural	
Mental Health	708999080G	Southwest Colorado Mental Health Center, Inc.	Federally Qualified Health Center	Colorado	La Plata County, CO		22	Designated	Rural	11/01/2013	08/10/2021
<b>Site Name</b>		<b>Site Address</b>	<b>Site City</b>	<b>Site State</b>	<b>Site ZIP Code</b>		<b>County</b>		<b>Rural Status</b>		
Archuleta Integrated Healthcare Clinic		52 Village Dr	Pagosa Springs	CO	81147-8368		Archuleta		Rural		
Axis Health System Oral Health Clinic		2530 Colorado Ave Unit 1A	Durango	CO	81301-4761		La Plata		Rural		
Cortez Integrated Healthcare		691 E Empire St	Cortez	CO	81321-2802		Montezuma		Rural		
Cortez Oral Health Clinic		101 S Maple St Ste B	Cortez	CO	81321-3562		Montezuma		Rural		
Dove Creek Integrated Healthcare		495 W 4th St	Dove Creek	CO	81324-4900		Dolores		Rural		
Southwest Colorado Mental Health Center dba Axis Health System, Corporate Office		185 Suttle St	Durango	CO	81303-8276		La Plata		Rural		
Southwest Colorado Mental Health Center, Inc., dba La Plata Integrated Healthcare		1970 E 3rd Ave Unit Level	Durango	CO	81301-5056		La Plata		Rural		

Discipline	HPSA ID	HPSA Name	Designation Type	Primary State Name	County Name	HPSA FTE Short	HPSA Score	Status	Rural Status	Designation Date	Update Date
Mental Health	7083968009	Southwestern Mental Health Catchment Area	Geographic HPSA	Colorado	Archuleta County, CO   Dolores County, CO   La Plata County, CO   Montezuma County, CO   San Juan County, CO	2.185	12	Designated	Rural	09/06/2013	09/10/2021
	<b>Component State Name</b>	<b>Component County Name</b>	<b>Component Name</b>	<b>Component Type</b>		<b>Component GEOID</b>		<b>Component Rural Status</b>			
	Colorado	Archuleta	Archuleta	Single County		08007		Rural			
	Colorado	Dolores	Dolores	Single County		08033		Rural			
	Colorado	La Plata	La Plata	Single County		08067		Rural			
	Colorado	Montezuma	Montezuma	Single County		08083		Rural			
	Colorado	San Juan	San Juan	Single County		08111		Rural			
Primary Care	1083278511	LI-Montezuma County	Low Income Population HPSA	Colorado	Montezuma County, CO	2.089	15	Designated	Rural	03/27/2001	09/10/2021
	<b>Component State Name</b>	<b>Component County Name</b>	<b>Component Name</b>	<b>Component Type</b>		<b>Component GEOID</b>		<b>Component Rural Status</b>			
	Colorado	Montezuma	Montezuma	Single County		08083		Rural			
Primary Care	10899908C7	UTE MOUNTAIN UTE HEALTH CENTER	Indian Health Service, Tribal Health, and Urban Indian Health Organizations	Colorado	Montezuma County, CO		19	Designated	Rural	10/26/2002	09/11/2021
	<b>Site Name</b>	<b>Site Address</b>	<b>Site City</b>	<b>Site State</b>	<b>Site ZIP Code</b>		<b>County</b>		<b>Rural Status</b>		
	UTE MOUNTAIN UTE HEALTH CENTER	232 Rustling Willow St	Towaoc	CO	81334-5062		Montezuma		Rural		
Mental Health	708999080F	UTE MOUNTAIN UTE HEALTH CENTER	Indian Health Service, Tribal Health, and Urban Indian Health Organizations	Colorado	Montezuma County, CO		21	Designated	Rural	06/15/2011	09/11/2021

Discipline	HPSA ID	HPSA Name	Designation Type	Primary State Name	County Name	HPSA FTE Short	HPSA Score	Status	Rural Status	Designation Date	Update Date
		<b>Site Name</b>	<b>Site Address</b>	<b>Site City</b>	<b>Site State</b>	<b>Site ZIP Code</b>		<b>County</b>		<b>Rural Status</b>	
		UTE MOUNTAIN UTE HEALTH CENTER	232 Rustling Willow St	Towaoc	CO	81334-5062		Montezuma		Rural	
Dental Health	608999087A	UTE MOUNTAIN UTE HEALTH CENTER	Indian Health Service, Tribal Health, and Urban Indian Health Organizations	Colorado	Montezuma County, CO		22	Designated	Rural	06/15/2011	09/11/2021
		<b>Site Name</b>	<b>Site Address</b>	<b>Site City</b>	<b>Site State</b>	<b>Site ZIP Code</b>		<b>County</b>		<b>Rural Status</b>	
		UTE MOUNTAIN UTE HEALTH CENTER	232 Rustling Willow St	Towaoc	CO	81334-5062		Montezuma		Rural	
Primary Care	1081368056	White Mesa Health Station	Indian Health Service, Tribal Health, and Urban Indian Health Organizations	Colorado	Montezuma County, CO		19	Designated	Rural	02/11/2020	09/12/2021
		<b>Site Name</b>	<b>Site Address</b>	<b>Site City</b>	<b>Site State</b>	<b>Site ZIP Code</b>		<b>County</b>		<b>Rural Status</b>	
		White Mesa Health Station	232 Rustling Willow St	Towaoc	CO	81334-5062		Montezuma		Rural	
Mental Health	7087412434	White Mesa Health Station	Indian Health Service, Tribal Health, and Urban Indian Health Organizations	Colorado	Montezuma County, CO		19	Designated	Rural	02/11/2020	09/12/2021
		<b>Site Name</b>	<b>Site Address</b>	<b>Site City</b>	<b>Site State</b>	<b>Site ZIP Code</b>		<b>County</b>		<b>Rural Status</b>	
		White Mesa Health Station	232 Rustling Willow St	Towaoc	CO	81334-5062		Montezuma		Rural	
Dental Health	6082191569	White Mesa Health Station	Indian Health Service, Tribal Health, and Urban Indian Health Organizations	Colorado	Montezuma County, CO		21	Designated	Rural	02/11/2020	09/12/2021
		<b>Site Name</b>	<b>Site Address</b>	<b>Site City</b>	<b>Site State</b>	<b>Site ZIP Code</b>		<b>County</b>		<b>Rural Status</b>	
		White Mesa Health Station	232 Rustling Willow St	Towaoc	CO	81334-5062		Montezuma		Rural	
Primary Care	108999080E	Southwest Colorado Mental Health Center, Inc.	Federally Qualified Health Center	Colorado	La Plata County, CO		18	Designated	Rural	11/01/2013	09/12/2021

