



# HUMAN SERVICE PARTNERS



A COMMUNITY SNAPSHOT



City of  
**Fort Collins**  
Social  
Sustainability



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## A LETTER FROM OUR CITY MANAGER



Each year, the City provides funding to non-profit agencies that support nearly 14,000 people in our community. People whose stories are unique but also part of a broader collective: A teenager who needs help finding a foster home to make a break from a life filled with gangs, drugs, and abuse; a single mother who wants to go back to school so she can better care for herself and her three children. Sometimes the story is simply one of prevention: Helping someone who lost his job because of illness or a family who needs rental assistance in order to stay in their home.

There are many unique stories I could tell you about the people in our community who depend on human service agencies in Fort Collins, and how those agencies vitally improve overall health and resiliency. For more than 20 years, the City has proudly served as a funding source for human services agencies, both with federal funds awarded through Community Development Block Grants and the City's own Human Service Program funding.

In this report, you can read a sampling of the many wonderful human service programs and agencies the City funds, and more about the people they serve. We help enable these agencies to directly address poverty and help

stabilize individuals and families in need.

As part of the City's strategic plan, we want to leverage and collaborate with local service agencies to help improve self-sufficiency, foster independence among seniors and people with disabilities, and address the issues of homelessness and poverty. Together, we can continue to improve the quality of our city to ensure a strong, thriving community that is passed on to future generations.

### ENJOY YOUR READING!

**Darin Atteberry**  
City Manager

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# INTRODUCTION

The Social Sustainability Department is a leader in analyzing community systems from a human perspective. To us, Social Sustainability is the practice of creating a diverse and equitable society that successfully meets the basic needs of all residents. This is done through programs, policies, and partnerships that provide access and opportunities for all.

One of the foremost ways we support the community is by administering grants to agencies that provide direct service to individuals and families of Fort Collins. Funds come primarily from the City of Fort Collins. These agencies have the background, systems, and expertise to provide the highest level of assistance to their clients. Over the 2013 fiscal year, these human service provid-

ers made an impact in the lives of nearly 14,000 Fort Collins community members.\*

The agencies highlighted in the following pages are fiscal year 2013 grant recipients. Interviews were conducted with staff, volunteers, and program participants, and give us a lens through which to view the very personal work being done by these agencies.\*\*

These individual stories presented here reflect the sustaining impact each agency makes in helping create a community that's as inclusive as it is resilient. We hope that by sharing them with you, we can enhance perspectives on the underserved and disadvantaged people of our city, and also help inform a deeper understanding of the myriad of social issues facing community members. ■

*\* May include persons served at more than one agency as duplicates. Personal participant information is not gathered by the City of Fort Collins.*

*\*\* All FY13 grantees were invited to participate in these interviews.*



Social Sustainability Offices



# Education & Self-Sufficiency

— The Matthews House

— The Center For Family Outreach

— Education and Life Training Center

— Project Self-Sufficiency

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Clients gain skills to lead  
independent, healthy lives.

## THE MATTHEWS HOUSE



**M**ariana Colorado is a vibrant, cheerful 20-year-old college student attending Front Range Community College. She holds a 3.7 GPA and plans to transfer to CSU and eventually work as a behavioral scientist.

For Mariana, however, educational and long-range career goals weren't always something she aspired to. Originally from a small town in southern Mexico, Mariana's family moved to Fort Collins when she was too young to remember. When asked which local schools she attended, she laughs and says, "All of them."

Her family, she explains, struggled to find work. Moves were frequent, and often involved starting over. With change came uncertainty. Her interest in academics waned.

Meanwhile, her relationship with her parents—historically troubled—deteriorated even further. Mariana attributes their harsh disciplinarian tactics to cultural differences, and also the fact neither of her parents were educated.

"They don't know how to discipline," she explains. "And so they beat

you. With a stick, a belt. Whatever was around. Because of that, I never felt loved."

When Mariana was 10, a concerned neighbor called Child Protective Services. Her parents were investigated, but Mariana continued to live with them. Now, however, she had a caseworker who checked on her from time-to-time.

Even so, not much changed at home. Mariana began to drink heavily, use drugs, and—though she still attended school—gave up on academics. She ran away from home several times, and at 13, joined a gang.

"I was so mean back then!" she laughs. "I used to intimidate people."

Under directive of fellow gang members, she stole a pair of shoes from a classmate, wore them, and was subsequently charged with the crime. At her sentencing, the judge lectured Mariana on the importance of graduating high school—more so for a Latina such as herself.

At the time, however, Mariana didn't listen. She continued drinking, using drugs, and had a pregnancy scare that resulted in an altercation with her par-

ents in which she was severely beaten.

Shaken by the incident, Mariana reached out to her caseworker. That night, she went to live with a friend of the family who was happy to take her in.

But for Mariana, leaving her family's turbulent and volatile home didn't necessarily translate into an easier—or more settled—life. Over the next three years, she would live with four different foster families. The binging on alcohol and drugs continued. Her parents were arrested and charged with a federal crime. Before sentencing, however, they fled to Mexico. Mariana's sense of hopelessness mounted, and she struggled with her host families. Each household had different rules and expectations—something Mariana found especially difficult.

It wasn't until she went to live with Daniel Olivarez that things began to change. Mariana was told that every day after school, she was expected to complete her homework.

She adhered to the rule, and Olivarez took note.

"You're smart," he told her.

"No I'm not," Mariana replied.

"I can tell you are," insisted Olivarez. "You're getting As on all your homework!"

The idea she could succeed academically had never occurred to Mariana. Emboldened, she continued working hard and was shocked when a teacher recommended she enter the High School Select Program. Once enrolled, she would complete both high school and college-level courses at Fort Collins High School, earning college credit as she finished her senior year.

She began to realize, says Mariana, that success is not an accident. And that the people you choose to surround yourself with matter greatly. So when, at 18, she was emancipated from the foster care system and her caseworker suggested she reach out to the Matthews House, Mariana eagerly obliged.

"I had never experienced an organization like them," she says, eyes shining. "They're so passionate about helping you. The Matthews House is my family."

The Matthews House has helped Mariana transition into adulthood. Brianna Barbera, her Transition Facilitator, is there to help her client master life skills such as navigating college, the job market, filing taxes and even helping proof-read her school papers.

"I have the privilege to walk alongside young people to help them gain independent living skills and become self-sufficient," says Brianna. "It brings [me] such joy to watch them succeed."

In addition to working with a Transition Facilitator, Matthews House clients can take advantage of the organization's many workshops and programs,



Brianna Barbera and Mariana Colorado

such as College Connect, which introduces participants to various collegiate opportunities and career paths.

Mariana, who attended a session of College Connect, says the workshop was incredibly helpful. Now a sophomore at Front Range, she hopes to transfer to CSU and earn a degree in Criminal Justice.

She's also working toward obtaining her US Citizenship, and hopes to one day work for the FBI studying the habits of serial killers.

"There aren't many people who could do that job," she says, looking down with a modest shrug. Then she lifts her chin, her eyes sparked with new light. "But I don't walk with fear on my back." ■



"They're so passionate about helping you. The Matthews House is my family."



## Education & Self-Sufficiency

### FACTS & NUMBERS

← **135** — **YOUTH**

In 2013, were served at The Matthews House — Each youth in the program develops an independent life plan

**86%** 


of The Matthews House participants  
**AVOID GANG INVOLVEMENT**

 **849**

juvenile arrests occurred in Fort Collins in 2010

**79%** 

of The Matthews House participants  
**RECEIVE THEIR GED OR HIGH SCHOOL DIPLOMA**

500 Larimer County youth are referred to The Center for Family Outreach each year by the District Attorney's office 



## THE CENTER FOR FAMILY OUTREACH

"Everyone makes mistakes.  
It's all about choice."



Laurie Klith,  
The Center For Family Outreach Executive Director

So far this year, 15-year-old Nocola Walker has helped mend a garden at Elderhaus, fed the homeless through Catholic Charities, and delivered fresh produce by bicycle to La Familia for a farmers' market geared toward the daycare's clients. His volunteerism is part of the program he's currently enrolled in at The Center For Family Outreach, an agency that provides education and prevention resources to kids who might otherwise face incarceration.

"They [The Center] corrected my path and straightened me out," says Walker, who found himself in trouble after getting caught at school with marijuana. "Now I'm a better person, less anti-social. I help the community instead of hiding behind my computer."

Working with 500 to 600 kids each year, The Center was founded 14 years ago by Laurie Klith, its current executive director. After several years spent working for the sheriff's office, Klith realized she most enjoyed working with children. She founded The Center for Family Outreach with the belief that diverting a child's path at a critical juncture would help keep him/her out of jail. With a continued reduced recidivism rate of 85 percent, Klith's theory is proving right.

The Center provides teenagers an opportunity to experience the development of life skills through education. "Everyone makes mistakes," says Klith. "It's all about choice. Our goal is to make sure [participants] have time

to mature and learn the critical thinking skills needed to become successful individuals. The Center provides a safe environment for them to mature as they travel through adolescent times."

Darian Hietpas, a high school sophomore, was getting into trouble at school for stealing. He wanted to change his behavior, but he wasn't sure where to begin. After enrolling at The Center, he became actively engaged in community service, and also began working with a counselor to modify his behavior so that he no longer feels the urge to steal.

Participation in community service is a component of the program, and is integral to the kids' success. Having the youth interact with members of the community makes them feel more connected and less alienated, and giving to others can be an empowering experience that raises self-esteem.

