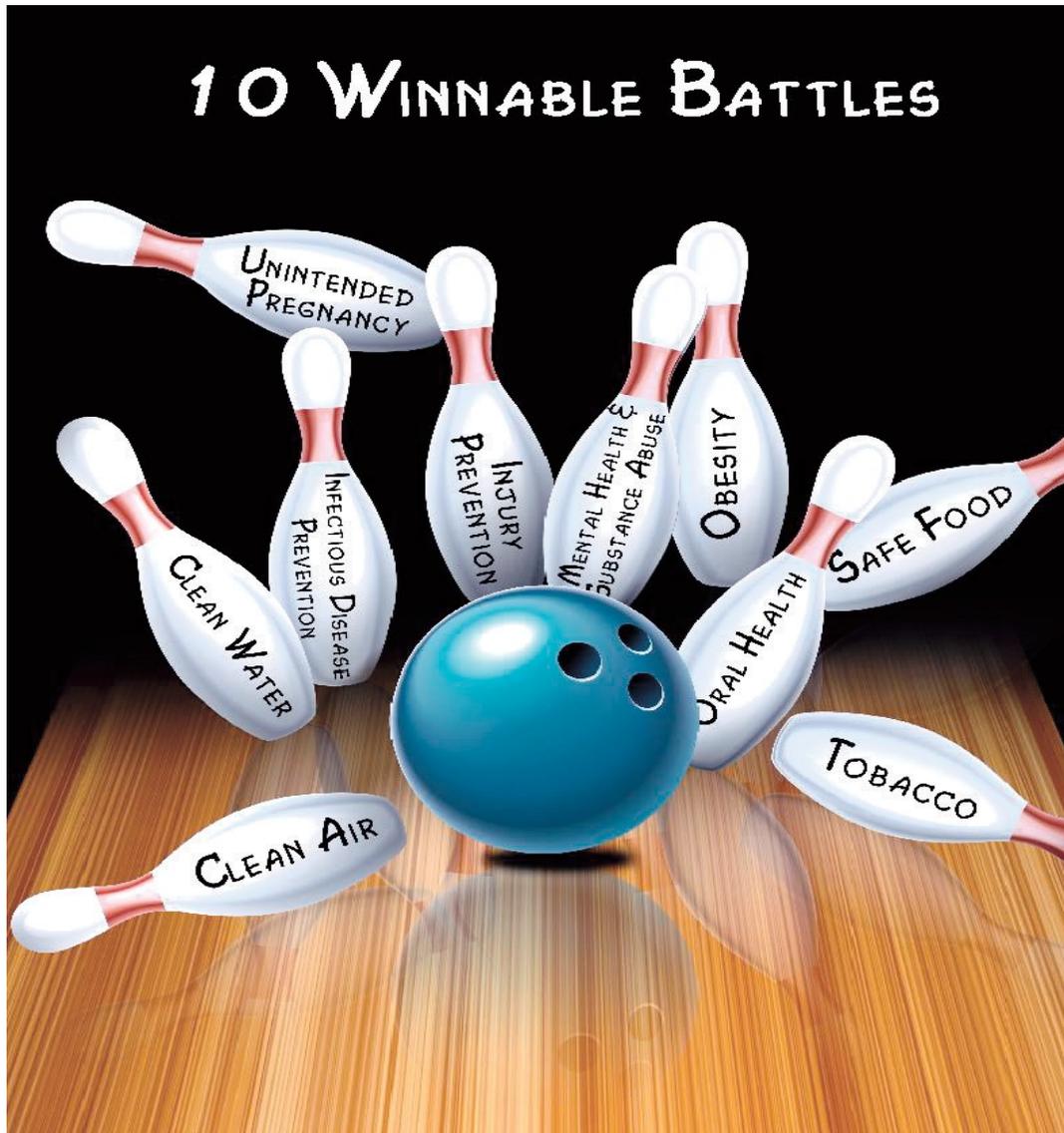


2018



OURAY COUNTY COMMUNITY HEALTH RESOURCE GUIDE

*Ouray County Public Health Agency's Resource Guide for the promotion of
a healthy community & environment*

This guide can be found the following locations: Ouray Hot Springs Pool, Ouray County Public Health Agency, Ouray Public Library, Ouray Community Center, City of Ouray Administrator, Ouray Visitor's Center and the Ouray County website at www.ouraycountyco.gov

Mission of this Guide:

To provide current and comprehensive health resources to Ouray County community members and visitors for the promotion of healthy lifestyles, environment, and well-being while identifying resources for the prevention of illness and injury.