Discipline	HPSA ID	HPSA Name	Designation Type	Primary State Name	County Name	HPSA FTE Short	HPSA Score	Status	Rural Status	Designation Date	Update Date
		<b>Site Name</b>	<b>Site Address</b>	<b>Site City</b>	<b>Site State</b>	<b>Site ZIP Code</b>	<b>County</b>	<b>Rural Status</b>			
		Archuleta Integrated Healthcare Clinic	52 Village Dr	Pagosa Springs	CO	81147-8368	Archuleta	Rural			
		Axis Health System Oral Health Clinic	2530 Colorado Ave Unit 1A	Durango	CO	81301-4761	La Plata	Rural			
		Cortez Integrated Healthcare	691 E Empire St	Cortez	CO	81321-2802	Montezuma	Rural			
		Cortez Oral Health Clinic	101 S Maple St Ste B	Cortez	CO	81321-3562	Montezuma	Rural			
		Dove Creek Integrated Healthcare	495 W 4th St	Dove Creek	CO	81324-4900	Dolores	Rural			
		Southwest Colorado Mental Health Center dba Axis Health System, Corporate Office	185 Suttle St	Durango	CO	81303-8276	La Plata	Rural			
		Southwest Colorado Mental Health Center, Inc., dba La Plata Integrated Healthcare	1970 E 3rd Ave Unit Level	Durango	CO	81301-5056	La Plata	Rural			
Dental Health	608999080D	Southwest Colorado Mental Health Center, Inc.	Federally Qualified Health Center	Colorado	La Plata County, CO		24	Designated	Rural	11/01/2013	09/12/2021

Discipline	HPSA ID	HPSA Name	Designation Type	Primary State Name	County Name	HPSA FTE Short	HPSA Score	Status	Rural Status	Designation Date	Update Date
		<b>Site Name</b>	<b>Site Address</b>	<b>Site City</b>	<b>Site State</b>	<b>Site ZIP Code</b>	<b>County</b>	<b>Rural Status</b>			
		Archuleta Integrated Healthcare Clinic	52 Village Dr	Pagosa Springs	CO	81147-8368	Archuleta	Rural			
		Axis Health System Oral Health Clinic	2530 Colorado Ave Unit 1A	Durango	CO	81301-4761	La Plata	Rural			
		Cortez Integrated Healthcare	691 E Empire St	Cortez	CO	81321-2802	Montezuma	Rural			
		Cortez Oral Health Clinic	101 S Maple St Ste B	Cortez	CO	81321-3562	Montezuma	Rural			
		Dove Creek Integrated Healthcare	495 W 4th St	Dove Creek	CO	81324-4900	Dolores	Rural			
		Southwest Colorado Mental Health Center dba Axis Health System, Corporate Office	185 Suttle St	Durango	CO	81303-8276	La Plata	Rural			
		Southwest Colorado Mental Health Center, Inc., dba La Plata Integrated Healthcare	1970 E 3rd Ave Unit Level	Durango	CO	81301-5056	La Plata	Rural			