Operating with a staff of 10, The Center is a unique program in Colorado that has served 5,000 kids since its inception. Klith credits the agency's success to a dedicated staff and vital partnerships with various local organizations, including the District Attorney's Office, the Cities of Fort Collins and Loveland, schools, and nonprofit organizations.

"Together, we provide services for our kids," she says. "We want them to stay law-abiding and sober and do well at school, and we also want them to continue to pay it forward through volunteering." ■

## EDUCATION AND LIFE TRAINING CENTER

Started in 1966 by three Fort Collins residents who wanted to connect volunteers with people in need, the Education and Life Training Center (ELTC) has come a long way from that initial vision. The organization's founders recognized a need for education outreach in the community, especially among the Latino population, and soon evolved the agency's mission into one of personal empowerment: Providing skills training to allow people to do things for themselves.

In the late '60s and '70s, this training meant everything from teaching Latina women how to cook, sew and drive to helping immigrants obtain green cards. Now, more than four decades later, the agency has transitioned from a volunteer-based model to paid teachers, updated its educational content, and launched a JobReady program that offers what Tracy Mead, the agency's

executive director, calls a "holistic approach to training and guiding clients on a path to employment that provides self-sufficient wages."

"We have a very caring and supporting group of individuals," she says of ELTC's teaching staff. "Everyone has gone through Bridges Out of Poverty training, which informs everything we do."

Shelly Finn, a participant in ELTC's JobReady and Circles Programs, would agree. Suffering from a disability that makes staying employed a challenge, Finn credits the staff at ELTC with lifting her motivation to a higher level and giving her the technical skills she needs to re-enter the workforce.

"I wanted to get off Medicaid and start supporting the system," she says. "Instead of the system supporting me." ■

## PROJECT SELF-SUFFICIENCY

When her mother contracted Lyme disease, Michelle Hindman decided to sell her successful dog grooming business in New Mexico and move to Fort Collins to help.

The year was 2008, and as the nation's economy fell, so did Michelle's hope she'd done the right thing. Not only was finding employment difficult, but she had a tough time recovering from the financial adjustments. With her three children settled in their new schools, Michelle actively searched for a job without any luck.

Feeling as though she'd made a mistake moving to Colorado, Michelle was pondering what steps to take next when a friend told her to look into Project Self-Sufficiency (PS-S). Focusing on helping clients with career planning, adult education and job placement, PS-S seemed the right fit for Michelle, who viewed the agency as just the thing to help her get back on her feet.

She applied to become a participant and was thrilled to discover she'd been accepted. Once enrolled in the program, her advisor Maggie Murray helped craft an action plan: Michelle would pursue her GED, then apply to

Front Range Community College.

At the time, going back to school felt daunting, but Michelle excelled, earning a high score on the GED. She was accepted into Front Range and graduated with a 3.9 GPA. This fall, she started at CSU and plans to earn her bachelor's in sociology and dietetics to eventually pursue a doctorate in medical sociology.

Her academic triumph has helped motivate her children's success in the classroom as well—her oldest child started at CSU at the same time Michelle enrolled at Front Range, and Michelle was able to help her daughter navigate what had previously been uncharted territory. Her two youngest have become increasingly inspired by the expansion of possibility they've witnessed as their mother worked hard to achieve her goals and create a new life.

"I can't imagine where I'd be if it hadn't been for PS-S," says Michelle. "Knowing that I'm valuable and worthy of being invested in has made all the difference." ■



## Education & Self-Sufficiency

### FACTS & NUMBERS

The **VALUE** of  
**PREVENTING ONE YOUTH**  
at age 14 from entering the justice  
system is **\$3.2 million**  
to  
**\$5.8 million**  
according to the Center  
for Family Outreach



**80**

participants in Project  
Self-Sufficiency earned  
bachelor's degrees,  
associate's degrees, their  
GED or earned 1,119  
credit hours in 2013.

**AVERAGE GPA WAS 3.32**

**8,196 CHILDREN**

are living in poverty in Larimer  
County (three-year average 2008-  
2010, up 84 percent since 2000)



**953 STUDENTS**

in the Poudre School District were  
homeless in 2012-2013

**33%**



of all homeless in Fort Collins are  
families (2010)





# Health & Safety

— CHN — Northern Colorado AIDS Project

— Larimer County Child Advocacy Center

— Rehabilitation and  
Visiting Nurse Association

— Crossroads Safehouse

— Health District of  
Northern Larimer County

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Community members are  
provided opportunities to  
pursue well-being.

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## CHN — NORTHERN COLORADO AIDS PROJECT

"Since coming to work, I've gained the ability to understand all of us are fighting a battle."

Lori Daigle,  
Northern Colorado AIDS Project Regional Director

Walking into the Northern Colorado AIDS Project (NCAP) office is a treat for the senses: A brightly painted mural adorns one wall, individual offices are painted a variety of colors, and Regional Director Lori Daigle is likely to clasp both your hands in hers as she welcomes you in with a warm smile.

"I love stigmatized issues," says Daigle. "Since coming to work [at NCAP], I've gained the ability to understand all of us are fighting a battle."

Daigle says she remembers the early days of HIV in the 1980s, when politics of the era portrayed the disease as a "gay plague." Little was understood about HIV, and those infected were often shunned. Although much has changed since then, the need for care advocacy hasn't gone away, and that's where NCAP comes in.

With 196 clients currently under case management, NCAP provides services in eight Northern Colorado counties and is the only agency of its kind within 16,000 square miles. In addition to case management, the agency offers prevention education,

transportation, food bank services, and outreach efforts that include HIV testing. Employees pride themselves on their ability to meet clients where they are, helping reduce the stigma all too often still associated with HIV.

As one client says, "NCAP is magical. It's the only place I can walk in and if I'm having a bad day, someone will give me a hug. Someone will touch me."

While the stereotype of HIV as a gay person's disease has faded significantly since the '80s, it can still come as a surprise the extent to which people from all walks of life are affected. Kyla Pfeif, who started five years ago as a volunteer and now works as the Case Manager Lead, works with clients ranging in age from 8 to 70 from across the socioeconomic spectrum. About 60 percent of NCAP's clients identify as homosexual, while 40 percent are heterosexual.

According to Pfeif, the belief still persists that if a person has HIV, she or he is a homosexual. She tells the story of a former client who came to her with three days of sobriety following a

decade-long meth addiction. New to Fort Collins, he walked into the NCAP office with a simple plea for help.

"I don't know where to start," he said.

Pfeif worked with him for a year, during which time her client maintained his sobriety and returned to school. He went on to acquire a job, get married, and has since become a father to a young daughter. In addition to holding a full-time job, he also volunteers on matters concerning HIV-related policy at the state level. Pfeif cites NCAP's mental therapy program as the biggest boost her client needed.



"Our clients come to us for a reason," she says. "They don't know where to find an HIV doctor. They don't know we have a program that can pay for their insurance premiums, their co-payments and their deductibles. They have no out-of-pocket costs. It's pretty incredible."

Recently, the agency initiated a transportation program, which has been greatly utilized. Additionally, NCAP offices have an on-site food bank, where clients can pick up two boxes of food each week. In one year the agency offered over 5,000 meals

to Fort Collins clients. The agency also has a nutritionist who teaches classes on how to prepare healthy meals from their food bank staples.

Daigle is especially proud of the food bank, and sees it as a safe place where clients are able to obtain nutritional food so critical to helping maintain their overall health without feeling stigmatized because they happen to be HIV-positive.

"Transportation and food keep people vitally in service," she says. "It's as simple as that." ■



Michelle Johnson knew something was wrong the morning her 14 year old daughter Lizzie left a note on her pillow.

Lizzie had found the courage to release a truth she'd kept to herself for more than a decade: From the time she was three—and up to the year she turned eight—she was molested by her grandfather.

Michelle immediately took the letter to the house where she was raised. While her mother read it aloud, her father sat next to her, listening, head down as his hands shook. When her mother finished the letter, saying they needed to find the perpetrator, Michelle pointed at her father.

"It was him," she said.

Her father failed to deny the accusation, claiming there had only been one episode. Michelle knew differently, and, in coming to terms with what happened to her daughter, learned something else about her father.

"He [molested] me too," she explains. "I had to live in the same house and so I repressed the memory completely."

Within a few days of her daughter's revelation, Michelle and her husband Tom took Lizzie to the Child Advocacy Center (CAC). There, she met in a private room with a forensic interviewer. As is always the case at the CAC, the interview was filmed.

This is the gift of the CAC, says Jill Beck, the agency's interim executive director: By coordinating with local law enforcement and the County's Department of Human Services, the court-admissible testimony is not only captured in a manner that escapes outside influence, it also spares the victim from reliving the trauma by repeating it several times to multiple parties.

Perhaps just as importantly, because minors can feel a strong desire to protect other family members from this trauma, they often express a reluctance to disclose full details of the episodes. An interview conducted at the CAC, where not even family members are present, can alleviate that fear so they speak more freely. For Lizzie, worry over what would happen to the rest of the family delayed her disclosure.

As Johnson says, "[Sexual abuse]



## Health & Safety

## FACTS & NUMBERS



# 165 ADULTS

used the Crossroads Safehouse in 2013. Of those, 134 were mothers aged 19 - 59, who brought 248 children ranging in age from newborns to 17 years

# 61%

of victims and their families served by Crossroads were residents of Fort Collins



The Larimer County Child Advocacy Center

# SERVED 3,115

adults and children in 2013



# 98%

of the children seen by the Child Advocacy Center are victims of sexual abuse

Staff provided education to

# 2,800

Poudre elementary school students in 14 schools through the Talk About Touching Program





affects more than just the victim and perpetrator. The pain extends to the ... victim's family, the husband, grandparents. Lizzie's younger brother wasn't even born yet and had to work through guilt over the fact he couldn't protect her. The ripple effect is profound."

