



summit community
CARE CLINIC

News for our kindhearted supporters

**None of our neighbors or their children
should ever have to go without healthcare**

Serving Summit County and neighboring counties since 1993

[Donate](#)

What is "DBT"?

The Care Clinic received generous funding from [The Colorado Health Access Fund](#) and from the [Katz Amsterdam Charitable Trust](#) for our DBT program...but what exactly is "DBT"?

Our **comprehensive DBT treatment program** is designed to support adolescents and their families that are experiencing intense emotional dysregulation and suicidal thoughts. The program offers a mid-level of care between costly inpatient hospitalization and biweekly out-patient treatment. Comprehensive treatment includes weekly skills group for parents and adolescents to **build skills of mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness** while building a validating trusting relationship.

Adolescents receive weekly individual services to target specific behaviors. They also have access to phone coaching to ensure that skills learned in group therapy transfer to their daily activities thus building on their personal goals.

We are grateful to our donors for supporting this much needed program and providing a level of care otherwise not available in the county to assist Summit County's high risk youth.



Summit Community Care Clinic's Behavioral Health Team

Increase in diabetes

In recent years, SCCC has become concerned about the increasing incidence of diabetes in the patient population. While Summit County is typically considered one of the healthiest counties in Colorado, it is not immune to increased concerns about overweight and diabetes. **In 2015, 2.54% of SCCC's primary care patients (120 patients) had diabetes; by 2018 this rate had increased to 4.79% (244 patients).**

Our medical team made great strides in 2019 improving diabetes control measures and creating strategies for our patients. We implemented a system to follow-up with patients who are past due for check-ups and annual screenings. We provide diabetes support by creating focused care management meetings for high risk patients. There is a robust process to screen for social determinants of health and we give additional attention to patients with uncontrolled diabetes. In 2020, our team will continue to work on diabetes education and outreach to improve our patient's long-term health.

For more information about diabetes, visit:
<https://www.cdc.gov/diabetes/basics/index.html>



Staff practicing team-based care

Rural Dental Access Program

We are grateful for the awesome van from [Vail EpicPromise](#) and additional funding support from [Delta Dental](#) that will enable us to expand and provide **mobile dental services later in 2020** in Summit, Park, Lake and Grand counties!

The mobile dental service will focus on helping our under-served adult populations (low income, uninsured and Medicaid) as well as our growing senior populations. It will also expand access to the [Colorado Senior Dental Program](#) and Medicaid. **No one will be turned away due to inability to pay!** Our mobile dental services will start with initial outreach with a hygienist and one mobile unit, but will grow and expand to include a dentist and assistant for restorative services as well as hygiene. **Look for the van in your neighborhood later in 2020!**



Vail EpicPromise donated a van to the Care Clinic which will give us the ability to provide mobile dental services later in 2020

Positive Patient Story

"If I hadn't come in here, I'd be dead. Because of this clinic and you, I am getting a second lease on life." - SCCC Patient

Through our integrated team-based approach our medical and behavioral teams worked with a patient to manage her cirrhosis failure. The medical team managed her physical and nutritional needs. We also assisted the patient with sobriety goals and helped her create a support system for her long-term success. Our comprehensive approach provided a holistic solution for continued health. We are so pleased to know that our patient's life has turned around!



Summit Community Care Clinic staff member providing patient care

MAKEOVERS FOR THE NEW YEAR!

We are upgrading our [website!](#) Stay tuned because it will be launching SOON!

ALSO, our clinic patient waiting room was redesigned to make it more

It's easy to make a gift from your IRA!

Many supporters choose to donate to us directly from their IRA. If you are 70 1/2 or older, you can make a **tax-free distribution** from your traditional or Roth IRA to the Care Clinic which helps us provide healthcare services to the community.

Simply contact your IRA custodian to discuss your specific situation and indicate that you'd like to make a charitable contribution directly from your required distribution to: Summit Community Care Clinic (EIN 20-1139635), PO Box 4337, Frisco, CO 80443. Thank you!



Give back while shopping

Do you shop at **City Market**? Do you want to give back to the Care Clinic? If you said "yes," it's easy to sign up, just [follow this link](#), and use Care Clinic code QE113. Then, every time you shop and use your City Market card, they donate money back to the Care Clinic!

And...if you shop on **Amazon**, please use [Amazon Smile](#) and pick the Summit Community Care Clinic as your charity. They will donate a portion of your purchases to us!



The Summit Community Care Clinic (970) 423-8839

STAY CONNECTED

