



Behavioral Health & Housing Strategy in Pitkin County: *Joint Partner Meeting*

April 22, 2025

Today is about sharing and learning.



We will share some updates.



We'll solicit your input on potential recommendations.



We will discuss next steps.

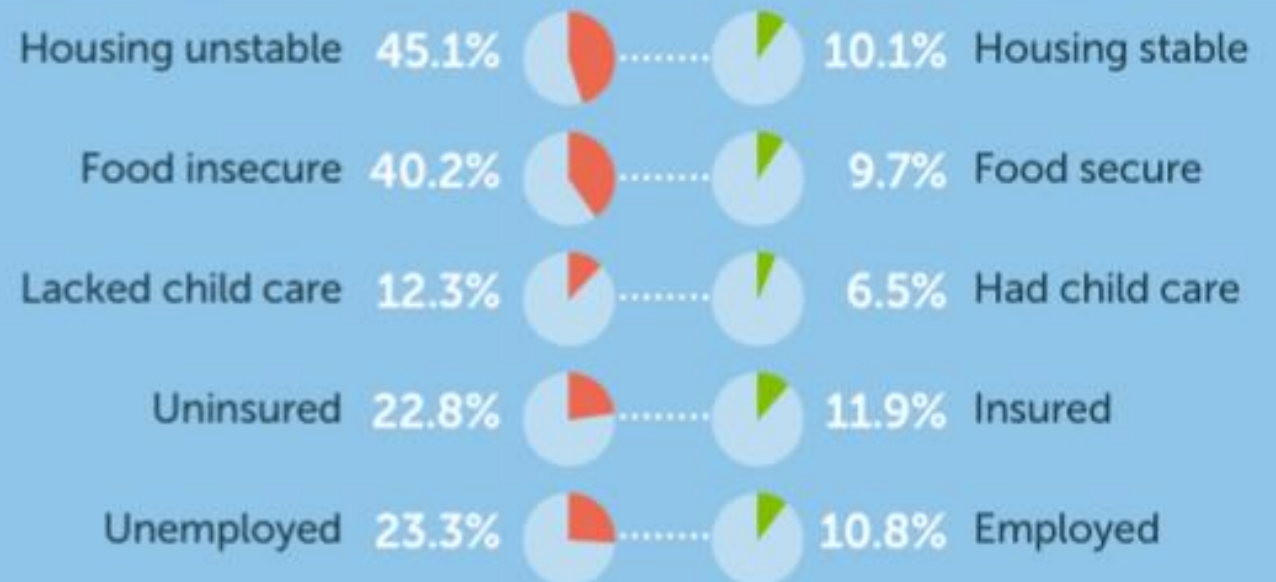
HEALTH STATUS TRACKED CLOSELY WITH INCOME

Percentage reporting fair or poor general health by income, 2021



People Who Experienced **Social or Financial** Challenges Reported **WORSE HEALTH**