In addition to providing a forensic interviewer for victims, families who come to the CAC are also assigned an advocate who can provide help by listening, talking, procuring staples such as food or gas money, clothing, set-

ting up therapy appointments or filing a claim for victim compensation funds. Such a holistic approach is integral to helping families begin the healing process.

Now 24 and a CSU graduate—as well as a former track and field state champion—Lizzie Johnson is thriving, thanks to what she calls her "first healing" at the CAC a decade ago. And her mother, who is now a family advocate at the CAC, couldn't be happier. ■

## REHABILITATION AND VISITING NURSE ASSOCIATION (RVNA)

"A caregiver can be a wife, a daughter, a mother," says Crystal Day, former executive director of Rehabilitation and Visiting Nurse Association (RVNA), "but she can't be any of that when she's consumed with caretaking."

After 18 years, Day recently retired from RVNA, the only community-based nonprofit home healthcare agency in Northern Colorado. RVNA offers clients a range of services tailored to fit their home-based medical needs. Services include providing acute medical and post-cardiac care, administering medicine, and teaching clients to care for their wounds—an important skill that helps them stay employed.

With funding provided by the City's Human Services Program funds, RVNA also provides some non-medical services. Caregivers help with medical prep, baths, housekeeping, and tasks that don't often fall neatly into a category of medical care, but are necessary assistance for clients with medical conditions.

After his caretaker brother died, one man who was developmentally disabled, Day recalls, couldn't climb out of his bathtub and was ingesting an assortment of medication that could have been fatal. RVNA not only responded with the help he needed, they were also able to get him enrolled in Medicaid.

"There is no other agency out there providing this kind of help," explains Day, who maintains that home healthcare not only saves taxpayer dollars, it also enables people suffering a

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Caregivers help with medical prep, baths, housekeeping, and tasks that don't often fall neatly into a category of medical care, but are necessary assistance for clients with medical conditions.

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medical condition or injury with the ability to stay in their homes—the place where, as she says, "the healing happens."

Once, she received a letter from a former client who, due to cutbacks, could no longer afford her medications. "I wish I would just die," the woman wrote. Instead, RVNA found a way to help, and the woman was able to stay on her medications.

Says Day, "It's because of the [City's] grant money that we're able to do what we do. Otherwise, we just couldn't. To end my career and have that as my legacy—you can't beat it." ■

## CROSSROADS SAFEHOUSE

When Crossroads Safehouse moved into their new building a few years ago, men serving on the Board of Directors took issue with one aspect of the renovations.

"They wanted to name the wings after women," explains Joe Valente, board president. "But domestic violence isn't just a women's issue. Even if the world wants us to see it that way, it's not."

Statistics show that one in four women will experience domestic abuse in her lifetime, and male victims number one in fourteen.

Established in 1980 and housed in a City building on Sherwood Street, Crossroads Safehouse found itself booked full within the first four hours of opening. With help from the City's Police Services, in 2011 Crossroads expanded to a former nursing home,

allowing the shelter to serve a larger number of clients and offer on-site safety and health services. Last year the shelter served more than 500 clients, all of whom are given a private room. There are separate spaces for men and for women with children.

The shelter's open areas have a communal feel and are referred to by clients and staff as "neighborhoods." Clients make use of sleek, modern kitchens; a pantry stocked by the Food Bank for Larimer County; a boutique offering free clothes, shoes and toiletries; a meditation room; and an outdoor patio surrounded by gardens and a children's playground. Thanks to on-site therapists, caseworkers and other professionals, clients staying at Crossroads don't have to leave the shelter to get the help they need. ■

## HEALTH DISTRICT OF NORTHERN LARIMER COUNTY

In Wilder, Director of Community Impact at the Health District, believes in the power of collaboration—a philosophy that has proven especially true with one of the agency's most popular programs, Dental Connections.

"[Dental Connections] has always maintained a community aspect," she says. "There were huge gaps in care—especially among the adult population—and the program was formed by people who recognized the need."

Before Dental Connections, many dentists wanted to offer lower rates for services to struggling clients, but couldn't easily determine if a patient qualified for a discounted rate. Dental Connections now oversees the program's administration and client referrals, so all the dentists have to do is provide care. Clients must fall within 250 percent of the poverty level, possess no dental insurance, and live in Larimer County. According to Wilder, providing quality dental care at minimum cost helps "fill the gaps" in care across the community.

When Tina Hopkins-Dukes was accepted into the program as a patient, she knew immediately the moment had the potential to change her life. And it has.

Past circumstances had resulted in loss or damage to most of Tina's teeth, and the dentist who accepted her case—Dr. Thomas Brewer—admired how much his patient had managed to turn her life around. At the time she started seeing Dr. Brewer, she was one year away from earning a Master of Science degree in Education from CSU. The last hurdle to her self-sufficiency was regaining her smile, so that she could interview with potential employers with confidence.

"Had it not been for the financial help I received from Dental Connections," she explains, "I never would've been able to have this work done. I am forever grateful for the assistance [the City], Dental Connections and Dr. Brewer have offered me. I've always dreamed of finishing school and having all my teeth and now I can say I have accomplished both those goals." ■



## Health & Safety

### FACTS & NUMBERS

The Rehabilitation and Visiting Nurse Association can serve

**35 CLIENTS FOR ONE YEAR**

at a cost of

**\$29,770**

vs. roughly \$1.8 million through traditional assisted living

RVNA, a Medicare/Medicaid certified agency, is state licensed and nationally accredited and also serves private patients



The Northern Colorado AIDS Project

**OFFERS HIV TESTING AND**

**COUNSELING** to more than 600 people per year

NCAP is the only AIDS service organization in Colorado to offer



**IN-HOUSE MENTAL HEALTH AND SUBSTANCE ABUSE COUNSELING**

**33%**

of clients at the Northern Colorado AIDS Project report substance abuse issues







# People With Disabilities

— Respite Care

— Elderhaus Adult Day Programs

— Disabled Resource Services

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Clients and their families  
receive the care they need.

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## RESPIRE CARE

"Our mission is to give parents peace of mind, but also to give the kids opportunities that they may not have otherwise."

LeAnn Massey  
Respite Care Executive Director

At the Respite Care facilities at 6203 S. Lemay Ave., it's easy to see why the agency outgrew the small house on Wood Street it rented from the City for a dollar a year for over two decades. Visitors are ushered into a light-filled atrium featuring a fireplace flanked on all sides by a stone bench. Along one wall sits a row of empty wheelchairs, the first sign that the agency is hard at work fulfilling its mission to provide round-the-clock respite to parents of children with developmental disabilities.

Down the hall to the right is an art room, a playroom for smaller children, a medication room, a toy room and a gym. In one of the six bedrooms, a two-year old girl naps peacefully in her crib. In another, a handful of trinkets sits on the nightstand next to a twin bed, brought from home by an older client spending the night while his parents take a break from the challenges of caring for a child with special needs.

"The two-year old has started biting," says LeAnn Massey, the agency's executive director, whose walls are covered in collages of children of

all ages. "It's a completely normal thing for that age, and that's what people don't always realize. Sometimes a child will exhibit a behavior that's the result of their having a developmental disability, and sometimes it's a behavior a typical child that age would also have. Because our staff knows the difference, they're able to let parents know when there's true cause for concern, which can be reassuring."



That kind of staff-client interaction is exactly what makes Respite Care—the only agency of its kind in the state—a welcome relief for parents. Founded in 1981 by five parents raising chil-

dren with developmental disabilities, the goal was to create a space where children with special needs could obtain the care they needed while parents recharged from the demands of providing continual care.

In 2003, a donor felt the agency had outgrown the space it rented from the City, and donated the lot on Lemay Avenue. The Neenan Company oversaw construction, creating a 10,000 square foot space especially for children with developmental disabilities. With funds from the City, local donors and foundations, the \$2.5 million facility was paid off in two years. Upon opening its doors at the new location, Respite Care instantly doubled its clientele. Currently, 143 families are served by 45 staff members, who provide direct staff care to children who range in age from infants to 21 years.

"We provided more than 51,000 hours of care last year," explains Massey. "Our mission is to give parents peace of mind, but also to give the kids opportunities that they may not have otherwise. Coming here is a chance for the kids to have some time away from

their parents, and to hang out with their friends. That's important, because they need that too."

In addition to providing care for children with disabilities, the program helps parents maintain a level of self-sufficiency that can be difficult when also caring for a child with special needs. For example, when a single father whose child has Down syndrome lost his job, he brought his son to Respite Care for a week while he looked for a new job. He found a job as a truck driver, but it was an overnight position. While his parents offered to care for his son, doing so meant pulling him out of the Fort Collins school system, which the father was reluctant to do.

"I don't know what to do," he ad-

mitted to staff. "I'm on the road Tuesday through Friday. I'm gone the whole time."

Massey suggested having the child come directly to Respite Care on the after-school bus every Tuesday, going back and forth from school and spending the nights at Respite Care until Friday, when his father was able to pick him up. After a year, the man found a new job that was a daytime position. Being able to use Respite Care, says Massey, kept the client off of social services and kept his child in a safe and nurturing environment.

