

Community Health Implementation Strategies  
 Annual Progress Report for  
 Children’s Hospital Colorado, **Colorado Springs**  
 Time Period: July 2023-June 2024

**Overview**

For our 2021 Community Health Needs Assessment, we took a holistic approach to addressing child mental health, which is our primary priority need identified in our needs assessment for Colorado Springs. Our approach focuses on four goals:

1. Improve mental health awareness and reduce the risk of suicide
2. Improve systems of care and access to mental health services
3. Promote protective factors and reduce risk factors for mental health conditions
4. Promote community voices and engagement to inform, advise and shape mental health priorities and systems of care

**Priority Area: Mental Health**

**Goal 1: Improve mental health awareness and reduce the risk of suicide**

Strategy	Status
The Building Resiliency for Healthy Kids Program will provide a community responsive and research-based upstream approach for youth through 1:1 coaching, peer coaching, and community collaborations	<b>In progress</b> <ul style="list-style-type: none"> <li>• 1,414 students served (Colorado Springs)</li> <li>• 24 participating schools (Colorado Springs)</li> <li>• Healthy Kids behavioral health providers (licensed clinicians) delivered therapeutic services to 354 students (Colorado Springs)</li> <li>• Students who completed the program demonstrated increased resilience, self-efficacy, emotional self-regulation and experienced decreased symptoms of anxiety and depression (Colorado Springs)</li> </ul>

<p>Partners for Children’s Mental Health (PCMH) will train trusted adults to meet child and youth mental health needs and provide implementation support in schools, clinical settings, and communities. PCMH plans to expand trainings, including the diversity of trainees and regions served</p>	<p><b>In progress</b></p> <ul style="list-style-type: none"> <li>• 573 professionals have received Pediatric Mental Health Institute training including 925 contact hours</li> <li>• 268 community members have been trained including 268 contact hours</li> <li>• 127 providers have implemented formal suicide screenings</li> <li>• 49 Colorado counties have been reached</li> <li>• 5 school districts engaged</li> <li>• School trainees showed improvement from baseline with an average of 2.1 to 3.6 in improvement in knowledge following the training</li> <li>• Clinic trainees showed improvement from baseline with an average of 2.6 to 3.9 in improvement in knowledge following the training</li> </ul> <p><b>Complete</b></p> <ul style="list-style-type: none"> <li>• 100% of trained clinics have implemented suicide screening into their workflow</li> </ul>
<p>Screen for suicide ideation and depression in various clinical settings</p>	<p><b>Complete</b></p> <ul style="list-style-type: none"> <li>• Pilot screening for both depression and suicide ideation started in summer 2023 and the full hospital system go-live was in August 2023</li> <li>• Suicide and depression screening rate was 75.7% (Colorado Springs)</li> </ul>
<p>Pediatric Mental Health Institute (PMHI) Speakers Bureau (SB) and Community and Corporate Relations (CCR) will educate and raise awareness of child mental health needs, resources and supports, and skill building</p>	<p><b>In progress</b></p> <ul style="list-style-type: none"> <li>• 63,469 Pediatric Mental Health Institute Department pageviews (Colorado users)</li> <li>• 6,632 mental health pageviews (Colorado users)</li> <li>• 331 media stories about youth mental health featuring Children’s Colorado experts</li> <li>• 123 attendees at community presentation</li> <li>• 9 CME and 4 non-CME presentations related to mental health</li> <li>• 6 NewsNow articles related to mental health</li> <li>• 4 mental health-related media events</li> <li>• 1 community health presentation on mental health</li> <li>• 1 event with mental health resources distributed</li> </ul>

**Goal 2: Improve systems of care and access to mental health services**

<b>Strategy</b>	<b>Status</b>
<p>Children’s Government Affairs, Medicaid Strategy and PCMH teams will advocate for and support</p>	<p><b>In progress</b></p> <ul style="list-style-type: none"> <li>• 809 advocacy letters submitted to elected officials and government agencies</li> <li>• 213 bills monitored</li> </ul>