# INTERVIEWEE INFORMATION

## Southwest Health System Community Health Needs Assessment Interviewee Information

Name	Title	Organization	Interview Date	County Served	Interviewer	IRS Category			Population Served
						A	B	C	
Carol Baumgartner	Human Resources	Hospice of Montezuma County	4/29/2022	Montezuma County	Alex Campbell		X		Medically Complex
Tom Burris	Superintendent	Montezuma County School District	4/19/2022	Montezuma County	Alex Campbell		X		Youth/Adolescents/Teen
James Candelaria	Commissioner	Montezuma County	4/26/2022	Montezuma County	Alex Campbell			X	General Public
Brian Ensign	Senior Regional Director	Axis Health System	4/26/2022	Multi-county area, including Montezuma County	Alex Campbell		X		General Public
Lisa Gates	Chief Nursing Officer	Southwest Health System	4/18/2022	Multi-county area, including Montezuma County	Alex Campbell		X		General Public
Susan Hodgdon	Board Member	Southwest Health System	4/13/2022	Multi-county area, including Montezuma County	Alex Campbell		X		General Public
Sarah Kuhn	Veteran Services Officer	County VA Services	4/28/2022	Montezuma County	Alex Campbell		X		Veterans
Emily Huminski	Team UP Coordinator	United Way	4/21/2022	Montezuma County	Alex Campbell		X		Underserved/Low income/Un/underinsured
Rose Jergens	Executive Director	Four Corners Child Advocacy Center	4/26/2022	Montezuma County	Alex Campbell		X		Youth
Sean Killoy	Disaster Program Manager Board Member	Red Cross Southwest Health System	4/18/2022	Multi-county area, including Montezuma County	Alex Campbell		X		General Public
Bobbi Lock	Director	Montezuma County Health Department	4/25/2022	Montezuma County	Alex Campbell	X			General Public
Marc Meyer	Director of Pharmacy Services and Infection Prevention	Southwest Health System	4/18/2022	Multi-county area, including Montezuma County	Alex Campbell		X		General Public
Jorie McCann	Director	Montezuma Youth Alliance	4/18/2022	Montezuma County	Alex Campbell		X		Youth/Adolescents/Teen
Steve Nowlin	Sheriff	Montezuma County Sheriff Department	4/21/2022	Montezuma County	Alex Campbell			X	General Public
Travis Parker	Chief Human Resource Officer	Southwest Health System	4/13/2022	Multi-county area, including Montezuma County	Alex Campbell		X		General Public

## Southwest Health System Community Health Needs Assessment Interviewee Information

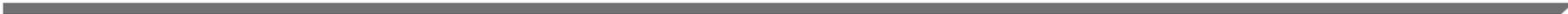
Name	Title	Organization	Interview Date	County Served	Interviewer	IRS Category			Population Served
						A	B	C	
Imo Succo	Regional Health Connector	Southwestern Colorado Area Health Education Center	4/27/2022	Multi-county area, including Montezuma County	Alex Campbell		X		Youth/Adolescents/Teen
Ron Terry	Commander	Disabled American Veterans	4/12/2022	Montezuma County	Alex Campbell		X		Veterans
Dan Valverde	Board Member	Southwest Health System	4/25/2022	Multi-county area, including Montezuma County	Alex Campbell		X		General Public

A: Work for a State, local, tribal, or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community

B: Member of a medically underserved, low-income, and minority populations in the community, or individuals or organizations serving or representing the interests of such populations

C: Community Leaders

Source: Southwest Health System Community Health Needs Assessment Interviews conducted by Community Hospital Consulting; April 12, 2022 – April 29, 2022.



# PRIORITY BALLOT

Prioritization Ballot

**Upon reviewing the comprehensive preliminary findings report for the 2022 Southwest Health System (SHS) Community Health Needs Assessment (CHNA), we have identified the following needs for the SHS CHNA Team to prioritize *in order of importance*.**

**Please review the following criteria (Size and Prevalence of the Issue, Effectiveness of Interventions and SHS Capacity) that we would like for you to use when identifying the top community health priorities for SHS, then cast 3 votes for each priority.**

**1. Size and Prevalence of the Issue**

***In thinking about the "Size and Prevalence" of the health need identified, ask yourself the following questions listed below to figure out if the overall magnitude of the health issue should be ranked as a "1" (least important) or a "5" (most important).***

- a. How many people does this affect?**
- b. How does the prevalence of this issue in our communities compare with its prevalence in other counties or the state?**
- c. How serious are the consequences? (urgency; severity; economic loss)**

**2. Effectiveness of Interventions**

***In thinking about the "Effectiveness of Interventions" of the health need identified, ask yourself the following questions listed below to figure out if the overall magnitude of the health issue should be ranked as a "1" (least important) or a "5" (most important).***

- a. How likely is it that actions taken by SHS will make a difference?**
- b. How likely is it that actions taken by SHS will improve quality of life?**
- c. How likely is it that progress can be made in both the short term and the long term?**
- d. How likely is it that the community will experience reduction of long-term health cost?**

**3. SHS Capacity**

***In thinking about the Capacity of SHS to address the health need identified, ask yourself the following questions listed below to figure out if the overall magnitude of the health issue should be ranked as a "1" (least important) or a "5" (most important).***

- a. Are people at SHS likely to support actions around this issue? (ready)**
- b. Will it be necessary to change behaviors and attitudes in relation to this issue? (willing)**
- c. Are the necessary resources and leadership available to us now? (able)**

***\*Please note that the identified health needs below are in alphabetical order for now, and will be shifted in order of importance once they are ranked by the CHNA Team.***

\* 1. Access to Dental Care Services and Providers

	1 (Least Important)	2	3	4	5 (Most Important)
Size and Prevalence of the Issue	<input type="radio"/>				
Effectiveness of Interventions	<input type="radio"/>				
SHS Capacity	<input type="radio"/>				

\* 2. Access to Mental and Behavioral Health Care Services and Providers

	1 (Least Important)	2	3	4	5 (Most Important)
Size and Prevalence of the Issue	<input type="radio"/>				
Effectiveness of Interventions	<input type="radio"/>				
SHS Capacity	<input type="radio"/>				

\* 3. Continued Recruitment & Retention of Healthcare Workforce

	1 (Least Important)	2	3	4	5 (Most Important)
Size and Prevalence of the Issue	<input type="radio"/>				
Effectiveness of Interventions	<input type="radio"/>				
SHS Capacity	<input type="radio"/>				

\* 4. Increased Emphasis on Addressing Social Determinants of Health to Reduce Health Disparities Among Specific Populations

	1 (Least Important)	2	3	4	5 (Most Important)
Size and Prevalence of the Issue	<input type="radio"/>				
Effectiveness of Interventions	<input type="radio"/>				
SHS Capacity	<input type="radio"/>				

\* 5. Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles

	1 (Least Important)	2	3	4	5 (Most Important)
Size and Prevalence of the Issue	<input type="radio"/>				
Effectiveness of Interventions	<input type="radio"/>				
SHS Capacity	<input type="radio"/>				

\* 6. When thinking about the above needs, are there any on this list that you DO NOT feel that SHS could/would work on over the next 3 years?