More importantly, she adds, it also gave him "pride, ability, and the opportunity to find a work situation that was a better fit for his family." ■

## ELDERHAUS ADULT DAY PROGRAMS



**T**aft was 50-years-old the day he pitched over the handlebars of his mountain bike while leading riders down a steep path in Rist Canyon. Taft hit his head on a rock—hard enough to crack his helmet open and give him a concussion.

Emergency room doctors diagnosed a closed head injury. After taking a few days off work to heal—his body was sore and he suffered from a headache that wouldn't go away—Taft returned to his job as a flow measurement engineer.

The headache finally subsided. Taft was convinced he'd completely healed; his wife and friends weren't so sure. He continued to see doctors, but none was able to pinpoint a cause for why he seemed a little "off." Two years after his fall in Rist Canyon they learned

he was suffering from dementia.

After a painful decision to retire, he soon launched himself into the world of volunteer work, helping out five days a week wherever he could. Slowly, as the dementia worsened, friends he'd known for years began to slip away. His wife Missey, who worked in Denver at the time, was unable to provide the assistance he increasingly needed. When an occupational therapist suggested they visit Elderhaus, Taft agreed, but after the interview balked at the idea of receiving care.

"I'm not ready for that yet," he said.

The couple returned to Elderhaus six months later, when it became apparent Missey was unable to maintain her commute and care for her husband. She enrolled him in the adult day program so she could continue supporting



People With  
Disabilities

## FACTS & NUMBERS

Elderhaus  
provides  
services to  
more than



2,300  
INDIVIDUALS  
ANNUALLY

Adult day programs can

↓ **REDUCE CAREGIVER  
STRESS** by up to **66%**

A TRADITIONAL RESIDENTIAL FACILITY  
COSTS **4X** as much as  
care received at  
Elderhaus



**ADULT CARE**

allows individuals with disabilities  
and senior citizens who need  
supervision to **REMAIN AT HOME**



**ELDERHAUS** has been  
in operation  
more than

**34 YEARS**



## People With Disabilities

### FACTS & NUMBERS



A survey from 2008-2010 found that 26,400 people with one or more disabilities are living in Larimer County. Of those,

**NEARLY 4,000 ARE LIVING BELOW THE POVERTY LEVEL**

Of the people served by Disabled Resource Services, 97 percent live in poverty and many are homeless



**97%**

Most individuals served by Disabled Resource Services are adults.

**68% ARE AGES 20-59**

In 2012, Disabled Resource Services

**HELPED 669 SENIORS**



get technical assistance and emotional support needed to cope with vision loss and isolation

Respite Care provides programs for

**MORE THAN 140 FAMILIES**



in Larimer County or  
**52,000 HOURS**  
of care

them both.

"I saw what a good place it is," she says. "Taft was able to stay in a home atmosphere, not an institution. Before Elderhaus came along, the only option for people was a nursing facility."

Established in 1980 by two members of American Baptist Church, Elderhaus was the first adult daycare program to open west of the Mississippi. Now, 176 clients are served each year at the agency, including adults with disabilities and veterans. In addition, their Mindset Therapy program teaches participants how to maintain their self-sufficiency so they can continue living at home.

For Missey—who now works at Elderhaus—the help Taft receives is invaluable. The couple commutes to-

gether and while she works, her husband enjoys a broad range of activities—from working out at the gym to listening to live music in Old Town Square.

Recently, federal funds allocated by the City helped Elderhaus acquire a new building that will enable the agency to serve even more clients as the demand for adult day programs is on the rise.

"Right now, we have a higher male population attending Elderhaus, but there are terrific programs for both men and women," explains Missey. "In the next few decades, one in 10 adults will be diagnosed with dementia. There's a great need out there to serve these clients." ■

## DISABLED RESOURCE SERVICES

Nick Holowczekno was in his mid-forties when a routine visit to the doctor's office changed his life. Though physically fit and healthy, the Navy veteran had been diagnosed with cancer.

A single father to three children, Holowczekno was now the one in need of an advocate—especially as his treatment started to go awry. During one memorable visit for a follow-up biopsy, his doctor accidentally pricked his aorta and he almost died. Unhappy with the medical care he was receiving, Holowczekno left his home in Cheyenne and moved to Fort Collins where his brother lived. That's when he learned of Disabled Resource Services (DRS), and soon after, met Sherri Reichow.

"Immediately, Sherri tried hard to see where I was coming from," says Holowczekno. "She wanted to know what she could do to make me feel better. For the first time, someone validated what I was going through."

After undergoing radiation treatment and chemotherapy, Holowczekno felt too weak to hold a job. He also became addicted to his pain medication. A new low came when he was involved in a traffic accident and the truck he was driving was totaled. All of it would have been too much to handle, he says, if it hadn't been for Sherri.

Like other case managers at DRS, Reichow's job entails helping clients

secure housing and public assistance help such as food stamps, Medicaid, and Social Security Disability Insurance. Getting to know Holowczekno, Reichow learned she was working with someone who, because of his illness, had abruptly shifted from living a comfortable middle-class existence to someone who could only work in a limited capacity.

"He became Superman and beat cancer," she says. "But his life is very different now. Living on Social Security is not the most wonderful thing in the world."

Holowczekno agrees. And yet he views his hardship as one he is thankful to have experienced since it brought him to DRS.

**"For the first time, someone validated what I was going through."**

"Today I'm the best person I've ever been in my life," he says. "More thankful, appreciative, more community-oriented. I want to do the right thing all the time now. Sherri taught me to give back." ■



# Mental Health Services

SAVA Center

ChildSafe Colorado

Touchstone Health Partners

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Individuals in need are  
provided access and  
opportunity for treatment.

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Today, SAVA helps clients aged 14 and older, offering specialty therapy to clients who've suffered sexual abuse.

Jennifer Jones  
SAVA Executive Director

For more than two decades, Gwen had trouble sleeping. She suffered from frequent nightmares and clenched her teeth with so much force she eventually needed surgery to repair the damage. She also experienced debilitating migraines.

Her doctors wondered if an event in her younger years might be contributing to her physical symptoms and anxiety.

Gwen was skeptical. Although she'd seen a therapist for years, no traumatic memories surfaced. It was true her father had sexually assaulted her older sister throughout their childhood, but the same couldn't be said for Gwen. Still, she had difficulty picking partners who treated her well and was often taken advantage of sexually.

But what did that have to do with the fact she'd ground her teeth so badly they had to be replaced?

Everything, it turns out. Gwen's sister was able to recount their father's abuse, but Gwen—who was also sexually abused—had no clear memories. Just because she couldn't remember didn't mean it hadn't happened. Or

that the long-reaching consequences of such a fundamental breach of trust hadn't permeated nearly all of her adult relationships.

Fortunately, Gwen's therapist recommended she call the SAVA (Sexual Assault Victim Advocate Center). Gwen did, and she participated in a support group made up of women who'd experienced similar abuse. She found the

experience helpful in a way therapy hadn't been.

"It's more than the sexual abuse that causes the problems," she explains. "It's the psychological impact, too. Having other women to talk to who've been through the same thing is amazing."

Founded in 1974, SAVA was initially part of the Larimer Center for Mental Health. Facing budget cuts and program elimination, community residents dedicated to seeing the agency survive established it as an independent non-profit in 2003.

Today, SAVA helps clients aged 14 and older, offering specialty therapy to clients who've suffered sexual abuse. Men are the agency's fastest growing demographic, and they also offer a 24-hour bilingual rape crisis hotline to help serve Spanish-speaking clients.

"Having a place in your community like SAVA is a huge deal," says Gwen. "I saw therapists for 24 years, but it wasn't until I saw a SAVA counselor that I got the help I needed." Smiling, she lifts her head. "I can now say I'm ready to graduate!" ■



## CHILDSAFE COLORADO



**S**exual abuse is a topic most people don't want to talk about. And its victims all too often can't.

"Seventy percent of child victims won't tell anyone," explains Val Macri-Lind, Executive Director of ChildSafe, which is a nonprofit treatment center for victims and their non-offending families. "In my 27 years here, the perpetrator has been a stranger only twice—most often it's a family member or friend. Children end up feeling trapped because they usually really like this person. And so often the first adult they do tell doesn't necessarily react well."

ChildSafe has developed many programs over the years to help victims and teach adults how to react when a minor confides he or she has been sexually abused.

Co-founded in 1986 by Macri-Lind, the agency was the first in Fort Collins to serve incest families. Starting with ten families, Macri-Lind and her two colleagues wanted to help facilitate a perpetrator's ability to make amends so victims could strengthen their healing process.

Although the program was an instant success, Macri-Lind realized they were having trouble reaching financially strapped clients who could benefit from treatment. To reach low-income populations, the center became a 501(c)(3) in 1998 and has continued its rapid growth. Last year, the center served 633 individuals ranging in age

from 2–18, and clients typically spend a year and a half seeing one of ChildSafe's nine therapists.

Recently, the center began offering neurofeedback as supplemental therapy for trauma treatment. By monitoring a client's brain activity—and re-instructing it to appropriately regulate the nervous system—symptoms associated with Post-Traumatic Stress Disorder are alleviated. While the brain activity of older clients is monitored while they watch movies, the same goal is accomplished with children as they play video games.