Our Vision:

To be a community resource for health-related services addressing the local, regional and state identified priorities as outlined in the Public Health Assessment and Public Health Improvement Plan of 2010 by the West Central Public Health Partnership; the 2013 Public and Environmental Health Assessment; and the “2015 Healthy Colorado: Shaping a State of Health” (Colorado’s Plan for Improving Public Health and the Environment) from the Colorado Department of Public Health and Environment.

Our Values:

Ouray County Public Health Agency is dedicated to the delivery of health-oriented services for the public guided by principles of integrity and honesty in our practice, competence and excellence in our services, the provision of care with compassion and equity to all community members and fostering creativity and innovation within leadership roles.

*****This resource guide is NOT intended for Emergency Care Needs.
Please dial 911 on your telephone for all Emergencies*****

This resource guide was compiled using a variety of media information sources such as electronic database information, direct telephone contact, public records, etc. If you would like to be considered for being added to future versions of this guide (updated annually or biannually, depending on resource availability), have been listed within and would like to be removed or have your contact information or services listed changed, please send a detailed email to Elisabeth Lawaczeck, Director of Ouray County Public Health Agency, at elawaczeck@ouraycountyco.gov, or contact our office at 970-325-4670.

Donations are gratefully accepted to support the annual efforts to disperse, improve & update this guide. Donations can be made at the Ouray County Public Health Agency in Ouray, please see listing inside for further contact details.

This document is also available on Ouray County Public Health Agency’s Website at <http://ouraycountyco.gov>, hover mouse over Government Departments, and then click on Public Health.

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10 Winnable Battles

Ouray County Public Health Agency formed an alliance with regional public health officials in west-central Colorado in order to address the “winnable battles” that the Colorado Department of Public Health & Environment has determined are the priorities for the Public Health Initiative in congruence with the Public Health Improvement Plan. The West-Central Public Health Partnership (WCPHP) was formed in 2006, through a grant from the Colorado Trust, for the purpose of providing more efficient and effective public health services in the rural communities of Region 10 of Colorado. Region 10 includes public health and environment personnel from the communities of Montrose, Delta, Gunnison, Hinsdale, Ouray and San Miguel counties in Colorado.

The Colorado Department of Public Health and Environment (CDPHE) identified 10 “winnable battles” that include clean air, clean water, infectious disease prevention, injury prevention, mental health and substance abuse, obesity, oral health, safe food, tobacco and unintended pregnancy. These were selected to provide Colorado residents the greatest opportunities for ensuring the health of its citizens and visitors and the improvement and protection of our environment. The WCPHP strives to keep data accurate and current with thorough examinations of community demographics related to health. Such demographical information includes mortality rates and epidemiological data, socio-economics, race and ethnicity and other pertinent information such as access to health care, behavioral risk factors by county on environmental health issues such as water and air quality.

The WCPHP has since established and implemented local health plans in accordance with the Colorado Public Health Reorganization Act, effective July 1, 2008. CDPHE and the Office of Planning and Partnership (OPP) chose the WCPHP as a regional pilot site for the development of the proposed Colorado Health Assessment and Planning System (CHAPS). The purpose of CHAPS is to engage stakeholders and perform an assessment so that a public health plan can be made in accordance with the corresponding Act. As a result of this assessment and collaboration, the WCPHP has become the first in the state to form such an alliance, has become the state’s core planning team with additional stakeholders identified in each county, a regional planner has been hired, and the health assessment process has been completed.

Following the health assessment of the regional communities, WCPHP has identified four specific priorities particular to the regional population that prioritize community-specific objectives within the identified 10 “winnable battles” of the state. The WCPHP has identified obesity prevention, well water quality, mental health and substance abuse and food safety as priorities for the Region 10 communities listed above. The formation of WCPHP was in response to the challenges that rural areas of America face to adequately support the health care needs of their residents. The core functions of public health include assessment, assurance and policy development as well as the provision of health care access and direct services to both the underinsured and uninsured when otherwise unavailable (Wacker & Dawson, 2011).