Yes, we could/should work on this issue.      No, we cannot/should not work on this issue.

Access to Dental Care Services and Providers	<input type="radio"/>				
Access to Mental and Behavioral Health Care Services and Providers	<input type="radio"/>				
Continued Recruitment & Retention of Healthcare Workforce	<input type="radio"/>				
Increased Emphasis on Addressing Social Determinants of Health to Reduce Health Disparities Among Specific Populations	<input type="radio"/>				
Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles	<input type="radio"/>				

## **Section 2:**

# **Implementation Plan**

# Southwest Health System

## FY2023 - FY2025 Implementation Plan

A comprehensive, six-step community health needs assessment (“CHNA”) was conducted for Southwest Health System (SHS) by Community Hospital Consulting (CHC Consulting). This CHNA utilizes relevant health data and stakeholder input to identify the significant community health needs in Montezuma County, Colorado.

The CHNA Team, consisting of leadership from SHS, met with staff from CHC Consulting on July 25, 2022 to review the research findings and prioritize the community health needs. Five significant community health needs were identified by assessing the prevalence of the issues identified from the health data findings combined with the frequency and severity of mentions in community input.

The CHNA Team participated in a prioritization process using a structured matrix to rank the community health needs based on three characteristics: size and prevalence of the issue, effectiveness of interventions and the hospital’s capacity to address the need. Once this prioritization process was complete, the hospital leadership took a survey through SurveyMonkey and decided to address four of the five prioritized needs in various capacities through a hospital specific implementation plan.

The five most significant needs, as discussed during the July 25th prioritization meeting, are listed below:

1. Access to Mental and Behavioral Health Care Services and Providers
2. Continued Recruitment & Retention of Healthcare Workforce
3. Increased Emphasis on Addressing Social Determinants of Health to Reduce Health Disparities Among Specific Populations
4. Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles
5. Access to Dental Care Services and Providers

While SHS acknowledges that this is a significant need in the community, “Access to Dental Care Services and Providers” is not addressed largely due to the fact that it is not a core business function of the hospital and the limited capacity of the hospital to address this need. SHS will continue to support local organizations and efforts to address this need in the community.

SHS leadership has developed the following implementation plan to identify specific activities and services which directly address the remaining priorities. The objectives were identified by studying the prioritized health needs, within the context of the hospital’s overall strategic plan and the availability of finite resources. The plan includes a rationale for each priority, followed by objectives, specific implementation activities, responsible leaders, annual status and progress updates (as appropriate).

The SHS Board reviewed and adopted the 2022 Community Health Needs Assessment and Implementation Plan report on October 26, 2022

## Priority #1: Access to Mental and Behavioral Health Care Services and Providers

**Rationale:**

Data suggests that residents in Montezuma County do not have adequate access to mental and behavioral health care services and providers. Montezuma County has a lower rate of mental health care providers per 100,000 than the state. Many interviewees mentioned the need for additional availability of mental health providers like therapists, counselors and social workers, particularly for veterans. It was mentioned several times that the limited access to mental and behavioral health care services is due to perceived long wait times, affordability/insurance barriers as well as a limited workforce and local options of care. One interviewee stated: "There's a lack of workforce for behavioral health programs. There's just not enough programs and the only place that seems to have it is at Axis Health. People want other sources but they need to have insurance." There were conflicting comments amongst interviewees on the length of time it takes to get an appointment. A few interviewees discussed the lack of local inpatient services are leading to outmigration to Durango, Grand Junction, Pueblo and the front range. One interviewee stated: "There's no inpatient care. The nearest thing we have is a detox and that's in Durango. The nearest inpatient would be in Grand Junction, Pueblo and the Front Range. Grand Junction is 4 hours, Pueblo is 7 hours and the Front Range is 8 hours away."

Interviewees also discussed how substance misuse/abuse is adding to mental and behavioral health issues in the area, particularly for the youth population. One interviewee stated: "We need to get really serious about young people's mental health to help alleviate some of the health risks in the future. Kids are using drugs and then having serious smoking issues and lung cancer." Additionally, it was noted that there are specific requirements for local facilities and that is leading to limitations in patients seeking mental and behavioral health care. One interviewee stated: "There's a small health system in town that's the gatekeeper for mental health. Let's say you are an alcoholic. They won't treat you until you're not drinking or are detoxed. We need providers that are linked to the hospital that can help them."