Play therapy, on the other hand, en-

**To facilitate play, the center offers a multitude of cheerful rooms outfitted with toys, dress-up clothes and art materials.**

ables the child to work through trauma with a therapist in a variety of ways. To facilitate play, the center offers a multitude of cheerful rooms outfitted with toys, dress-up clothes and art materials. While the child plays—either alone



Mental Health  
Services

## FACTS & NUMBERS

# 86%

of ChildSafe clients treated in 2013 qualified as

## LOW INCOME



Volunteers provided

# 4,493 HOURS

of service for ChildSafe clients in 2013

# 1 OF EVERY 6



American women has been a victim of rape or attempted rape in her lifetime

Sexual assault is one of the most  
**UNDERREPORTED CRIMES**

with **54%** left unreported





## Mental Health Services

### FACTS & NUMBERS

Touchstone Health Partners serves

# 7,000 PEOPLE

each year

# 85%

\$25k

of the 7,000 people served at Touchstone come from households earning **LESS THAN \$25,000 ANNUALLY**

More than **66,000 COLORADOANS**



are living with untreated mental illness

Over the past 10 years, Larimer County has lost



# MORE THAN 500 PEOPLE TO SUICIDE

More than half of all suicides occur in **ADULT MEN AGES 25 TO 65**



Since the Alliance for Suicide Prevention was founded in 1989, Larimer County's suicide rate has dropped from being one of the highest in Colorado to being

## BELOW THE STATE AVERAGE

or with a therapist—the therapist correlates behaviors exhibited with stages of the healing process.

Because of the nature of sexual abuse—and the silence most of its victims keep, especially at young ages—Macri-Lind says it's important for children to have a safe place where they can get the therapeutic help they need.

“One out of every three or four girls will experience sexual abuse by the time they're eighteen,” says Macri-Lind. “For boys, it's one out of every seven. Most won't be able to talk about their trauma.”

She also cautions that it can be difficult to know if children have ex-

perienced trauma. If suspicion arises, says Macri-Lind, the key to a diagnosis might lie in behavioral changes, such as sleep disturbances, regressive bed-wetting or thumb-sucking, hyper-vigilance, or a sudden onset of phobias and fears. In the cases of sexual abuse, a young child might also exhibit sexualized behaviors beyond their years.

So, what is the appropriate response an adult should give if a child confides they've been abused?

When asked, Macri-Lind smiles. “Stay calm. Even if it's the last thing you're feeling inside.” ■

## TOUCHSTONE HEALTH PARTNERS

**D**avid Jones prefers not to use the standard language of recovery when helping clients. The counselor asks the men and women he helps what they would like to recover back into their lives, avoiding the assumption that they will only experience healing once they've recovered from something.

The distinction may seem small, but not to Jones.

“Telling [clients] they have to recover from something makes it seem as if they're broken,” he explains. “I'd rather have them focus on what they'd like to see return to their lives—be it trust, integrity, healthy relationships. I have them make a list, and that list becomes their reason to stay sober.”

Jones' approach is the guiding principle behind the Community Dual Disorders Treatment (CDDT) Program that he coordinates at Touchstone. The program is geared toward the “highest utilizers” of community services. Employing a multi-faceted approach, the program provides a broad range of comprehensive services for participants, including mental health and substance abuse counseling, housing services, medical and pharmacological services, and employment support. Typically, there are 25 participants enrolled in the CDDT program at a time.

Due to the nature of treatment involved, case managers often work with clients for an extended period of time, and three years can pass before behavioral changes are exhibited.

The biggest challenge, says Jones, is staying with clients in whatever stage of change they happen to be in—especially knowing you might wish for their success more than they do. ■

**“I'd rather have them focus on what they'd like to see return to their lives—be it trust, integrity, healthy relationships.”**



# Childcare & Child Services

- The Family Center/La Familia
- Boys & Girls Clubs of Larimer County
- CASA Program
- B.A.S.E. Camp
- Teaching Tree Early Childhood Learning Center

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Families have access to affordable, quality childcare and education.

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## THE FAMILY CENTER/LA FAMILIA

"Families... have a better chance at sustaining long-term stability by becoming more self-sufficient."

Stephane Tillman, Executive Director  
& Herman Teerman, Marketing and Development Associate

**L**ydia Cordova needed the right daycare center for her son. In the midst of separating from her husband, the medical assistant worried about her youngest child's emotional stability.

"The transition was difficult for him," she says. "[His daycare] had to be a place he would want to come to every day, where he could thrive."

Cordova should know. Years before, she'd witnessed the kind of turmoil her turbulent marriage had caused for her oldest son Damian. She also knew The Family Center/La Familia

had played a critical role in helping Damian adjust—the childcare center was where she'd brought her firstborn, and he'd stayed there until he started kindergarten.

According to Cordova, those were difficult years. Distressed by his parents' separation, Damian threw tantrums and experienced crying jags. Teachers at The Family Center/La Familia, says Cordova, were extremely kind, and would hold him when he appeared inconsolable. Cordova credits their patience with helping her son acclimate—both to preschool and to the new family dynamics.

"I can't say enough good things about The Family Center/La Familia," says Cordova, with a smile. "They never gave up on my son."

The Family Center/La Familia also provides numerous services for clients, including a free farmers' market, utility assistance, language classes, and a resource center that connects families with city-wide services. As a result, families who use the center have a better chance at sustaining long-term stability by becoming more self-sufficient.

One of the center's longest running programs is the Parents As Teachers home visitation program. Offered to clients unable to access on-site services, clients meet with a qualified Family Center/La Familia instructor in their home. The service is free, and clients can have weekly, bi-monthly or monthly meetings from the prenatal stage through age five. The goal, as Stephane Tillman, Family Center's Executive Director, explains, is to empower parents to teach the same evidence-based curriculum offered at the preschool. That helps parents teach their children appropriately and ensure they're ready for school.

Having worked with the agency 15 years—including as an instructor in the Parents as Teachers program—Tillman says the best part was being regarded as a member of her clients' families and learning about their cultures and customs. Part of her job, she maintains, is alleviating misconceptions.

"There's an idea out there that the poor are always in crisis," she says. "and that they don't speak English. It's just not true." ■



## BOYS & GIRLS CLUBS OF LARIMER COUNTY



Serving 140 to 160 kids a day ranging in age from 6 to 18, the Fort Collins Boys and Girls Club offers a variety of activities—everything from catching up on homework, learning to play an instrument to participating in an inter-club sport such as basketball or baseball. The goal? To help club members stay on track, academically and personally.

“We serve kids who are homeless, whose parents have been killed in car wrecks,” explains Gus Mircos, Unit Director. “Sometimes the adversity someone has to overcome just to get to school is astounding. Boys and Girls Club is one of the major resources serving unique or at-risk populations.”

In fact, says Mircos, many Club members work with two or three counselors during the school day and need one-on-one supervision afterward. With only four full-time staff members, balancing that need is a particular challenge for the Club.

“We don’t have nearly the resources a school might have,” says Mircos. “It can be hard.”

Boys and Girls Club has worked toward implementing more education-based programming into its activities. Various activity rooms such as the music and computer labs function as ‘skills clinics,’ where kids receive extended learning opportunities. Doing so ensures activities are impact-driven and help serve a critical need for many members, who often need time

**“Sometimes the adversity someone has to overcome just to get to school is astounding. Boys and Girls Club is one of the major resources serving unique or at-risk populations.”**

outside the classroom to hone their academic skills.

In addition, the programming includes a component for making healthy life choices, an emphasis that further assists members who may or may not have access to viable role models in their daily lives.

Though the Club serves a broad array of kids beyond the at-risk population, Mircos often hears from older, post-club members who say they’d be in jail or dead if it weren’t for the Club.

“But it’s not just one person’s story,” he cautions, gesturing toward the Club’s empty vestibule where, in less than an hour’s time, kids of all ages will rush in, chattering, hugging, putting away backpacks, and running for the gym. “Every single kid who walks through the door has their story.” ■



Childcare &  
Child Services

## FACTS & NUMBERS

In 2012, **5,700 REPORTS** of child abuse or neglect in Larimer County (2,100 merited further investigation)

## THE FIRST 5 YEARS

of a child’s life are critical to lifelong development and potential as an adult



## The number of CHILDREN LIVING IN POVERTY



in Colorado, and in particular Larimer County, has risen at a rate higher than the national average



## \$5 PER YEAR

Cost of annual membership in Boys & Girls Clubs for kids up to age 18



Boys and Girls Clubs of Larimer County offers

## 5 PROGRAMS

including Health and Life Skills; Sports, Fitness and Recreation; and Character and Leadership



## CASA PROGRAM

In 1978, a Seattle judge saw a critical need for his colleagues to have more information for decisions impacting the lives of the most vulnerable people in the court system: Children.

His visionary insight gave birth to what is now an association of individual nonprofit agencies accredited by the National CASA (Court Appointed Special Advocates) Association. The agencies' shared mission is to grant abused children a volunteer advocate by acting as their voice in the courtroom. In 1984, two Larimer County judges, William Dressel and John-David Sullivan, brought the program to Northern Colorado.

A few years later, the Ziegler farmhouse was donated to CASA, and the agency founded Harmony House to provide supervised visitations for families in need of a safe place to conduct custody exchanges and/or visitations.

Since its inception, Harmony House has been viewed as a national best-practice program and facility. Thousands of visits take place annually, helping families maintain fundamental relationships while undergoing domestic conflict. Families create the positive memories necessary for fos-

tering a sense of cohesion by sharing meals, playing or engaging in creative projects together.

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**The agencies' shared mission is to grant abused children a volunteer advocate by acting as their voice in the courtroom.**

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And keeping families together is vital to the overall well-being of the community, explains Lynn Oesterle-Zollner, CASA's executive director.

