



Rural Health Network
Healthier Together

Healthcare Provider Information in Response to COVID-19

Updated 5/20/2020

*Please note that this information may change daily.

911 FOR EMERGENCIES

CALL 911 FOR:



SYMPTOMS OF HEART ATTACK OR STROKE



DIFFICULTY BREATHING OR CHOKING



DIFFICULTY SPEAKING, WALKING OR SEEING



AN ALLERGIC REACTION



CONFUSION, DIZZINESS OR DISORIENTATION



SUDDEN, SEVERE PAIN



Info about COVID-19



A ride to the doctor's office



COVID-19 testing



Mild symptoms

For more information, visit [covid19.colorado.gov](https://www.covid19.colorado.gov)



COLORADO
Department of Public Health & Environment

Isolation or Quarantine?



ISOLATION IF YOU ARE SICK

Separates sick people with a contagious disease from people who are not sick.



- You must stay away from others for at least 7 days after your symptoms started and until all your symptoms have gone away.

7 DAYS

QUARANTINE IF EXPOSED

Separates people and restricts their movement if they were exposed to a contagious disease to see if they become sick.



- For people who are not sick, but may have been exposed (in close contact with someone) who is sick.
- You must stay away from others for 14 days to see if you get sick.

14 DAYS

Notifications

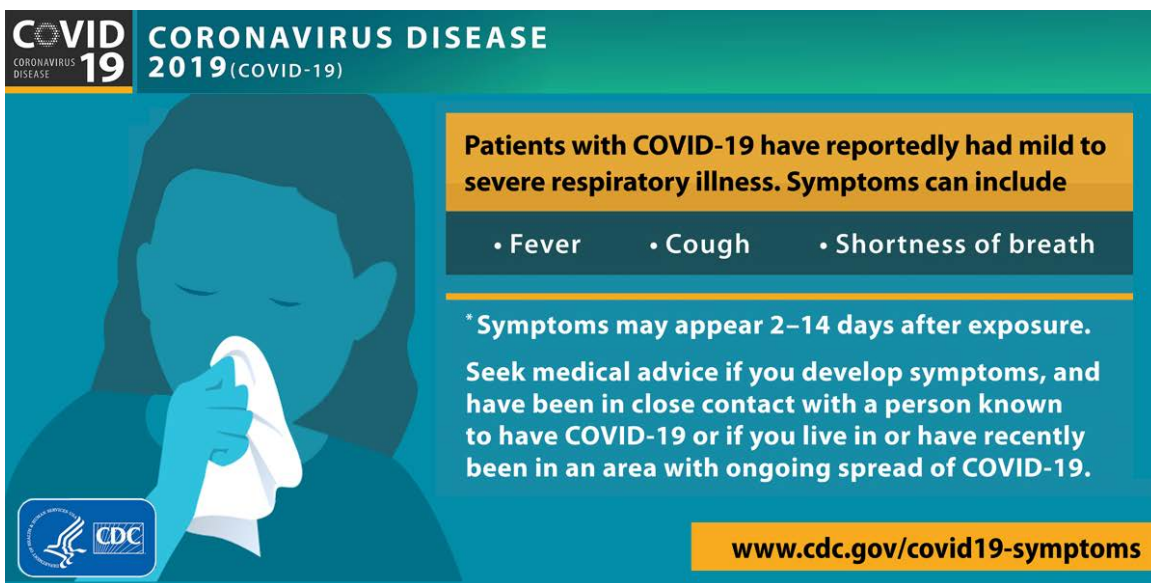
Local COVID-19 Information Hotline

970-725-3755

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.

Please CALL your primary care provider or the emergency room BEFORE going in person if you are experiencing COVID-19 Symptoms.

If you call 911, please let them know during the call if you are experiencing COVID-19 Symptoms.



The infographic features a teal background with a white silhouette of a person coughing into their elbow. In the top left corner, it says 'COVID 19 CORONAVIRUS DISEASE' and 'CORONAVIRUS DISEASE 2019 (COVID-19)'. A CDC logo is in the bottom left. A yellow box contains the text: 'Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include'. Below this, a dark teal box lists symptoms: '• Fever • Cough • Shortness of breath'. Another yellow box states: '* Symptoms may appear 2–14 days after exposure. Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.' At the bottom right, a yellow box provides the URL: 'www.cdc.gov/covid19-symptoms'.