Percentage reporting fair or poor general health, 2021



Whole Person Health Approach



Behavioral Health: Developing a Strategic Plan

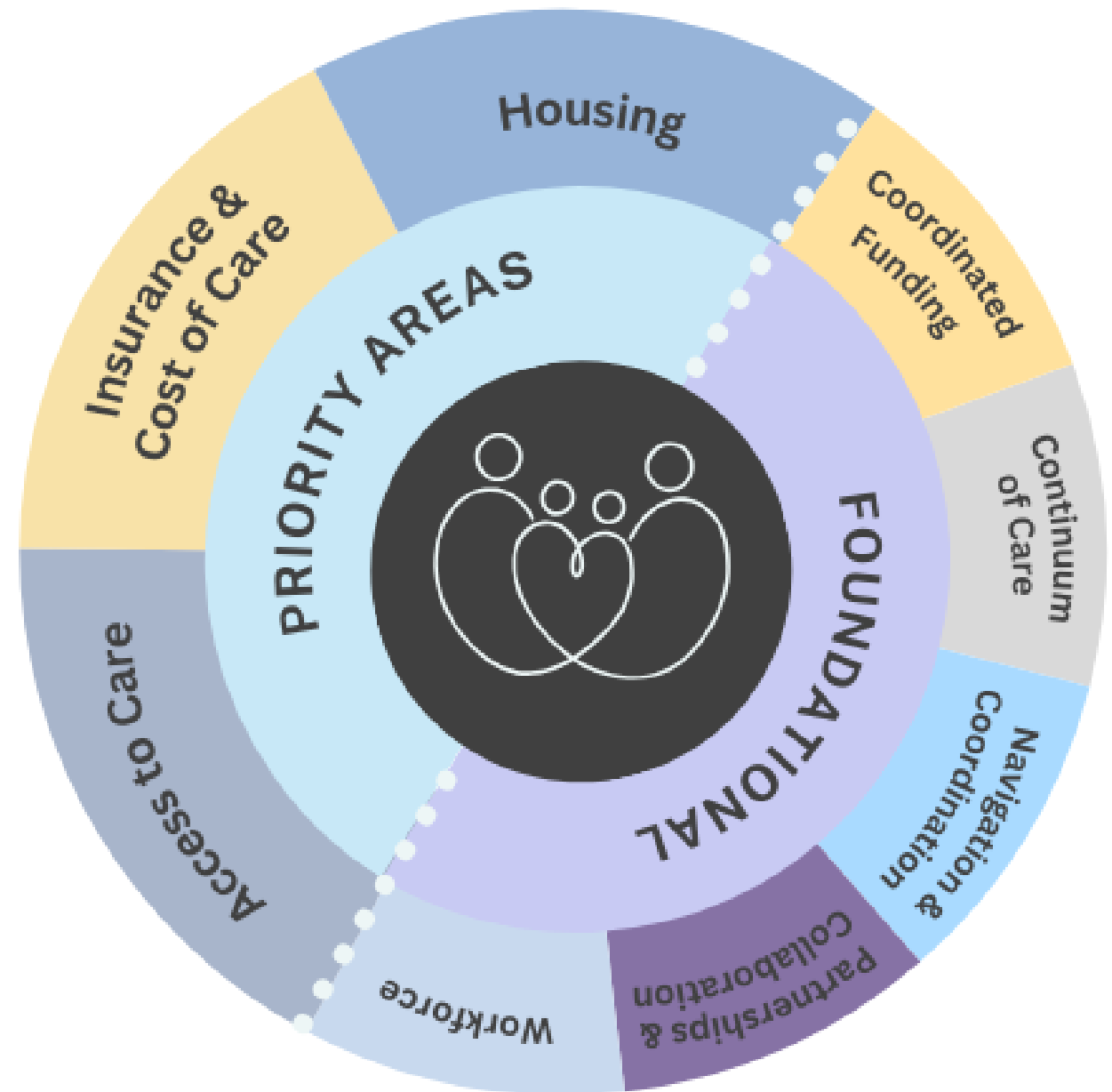
5 Partner Meetings

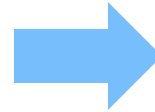
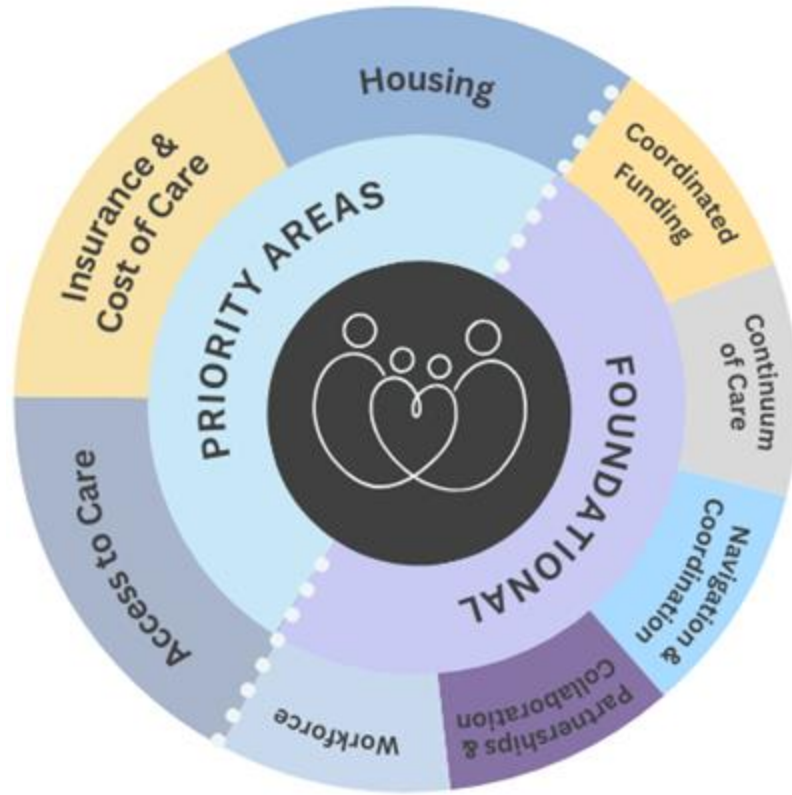
21 Interviews