"There is a significant cost to communities when children don't gain stability in a permanent home. For example, kids who emancipate from foster care cost the community \$300,000 on average," she explains. "While money may be one concern, more than that, we want to see children grow up in a loving home so they can become healthy, happy adults who are productive members of that community." ■

## B.A.S.E. CAMP

"If children are in need," says Jason Ostrom, Account Manager at B.A.S.E. Camp, "we're going to serve them."

Ostrom has administered funds the organization receives through the City for the past eight years, and is passionate about the mission he helps facilitate on a daily basis. Because the agency's before- and after-school and summer camp programs are enrichment-based, a parent might enroll his or her child for extra help with homework, or to help ensure he or she doesn't fall victim to the "summer slide"—going through the summer without participating in extracurricular

activities.

B.A.S.E. Camp's curriculum incorporates principles that help enhance literacy and math skills—all while making sure the kids are having fun. To ensure activities are aligned with the kids' interests, participants fill out surveys, granting valuable feedback to staff. Any activity that scores low is reevaluated, and kids can suggest how the activity could be improved.

"The biggest suggestion that came back was reading to kids," says Stacy Hale, Summer Camp Coordinator. "So we make sure to do that every day. Last summer, 80 percent of kids improved to some extent, and not one dropped

their levels. And every child was given three new books to take home at the end of the summer.”

This past summer, 500 K – 7 children were enrolled in summer camp. During the academic year, 2,800 kids are enrolled in the before- and after-school care programs, and of those, 35 percent receive a scholarship.

“The City provides almost a quarter of our subsidies,” says Fred Colby, Resource Development Director. “A lot of the kids would be at home otherwise, or else their parents would have to scramble for piecemeal childcare. We work to accommodate families in a way that helps them succeed.”

Because B.A.S.E. Camp’s mission is to provide quality care for all children, staff works with families to determine a tuition price that will help alleviate any financial hardship they

might be experiencing. As one parent says, “Without B.A.S.E. Camp, my kids would have had no other option but to be home alone, as I am a single mom working full-time. I have loved B.A.S.E. Camp from day one.”

**B.A.S.E. Camp’s curriculum incorporates principles that help enhance literacy and math skills [for kids.]**

“Twenty percent of Fort Collins families are touched by B.A.S.E. Camp each year in some way or another,” says Colby, with a smile. “It’s pretty amazing.” ■



**Childcare & Child Services**

## FACTS & NUMBERS

**336** children and their families used Harmony Houses in 2013

Staff, volunteers and interns supervised

**3,109 VISITS**  
and exchanges at Harmony Houses

B.A.S.E. Camp is in

**33 SCHOOLS**  
serving more than **3,250 STUDENTS**

**35%** of students in B.A.S.E. Camp need full or partial scholarships

**87%**  
of the B.A.S.E. Camp budget is spent on programs

In 2014, the federal poverty level was **\$23,850** for a family of four



## TEACHING TREE EARLY CHILDHOOD LEARNING CENTER

Serving low-income families is a priority for teachers and staff at Teaching Tree Early Childhood Learning Center. The high cost of childcare is most often the biggest barrier to a family’s ability to achieve self-sufficiency, and finding a quality provider can be challenging. The center’s ability to reach out to low-income families ensures children living in poverty are able to acquire the tools necessary for future academic success.

As Jennifer Van Cleave, the cen-

**“We’re here to give all children a quality education experience.”**

ter’s Site Director, explains: “We’re here to give all children a quality education experience.”

Notably, how well a child manages his or her social skills is the biggest predictor of success once they start kindergarten—more than cognitive skills or family background. As a result, Teaching Tree’s curriculum

maintains a special focus on helping children achieve a broad range of academic and social milestones, such as how well a child thinks before acting, an ability to wait patiently, cope with failure and autonomously resolve peer problems. Classrooms have two teachers, and the relationship between child and instructor is critical to fostering success of the educational programs.

One of the more pressing issues facing the agency, which serves infants up to 5-year-olds, is the need for more funding to support low-income clients.

“Right now, 40 percent of our clients are low-income,” explains Anne Lance, the center’s executive director. “And our mission is to serve those families.”

Currently, the center serves a large number of children of varying cultural and economic backgrounds. Nearly half of those are children of single parents. Even so, Lance says her goal is to fund even more low-income families.

“The bottom line is that we’re here to help families that are struggling,” she says. “Whether it’s because of a divorce, a lost job—whatever the case.” ■





# Housing & Homelessness

Catholic Charities

Neighbor to Neighbor

Homelessness Prevention Initiative

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Individuals and families have access to affordable, quality housing options.

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## CATHOLIC CHARITIES

"The level of interagency cooperation is amazing."

Kitty Kent,  
Catholic Charities

Kitty Kent has her hands full: With 229 caseloads a year, keeping up with clients has gotten harder as a secretary at Catholic Charities more than three decades ago.

At the time, the shelter existed mainly to provide temporary housing. But in 1983, says Kitty, there were far fewer homeless people living in Fort Collins than there are now. As the homeless population grew, so did the need for casework management. Approached by her supervisor, Kitty agreed to step in and was soon working the front desk, managing the volunteer program and taking on more cases.

Since then, the agency has moved its casework management into the The Sister Mary Alice Murphy Center For Hope, where Kitty and other staff are able to coordinate with agencies such as Touchstone Health Partners to provide clients the help they need. The collaboration has been highly successful.

As Guy Mendt, director of the Larimer County Regional office says, "The level of interagency cooperation

is amazing. As a result, we get better coverage for all the issues facing the community. It's a much better experience for the people served."

And when you work at the same agency for more than 30 years, you're bound to accumulate more than a few interesting stories. For Kitty, one of her favorites concerns a client she has helped for more than 20 years.

Charlie\* first came to Catholic Charities because, despite having a steady job, he was unable to find permanent housing. Staff remains unclear on the reasons behind his struggle, but Kitty suspects trauma he experienced as

a child may have impaired Charlie's decision-making skills—as well as his memory.

As a result, although he had steady employment over the years, Charlie harbored a distrust of government that led to his rejecting such entitled benefits as social security.

Here, Kitty stepped in. Knowing the challenges of securing benefits for clients—typically, three of four requests are denied—she wrote a letter introducing Charlie to the agency, apprising them of his personal and work history, as well as his inability to appropriately respond to questions.

The letter worked. In three months' time, Charlie began receiving his benefits—a change in circumstance that ultimately started him down a path to receiving better care. Recently, a clinician at a Fort Collins health care facility assumed guardianship of Charlie, and now, after 35 years of living on the street, he resides at an assisted living facility.

Kitty couldn't be happier.

"It's a labor of love," she says. "These are my guys." ■

\*Name changed to protect privacy.



## NEIGHBOR TO NEIGHBOR



**N**eighbor to Neighbor helps Fort Collins residents of all backgrounds maintain a stable household whether it's granting a client rent assistance, providing affordable housing, or moving people toward home ownership.

But not everyone readily accepts help.

"It's surprising, how many clients are reluctant to accept services because they feel someone else could use the help more," explains Steve Kuehneman, the agency's program manager. "Convincing them that [accessing available resources] will help sustain their housing is a big part of setting someone on a good path toward self-sufficiency."

Serving more than 2,000 families and individuals annually, Neighbor to Neighbor owns and manages 126 multi-family housing units for low- to moderate-income renters in Fort Collins and Loveland. At their two Section 8 apartment buildings—Crabtree Townhomes and Coachlight Plaza Apartments—the agency strives to promote a sense of community by offering resident programs, installing community gardens and hosting events where residents are encouraged to interact with each other, agency staff and board members.

In addition to providing affordable housing, Neighbor to Neighbor offers emergency and first month rent assistance, counseling to help prevent foreclosure, home purchase advising, and housing search assistance. HUD-cer-

tified counselors educate clients on financial literacy, helping them draft a budget and finding ways to increase income and reduce expenses.

The one-on-one counseling enables clients to receive tailored assistance that speaks to the individual challenges they face. In one instance, a client came to the agency after her husband had threatened to kill her. Neighbor to Neighbor helped her find a landlord willing to work with her situation and gave her the financial assistance she needed to move into a safe home.

### The one-on-one counseling enables clients to receive tailored assistance that speaks to the individual challenges they face.

Because a significant number of clientele have special housing needs—such as people living with disabilities, domestic abuse victims, seniors, and those who are homeless—the work can be challenging. While rent assistance provides immediate relief, clients must show their present income enables them to cover future living expenses. But the agency's 96 percent success rate shows that—as Kuehneman says to clients—"a positive attitude will carry you far." ■



## Housing & Homelessness

## FACTS & NUMBERS

Catholic Charities provides

# 27,000 NIGHTS

of shelter to **1000 INDIVIDUALS**  
including 20 families

Catholic Charities' shelter has capacity to serve 18 men, 6 women, 4 families with children, and 14 male veterans, with space for up to 24 men and 4 women in an overflow area



## THE MAJORITY OF CLIENTS



in the Seniors Program at Catholic Charities are **LOW-INCOME, HOMEBOUND, FRAIL OR AT-RISK.**

Since the height of the foreclosure crisis, Neighbor to Neighbor has served more than 1,400 households with Foreclosure Prevention Counseling,



## PREVENTING FORECLOSURE FOR MORE THAN 90%

# 225

households received rent assistance from Neighbor to Neighbor in 2013



Housing &  
Homelessness

## FACTS & NUMBERS

In 2013,

**476 FORT COLLINS RESIDENTS**

from 228 homeless and renter households benefited from Rental Housing Search Assistance



**EVERY \$1**

donated saves at least \$20 in costs associated with being homeless, according to the Homelessness Prevention Initiative

**93%** of families helped through Homelessness Prevention Initiative are able to overcome a financial crisis with an

**AVERAGE GRANT OF LESS THAN \$300**

**x 87**

87 rent assistance recipients were single mothers

**x 29**

29 were single fathers (2013)

Since 2001, Homelessness Prevention Initiative has helped more than

**20,000 PEOPLE**

— including 12,500 children — stay in their homes

**700** households assisted by Homelessness Prevention Initiative in 2013

## HOMELESSNESS PREVENTION INITIATIVE

Since its inception in the early 2000s, Homelessness Prevention Initiative (HPI) has helped 20,000 families in Fort Collins by giving them up to three hundred dollars in rent assistance.