**Objective:**

*Increase local access to mental health care services*

Implementation Activity	Responsible Leader(s)	Current Examples (if applicable)	FY 2023		FY 2024		FY 2025	
			Status	Progress Updates	Status	Progress Updates	Status	Progress Updates
<b>1.A.</b> SHS will partner with community partners for mental health resources in the community via local entities or telehealth services for the Emergency Department. SHS partners with the community detox agreement and contributes to monies for the program.	ED Director, CNO							
<b>1.B.</b> SHS employs a medical social worker that works between the clinics and hospital to support physicians and patients for an integrated health care model.	Social Worker							
<b>1.C.</b> SHS supports local organizations both with tangible and monetary donations to insure proper care for homeless community members.	CEO, Food and Nutrition Director	Bridge Shelter						
<b>1.D.</b> SHS will continue to offer mental health support to its employees through the Employee Assistance Program (EAP).	HR, Quality and Risk Manager	Zero Suicide Awareness, on site social worker as needed						
<b>1.E.</b> SHS will continue to promote the local suicide prevention hotline for applicable patients.	ED Director, Quality and Risk Manager							
<b>1.F.</b> SHS will continue to provide sexual assault nurse examiners (SANE) for sexual assault and domestic abuse victims.	ED Director							
<b>1.G.</b> Per the Hospital Transformation Program (HTP), SHS will continue to focus on providing depression screenings in the clinic and the emergency department for new mothers up to 60 days postpartum, and providing referrals if appropriate.	Quality and Risk Manager							
<b>1.H.</b> SHS will continue to participate in community events that focus on education and promoting mental and behavioral health resources.	Quality and Risk Manager	RISE Suicide Awareness Walk						
<b>1.I.</b> SHS will continue to collaborate with the local high schools in education and promoting mental and behavioral healthcare resources to the student population as opportunities arise.	Practice Administrator, Behavioral Health Provider, School based NP							
<b>1.J.</b> SHS provides a case management program that helps provide education and necessary follow up care resources to patients who come to the emergency room with mental and behavioral health issues. SHS is exploring the opportunity to add this program in the inpatient setting.	CNO							
<b>1.K.</b> SHS will explore adding mental and behavioral health telehealth services in the emergency room to provide better access for patients.	CNO							

## Priority #2: Continued Recruitment & Retention of Healthcare Workforce

**Rationale:**

Montezuma County has a higher percentage of individuals who do not have a personal doctor as compared to the state. Additionally, Montezuma County has several Health Professional Shortage Area designations as defined by the U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA).

It was noted by interviewees that there is a need for recruitment and retention of the healthcare workforce in the community, such as physicians and nurses. One interviewee stated: "I think we have a lovely hospital. The biggest concern is keeping physicians here. That tends to be a revolving door. That is a big concern. How do we incentivize providers to stay here and create those relationships with the patients?" Another interviewee stated: "Bringing more physicians and nurses to the area [is a need]. Across the board, you can't get anything done because you don't have a physician but once you get the physician, then you don't have nurses [to help]."

In regards to primary care, interviewees acknowledged efforts made by the hospital to improve primary care access, however, there are still issues with accessing providers due to long wait times at appointments, lack of available providers, affordability barriers and limited internet access. One interviewee stated: "Our hospital does a great job with the resources they have. However, we do serve more than Montezuma County. The system is overwhelmed. People are agitated because they are expecting to be seen and then aren't seen for a couple of hours. There's just not enough providers for the community." Another interviewee stated: "Primary care is where I see the majority of the issues. Either there are no doctors or they can't afford it. Recently I had someone tell me that to get an appointment, it was about 30-60 days. I know some doctors are doing telehealth but there are a lot of people without Wi-Fi or technology." There were concerns discussed by interviewees surrounding the unmet needs of the aging/elderly population due to limited knowledge of telemedicine usage for appointments.

There were concerns discussed by interviewees surrounding the unmet needs of the aging/elderly population due to limited knowledge of telemedicine usage for appointments. Interviewees had conflicting statements regarding the accessibility of primary care doctors. One interviewee stated: "My sense is when people need access to their primary care, they can get to it pretty easily. I think it's a couple weeks or sooner [to be seen]." Another interviewee stated: "The system is overwhelmed. There's just not enough providers for the community." A few interviewees acknowledged that there are additional sites of care available in the community but there are still issues with availability of appointments. One interviewee stated: "There are a couple of walk in clinics but some of those are full." Additionally, a couple interviewees noted a potential barrier with using other facilities for care because of fragmented continuum of care. One interviewee stated: "You can wait up to two weeks [to be seen]. If you have a problem right now, the advice is to go to the walk in clinic to get seen. The walk in clinic is great, but for someone that has a doctor, the clinic doesn't know the latest of what's going on with the patient."

With regards to specialty care, interviewees appreciated the hospital's involvement in accessing specialty care including recruitment needs and accessibility to see a specialist. Specific specialties mentioned as needed include Cardiology, Oncology, Orthopedics, Urology, local Dialysis options, Dermatology, OB/GYN, Pulmonology and Internal Medicine. Interviewees discussed the shortage of local specialty care services is leading to the outmigration of patients to Durango, Grand Junction, Colorado Springs, Albuquerque and Farmington. A couple of interviewees expressed that the lack of access to VA specialty care is leading to outmigration to nearby cities. One interviewee stated: "It's difficult for our veterans. They have to travel to a VA hospital in Albuquerque, Grand Junction or Durango. For the veterans mostly cardiology or urology [are needed]."

For dental care in the community, interviewees had conflicting statements regarding the accessibility of routine dental care needs. One interviewee stated: "[Dental care is] very accessible. I made an appointment with my local dentist. I have to wait a couple of months but that's because he's busy and popular." Another interviewee stated: "If I need a non-urgent appointment, it would take about a month." Interviewees also mentioned the long wait times for higher levels of dental care services and the need for oral surgeons in the community. There were conflicting statements made by interviewees regarding the availability of pediatric dentists. One interviewee stated: "I think there are enough pediatric dentists." Another interviewee stated: "There is no pediatric dental group here in town. I think the county health department has a dentist that travels for those types of situations."