Primary Care Providers

Middle Park Health

www.middleparkhealth.org

Kremmling Campus

214 4th St, Kremmling, CO 80459

970-724-3442

- Primary Care
- Emergency Room 24/7

Granby Campus

1000 Granby Park Drive South, Granby, CO 80446

970-887-5800

- Emergency Room 24/7
- Now offering telemedicine appointments. Please call central scheduling at 970-887-5886 to see if you qualify and be scheduled.

Grand Lake Campus

301 Marina Dr, Grand Lake, CO 80447

970-557-6044

Tuesday – Friday, 8 am – 5pm

- Primary Care

Winter Park Campus

47 Cooper Creek Way, Winter Park, CO 80446

Monday, Tuesday, Thursday, 8 am – 5pm; Closed Wednesday; Friday-Sunday, 8 am – 8pm

- Primary Care

Denver Health Winter Park Medical Center

145 Parsenn Road, PO Box 3328, Winter Park, CO 80482

970-726-4299

Change in Hours of Operation

March 21, 2020 – UNTIL FURTHER NOTICE

Open Sunday – Saturday

7 Days a Week

10:00 am – 4:00 pm

- Please call to make a Family Practice Appointment.
- Walk-in Urgent Care & Emergency Services available daily during hours of operation

Fraser Medical Clinic

45 County Road 804, Suite 210, Fraser, CO 80442

970-726-6778

<https://frasermedicalclinic.com/>

Monday – Thursday, 9 am – 5pm; Friday, 9 am – 4 pm

Telehealth Visits encouraged, In-person Visits Available.

To schedule an appointment, call or go online.

- Providing adult internal medicine, pediatrics, prenatal and newborn care, gynecology and Women's Health, obstetrics, general dermatology, and non-surgical orthopedics.
- Most commercial insurances and Medicaid accepted. We do not take Medicare unless Rocky Mountain Health Plans.

Byers Peak Family Medicine

78878 US Highway 40, Winter Park, CO 80482

byerspeakfm@gmail.com

970-722-0300

In-person office visits available.

Offering telehealth visits for all patients when possible, using doxy.me. Please call for more information.

Please call to schedule an appointment.

- Providing full spectrum of Family Medicine including: preventative and wellness care for adults; well child care; prenatal care and women's health; newborn care; laceration repair; acute and chronic illness management; non-operative orthopedics with x-ray on site; dermatology including biopsies and lesion removal; sports medicine and injuries; DOT physicals, sports physicals and wellness forms.
- Please see website or call for private insurance information.
- Accepting new Medicare patients and accepting Medicaid for established patients only.

Uninsured? Worried about paying for your appointment? Please inform your primary care provider office. They can connect you with resources such as ACHES & PAINS vouchers for care.

Health Insurance – Connect for Health Colorado

- Special open enrollment period March 20 – April 3 for anyone previously uninsured. Coverage to Start April 1.
<https://connectforhealthco.com/get-started/covid-19-support/>
 - For an informational video on how to enroll, please see:
<https://www.facebook.com/connectforhealthco/videos/636310613602682/>
- www.connectforhealthco.com . Coverage to Start April 1.
- Coloradan’s who lose their job, or may lose job in the coming weeks, and thus lose health insurance, have a 60-day window to enroll in coverage, whenever that may happen throughout the year.
www.connectforhealthco.com
- Coloradan’s who have income change and are already enrolled in Connect For Health Colorado are reminded to login and update income so your monthly payment can be adjusted.
- If you need assistance in enrolling in Connect for Health Colorado, please contact Kim Long, Health Coverage Guide with Grand County Rural Health Network at 970-531-4769 or klong@gcruralhealth.org.

Behavioral Health Providers

Colorado Crisis Services - 24/7/365 - confidential

844- 493-TALK (8255)

Text TALK to 38255

- For help with any mental health, substance use or emotional concerns.
- Both hot and warm line available for crisis and urgent concerns.
- Our trained professionals provide free, immediate, and confidential help, 24/7/365.
- Everyone deserves someone who will listen and care, including you and your loved ones.
- Learn more at ColoradoCrisisServices.org.

Behavioral Health Navigation

Sue Johnson - 970-531-4669

sjohnson@middleparkhealth.org

- Services being offered via phone, tele-health or in person by request.
- Monday - Thursday by appointment only
- Services for those struggling with mental illness or substance abuse issues.
- Short term therapy provided at no cost, referrals to long term therapy and psychiatry and community resources.
- Removing barriers to accessing treatment, including not knowing where to start.