"It's not a lot of money," says Richy Lynn, the agency's executive director, "but it works. No one else in Fort Collins is giving rent assistance to households in the 0–30% AMI (Area Median Income) category. We're an agency of last resort, but we can help a family before they fall into chronic homelessness."

The program is successful, too: Six months to a year later, HPI conducts a follow-up call with former clients. Ninety-two percent of those who received assistance are still in their homes. And last year, grant money from the City helped HPI serve 459 residents.

One of those was a mother whose child was transitioning from elementary school to junior high, and was in need of clothes, shoes, and school supplies. Although she worked two jobs, she knew that once September came, she wouldn't have enough money to pay the rent. She contacted HPI in advance,

and the agency provided the help she needed to retain financial stability and stay in her home.

**"We're an agency of last resort, but we can help a family before they fall into chronic homelessness."**

That same sense of pro-activity is what makes landlords willing to work with HPI clients, many of whom are the working poor. Coordinating with the agency, landlords will often waive fees that might otherwise make it difficult for clients to move into a new place. And by helping stabilize families, Lynn estimates HPI has saved the city \$40 million in rehousing costs over the past 13 years.

"[Rental assistance] is now a nationwide best practice," he says, "but it wasn't always that way. We were one of the first, and we have our volunteers to thank for that. They sustain us." ■



Richy Lynn,  
Executive Director



# Food & Nutrition Programs

Food Bank for Larimer County


Volunteers of America

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Children and seniors receive nutritious meals to alleviate food insecurity.

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# FOOD BANK FOR LARIMER COUNTY



"We see ourselves as becoming part of the sustainability of people in need."

"If you're hungry, we're going to feed you."

Bruce Wallace means what he says. As Programs Director at the Food Bank for Larimer County, he helped oversee the distribution of 8.7 million pounds of food last year to Larimer County residents. Nearly 50% of this food is donated by area farms, including 300,000 pounds of produce.

Sometimes donations come from corporate sponsors. Currently, the Food Bank's warehouse is home to 60 massive, 380-pound boxes filled with loose Cheerios. Donated by General Mills, the cereal is divvied up by Food Bank volunteers, who scoop it from the box, weigh the serving, then pour it into a bag the same size as what's available in a grocery store. Parsing the work in this way enables the Food Bank to transform the value of a bulk donation into manageable servings for countless families in need.

It's hard work like this—and the dedication of a robust volunteer staff—that enables the Food Bank to offer clients two direct service pantries that serve 29 thousand unduplicated resi-

dents annually, no small feat in a county where 43 thousand residents experience hunger issues.

"We see ourselves as becoming part of the sustainability of people in need," says Wallace. "Teach the chronically poor to eat a little better, maybe they'll have more money because less is spent on medical issues."

Food insecurity isn't always the result of an emergency-based situation: Some clients have received assistance from the Food Bank for as many as 10 or 20 years. And many are children living in low-income households where food scarcity is an ongoing issue.

Kids Cafe is a national program serving low-income children aged 3 to 18, and has been a staple of the Food Bank since 2005. The program is supported by Feeding America—the nation's largest hunger relief nonprofit organization, which is a partnership of 200 food banks. The program is intended to provide supplemental meals and nutritious snacks to bridge the gap between the time school lets out and dinner—which is often served hours later, if at all. Kids Cafe also provides meals

and snacks during the summer when school is not in session.

Making use of a full-time chef and on-staff dietician, meals are prepared from scratch—thereby reducing the amount of additives—and exceed the USDA's nutrition standards. Unique in food-banking, the Food Bank's emphasis on preparing homemade meals offers children a nutritional boost by incorporating fresh fruit and vegetables into each serving, even if—in the case of Kids Cafe—it's minced kale secretly added to marinara sauce.

Providing extra nutrition, however, is vital to helping kids obtain the vitamins and minerals needed to thrive—not only to improve overall health, but also classroom performance.

As Lauren Ross Dewey, the Food Bank's Development Manager, says, "If kids are hungry, they're not learning as well. They'll have behavioral issues and fatigue. [Serving them] nutritious food helps them do better in school."

Kids Cafe provides 30 thousand homemade meals to children during the school year—and 40 thousand meals over the summer—to several locations

in Fort Collins, including schools, the Boys and Girls Club, Northside Aztlan Community Center, Harmony Road Mobile Home Community, Greenbriar Apartments, and other neighborhood communities. Along with the food, staff and volunteers offer nutrition education to promote the correlation between diet and health, a critical component to fostering a healthy lifestyle that might otherwise be absent in a child's day-to-day experience.

On the same day a team of volunteers scoop bulk Cheerios from an oversized box, another team is in the

Food Bank's kitchen, rolling trays of meatballs soon to be added to the kale-infused marinara sauce. The kitchen is a noisy place, where the chatter of volunteers and staff rivals only the clanking of pots. Speaking of the young clients soon to receive a delivery of nutrition-packed, delicious food, Ross Dewey looks up from inspecting a meatball.

"These kids deserve the best," she says. "Healthy, nutritious, good-for-you food should not be a privilege. It's a right everyone has." ■



Seven years ago, an ad in the *Coloradoan* soliciting volunteers for Volunteer of America's (VOA) Home Delivered Meal program caught Pam Bennett's attention. A semi-retired accountant, Bennett was searching for a way to give back to the community in which she was raised.

Bennett relishes the time she spends volunteering—especially for the relationships she's fostered with the seniors she serves. Because volunteers are paired with the same participants each week, they can get to know each other beyond the customary greetings exchanged coming and going.

Bennett says one of her most rewarding experiences delivering a meal was chatting for half an hour with a woman who lived alone. The woman had few friends or family members, and Bennett mainly listened.

"It made her feel good," she said. "But it also made me feel good. I get more out of this than they do, that's for sure."

Riding along with Bennett on a delivery run, it's easy to see why. One client greets her in the parking lot of

his apartment complex, and he and Bennett spend a few minutes chatting about the newly planted grass and other building updates. At another stop, an elderly woman named Helen invites Bennett to sit in her living room. It's Helen's birthday, and—in addition to her meal—Bennett has brought her a VOA-supplied gift of lotion and a blanket. Helen clearly appreciates the gift, and the two briefly catch up on each other's lives.

**The nutrition-education component has been vital to serving Fort Collins' senior population.**

When asked about the Home Delivered Meal program, Helen says, "It's wonderful. In winter, I get five dinners every other week. She [Bennett] always checks on me—and I did fall a year



## Food & Nutrition Programs

### FACTS & NUMBERS



children in Larimer County is at risk for hunger, according to the Food Bank for Larimer County



The Food Bank serves

**12,500 PEOPLE**  
each month

In 2013, the Food Bank distributed a record-breaking



**8.7 MILLION POUNDS OF FOOD**



Larimer County residents receive food through the Food Bank



**SENIORS OR CHILDREN**



## Food & Nutrition Programs

### FACTS & NUMBERS



Volunteers of America served

# 19,667 MEALS

to Larimer County residents from 2013-2014



Meals on Wheels delivers healthy meals to area seniors who are homebound



# 66,830

Kids Cafe meals were provided to low income children in Larimer County (2013)

In 2013, more than

# 18,000 BACKPACKS

full of nutritious food were distributed to students who needed assistance during weekends and school breaks



# 28,259 PEOPLE

were served through the FBLC Food Share direct service pantry locations in Fort Collins and Loveland in 2013

ago. Because of Volunteers of America, I'm able to stay here instead of being in a [nursing] home."

Another client is unable to drive because of a disability, and lugging groceries on public transportation can be a hardship. She credits VOA with managing the difficulties of obtaining flavorful and nutritious food.

Ensuring participants receive adequate nutrition is paramount to the success of Home Delivered Meals, and the Fort Collins location exceeds standards set by the Office on Aging. The success of the program is owed to the whole Nutrition Team at Volunteers of America, including Wade Kinsey, who, until recently—and at the time of the interview—served as Nutrition Project Manager at VOA.

Kinsey came to the nonprofit with a degree in fitness and nutrition. During his tenure, he implemented meaningful changes to the food program, focusing attention on the nutrition education component. Participants receive nutrition education in their monthly newsletter, handouts, and on the backs of menus. In addition, they're able to attend presentations on nutrition topics and are asked to complete a survey detailing what food they'd like to have

delivered.

The nutrition-education component has been vital to serving Fort Collins' senior population.

"You can give someone a nutritious meal every day," said Kinsey, "but if you only give them lunch, they might not eat as well the rest of the time. You risk losing what you've gained."

Not only are the meals nutritious, but VOA also maintains a variety of offerings. Proudly showing off the agency's outdoor freezer, Kinsey explains participants receive a delivery of frozen food each week—a single box contains 5 to 7 meals. Participants choose how many they want, and each meal is unique. Often more than a month will pass before a participant might eat the same one.

