



# Healthy Perspectives

Summer 2006



Colorado State Representative Angie Paccione inspires youth during The Summit.



Youth perform science experiments at a Summit booth hosted by the Girl Scouts - Mountain Prairie Council.



Poudre Valley Hospital's Percy the Panda makes friends with a Summit attendee.



Summit participants enjoy a breakout session.

## Summit Draws Teens and Adults together to Build a Healthier Community

The Loveland-Fort Collins area has been named one of the 100 Best Communities for Young People because it's a place where kids matter and where people recognize that youth, along with adults, can make a difference. Each city is considered a Community of Promise, and each has resolved to deliver Five Promises to our children—promises that research shows are what every child needs to help them successfully transition into adulthood. These promises include providing **Caring Adults** who are actively involved in children's lives, **Safe Places** in which to learn and grow, a **Healthy Start** toward adulthood, and **Effective Education** that builds **Marketable Skills**; and **Opportunities to Help Others**.

Of course, promises are one thing. Action is another. Held April 22, The 2006 Family and Youth Summit, hosted by the Healthier Communities Coalition (HCC) and revolving around the Five Promises, was developed to help teenagers and adults team up to learn about the promises and how they can put them into action making our community a healthier, more supportive place for youth and families.

"For the first time, young people, their families, professionals working with youth, concerned citizens, elected officials and others came together for one day to learn about ways to make our community even healthier," said Art Bavoso, president of Third Sector Enterprises and co-chair of the conference's steering committee. "For a first time event, it was very successful,

and I hope that HCC continues to offer this event in future years."

According to Johnna Bavoso, McWhinney Enterprises senior vice-president of people services and the other co-chair of the conference's steering committee, The Summit brought together "all the information, tools and resources families need to make and keep promises to our youth."

Colorado State Representative Angie Paccione kicked off the event by sharing how she has benefited from receiving the Five Promises in her own life and how she works to deliver them back to youth. Angie's opening welcome was followed by several motivational speakers and breakout sessions, such as: Healthy Habits for Healthy Families; Being Ordinary in a Supermodel World: A Guide for Young Women; and Engaging Youth: Volunteer Development. Session presenters included Jim Davidson, an international expedition leader and high-altitude rescuer who taught families and youth how to go beyond their perceived limits, and Katie McReynolds, a 2006 graduate of Poudre High School who led a discussion on healthy risk-taking.

For the event, CSU student volunteers helped transform the First National Bank Exhibition Hall at The Ranch into a fun-filled setting with a community theme. In addition to the speakers and breakout sessions, attendees also had the opportunity to visit booths sponsored by area agencies (Continued on page 2)

## Healthier Communities Coalition

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**Jep Enck**, HCC President  
*Enck, Resources, Inc.*  
**Averil Strand**, HCC Secretary  
*Larimer County Department of Health & Environment*  
**AJ Macdonald**, HCC Treasurer  
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*CSU Cooperative Extension*  
**Kathi Wright**  
*Boys & Girls Clubs*

### Staff

**Kim Sharpe**, Coordinator  
**Andrea O'Connell**  
*Asst. Project Coordinator*

### Our Mission

The Healthier Communities Coalition of Larimer County is a broad-based coalition of nonprofit, business, government and citizen leaders focused on improving the health and well-being of Larimer County residents.

### Newsletter

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## HCC's Future

By AJ Macdonald, HCC board treasurer and owner of Macdonald Financial Services

At HCC's April 2006 board meeting, it became clear that the future direction of the coalition is a very important topic which will continue to impact many of our decisions over the next half year. We discussed the importance of developing a new three-year strategic plan. The board will have a day-long retreat in October devoted to accomplishing this. In the interim, the board is gathering information from which to make decisions in October.

For example, an ad hoc committee consisting of HCC Board Members Ruth Lytle-Barnaby, Tracy Cornutt and Averil Strand, reviewed available

data about the status of health and human services in Larimer County. They considered information from the Health District of Northern Larimer County, Maternal/Child Data from the Colorado Department of Health (CoHID), the Larimer County Vision Council (which HCC co-facilitated with United Way) and the Compass Web site. The committee especially looked for areas most in need of attention. The group recommended that services for youth remain a priority. Some of the most pressing areas of concern involving youth are substance abuse, obesity, non-school hour programs and activities, motor vehicle safety for teens and appropriate role modeling by adults.

Taking these concerns into account, as well as the strides HCC has made in helping to address these and other youth issues, the ad hoc committee recommended that HCC continue to focus on youth for the next three years. Because of the defined mission of HCC, the committee also recommended that HCC move away from providing direct services in the form of hosting events like Heroes Among Us and Party in the Park, and more into convening and building collaborative networks in the community that create, support and improve efforts to deal with youth-related issues.