7 Focus Groups

6 Meetings Attended

Document & Data review





**Actionable, Tailored,
Realistic Strategies**



Prioritization

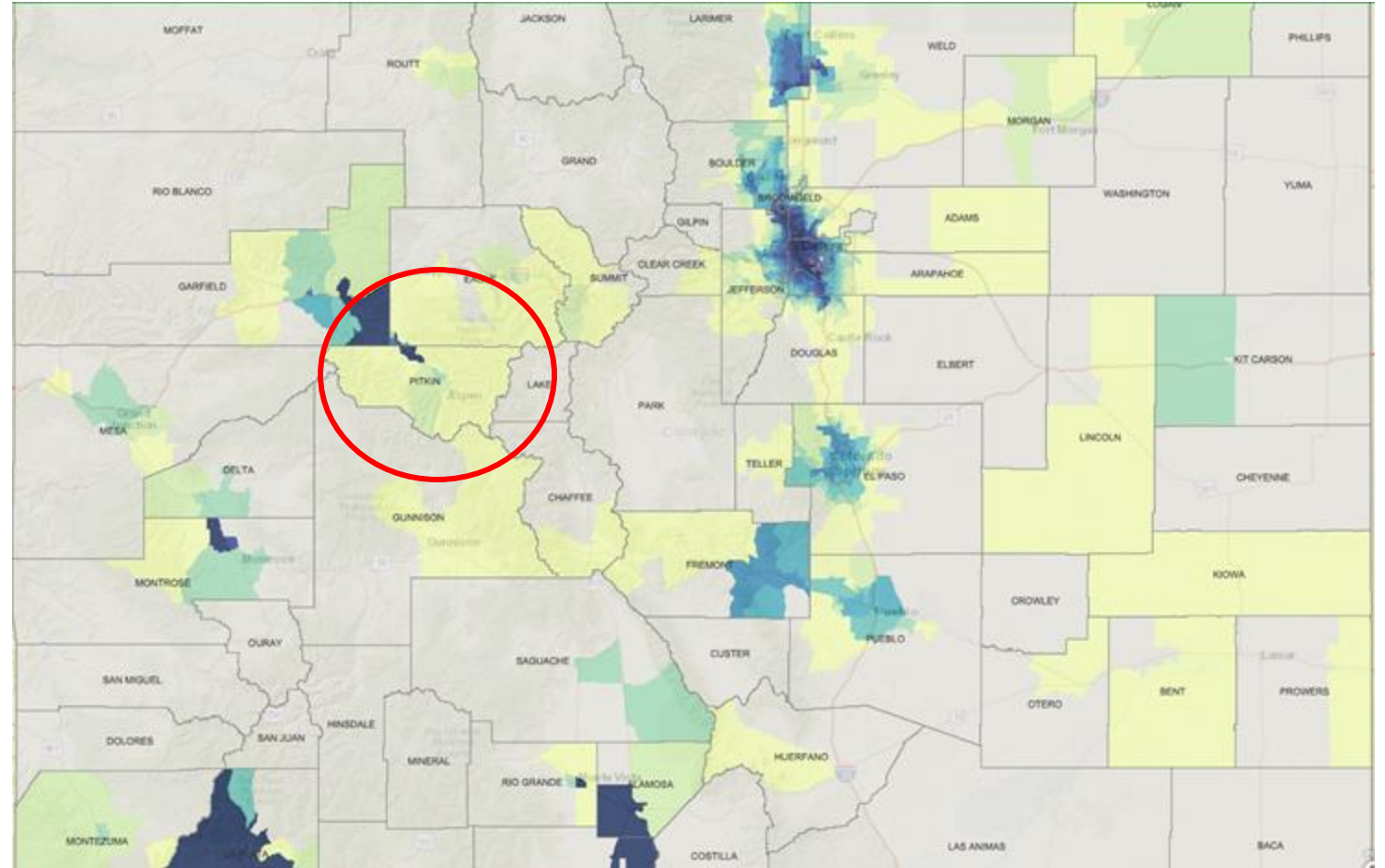
***Leadership / Governance
Structure***

***Funding
Strategy***

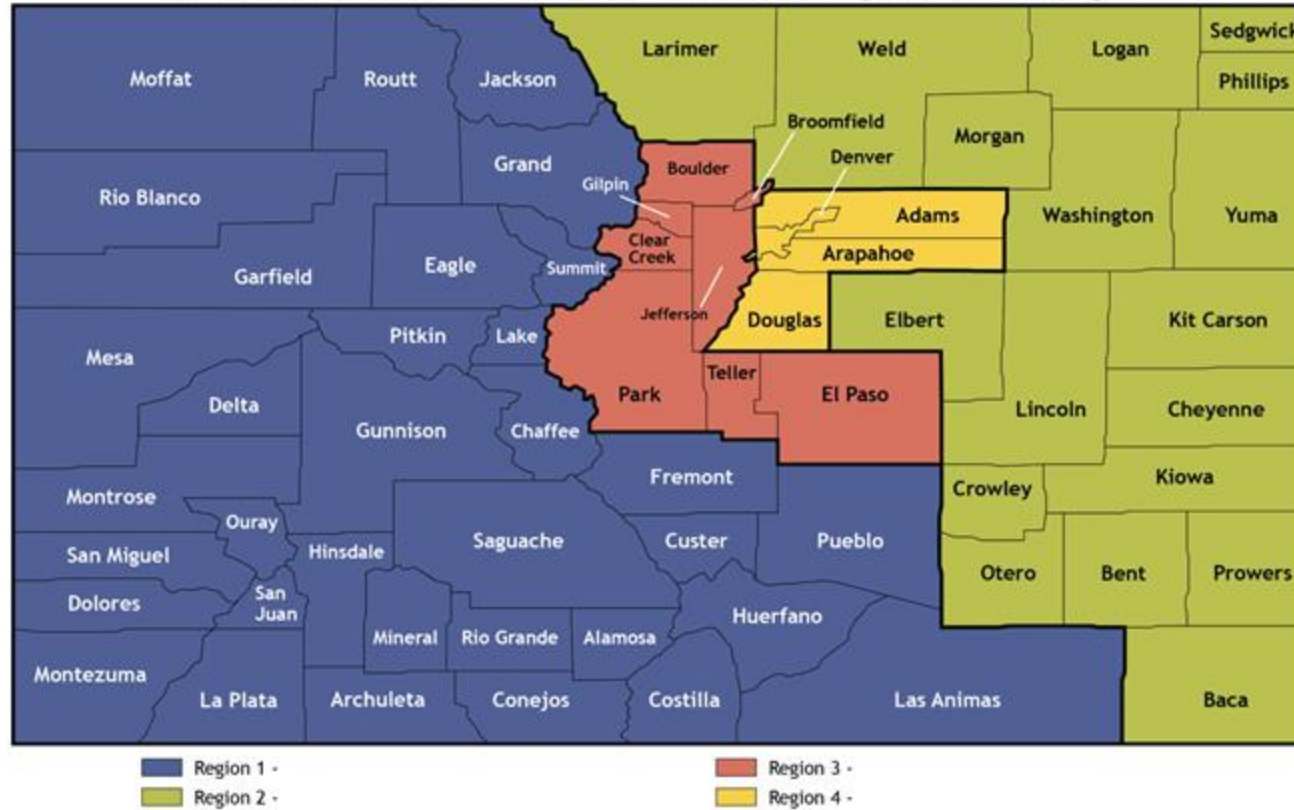
Pitkin County Behavioral Health Strategic Plan

There are some areas where we will apply best practices, innovative models, and regional/state-level opportunities:

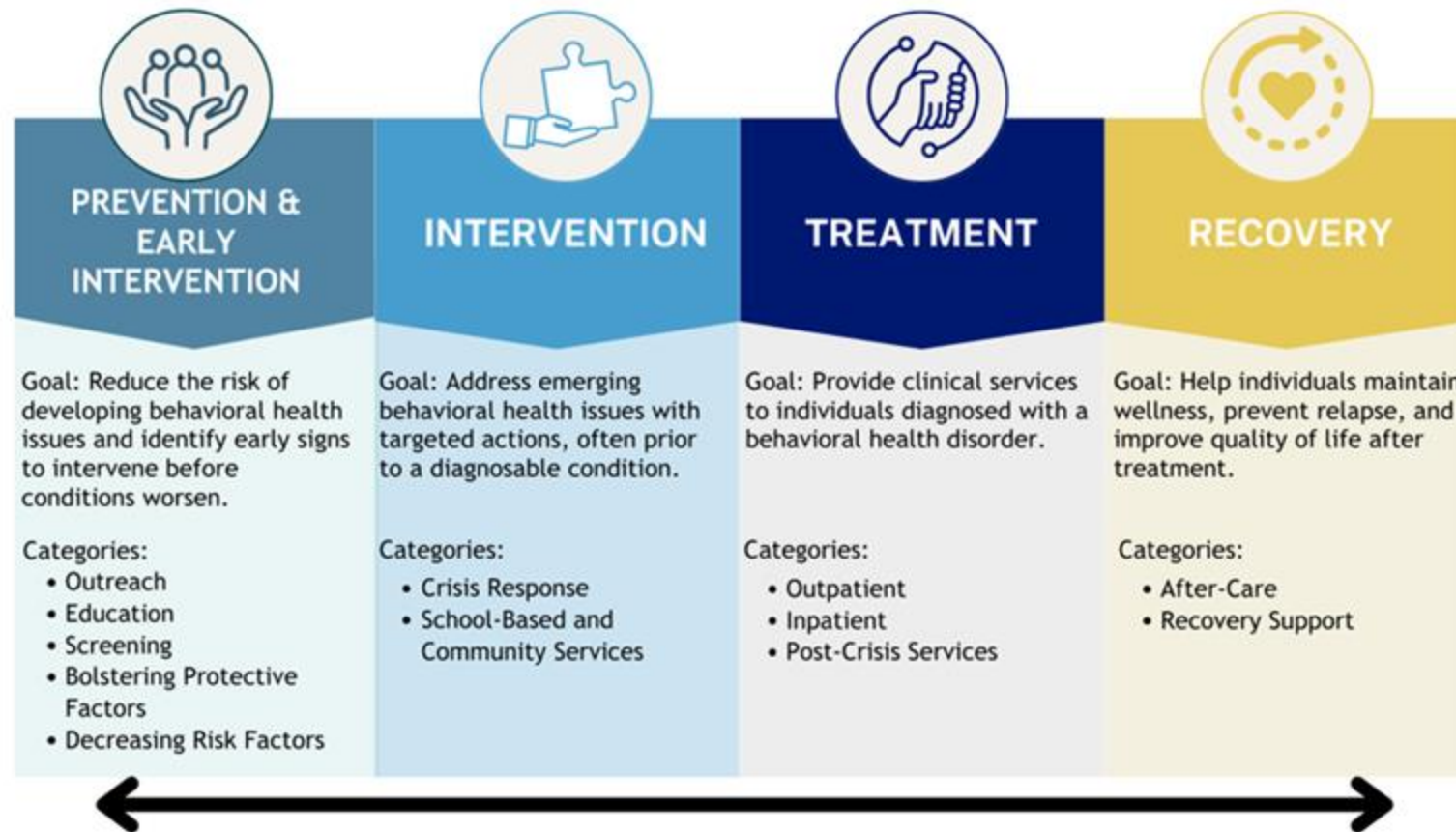
Innovative approaches to diversify and grow the Behavioral Health Workforce



Behavioral Health Administrative Service Organizations Regions



Leveraging regional and state-level initiatives



Identifying & addressing gaps in the Continuum of Services

Key Finding: Pitkin has a robust continuum of services...