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Air Quality Testing & Industrial Hygiene

Ouray County Public Health Agency

****Air quality information for Ouray County contact Jim Austin of Montrose County Department of Health & Human Services*

Montrose County Department of Health & Human Services

****Please see complete listing under Food Safety****

****Food safety, air & water quality information for Ouray County contact Jim Austin****

Colorado Department of Public Health and Environment

Laboratory Services Division

Main environmental health link: <http://www.cdphe.state.co.us/lr/environmental.htm>

****Please see complete listing under Water Quality****

Environmental Testing

780 Pine Drive

Ridgway, CO 81432

Phone: (970) 729-2733

Mold, indoor air quality, radon testing & control, water analysis referral services

<http://www.kenwyrick.com/>

Plateau Engineering

236 South 3rd Street

P.O. Box 340

Montrose, CO 81401

Phone: (970) 252-1363

Air quality, monitoring & safety by State certified Industrial Hygienist & engineering services: asbestos, mold, radon & lead.

<http://plateauengineering.com/>

United States Environmental Protection Agency

****Please see complete listing under Water Quality****

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Chambers of Commerce

Ouray Chamber of Commerce & Resort Association

****Please see complete listing under Community Centers & Recreation***
(Same listing as Ouray Visitor's Center)*

Ridgway Area Chamber of Commerce

****Please see complete listing under Community Centers & Recreation***
(Same listing as Ridgway Visitor's Center)*

Community Centers & Recreation

Mount Sneffels Education Foundation

330 Fifth Street

Ouray, CO 81427

Phone: (970) 325-0967

Enrich and broaden the educational and cultural experiences of Ouray County youngsters

<http://www.mtsneffels.org/>

Ouray Community Center

320 6th Avenue

Ouray, CO 81427

Phone: (970) 325-7065

<http://www.cityofouray.com/staticpages/index.php?page=CommunityCenter>

Ouray County 4-H Event Center & Fairgrounds

22739 Highway 550

Ridgway, CO 81432

Phone: (970) 626-3304

slong@ouraycountyco.gov

<http://ouraycountyco.gov/253/Fairgrounds-and-4-H-Event-Center>

Ouray County Museum

Ouray County Historical Society

420 6th Avenue

Ouray, CO 81427

Phone: (970) 325-4576

<http://www.ouraycountyhistoricalsociety.org/>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Ridgway Public Library

300 Charles Street

Ridgway, CO 81432

Phone: (970) 626-5252

<http://www1.youseemore.com/ridgwayPL/>

Ouray Library District

320 6th Avenue

Ouray, CO 81427

Phone: (970) 325-4616

<http://ouray.colibraries.org/>

Ridgway Railroad Museum

150 Racecourse Rd.

Ridgway, CO 81432

Phone: (970) 626-4373

<http://www.ridgwayrailroadmuseum.org/>

Ouray County Ranch History Museum

206 County Road 1

Colona, CO 81403

Phone: (970) 318-1190

www.ocrhm.org/

Ridgway Area Chamber of Commerce

Town of Ridgway Visitor Center

150 Racecourse Road

Ridgway, CO 81432

Phone: (970) 626-5181

<http://ridgwaycolorado.com/>

Ouray Ice Park, Inc.

P.O. Box 1058

Ouray, CO 81427

Phone: (970) 325-4288

Email: info@ourayicepark.com

www.ourayicepark.com

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Ouray Visitors Center

1230 Main Street

P.O. Box 145

Ouray, CO 81427

Phone: (970) 325-4746

Fax: (970) 325-4868

<http://www.ouraycolorado.com/>

Ridgway State Park

28555 Highway 550

Ridgway, CO 81432

Phone: (970) 626-5822

<http://cpw.state.co.us/placestogo/parks/Ridgway>

Colorado Parks & Wildlife

Montrose Office

2300 South Townsend Avenue

Montrose, CO 81401

Phone: (970) 252-6000

<http://cpw.state.co.us/>

Bureau of Land Management

Uncompahgre Field Office

2465 South Townsend Avenue

Montrose, CO 81401

Phone: (970) 240-5300

<http://www.blm.gov/co/st/en/fo/ufo.html>

Domestic Violence and Injury Prevention

Adult Protective Services

317 South 2nd Street

Montrose, CO 81401

Phone: (970) 249-7755

Protective services to at-risk adults and medical and disabilities assistance

<http://www.co.montrose.co.us/357/Adult-Protective-Services>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

CASA (Court Appointed Special Advocates)

301 N. Cascade Avenue

Montrose, CO 81402

Phone: (970) 249-0337

Email: info@casa7jd.org

Offers child advocacy for abused and neglected children and supervised visitation services

<http://casa7jd.org/>

The Dolphin House

7th Judicial District Child Advocacy Center

735 South 1st Street

Montrose, CO 81401

Phone: (970) 240-8655

Email: info@dolphinhousecolorado.com

A child-friendly facility whose purpose is to provide child victims a safe, non-threatening place to tell what happened to them during necessary investigations of child abuse.