Participant Mary Rehm is especially happy with VOA. An avid swimmer for most of her life—and former instructor of the sport—Rehm uses an oxygen tank to assist with breathing. Getting around is challenging, and nine months ago she signed on with VOA to supplement the meals she's able to cook at home. When asked her thoughts on the program—including her favorite meal—she grins.

"I love it! And they're all good." ■



Pam delivering meals to Helen



# Agency Involvement

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Thanks to the many agencies within  
Fort Collins that make a goal of  
offering direct aid to those in need.

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## AGENCIES - BY THE NUMBERS

In Fiscal Year 2013, the following agencies were awarded city-managed funds, demonstrating the broad impact of services administered in our community. Those same funds leveraged over \$10 million in 2013, helping ensure the continued success of individual programs.

	Alliance for Suicide Prevention: Education & Awareness Program.....	\$4,200
	B.A.S.E. Camp: Childcare Scholarships .....	\$55,000
	Boys & Girls Club: After-School-Break Child Care/Youth Program .....	\$24,907
	CASA Program: Harmony House Supervised Visitation Center.....	\$8,950
	Catholic Charities: Senior Services.....	\$15,000
	Catholic Charities: Shelter & Rapid Rehousing.....	\$40,000
	The Center for Family Outreach: Assessments for Low-Income Youth.....	\$8,000
	ChildSafe Colorado: Child Sexual Abuse Treatment Program.....	\$23,000
	Colorado Health Network-NCAP: Client Services/Homelessness Prevention .....	\$14,240
	Crossroads Safehouse: Advocacy Program.....	\$31,885
	Disabled Resource Services: Access to Independence .....	\$26,186
	Education & Life Training Center: JobReady and Circles Employment Training .....	\$29,310
	Elderhaus Adult Day Programs .....	\$20,000
	The Family Center/La Familia: Childcare Scholarships .....	\$40,000
	Food Bank for Larimer County: Kids Cafe Program.....	\$27,000
	Health District of Larimer County: Dental Connections.....	\$18,170
	Homelessness Prevention Initiative: Emergency Rental Assistance.....	\$45,000
	Larimer County Child Advocacy Center: Victim Services.....	\$24,472
	The Matthews House: Empowering Youth Program .....	\$32,229
	Neighbor to Neighbor: Housing Counseling.....	\$33,174
	Neighbor to Neighbor: Rent Assistance .....	\$30,000
	Project Self-Sufficiency: Services for Single Parent Families .....	\$33,000
	Rehabilitation and Visiting Nurse Association: Home Health Care Scholarships.....	\$35,000
	Respite Care: Childcare Scholarships.....	\$35,000
	SAVA Center: Sexual Assault Victim Services .....	\$18,273
	Touchstone Health Partners: CDDT Program .....	\$29,011
	Touchstone Health Partners: Mental Health Services/Murphy Center .....	\$22,500
	Teaching Tree: Childcare Scholarships.....	\$55,000
	Volunteers of America: Home Delivered Meal Program.....	\$33,600

**Total:\$812,107**



## COMMUNITY LEVERAGING

In addition to the many volunteers who help nonprofits, the money from individual and local business donors and various corporate grants, the following entities also provide funding to assist our nonprofit partners. For some, the City's investment allows for other funding opportunities to be utilized.

### Thank you to these community partners:

- Anschutz Foundation
- AV Hunter Foundation
- Berthoud Cares
- The Bohemian Foundation
- Caring for Colorado
- City of Loveland
- Colorado Health Foundation
- The Community Foundation of Northern Colorado
- Connor Family Foundation
- The Daniels Fund
- Gannett Foundation
- The Group Publishing
- InterFaith Council
- The Johnson Foundation
- Larimer County
- NoCo Active 20/30
- Nordson Value Plastics
- OtterCares Foundation
- Poudre School District
- Poudre Valley Health System Foundation
- Rotary Clubs of Fort Collins
- Sam S. Bloom Foundation
- Fort Collins Sertoma Club
- Staples Foundation
- Temple Hoyne Buell Foundation
- United Way of Larimer County
- US Bank
- WomenGive
- Wells Fargo Community Foundation
- Woodward Governor
- Xcel Energy Foundation

An aerial, black and white photograph of a city, likely Salt Lake City, showing a dense urban area with various buildings, streets, and parking lots. In the background, a range of mountains is visible under a clear sky. A semi-transparent blue box is overlaid on the lower-left portion of the image, containing the project team information.

## PROJECT TEAM

Dianne Tjalkens

– Assistant Editor/Proofreader

Emily Wilmsen

– Editor

Grant Smith

– Creative Director/Photographer

Janet Freeman

– Creative Writer/Photographer

Sharon Thomas

– Project Manager

Travis Machelek

– Technical Support



## THANK YOU

for taking the time to read a sampling of the great work being done in our community by our agency partners! It takes all of us working in collaboration to make Fort Collins a city that is world class for everyone. While our role is not that of a service provider, we see the strength of our impact in funding, supporting, convening, consulting, and partnering with local agencies whose work offers direct aid to those in need: we are both a safety net and a ladder to self-sufficiency.

The City's involvement in allocating funds to these projects spans more than three decades. In 1975, the City of Fort Collins was awarded its first Community Development Block Grant (CDBG), which enabled us to begin funding programs that help members of our community gain self-sufficiency. In 2006, the City began contributing money through the Human Service Program funds and in 2010, voters passed Keep Fort Collins Great (KFCG), a 10-year tax initiative that dedicates funds toward addressing community priorities.

It is our belief that every household in Fort Collins should have the opportunity to work towards well-being, and that doing so further strengthens the stability of individual neighborhoods which in turn, creates a healthier, more resilient community. Not only is Fort Collins home to numerous nonprofits whose work often intersects, these agencies generally experience great support on fundraising efforts, which speaks to the strength of community support, collaboration, advocacy and

volunteerism.

While each agency individually contributes to the goal of helping our city's most vulnerable populations, the ongoing challenges our community faces cannot possibly be solved by one entity alone. There is more work to be done, but our hope in drafting this report is to showcase the great strides being made toward creating a community where all residents have the chance to thrive. For that, we thank the many local agencies whose hard work and dedication are helping create a stronger, more resilient community.

We'd also like to thank the agencies, clients, and volunteers that participated in this report; the CDBG Commission for exhibiting great diligence and efficacy in the funding allocation process; and City Council for trusting and funding the commission's recommendations, as well as believing in the collective work of our community's nonprofits.

A special thank you goes to Janet Freeman, Dianne Tjalkens, Grant Smith, Travis Machalek and Emily Wilmsen for many hours and talent spent working on this report. We're excited to share the great work being done by the community to help people improve their lives. ■

**Sharon Thomas**

Grants Program Administrator



## RESOURCES

### **City of Fort Collins, Social Sustainability Department**

**Alliance for Suicide Prevention**

**B.A.S.E. Camp**

**Boys & Girls Clubs of Larimer County**

**CASA Program**

**Catholic Charities**

**The Center for Family Outreach**

**ChildSafe Colorado**

**Colorado Health Network,  
dba Northern Colorado AIDS Project**

**Crossroads Safehouse**

**Disabled Resource Services**

**Education and Life Training Center**

**Elderhaus Adult Day Program**

**The Family Center/La Familia**

**Food Bank for Larimer County**

**Health District of Northern Larimer County**

**Homelessness Prevention Initiative**

**Larimer County Child Advocacy Center**

**The Matthews House**

**Neighbor to Neighbor**

**Project Self-Sufficiency**

**Rehabilitation and Visiting Nurse Association**

**Respite Care**

**Sexual Assault Victim Advocate Center**

**Teaching Tree Early Childhood Learning Center**

**Touchstone Health Partners**

**Volunteers of America Colorado Branch**

**[www.fcgov.com/socialsustainability](http://www.fcgov.com/socialsustainability)**

[www.allianceforsuicideprevention.org](http://www.allianceforsuicideprevention.org)

[www.mybasecampkids.org](http://www.mybasecampkids.org)

[www.BeGreatLarimer.org](http://www.BeGreatLarimer.org)

[www.CASALarimer.com](http://www.CASALarimer.com)

[www.ccdenver.org](http://www.ccdenver.org)

[www.tcffo.org](http://www.tcffo.org)

[www.childsafecolorado.org](http://www.childsafecolorado.org)

[www.ncaids.org](http://www.ncaids.org)

[www.crossroadssafehouse.org](http://www.crossroadssafehouse.org)

[www.disabledresourceservices.org](http://www.disabledresourceservices.org)

[www.ELTCenter.org](http://www.ELTCenter.org)

[www.elderhaus.org](http://www.elderhaus.org)

[www.thefamilycenterfc.org](http://www.thefamilycenterfc.org)

[www.foodbanklarimer.org](http://www.foodbanklarimer.org)

[www.healthdistrict.org](http://www.healthdistrict.org)

[www.homelessnessprevention.net](http://www.homelessnessprevention.net)

[www.larimercac.org](http://www.larimercac.org)

[www.TheMatthewsHouse.org](http://www.TheMatthewsHouse.org)

[www.n2n.org](http://www.n2n.org)

[www.ps-s.org](http://www.ps-s.org)

[www.rvna.info](http://www.rvna.info)

[www.respitecareinc.org](http://www.respitecareinc.org)

[www.savacenter.org](http://www.savacenter.org)

[www.teaching-tree.org](http://www.teaching-tree.org)

[www.touchstonehealthpartners.org](http://www.touchstonehealthpartners.org)

[www.voacolorado.org](http://www.voacolorado.org)