We are excited to continue to work in areas where our efforts can help to build a healthier community.

### Summit

(Continued from page 1)

and participate in activities such as ooey-goey, surprising science experiments courtesy of the Girl Scouts - Mountain Prairie Council and blood-pumping, rope-jumping, hacky-sacky contests courtesy of CSU Sports Camps. Participants could also plant flowers or vegetables and "adopt" them courtesy of the Loveland Youth Gardeners, and help make security blankets for seriously ill and traumatized children as part of a National Global Youth Service Day project benefiting Project Linus.

If you missed this year's event, or even if you didn't, plan to attend The 2007 Family and Youth Summit in the spring. More details to follow soon.

## Real Life Heroes Honored by Youth, Community

What comes to mind when you hear the word 'hero'? A soldier who risks life and limb for our country? A firefighter who saves a child from a burning building? A good Samaritan who happens on an accident and jumps in to help? Indeed, the dictionary defines a hero as a "remarkably brave person." But there are other kinds of heroes. The dictionary defines these as people "to be admired and looked up to for outstanding qualities and achievements." These heroes walk among us, seemingly unnoticed. Until recently.

The Healthier Communities Coalition (HCC) asked local kids to nominate their heroes—adults, other than their parents, who they felt had been great friends, role models or leaders. We received over 125 nominations.

Local youth honored grandparents, teachers, youth pastors, coaches and other community members who had made an impact on their lives at the 5th Annual Heroes Among Us, a special dinner and recognition ceremony held on April 26 at The Ranch. The event was hosted by HCC.

Mayors John Baudek of Estes Park, Doug Hutchinson of Fort Collins, and Larry Walsh of Loveland presented certificates to all the honorees who attended. They recognized heroes like Kathleen Tindall, a 3rd-grade teacher at Cache la Poudre Elementary School.

Tindall was surprised and honored by the nomination. She was especially touched by the gift of the

essay nominating her, written by a former student. "My whole life I've wanted to make a difference," she said. "You don't really know if you do, but you just pray that you have done your best. The nomination just reminds me that I'm doing what I'm supposed to be doing."

But it's the youth who attended the event with their heroes who are the true beneficiaries. "Caring adults who are positive role models are a critical part of a child's development," explains Tracy Cornutt, Partners Mentoring Youth of Larimer County executive director, HCC board member and one of the volunteer servers at the event. "Many kids in our community are missing out on that, but thanks to events like Heroes Among Us, which highlights the important role caring adults play in the lives of youth, we hope more adults are inspired to volunteer to work with kids through programs like Partners Mentoring."

Many local dignitaries and community leaders joined Cornutt in serving dinner to the nominees and the youth they touched. "I was honored to be invited to serve dinner to the heroes and their family and friends," says Linda Chapman, Park School District R-3 superintendent. "It was a great event which focused on the value of friendship and compassion. I loved being able to serve those who serve others so unselfishly - they truly deserved it!"

Other servers included: Larry Abrahamson, Eighth Judicial District attorney; Jim Alderden, Larimer County sheriff; Darin Atteberry, Fort Collins city manager; Diggs Brown, Fort Collins City Council; Mike Chard, Loveland fire chief; John Guffey, Eaglerock School service-learning coordinator; Luke Hecker, City of Loveland police



chief; Susan Ison, City of Loveland Cultural Services director; Patrick Jiles, Loveland firefighter; Christine Kapperman, Loveland Reporter-Herald managing editor; Sandra Lowe, Loveland Fire Protection engineer; Mark Lyons, Loveland firefighter; Ruth Lytle-Barnaby, Poudre Valley Hospital Foundation executive director; Bill Nelson, Larimer County sheriff; Steve Pitcher, Loveland firefighter; Randy Repola, Estes Park town administrator; Justin Smith, Larimer County sheriff; Gaye Stockman, Loveland Chamber of Commerce president/CEO; Kevin Unger, Poudre Valley Hospital president/CEO; Renee Wheeler, Loveland assistant city manager; and Don Williams, Loveland city manager.

Comedian George McClure and the Conrad Ball Middle School (Loveland) Jazz Band provided entertainment during the evening.

Heroes Among Us was sponsored by the Bohemian Foundation; Macdonald Financial Services; the Town of Estes Park; Eagle Rock School and Professional Development Center; Dreyer's; Ovations; Yancey's Food Service; City of Fort Collins; Fort Collins City Cable 14; City of Loveland; Loveland Youth Advisory Commission; Thompson School District; Estes Park R-3 School District; Healthy Kids Club; United Way 2-1-1; Larimer County 4-H; Partners Mentoring Youth; Snow Event Planning; and Loveland Youth Gardeners.