| PREVENTION & EARLY INTERVENTION | | | | | INTERVENTION | | TREATMENT | | | RECOVERY | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| OUTREACH | EDUCATION | SCREENING | BOLSTERING PROTECTIVE FACTORS | DECREASING RISK FACTORS | CRISIS RESPONSE | SCHOOL-BASED & COMMUNITY SERVICES | OUTPATIENT | INPATIENT | POST-CRISIS SERVICES | AFTER-CARE | RECOVERY SUPPORT |
| <p>Actively engaging individuals or communities, especially those at risk, to connect them with information, services, or support. Focuses on building trust and removing barriers to accessing care; often includes face-to-face engagement.</p> <p>Examples: Community health workers; peer support; providing resources and referrals at community events.</p> | <p>Increasing awareness and understanding of BH topics among the general public or specific groups (e.g., students, parents, employers). Aims to reduce stigma and promote help-seeking behavior.</p> <p>Examples: School-based mental health curriculum; public health campaigns; trainings on Mental Health First Aid.</p> | <p>Bridge between outreach/education and clinical services. Goals are to quickly assess whether someone may need more comprehensive evaluation or further behavioral health support; catch issues early; guide individuals to the right level of care before issues escalate.</p> | <p>Promoting ways to maintain mental wellness; cope with stress and adversity; resist risky behaviors; recover more quickly from setbacks.</p> | <p>Reducing the conditions that increase the likelihood of mental health or substance use issues. Focus on Social Determinants of Health and connecting people to resources.</p> | <p>Deliberate, supportive action aimed at addressing behavioral health needs early—helping individuals before symptoms escalate into more serious conditions. Empowering the individual and support system.</p> | | <p>Therapy, counseling, medication management—provided in a less intensive setting while the individual continues daily activities.</p> | <p>24-hour care in a hospital or residential facility, usually for those with acute symptoms or safety concerns.</p> | <p>Supports and interventions provided after a behavioral health crisis has been stabilized, with the goal of ensuring safety, promoting recovery, and preventing future crises.</p> | <p>Follows acute treatment and helps bridge the transition back to everyday life while still offering ongoing support (support groups, case management, stabilization services).</p> | <p>Ongoing phase that follows treatment and after-care. The focus shifts from managing a crisis to building a meaningful life.</p> |
| A Way Out | A Way Out | A Way Out | A Way Out | A Way Out | | | Alpine Springs Counseling | | Alpine Springs Counseling | A Way Out | A Way Out |
| | AllOne Health (formerly TRIAD EAP) | AllOne Health (formerly TRIAD EAP) | AllOne Health (formerly TRIAD EAP) | AllOne Health (formerly TRIAD EAP) | Aspen Hope Center | Aspen Hope Center | Aspen Hope Center | | Aspen Hope Center | Alpine Springs Counseling | Alpine Springs Counseling |
| | Aperture of Hope | | | | | Aspen Family Connections | | | | Aspen Hope Center | |
| Aspen Hope Center | Aspen Hope Center | Aspen Hope Center | Aspen Hope Center | Aspen Hope Center | | Aspen School District | | | | | Discovery Café |
| Aspen Family Connections | Aspen Family Connections | Aspen Family Connections | Aspen Family Connections | Aspen Family Connections | | Roaring Fork School District | | | | | |
| Aspen School District | Aspen School District | Aspen School District | Aspen School District | Aspen School District | | | | | | | |
| Roaring Fork School District | Roaring Fork School District | Roaring Fork School District | Roaring Fork School District | Roaring Fork School District | Aspen Valley Hospital | | Aspen Valley Hospital | | | | |
| Family Resource Center of the Roaring Fork Schools & RFSD | Family Resource Center of the Roaring Fork Schools & RFSD | Family Resource Center of the Roaring Fork Schools & RFSD | Family Resource Center of the Roaring Fork Schools & RFSD | Family Resource Center of the Roaring Fork Schools & RFSD | Law Enforcement | | | | | | |
| Family Resource Center of the Roaring Fork Schools | | | Collaborative Management Program | Collaborative Management Program | | MidValley Family Practice | | | | | |
| Aspen Family Connections | | | | | | | | | | | |
| Discovery Café | Discovery Café | | Discovery Café | Discovery Café | | | | | | | |
| HeadQuarters | HeadQuarters | HeadQuarters | HeadQuarters | HeadQuarters | | Mountain Family Health Center | | | | | |
| | Healthy Futures Coalition | | Healthy Futures Coalition | Healthy Futures Coalition | Pitkin Area Co-Responder Team (PACT) | Pitkin Area Co-Responder Team (PACT) - community only | | | | | |
| | High Rockies Harm Reduction | High Rockies Harm Reduction | High Rockies Harm Reduction | High Rockies Harm Reduction | | | | | | High Rockies Harm Reduction | |
| | | | | MIHAP | Response | | | | | Mind Springs Health | Mind Springs Health |
| | | MidValley Family Practice | | MidValley Family Practice | | Valley Settlement | MidValley Family Practice | | MidValley Family Practice | Momenta Recovery | Momenta Recovery |
| | | Mind Springs Health | | Mind Springs Health | | Youth Zone | Mind Springs Health | | Mind Springs Health | Pathfinders | |
| | | Mountain Family Health Center | | Mountain Family Health Center | | | Momenta Recovery | | Mountain Family Health Center | Pitkin Area Co-Responder Team (PACT) | Pitkin Area Co-Responder Team (PACT) |
| Pitkin Area Co-Responder Team (PACT Peer) | | Pitkin Area Co-Responder Team (PACT) | Pitkin Area Co-Responder Team (PACT) | Pitkin Area Co-Responder Team (PACT) | | | Mountain Family Health Center | | Pitkin Area Co-Responder Team (PACT) | Recovery Resources | Recovery Resources |
| Pitkin County Human Services | Pitkin County Human Services | Pitkin County Human Services | Pitkin County Human Services | Pitkin County Human Services | | | | | | | |
| Pitkin County Public Health | Pitkin County Public Health | | Pitkin County Public Health | Pitkin County Public Health | | | | | | | |
| | Pitkin County Senior Services | Pitkin County Senior Services | | | | | | | | | |
| Recovery Resources | | | | | | | | | | Recovery Resources | |
| Response | Response | | Response | Response | | | | | | | |
| Valley Settlement | Valley Settlement | Valley Settlement | Valley Settlement | Valley Settlement | | | Many individual providers | Vail Valley, Precourt Healing Center (Regional) | | | |

... but there is opportunity & need for **COORDINATION**

- There is already **amazing** work happening!
 - Largely built on **relationships** and **NOT systems**.
 - Some of the models can be replicated and scaled.
- You have supportive funders!
- There are strong partnerships and collaborations....and territorialism and skepticism. (This is normal!)
- We've been thinking creatively about opportunities to address the workforce shortage and the limited payor options.
- Data can be leveraged for stronger accountability, and there's an appetite for that.
- There is acknowledgement that an entity (TBD!!) has to ensure that this work moves forward.

**Housing:
Identifying Investment Options
to Address Homelessness**

We must take the region into consideration.