A few interviewees discussed the demand for higher acuity dental needs and how that is leading to outmigration to Durango and Farmington. Lastly, interviewees mentioned the challenge in accessing dental services for Medicaid, Medicare and veteran patients. One interviewee stated: "There is a dental program in the health department called Smile Makers. That is pretty much the only Medicaid provider at this time. There are a couple of private practice dentist offices. One really underserved group is the elderly. Medicare does not have dental plans." Another interviewee stated: "For veterans, they don't have dental coverage unless they have supplemental dental coverage. So most of them don't see the dentist."

**Objective:**

*Continued efforts to recruit and retain providers to the community*

Implementation Activity	Responsible Leader(s)	Current Examples (if applicable)	FY 2023		FY 2024		FY 2025	
			Status	Progress Updates	Status	Progress Updates	Status	Progress Updates
<b>2.A.</b> SHS offers a variety of specialty services at Southwest Medical Group Specialty Clinic to increase local access to care for residents.	Practice Administrator							
<b>2.B.</b> SHS will continue to explore obtaining and maintaining the most up to date, advanced technology and equipment to increase access to specialized services for patients.	CNO, OR Director							
<b>2.C.</b> SHS will continue to work with Rural Partners in Medicine to increase physician coverage in the community across a variety of specialties.	Practice Administrator							
<b>2.D.</b> SHS will continue to recruit appropriate providers to the community based upon information from annual market assessment reports and the recently-completed medical staff development plan.	Practice Administrator, CEO							
<b>2.E.</b> SHS will continue to serve as a teaching facility and allow for students pursuing health-related careers to rotate through the facility in a variety of programs, including, but not limited to, nursing, radiology and pharmacy.	HR Director, Medical Staff Manager							
<b>2.F.</b> SHS explores opportunities to educate young adults on health care related career paths through community fairs and school career days.	CNO, Inpatient Director	Career Day at Montezuma Cortez Middle School						
<b>2.G.</b> SHS recognizes outstanding employees through nominations and award ceremonies.	HR	Employee of the Month, Leader of the Quarter, Employee of the Year						
<b>2.H.</b> In partnership with the local nursing school, SHS provides a nurse residency program, where people who are interested in healthcare can work before they have their license. The program and Colorado Nurse Excellence help the individual through their first year of nursing. Additionally, SHS is exploring the opportunity to expand this program.	CNO							
<b>2.I.</b> SHS provides reimbursement for education for qualified employees who wants to advance their education.	HR Director							
<b>2.J.</b> SHS will explore adding telehealth services in the intensive care unit (ICU) to provide better access for patients.	CNO							
<b>2.K.</b> SHS will continue to offer the High School Intern Program, which educates students about the vast array of health careers and encourages students to volunteer at SHS.	Education Department, HR							

## Priority #3: Increased Emphasis on Addressing Social Determinants of Health to Reduce Health Disparities Among Specific Populations

**Rationale:**

Data suggests that some residents in the study area face significant cost barriers when accessing the healthcare system. Montezuma County has higher unemployment rates than the state, as well as lower educational attainment rates than the state. Montezuma County also has a higher percentage of families and children living below poverty than the state. Additionally, Montezuma County has a lower median household income than the state, higher overall and child food insecurity rates, higher rates of Supplemental Nutrition Assistance Program (SNAP) recipients, as well as a higher percentage of public school students eligible for free or reduced price lunch than the state.

Montezuma County has a higher rate of those adults (age 18-64) who are uninsured as compared to the state. When analyzing the economic status, Montezuma County is in more economic distress than other counties in the state. Additionally, Montezuma County is designated as Health Professional Shortage Areas and Medically Underserved Areas, as defined by the U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA).

Interviewees discussed the limited accessibility and options for low income, un/underinsured populations. Interviewees also expressed concern about Medicare Advantage coverage and contracts for future services. One interviewee stated: "There's still a lot of lower income people here in the county. Access to care for them might not be where it needs to be." Another interviewee stated: "My concern about Medicare Advantage is that it's going to be something that will be hard for us to contract with. If we aren't able to figure it out it'll cause loss of services from us." It was noted several times that affordability issues are leading to patients seeking care at the emergency room, particularly those on Medicaid.

A few interviewees desire additional support for the working poor to afford health services. One interviewee stated: "There have been barriers in getting someone into long term nursing care due to insurance and payor sources. They have to be on Medicare. Another barrier might be that they have too much income and that can cause barriers with means tested programs. Everything takes so much time that it leaves people in limbo and causes trauma." Another interviewee stated: "[There's the need for] some kind of middle road for people who don't qualify for Medicare or Medicaid. There are a lot of working poor families who can't afford to take care of themselves." Lastly, a couple of interviewees discussed the low prioritization and utilization of affordable health care options for specific groups. One interviewee stated: "There's a reason why lower cost options are not utilized. I think people [who are struggling] are in a pretty high level of survival mode. That cut downs the awareness of options."

Interviewees acknowledged the community improvement in accessing health care services however, there is still a continued need to address the social determinants of health in the community like transportation and child care. One interviewee stated: "We've grown our access but we still need the social determinants of health addressed in our communities like transportation. Some patients can't come to their appointments because of transportation or there's no child care available."

