

## Health & Family - Service Cheat Sheet

Agency	Program	What?	Who?	When?	Contact
<b>Marillac Clinic</b>	Marillac Health	Provides primary and preventive health care services	<ul style="list-style-type: none"> <li>• Low/Middle class income - Uninsured, underinsured</li> </ul>	M, T, W, F – 8a-5p Th – 10a – 5p	Address: 510 29 ½ Rd Phone: 970-255-1782
<b>Early Learning Ventures</b>	Early Head Start	Partnership with 13 child care providers in Mesa County to provide a full-day, full-year program for low-income children to have the healthy and enriching early learning experiences.	<ul style="list-style-type: none"> <li>• 0-3yo</li> <li>• 100% FPL</li> <li>• Receive TANF or SSI</li> <li>• Homeless and Foster</li> <li>• Disabilities prioritized</li> <li>• Must receive CCAP or able to privately pay</li> </ul>	Must need child care 5 days a week for at least 6 hours a day	<a href="https://www.earlylearningventures.org/">https://www.earlylearningventures.org/</a>
<b>Hilltop</b>	B4Babies	Support during pregnancy: <ul style="list-style-type: none"> <li>• Connection to OB care</li> <li>• Connect with insurance as needed</li> <li>• Referral to programs</li> <li>• Education on pregnancy</li> </ul>	Pregnant women No income restrictions	One time 1 ½ - 2 hour appointment	970-255-TOTS
	Baby and Me Tobacco Free	Support for tobacco cessation during/after pregnancy with vouchers for diapers when remaining smoke-free	Pregnant women who smoked for at least the past 3 months	4 – 30 min sessions Pregnancy up to 1 year	970-255-TOTS
	Family First	Family support services: <ul style="list-style-type: none"> <li>• Home-based case management</li> <li>• Car seat safety and education</li> <li>• Moms’ and Dads’ groups</li> </ul>	Any age No income restrictions	As needed – case management may occur over time	970-210-7776 sherryp@htop.org
	Health Access	Education and support on enrollment: health plan options including: <ul style="list-style-type: none"> <li>• Medicaid</li> <li>• CHP+</li> <li>• Employer-Sponsored Insurance</li> <li>• Marketplace Insurance</li> <li>• Other government programs</li> </ul>	Anyone with questions about health insurance coverage	Mon-Fri 9am-5pm	970-244-0850
	SafeCare	Home visiting program that teaches skills in the areas of parenting, child safety, and child health.	Families with children 0-5 years old. No income restrictions.	18-20 sessions over 4-6 month period Visits = 1 hour	970-773-2241

## Health & Family - Service Cheat Sheet

Agency	Program	What?	Who?	When?	Contact
<b>Mesa County Department of Human Services</b>	Child Welfare	<ul style="list-style-type: none"> <li>Reporting line for suspected child abuse and/or neglect</li> <li>Connection to case managers on open cases</li> </ul>	No Restrictions	24-hours/day	970-242-1211
<b>Mesa County Public Health</b>	Health Care Programs for Children and Youth with Special Needs (HCP) – Care Coordination	RN-level care coordination. Available for home visits and joint visits with other agencies. Family teaching for health issues.	Ages 21 or younger with or at risk of any health issue No income restriction	As often as needed Able to carry cases over time	970-248-6970 970-255-3644 (fax) hcp@mesacounty.us
	Healthy Communities	Healthy Mesa County provides local agencies the opportunity to achieve greater results through aligned objectives and strategies. An organized community effort can truly affect change.	No restrictions	24/7	Healthymesacounty.org
	Nurse-Family Partnership	Home visiting program by registered nurses that support first-time moms need to have a healthy pregnancy, become knowledgeable and responsible parents, and provide their babies with the best possible start in life. The relationship between mother and nurse provides the foundation for strong families.	First time mothers Enrollment window: pregnancy through 30 days post-partum Once enrolled, will work with family up to child 2 years old	Visit frequency dependent on need – between weekly and monthly. Visits last on average 1 hour.	970-254-4100 970-254-4118 (fax)
	Women, Infants, Children (WIC)	Nutrition program that provides supplemental foods and: <ul style="list-style-type: none"> <li>Personalized Nutrition consultations</li> <li>Breastfeeding information and support (pumps)</li> <li>Checks to buy free healthy foods and formulas</li> <li>Referrals to other support services</li> </ul>	<ul style="list-style-type: none"> <li>Income restrictions (185% of poverty level)</li> <li>Pregnant women</li> <li>Infants &amp; children under 5</li> <li>Nursing mothers 1yr postpartum</li> <li>Post-partum up to 6 months</li> </ul>	30 minute appointments available day of and next day  M-Th 8am-5:30pm Fri 8am-noon	970-248-6914 970-254-4118 (fax) wic@mesacounty.us