# Health and Human Service Goals Set for 2006-2009

HCC, United Way Partner to Facilitate Process



A strategic vision developed for Larimer County identifies goals to help the communities within the county improve the lives of their residents through more effective, coordinated levels of health and human service delivery.

The Strategic Vision Council of Larimer County consists of a cross section of community experts from various government and human service agencies, which from August through October 2005 produced community goals for 2006-2009. The group is working this summer to identify specific objectives and actions that should be taken to meet the goals.

The council's work began when the Healthier Communities Coalition of Larimer County (HCC) and United Way of Larimer County wanted to develop a unified vision for improving the lives of residents throughout the county, particularly those in need.

"We felt we needed a strategic vision to define a comprehensive community-wide guide for addressing the needs in our communities," said Kim Sharpe, HCC coordinator. "One of the questions we asked is, 'We share community-wide problems. Why not share a vision and resources for solving those problems?'" The major benefit of such a shared vision is to build more effective and efficient levels of services county-wide, she said.



Randy Ratliff, Larimer Center for Mental Health executive director, and Nancy Jackson, Disabled Resource Services executive director, participate in a Vision Council work session.

Gordan Thibedeau, executive director of the United Way of Larimer County, said his organization started the effort to analyze what services were available county-wide and to see what the future capacity might be. "It is incredibly important to understand clearly what we have in terms of meeting the needs of our population and seeing

where the gaps are, particularly in times of decreasing resources. The decisions we make today will affect us three to five years down the road," he said. He added that gathering the data and information through this goal setting process provides a data-based understanding of what is available in the county.

The council developed goal statements under three headings – basic and emergency; prevention and intervention; and treatment. Thibedeau and Sharpe emphasized that attainment of the goals relies on all parties working together to reduce redundancy and improve service. "Our hope is that funders, service providers and others will focus on these goals and lend their expertise and resources toward producing measurable positive change for the benefit of individuals and families that reside in Larimer County," they said in the cover letter for the Vision Council's recently completed report.

The primary basic and emergency goal addresses human needs: to increase availability, accessibility, affordability, awareness and utilization of resources that meet basic needs such as food, shelter, clothing, safety, utilities, health care and medicine. Several sub-goals follow. Under prevention and intervention, goals include increasing public awareness of at-risk actions and preventative measures to enhance public safety; improving working options and conditions; improving health of all citizens and many more. The treatment goals address providing adequate community-based treatment, case management treatment, and treatment of the under- and uninsured.

The entire report is available at [www.healthylarimer.org/publications.html](http://www.healthylarimer.org/publications.html). An additional report will be released once the Vision Council completes its work to establish objectives and actions.

## New Effort Emphasizes Character in Sports

Character in Athletics—Make it a Priority!(CHAMP!) That's the message sports participants will receive when they show up for practice and games.

CHAMP! is a new effort to ensure playing fields are also character development fields. The goal is to promote, recognize and reward character excellence among sports participants, teams and organizations that consistently encourage and display sportsmanship, teamwork and community.

CHAMP! was developed by a task force commissioned by Colorado State University, the City of Fort Collins and Poudre School District after an opinion poll revealed that local parents and coaches think more can be done to ensure sports programs continue to provide positive role models. The Healthier Communities Coalition of Larimer County (HCC) conducted the poll in 2005 with assistance from the Colorado State University Research and Development Center. (Read the

report online or download it from [http://www.healthylarimer.org/Sports\\_Report-Jan2006.pdf](http://www.healthylarimer.org/Sports_Report-Jan2006.pdf).) HCC and Character Fort Collins partnered in bringing the task force together and facilitating their work.

"The initial efforts of the CHAMP! Task Force have created a solid foundation for what can become an integral part of the youth sports culture in Northern Colorado," said Thad Anderson, CHAMP! Task Force chairman and Triple Crown Sports Colorado Baseball director. "CHAMP! is designed to create a greater awareness of the importance of making character development a central theme in youth sports—players and teams might not always get it right, but they should always strive for character excellence. Ultimately, the success of CHAMP! will rely on implementation by youth sports administrators, coaches, parents and players. The Task Force anticipates that CHAMP! will be piloted within PSD boundaries, but a long-term goal is for CHAMP! to become a model for other communities throughout Larimer County and perhaps even the nation."

The initial details about CHAMP!

were announced in April during The 2006 Family and Youth Summit. Now that the concept of CHAMP! has been established, the task force will be working this summer to determine exactly how it will be implemented in the community.