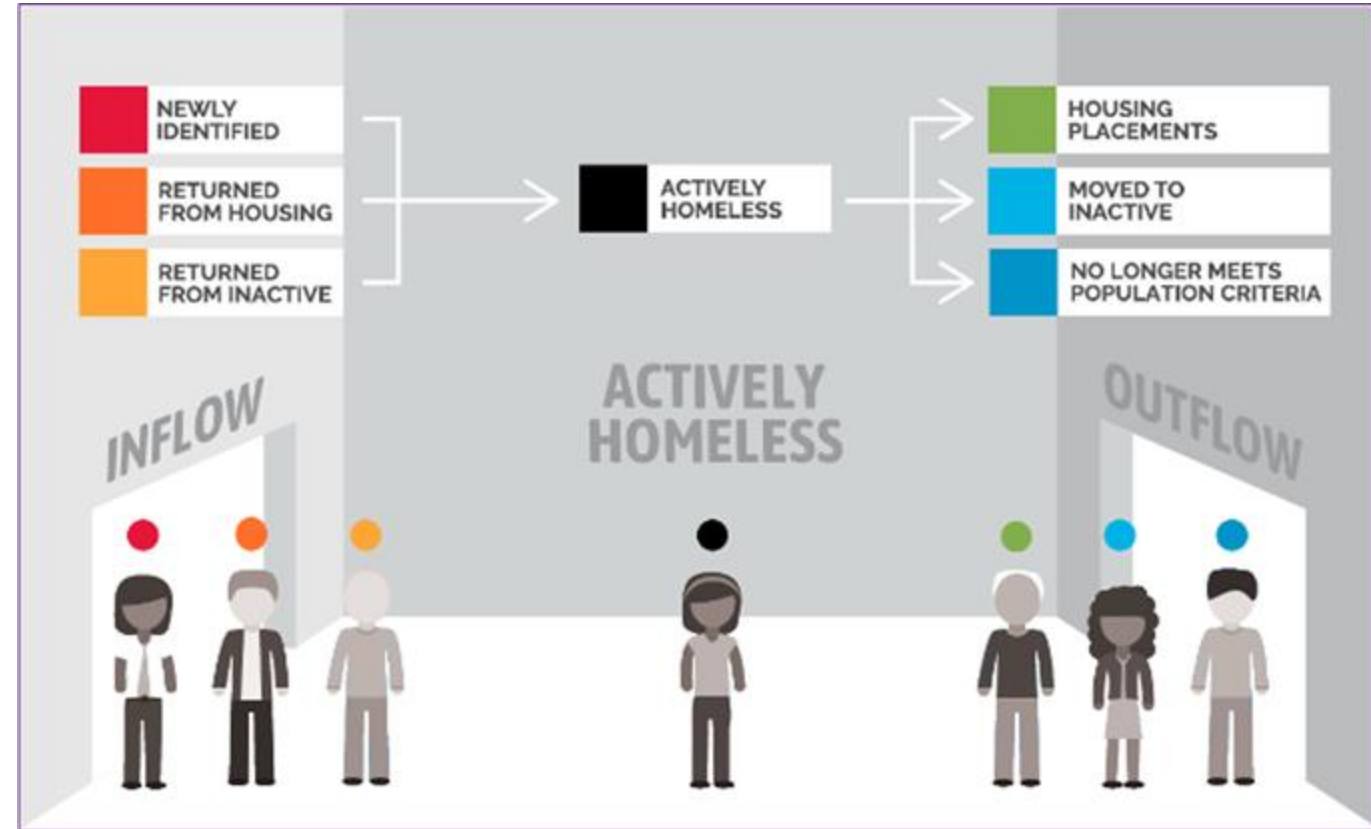
Homelessness and Housing Instability for Pitkin and the Roaring Fork Region*

**Federal and state regulations mandate that homelessness initiatives be approached at a regional level. These data contextualize Pitkin County within the broader regional landscape, ensuring that recommendations are tailored to the county's specific needs. This approach allows Pitkin to strategically allocate resources by identifying and addressing funding gaps not covered by other regional investments, which will maximize the impact and efficiency of its resources.*

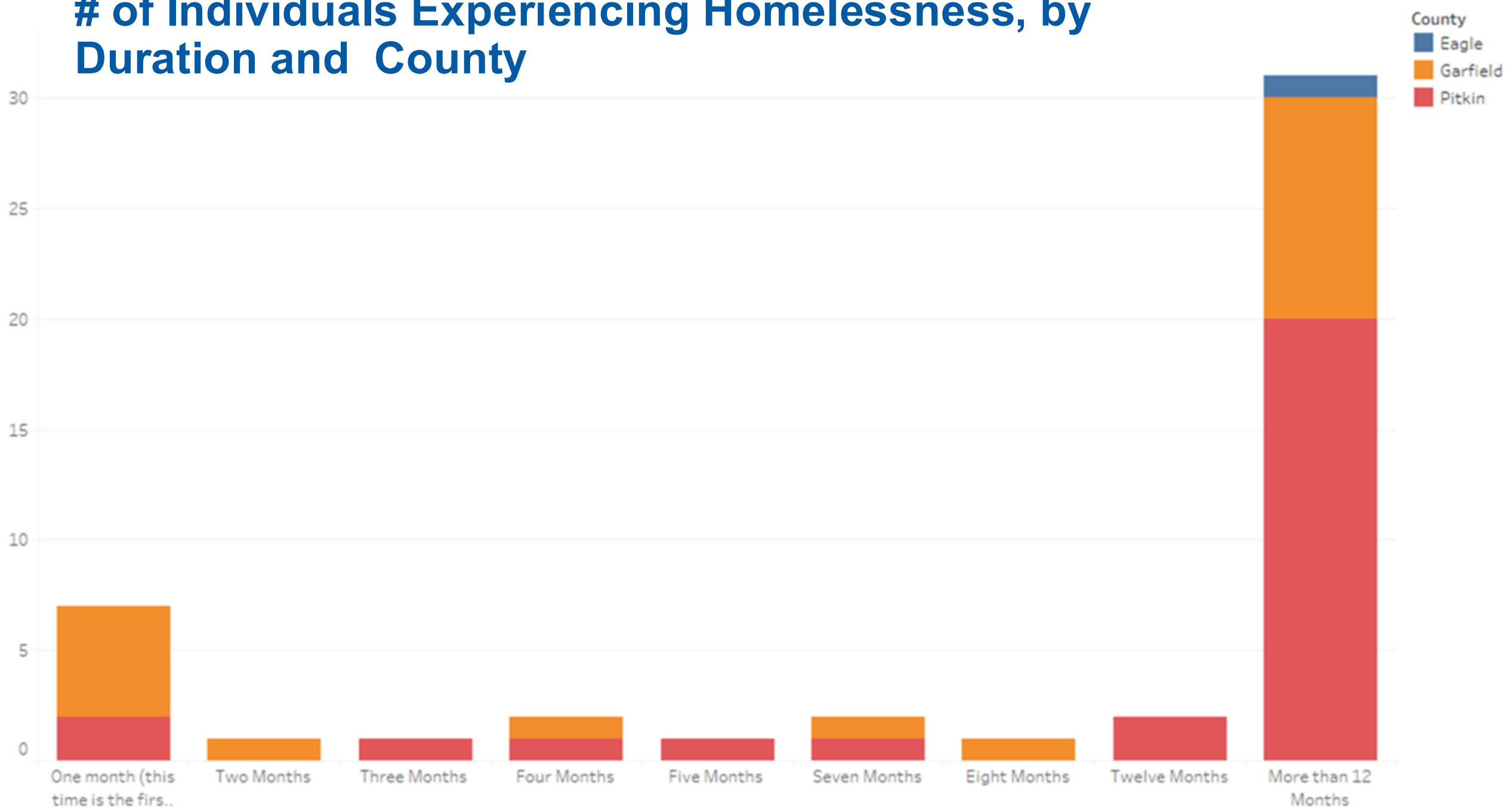
Homeless Services Use Overview: March 2024 - Feb 2025