A few interviewees discussed the limited transportation options in the community, particularly for the Medicaid population. One interviewee stated: "I see patients who are discharged from the hospital and [need] the extra help, like getting transportation. A lot of patients are overwhelmed and can't get themselves to resources [they need]." Another interviewee stated: "Transportation is huge which really ties to having access to healthcare. That is one of the biggest barriers that this area is not addressing. Public transportation is limited. The bus picks up certain qualified individuals to get a ride. I've heard one issue at Axis Health. There aren't enough Medicaid transports that assist the patients that need to get to their appointments." Lastly, a few interviewees mentioned the lack of local VA clinics leading to outmigration. One interviewee stated: "Some veterans have to drive 45 miles one way or 75-80 miles to be able to go to the VA clinic."

**Objective:**

*Implement and offer programs that aim to reduce health disparities by targeting specific populations*

Implementation Activity	Responsible Leader(s)	Current Examples (if applicable)	FY 2023		FY 2024		FY 2025	
			Status	Progress Updates	Status	Progress Updates	Status	Progress Updates
<b>3.A.</b> SHS provides Patient Financial Counseling to all community members, regardless of income level, and supports state and federal initiatives to address uninsured and underinsured population groups. In addition, the hospital participates in all managed care plans that help improve access for community members and reduce financial burdens of healthcare needs to consumers.	CFO							
<b>3.B.</b> SHS will continue to coordinate with local organizations to provide additional financial resources to navigate insurance in the service area, such as dedicated financial counselors to do health care enrollment each fall.	CFO							
<b>3.C.</b> SHS participates and collaborates with different organizations to provide additional access to healthcare resources.	CEO	Western Health Alliance (WHA), Colorado Hospital Association (CHA), and various other local collaborations.						
<b>3.D.</b> SHS operates the Southwest School-Based Health Center in the RE-1 school district on the Montezuma-Cortez High School Campus to provide low or no cost services to students and families of RE-1 and teachers.	Practice Administrator							
<b>3.E.</b> SHS will continue to host and participate in local events and donation drives to benefit underserved organizations and populations in the community.	Senior Leadership							
<b>3.F.</b> SHS will continue to provide a language line to offer translation services for non-English speaking patients and families as needed, as well as services for those who may be hearing and vision impaired.	Quality and Risk Manager							
<b>3.G.</b> SHS will continue to coordinate transportation for patients needing transportation assistance on an as needed basis.	Case Management, Quality and Risk Manager							

Implementation Activity	Responsible Leader(s)	Current Examples (if applicable)	FY 2023		FY 2024		FY 2025	
			Status	Progress Updates	Status	Progress Updates	Status	Progress Updates
<b>3.H.</b> Per the Hospital Transformation Program (HTP), SHS will continue to focus on Medicaid patients who are admitted as an inpatient to ensure there is a follow up appointment made within 30 days of discharge in addition to other interventions within the program.	Quality and Risk Manager							
<b>3.I.</b> SHS hosts an Infusion Clinic on the Mildred Road campus that provides local care for cancer patients.	Inpatient Director, CNO							
<b>3.J.</b> SHS partners with local nursing homes as a joint effort to ensure efficient handoffs and appropriate discharge planning for the patients.	CNO							
<b>3.K.</b> Through our walk-in clinic, patients are able to receive services 7 days a week. Additionally, SHS will continue to have a primary care provider on call 24/7.	Practice Administrator							
<b>3.L.</b> SHS will continue to employ a Patient Financial Counselor who assists with on site enrollment for patients regarding health plans including but not limited to CHIP, Medicaid, etc.	CFO							
<b>3.M.</b> SHS will collaborate with programs in the area and region on social determinants of health (SDOH). SHS will act as the funnel in connecting patients to those programs and resources in the community.	Quality and Risk Manager							

## Priority #4: Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles

**Rationale:**

Data suggests that higher rates of specific mortality causes and unhealthy behaviors warrant a need for increased preventive education and services to improve the health of the community. Heart disease and cancer are the two leading causes of death in Montezuma County and the state. Montezuma County has higher mortality rates than Colorado for the following causes of death: heart disease; cancer; accidents (unintentional injuries); chronic lower respiratory diseases, intentional self-harm (suicide); chronic liver disease and cirrhosis, diabetes mellitus; and lung and bronchus cancer.

Montezuma County has higher prevalence rates of chronic conditions, such as adults with diabetes, arthritis and adults with high blood pressure. Montezuma County has higher percentages of residents participating in unhealthy lifestyle behaviors such as physical inactivity and binge drinking than the state. With regards to maternal and child health, specifically, Montezuma County has higher low birth weight births, higher teen (age 0-19 years) birth and higher rates of women who received inadequate prenatal care than the state.

Data suggests that Montezuma County residents are not appropriately seeking preventive care services, such as timely mammography, colonoscopy or pap tests. Montezuma County has lower vaccination rates for adults and those 65+ who have received their flu vaccine in the past 12 months and those 65+ who have received their pneumonia vaccine in the past 12 months as compared to the state. Montezuma County has a lower rate of dentists per 100,000 than the state as well. Montezuma County has a lower percentage of its population vaccinated with the first dose and second dose and a lower total amount of COVID-19 cases than the state (information as of July 22, 2022).