<p>funding, legislation, regulations, and policies that improves access to high-quality mental health services for Colorado youth</p>	<ul style="list-style-type: none"> <li>• 35 coalitions participated in</li> <li>• 32 experts testified in public hearings</li> <li>• 14 amendments secured on legislation and/or regulations impacting children’s mental health</li> <li>• 5 coalitions built across policy priority areas</li> <li>• 3 media stories generated with an advocacy focus on children’s mental health</li> <li>• Ended legislative session with several key victories on youth mental health funding and other priorities including car seat safety legislation, housing stability and more</li> <li>• Annually, Children’s Colorado’s leads a Youth Mental Health Advocacy Day at the Capitol</li> <li>• Engaged in 2 priority policy areas. HRSN/SDoH through implementation of CO Medicaid 1115 HRSN waiver (food and housing are the focus areas). Early childhood mental health advocacy and RAE 3.0 reforms on integrated behavioral health.</li> </ul>
<p>The Virtual Integrated Pediatric Behavioral Health Program (VIPBHP) will provide mental health services and consultation through telehealth to primary care practices (PCPs) and coordinate care between PCPs and schools</p>	<p><b>Discontinued</b></p> <ul style="list-style-type: none"> <li>• The implementation of this program was suspended due to shifting strategic priorities within our Pediatric Mental Health Institute</li> </ul>

**Goal 3: Promote protective factors and reduce risk factors for mental health conditions**

<b>Strategy</b>	<b>Status</b>
<p>Expand social needs screenings to inpatient settings</p>	<p><b>Complete</b></p> <ul style="list-style-type: none"> <li>• The full hospital system go-live was in August 2023</li> <li>• Social needs screening rate was 92.8% (5,827 screens out of 6,227 inpatient admissions) of inpatient patients were screened at Colorado Springs. Of those admissions, 7.6% screened positive for at least one domain: 3.6% for food, 2.9% positive for utilities, 2.4% positive for housing, 2.4% positive for transportation and 1.2% for interpersonal violence (Colorado Springs)</li> </ul>
<p>Address social barriers to care by providing supports, education, and referrals</p>	<p><b>In progress</b></p> <ul style="list-style-type: none"> <li>• 5,321 encounters and 2,661 families served by Community Health Navigators (Colorado Springs)</li> <li>• 142 car seats distributed (Colorado Springs)</li> </ul>

	<ul style="list-style-type: none"> <li>14 car seat education materials distributed/presentations (Colorado Springs)</li> </ul> <p><b>Complete</b></p> <ul style="list-style-type: none"> <li>Creation of navigation measurement dashboard</li> </ul>
Create a culturally responsive, equitable, and inclusive environment by training, mentoring, and developing workforce with staff and community members	<p><b>In progress</b></p> <ul style="list-style-type: none"> <li>76 education events/opportunities sponsored within the organization by Team Member Resource Groups</li> <li>66 Children’s Hospital Colorado policies and procedures consultations with the Experience Different teams</li> <li>10 team members from Colorado Springs trained as Captains of Inclusion (Colorado Springs)</li> <li>Leadership diversity increased from 19.6% in 2023 to 21.3% in 2024 (Colorado Springs)</li> </ul>
Provide community-based asthma programs to strengthen the circle of support for patients with asthma to improve health outcomes. These programs plan to expand geographically and potentially add direct mental health support.	<p><b>Not complete</b></p> <ul style="list-style-type: none"> <li>This scope of work has not expanded at this time to Colorado Springs</li> </ul>
In partnership with local schools, increase access to both behavioral health resources and clinical services in school settings.	<p><b>In progress</b></p> <ul style="list-style-type: none"> <li>36,542 participants who have received executive functioning resources from Unstuck and On Target</li> <li>27,525 visitors to Unstuck and On Target website</li> <li>1,255 participants in Colorado who have enrolled in Unstuck and On Target online training</li> </ul>

**Goal 4: Promote community voices and engagement to inform, advise, and shape mental health priorities and systems of care**

Strategy	Status
Develop and participate in coalitions and councils with people with lived experience, community advocates, and governmental agencies to ensure community voices shape mental health policies and systems of care.	<p><b>In progress</b></p> <ul style="list-style-type: none"> <li>406 Child Health Champion volunteer signups</li> <li>232 trained advocates through our Resident Advocacy Trainings</li> <li>Over 43 Colorado youth applied to participate in the Youth Council on Mental Health and the council holds 22 Colorado youth</li> <li>Active collaborations that include but are not limited to: Developmental Pathways, Peak Parent, Peak Vista Community Health Center, Pediatric Care Network, Safe Kids Colorado, State Network of Colorado Ambulatory Practices and Partners, United States Air Force Academy and many others</li> </ul>

	<ul style="list-style-type: none"><li>• The Family Advisory Councils at Children’s Colorado continue to play a critical role in advocating for improvements to the system of care and health outcomes for children and families; currently, there is one Southern Colorado Family Advisory Council with 9 family members represented (Colorado Springs)</li></ul>
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Note: Unless otherwise noted, measures shown in this report reflect activities system-wide.