(for Pitkin County)

- 175 people, all singles, served by the CoC
- 92% were 18 or older (14 were youth)
- Services:
 - 69% received street outreach
 - 49% received shelter
 - 5% received prevention
- Exits:
 - 143 people “exited” a service
 - **Only 15%** go to housing
 - Most remain unhoused or we have missing data



of Individuals Experiencing Homelessness, by Duration and County



The community's perception of homelessness will help with framing the recommendations.

Perceived Reasons for Homelessness:

- Rent is too high/lack of affordable housing
- Wealth inequity/workers' income that is too low
- Mental illness
- Substance use disorder
- Negative consequences of tourism including seasonal work and short-term rentals

Perception of what people need to exist while homeless:

- Access to affordable housing/lower rents
- Therapy/mental health/supportive services
- Higher wages
- Willpower/sense of purpose
- Substance use treatment

Observations from SHG

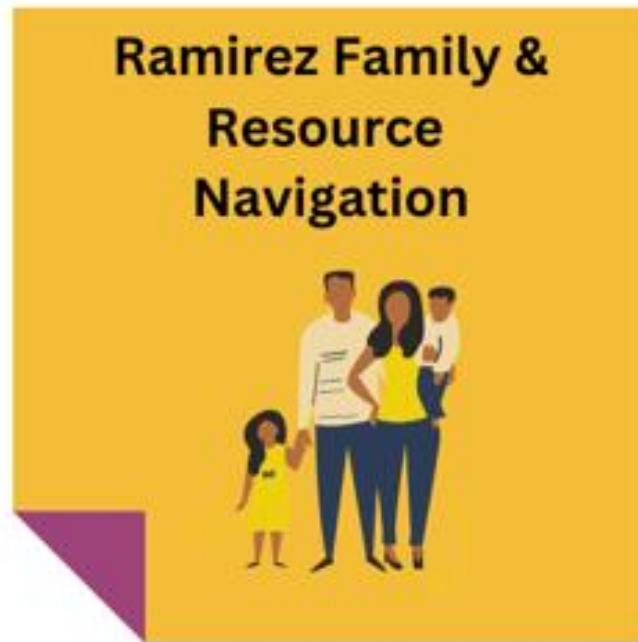
- Approximately 26% of Pitkin County's homeless population is classified as chronically homeless, meaning they have experienced homelessness for at least one year and have a disabling condition. The national average is roughly 20%.
- 41% of individuals experiencing homelessness in Pitkin County have an identified disabling condition.
- There are very few housing resources being used by Pitkin County service providers, which likely contributes to prolonged periods of homelessness, which in turn, increases the complexity of service needs to resolve homelessness.