Peer Support Services for first responders and healthcare and human service providers

Rachel Hoyhtya – 970-363-6785

grandcopeers@gmail.com

- Services for first responders and healthcare and human service providers during the pandemic
- Services being offered via phone and in person by request
- Speak with a trained Grand County peer specialist to help manage your stress and emotions.

Mind Springs Health

Ellen Cowman, LCSW

Lance Howe, MSW, CAC III

Cynthia James, MSW

970-887-2179

244 E. Agate Ave, Granby, CO 80446

Monday – Friday, 8 am – 5 pm

<https://www.mindspringshealth.org/treatment-services/locations/granby/>

- Currently still open to provide face-to-face services in outpatient (therapy, case management, and medication management) and crisis services.
- Office hours are still available in-person Monday, March 23.
- Telehealth services available Tuesday, March 24.
- Still accepting new clients. If you are interested, please call the office.
- Phone services are available and will have telehealth services available for clients unable to come into the office. Will have remote access for crisis services as well.
- <https://www.mindspringshealth.org/majorevents/> has tools for coping with COVID-19 stress specifically as well as when other major life events happen.
- Mind Springs Health also has a YouTube channel with many great videos to enjoy while social distancing and isolating. <https://www.youtube.com/channel/UCzu4MTrAV1fkMeZ97emmDZQ>
- Mental Health Support Line – staffed with mental health professionals providing support and guidance during COVID-19 pandemic: 1-877-519-7505

New Directions for Life

Shawn Dinkel, MA, LPC, CACII

303-933-2241

www.nd4life.com

- Telehealth through zoom only, no in person services.

Kristyn Roe, LPC

Fraser Baptist Church

720-515-7039

- In person appointments available. Telehealth if needed.
- Adolescents and adults, women. Christian-based counseling offered

Dianne Drake Foss MS LPC

303-921-5125

- Adults with problem drinking, anxiety, self-esteem, isolation, grief and loss.
- Certified Gestalt Therapist

Lisa Ansell, Ed.D, LPC, NCC

970-509-0321

- In person appointments available. Telehealth if needed.
- Individual and group counseling with specialization in PTSD and Traumatic Brain Injury.
- Sliding Fee scale

Luna Counseling

Andy Thomasson, LAC, LCSW, ADS

970-531-6173

www.lunacounseling.org

- Tele-mental health appointments via Go To Meeting available.
- Substance abuse treatment and groups available

Slopeside Counseling, LLC

Andrea Brown, MS, CAC II

970-406-2620

www.slopesidecounseling.net

- Currently in-person and urgent appointments available.

Kelly Norris Counseling and Psychotherapy LLC

Kelly Norris, MA, LPC

970-439-4709

www.kellynorriscounseling.com

- In-person appointments still available. Telehealth if needed.
- Providing individual therapy for adults, teenagers and pre-teens (ages 11 and up) with depression, anxiety/stress, anger management, self-esteem, major life transitions, grief / loss, abandonment issues and more

2nd Star Counseling LLC

Kathryn Raley LPC ,NCC, RPT-S, ACS

720-523-0316

- Telehealth and limited in-person services available

High Altitude Counseling

Danielle Newell, MA LLC

Church of Eternal Hills

970-531-2783

- In-person appointments available.

Other Behavioral Health Resources

MyStrength – a digital platform to promote resiliency to well-being, empower individuals with engaging, clinically-proven resources.

<https://app.mystrength.com/signup/>

Password: WellnessGranby

CareNow - From EasyCare Colorado is a no-cost, chat-based program that allows you to message, send photos, or video chat with a doctor or therapist anywhere you can access the Internet. It's available to RMHP regional organization, Prime, and CHP+ Members. Talk to a therapist if you suffer from depression or anxiety, have relationship problems, struggle with drug or alcohol use, or suffer a traumatic event. Doctors are available every day from 9:00 a.m. to 9:00 p.m. MDT. Therapists are available from 9:00 a.m. to 5:00 p.m: <https://www.easycareco.com/carenow>

Upcoming Virtual Trainings:

FCD Prevention Works Webinar Two: Healthy Adult Role Modeling for Healthy Kids Thursday, April 23, 2020 2:00-3:00 pm EDT /11:00 - 12:00 pm PDT <https://register.gotowebinar.com/rt/1625131368346087179>

QPR Training- Wednesday April 29th, 2020 at 6:00 pm, <https://ucdenver.zoom.us/j/754528271>

Contact: Alex Yannacone at Alexandra.yannacone@cuanschultz.edu

Ongoing Virtual Support Groups:

Virtual Older Adults Social Group- Mondays 1:00-2:00 pm with Alpine Area on Aging - Email Ceci Peterson cpeterson@nwccog.org or call 970-531-4087 to receive zoom link.