Besides Anderson, CHAMP! Task Force members include: Pam Brock, Poudre Valley Health System vice president of marketing and strategic planning; Gil Carbajal, community member; Kathleen Duff, Fort Collins Coloradoan editorial page editor; Tom Livingston, Livingston Real Estate and Development owner/manager; Sandi Martin, Poudre School District athletics coordinator; Gary Ozzello, CSU senior associate athletic director; Marc Rademacher, City of Fort Collins recreation coordinator – youth sports; Ken Schrader, Ultimate Support Systems, Inc. president and COO; Amy Snider, The Force soccer team owner; and Stephen Yemm, MD, Orthopaedic Center of the Rockies.



### HCC Partners

HCC would like to thank McWhinney Enterprises for their support of The 2006 Family and Youth Summit. Not only did the company support this event through a generous financial contribution, but McWhinney employees played a major role in planning and carrying out The Summit. Johnna Bavoso, McWhinney Enterprises senior vice president of people services, served as co-chair of The Summit planning committee and she, along with several other McWhinney employees, put in a great deal of time and effort to insure The Summit was a success. HCC is very grateful for all of their support.

### PEN Update

The Parent Education Network (PEN) is undergoing some structural changes following a strategic planning retreat in April. Facilitated by Art Bavoso of Third Sector Enterprises, the retreat resulted in members developing a new vision and mission for PEN, as well as some guiding principles that will help clarify the purpose and goals of the group. Over the next few months, PEN members will be focusing their efforts on determining the structure of the collaboration, as well as planning future initiatives and programming aimed at strengthening the role of parent education and support in Larimer County. "It is a very exciting time for PEN," said Andrea O'Connell, HCC assistant project coordinator. "We hope to make parent education a more positively viewed and commonly accepted practice for all families in the county." For more information about PEN's new mission or to get dates for future meetings, visit the HCC Web site ([www.healthylarimer.org](http://www.healthylarimer.org)) and click on the PEN logo, or email [ado@pvhs.org](mailto:ado@pvhs.org).

### LP News

Larimer's Promise continues to focus on strengthening partnerships between youth-serving agencies, and on increasing the number of children in Larimer County who receive the Five Promises. In that spirit, HCC is collaborating with the City of Fort Collins' RAD Van program and Healthy Kids Club to provide fun and educational field trips for youth who live in some of the City's low-income neighborhoods. The field trips provide an opportunity to expose youth who may have a limited view of what the future holds for them to possible educational and career opportunities, and ways they can make a difference in their community. Fifteen children toured Poudre Valley Hospital in early spring 2006, and other field trips are planned for the summer and fall.

# “Youth on the Go” Addresses Transportation Issues

Any parent can tell you that getting kids safely from one end of town to the other without the use of the family car can be a very difficult task, especially if you live in outlying areas with limited bus service. And if mom, dad or big brother isn't available for taxi service, or if there is no family car, transporting kids from school to non-school hour learning and activity centers and then home again is nearly impossible. Add in the transportation hassles that face families during the summer months and it's a wonder working parents have any hair left.

Last fall HCC convened several community members and formed “Youth on the Go” (or YoGo) to address the issue. In addition to HCC staff, the task force includes representatives from the City of Fort Collins, Poudre School District, BASE Camp, United Way, Boys and Girls Clubs and the Integrity Center. The group is in the process of developing a survey to gather data on the extent of the problem. YoGo will then combine that data with available research and develop a series of recommendations and an action plan.

YoGo recently met with Fort Collins' City Manager Darin Atteberry to discuss their plan to address the issue. “The bottom line is to give kids a safe place to be and a safe way to get there,” shared HCC's Kim Sharpe. She told Atteberry that YoGo wasn't necessarily asking the City to provide services, but rather looking at a possible collaborative effort between

the City, PSD and private entities to address the problem. “We want to look at how children all around town can participate in activities,” she said. “How can they get there? How do they get home?”

Although the City Manager cautioned that the city is looking at cutting \$6.8 million from the budget and that “these conversations are very frustrating,” he did say that leveraging these kinds of partnerships is the wave of the future and feels such collaborative efforts are the only way that YoGo can accomplish its goal. “We're not divesting of youth,” he assured the committee and reminded the group of the Mayor's slogan: “Together we can.”

Atteberry also challenged YoGo to “test me- test the Council- on these leveraged partnerships.” He said the City strives for data-driven decisions and felt that the proposed survey and accompanying research on model programs elsewhere could go a long way toward garnering the City's participation in a collaborative effort. “The Council cares about kids, too.”

The survey will be distributed to a representative sampling of households across Fort Collins and HCC hopes to have the results in the coming months.



For more information about YoGo, contact Kim Sharpe at (970) 495-7503 or [krs4@pvhs.org](mailto:krs4@pvhs.org).



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### In This Issue:

HCC's Future - page 2

Real Life Heroes - Page 3

HHS Goals/Vision Council - page 4

Character in Athletics - page 5