## Health & Family - Service Cheat Sheet

Agency	Program	What?	Who?	When?	Contact
<b>Strive</b>	Early Intervention	Home-based services for children with development issues: <ul style="list-style-type: none"> <li>• Development Specialists</li> <li>• Physical Therapy</li> <li>• Speech Therapist</li> <li>• Social-Emotional support</li> </ul>	0-3yo No income restrictions	Frequency depends on need	970-241-5403
	Family Support Services	Flexible funding to diminish the stress of parenting a child with a developmental disability	Any child living within their family home with a developmental disability.	Allocations twice per year	970-244-5519
	Children's Extensive Support Waiver	Medicaid waiver program for children with exceptional medical or behavioral needs	0-18yo Medicaid approved	As needed	970-256-3344
	Parenting Place	Support to parents: <ul style="list-style-type: none"> <li>• Incredible Years – 14 week evidenced-based group for parents of preschoolers</li> <li>• Developmental play groups – birth to 3yo</li> <li>• Community education programs</li> </ul>	No income restrictions	Groups on rotating basis	970-254-8240
<b>Rocky Mountain Health Plan</b>	Care Coordination	Care coordination for complex health needs. Complexity is more than just medical components – this can also include barriers to care.	All lines of coverage including RCCO managed Medicaid All ages	As needed	970-248-8718 or 800-793-1339 <a href="https://www.rmhp.org/members/member-services/self-referral-form">https://www.rmhp.org/members/member-services/self-referral-form</a>
<b>The Catholic Outreach</b>	Day Center	Twice each week medical personnel are present to assist the guests with preventive health care, distribute vaccinations, and provide testing. There is also an onsite counselor.	Homeless, ages 18+	Monday - Friday: 8:00a - 11:00a	Address: 302 Pitkin Ave Phone: 970-263-9445
<b>Health First Colorado</b>	Medicaid & Medicare	Public Health Insurance  Can apply at Mesa County Human Services	Coloradan's who qualify based on income	Monday – Friday: 8:00a – 5:00p	Phone: 888-282- 8801 Apply online: <a href="https://www.healthfirstcolorado.com/apply-now/">https://www.healthfirstcolorado.com/apply-now/</a>

## Health & Family - Service Cheat Sheet

Agency	Program	What?	Who?	When?	Contact
<b>Western Slope Center for Children</b>	The Center	Facilitate and coordinate the work of existing governmental agencies and independent service providers	Children who have been sexually abused, severely physically abused or who are witnesses to violence	Call for hours	Address: 2350 G Rd Phone: 970-245-3788
<b>Mind Springs Health</b>	Mental Health Programs	Provides resources to treat and service those facing mental illness and or addiction.	No Restrictions	24/7	Address: 515 28 ¼ Rd Phone: 970-263-4918
<b>Appleton Clinic</b>	Clinic Visits	Provides primary care clinic care to individuals for a set monthly fee.	No Restrictions	Monday – Friday: 8am – 5pm	Address: 607 25 Rd #201 Phone: 970-242-1566
<b>GoodRX</b>	Prescription Cost Help	Has coupons to help with prescription costs	No Restrictions	24/7	Phone: (855)268-2822 Website: <a href="http://www.goodrx.com">www.goodrx.com</a>

*For more and updated resources, please utilize Western Colorado 2-1-1  
Dial 211  
Visit: [www.wc211.org](http://www.wc211.org)*