Several interviewees expressed appreciation for the hospital in educating patients on the importance of having a doctor and collaboration between local organizations. One interviewee stated: "Healthy lifestyle management is an area that we actually do reasonably well in between the hospital, community clinics and the public health department. If people are interested in healthy lifestyle information they can find it." It was mentioned that there was a desire to see additional marketing of services in the community as well as more education on healthy lifestyles. One interviewee stated: "We have got to educate on how to take care of oneself. It's not about taking a pill that will take care of oneself. A lot of people think that way and in reality that doesn't work. It's a huge education component." Several interviewees acknowledged the local resources in the community but mentioned how there were potential barriers for some populations due to cost. One interviewee stated: "We do have a recreational center and three other gyms but again, it's the cost."

A couple of interviewees expressed concern surrounding equitable health opportunities for the community and potential barriers for some seniors regarding the affordability of food and meals. One interviewee stated: "Do we have equitable health opportunities? I would say no. There are support groups like AA and NA but that's if you have specific problems. We do have a senior center that serves meals but they aren't necessarily free."

**Objective:**

*Implement programs and provide educational opportunities that seek to address unhealthy lifestyles and behaviors in the community*

Implementation Activity	Responsible Leader(s)	Current Examples (if applicable)	FY 2023		FY 2024		FY 2025	
			Status	Progress Updates	Status	Progress Updates	Status	Progress Updates
<b>4.A.</b> SHS will continue to increase educational opportunities for the public concerning wellness topics and health risk concerns, host various support and educational groups at the facility, and support and participate in local health-related events to highlight hospital services and offer a variety of health screenings at a free or reduced rate.	HR, CNO, Marketing	Sport Physical Days, Prepared Childbirth Class, Mobile Vaccine Clinic, Diabetes Education, Sex Education, Stop the Bleed, Helmet safety, Suicide Awareness information sheet						
<b>4.B.</b> SHS is participating in the Hospital Quality Incentive Payment Program (HQIP) which operates solely in the Medicaid market. Through a variety of measurements, the HQIP focuses on maternal health and perinatal care, patient safety and patient experience. As a part of this program, SHS is focusing on providing long term, reversible contraceptives to new mothers prior to leaving the hospital after delivery and OB emergencies surrounding post partum hemorrhages.	Quality and Risk Manager							
<b>4.C.</b> SHS personnel serve in leadership roles and as volunteers with many agencies and committees in the community.	Senior Leadership							
<b>4.D.</b> SHS will continue to participate in the local Health Care Coalition that includes health care leaders and organizations around the service area who meet monthly to discuss potential collaborations and addressing health care needs in the community.	Quality and Risk Manager	Attendees may include but are not limited to: case management, discharge planning, patient financial advisor						
<b>4.E.</b> SHS will continue to serve as a proper medication disposal site.	Pharmacy Director							
<b>4.F.</b> SHS will continue to provide employees with discounted memberships to a local fitness center, gym or recreation center in order to promote employee wellness.	HR							
<b>4.G.</b> SHS will continue to periodically host blood drives for employees and the community to participate in.	Laboratory Director							

Implementation Activity	Responsible Leader(s)	Current Examples (if applicable)	FY 2023		FY 2024		FY 2025	
			Status	Progress Updates	Status	Progress Updates	Status	Progress Updates
<b>4.H.</b> In partnership with the Colorado Hospital Association, SHS started an Antibiotic Stewardship Program in 2014 that included collaboration with area nursing homes, clinic providers and dental education. This resulted in significant improvement in antimicrobial days of therapy and antimicrobial resistance reductions. With the success of these programs, the SHS pharmacy department has been asked to consult with the CDC, Pew Charitable Trusts and the Joint Commission and give lectures around the US on small hospital antimicrobial stewardship.	Pharmacy Director							
<b>4.I.</b> SHS offers space in the hospital for local programs and organizations to use for meetings as appropriate.	Senior Leadership	Opioid Council, Opioid Programs for the state						
<b>4.J.</b> Through the LOR foundation grant, SHS will provide Question, Persuade, Refer (QPR) training for all staff.	Quality and Risk Manager							
<b>4.K.</b> SHS will continue to educate healthcare providers and the community on opioids. SHS provides an opioid program in the emergency room. SHS is working towards inputting a medication assistance treatment program and will partner with the Southwest Opioid Response District (SWORD) program. Through the HTP program, SHS is focusing on increasing alternative treatment to opioids ALTO's and decreasing the usage of opioids.	CNO, Quality and Risk Manager							

## **Section 3:**

# **Feedback, Comments and Paper Copies**



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# **INPUT REGARDING THE HOSPITAL'S CURRENT CHNA**

# CHNA Feedback Invitation

- IRS Final Regulations require a hospital facility to consider written comments received on the hospital facility's most recently conducted CHNA and most recently adopted Implementation Strategy in the CHNA process.
- SHS invites all community members to provide feedback on its existing CHNA and Implementation Plan.
- To provide input on this CHNA please see details at the end of this report or respond via direct mail or email to the hospital. The physical address and email address can be found directly on the hospital's website at the site of this download.



# Feedback, Questions or Comments?

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Please address any written comments on the CHNA and Implementation Plan and/or requests for a copy of the CHNA and Implementation Plan to:

## **Southwest Health System**

ATTN: Administration

1311 North Mildred Road Cortez, CO 81321

Email: [contacts@swhealth.org](mailto:contacts@swhealth.org)

Please find the most up to date contact information on the Southwest Health System website as a direct link under “About Us” along the top banner of the home page:

<https://www.swhealth.org/about/chna/>



# Thank you!

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