The Potential Initial Buckets of Recommendations

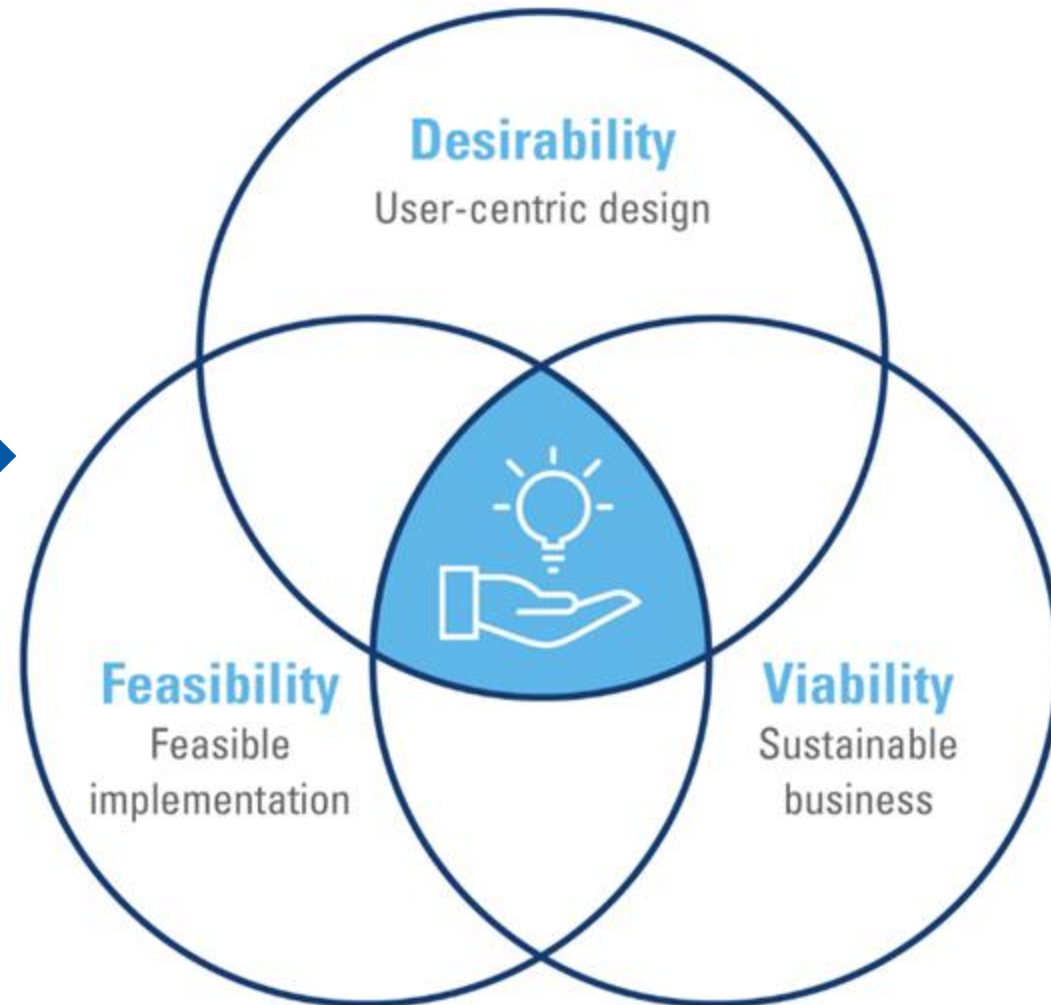
| Programs | Policies | Populations |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Programs that serve individuals experiencing homelessness should center on housing resolution as the core model of service. This likely means adding housing case management, housing navigation, landlord outreach and mediation, etc. to all services aimed at addressing homelessness. | Pitkin should incentivize affordable housing development. This must complement the county's existential need to support a local workforce that does not make enough money to live in Pitkin and households who are unable to work due to disability, etc. | Beyond workforce housing, there are populations within Pitkin that do not have adequate services who should be intentionally targeted to prevent ongoing homelessness. Those include individuals who need permanent supportive housing (very high needs), migrant populations, and populations whose income will not be sufficient (either due to seasonal work in the region or a lack of ability to obtain a living wage). |

Co-Creating Solutions

Human-Centered Design



User Story



Group Activity

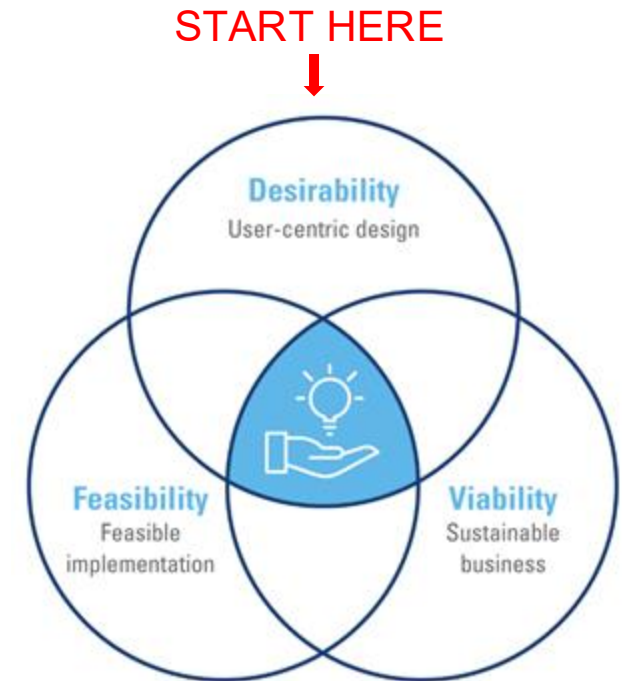


How: In small groups

Time: 50 minutes (35 minutes total for group discussions and 15 minutes for reporting out)

Round 1: What does this family/individual need? (10 min)

- Review the user story for your assigned group.
- Individually, spend a few minutes thinking about what this family/person needs and how they would **ideally** access the services or resources they need.
- Discuss your different ideas as a group and capture them on the flipchart paper.



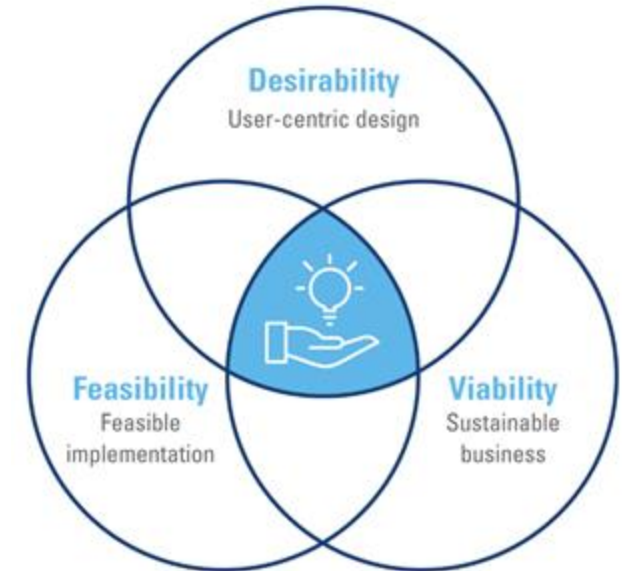


How: In small groups

Time: 50 minutes (35 minutes total for group discussions and 15 minutes for reporting out)

Round 2: Map on Feasibility and Sustainability (25 min)

- Translate your ideal state to consider feasible implementation and sustainability.
 - Be specific. Include existing (or realistic possibilities of) organizations, services, and resources in the community.
- Consider the *how* (not “but!”).
- Be prepared to share a quick synopsis of your group’s discussion with the larger group.



The next two months of 2025 will be busy!



Thank you!

Homelessness *is* solvable.



We *will* strengthen the
behavioral health system in
Pitkin County.