Virtual Care Givers Support Group – Wednesdays 1-2 pm with Alpine Area on Aging - Email Ceci Peterson cpeterson@nwccog.org or call 970-531-4087 to receive zoom link.

Bereavement Group – Mondays at 4:30 pm and Fridays at 11:30 pm with Amanda Russel, LCSW, Northwest Colorado Health, Home Health and Hospice – Call 970-846-3668 to receive zoom link.

Unlock Humor and Resiliency- Free workshop 6:30-8:30 with Matt Carlson to register:
<http://challenger-point.com/unlock-tour-2020>

Oral Health Providers

Winter Park Dental

21 Kings Crossing Rd #107, Winter Park, CO 80482

970-726-5556

- Office is CLOSED. Following ADA guidelines, which is currently that the office can reopen for regular dental treatment on April 14, but that date is subject to change.
- Providing emergency care arranged with Dr. Young or Dr. Chua prior to coming to the office.
- The office is asking that everyone please call before coming to the office. Both Dr. Young's and Dr. Chua's cell phone numbers are on the voicemail message if you are experiencing a dental emergency and there is no answer when you call.
- Orthodontist, Dr. Moran, is scheduled to return to the office on April 17th but whether she comes will be determined as the date nears.

Granby and Kremmling Dental

290 E Agate Ave, Granby, CO 80482

970-887-3832

107 6th St, Kremmling, CO 80459

970-724-3737

- Office is CLOSED. Following ADA guidelines, which is currently that the office can reopen for regular dental treatment on April 14, but that date is subject to change.
- Providing emergency care only at this time.
- Typically seeing patients in the morning between 8am-12pm but hours are fluid.
- The office is asking patients to call ahead before they come in and Dr. Burns' cell phone number is on the voicemail message if there is no answer when you call.
- If patients would like to remain in their car so that only one patient is in the office at a time they can call when they are in the parking lot and will be contacted once the office is ready to see them.

Corona Pass Dental

21 Kings Crossing Rd, Ste 206, Winter Park, CO 80482

970-726-8290

- Office temporarily close until further notice.
- Patients of record can call Dr. Dresser in the case of a dental emergency.

Optical Providers

**Winter Park Optical
Fraser Market Place
970-726-5652**

Winter Park Optical IS CLOSED! The CDC and the American Optometric Association have determined it is NO LONGER SAFE to due routine eye care!

1. WE are no longer making appointments for exams. If you are already scheduled your appointment is cancelled and we will to notify you as well. We are creating a call back list, your name will be added to it.
2. IF you are having and EYE EMERGENCY IE. a foreign body, flashes of light, severe increase in floaters or severe eye pain we will try to see if you if you are NOT having COVID-19 Symptoms.
1. FASTEST WAY TO REACH ME IS FACEBOOK MESSANGER! OR CALL 970-726-5652.
2. I Plan to run a pick up only service from 2 - 5 weekdays! If you need to pick up please call ahead or from your car to make payment. We bring your stuff out to you!!!
3. If you need to order contact lenses. You can message me on facebook, email me at scott@winterparkoptical.com or leave a voicemail at 970-726-5652.
4. Eyewear repair, if you have broken glasses, lost a screw or a nose pad I will be happy to repair them. You can come by 2-5 or drop them with your contact info thru my mail slot in the door. I am NOT doing routine adjustments!
5. PLEASE REACH OUT WITH ANY QUESTION OR CONCERNS! THANK YOU!

**Thomas Marquardt OD
60 N 3rd St, Granby, CO 80446
970-887-2459**

Monday – Friday, 9 am – 5 pm
Office is closed. Please call for emergencies.

Telehealth Resources

Zoom

How to download

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

Go To Meeting

How to download

<https://www.gotomeeting.com/features/mac-windows-linux>

Doxy.me

<https://doxy.me/patients>