<http://www.montrose-child-advocacy.org/>

Hilltop Tri-County Resource Center

540 South 1st Street

Montrose, CO 81401

Phone: (970) 252-7445

Ouray 24-Hour Crisis Line: (970) 626-3777

Serves victims of domestic violence and sexual assault

<http://www.htop.org/adult/tcrc>

Ouray County Public Health Agency

****Please see complete listing under Water Quality****

Ouray County Emergency Medical Services

541 4th St.

P.O. Box 572

Ouray, CO 81427

Phone: (970) 325-7275

<http://www.ouraycountyco.gov/143/Emergency-Medical-Services>

Rocky Mountain Poison & Drug Center

777 Bannock Street

Denver, CO 80204

Phone: 1-800-222-1222

If you are experiencing an emergency, please dial 911

<http://www.rmpdc.org/>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Early Development, Special Needs & Nutrition Services

Bright Futures Early Childhood

657 W. Colorado Ave

Telluride, CO 81435

Phone: (970) 728-5613

Provides leadership, innovation, influence, and resources to ensure a quality early childhood system in Delta, Gunnison, Hinsdale, Montrose, Ouray and San Miguel Counties.

www.brightfuturesforchildren.org

Early Childhood Consultations

Montrose Health & Human Services

1845 S. Townsend

Montrose, CO 81401

Phone: (970) 252-5000

Early childhood screening, mental health services and other family services

<http://www.co.montrose.co.us/107/Health-Human-Services>

Empowering Dads Program

Montrose County Health & Human Services

1845 S. Townshend

Montrose, CO 81401

Phone: (970) 252-5000

Educational and experiential programs to empower dads for improving father-child family relationships

<http://www.co.montrose.co.us/137/Empowering-Dads>

Nurse Family Partnership

1845 S. Townsend

Montrose, CO 81401

Phone: (970) 252-5022

Program for women who are having their first baby. A registered nurse will visit you in your home throughout pregnancy and continue to visit until your baby is 2 years old.

<http://www.nursefamilypartnership.org/locations/Colorado/Region-10-Nurse-Family-Partnership>

Nutrition and Diabetes Services Montrose Memorial Hospital

800 South 3rd Street

Montrose, CO 81401

Phone: (970) 240-7170

Nutrition counseling for diabetes, cholesterol, and weight management, gastrointestinal disorders, eating disorders, allergies, and more

<http://www.montrosehospital.com/medical-services/nutrition-and-diabetes>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Ouray County Department of Social Services

****Please see complete listing under Low-income Community Support Programs****

Women, Infants & Children (WIC)

Ouray County Public Health Agency

302 2nd Street

P.O. Box 670

Ouray, CO 81427

Lactation & certified WIC program consultant offering nutritional supplementation, teaching, counseling, well-child checks to low-income families. Vouchers for produce at local Farmer's Market also available.

****Please see complete listing under Obesity Prevention****

Fitness & Wellness

Chipeta Sun Lodge Spa, Yoga & Fitness Center

304 S. Lena St.

Ridgway, CO 81432

Phone: (970) 626-3737

Fax: (970) 626-3715

Full fitness center, instructional classes & spa offering monthly, bi-annual & annual memberships.

<http://chipeta.com/>

Gym Rats

153 HWY. 550 / Unit 201A

Ridgway, CO 81432

Call Kari for membership: 970-726-0300

Hypoxia Cross-Fit

1900 Main Street

Ouray, CO 81427

Phone: (970) 708-7119

Group or individual CrossFit Training sessions guided by principles of safety, efficacy & efficiency. CrossFit for kids also available.

<http://hypoxiagym.com/>

Ridgway Yoga Shala

133 N. Lena – Unit #5

Ridgway, CO 81432

Phone: (970) 218-4799

Also offering 3-class workshop for beginners in meditation and yoga activities.

<http://www.ridgwayyogashala.com/>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Orvis Hot Springs

1583 County Road 3

Ridgway, CO 81432

Phone: (970) 626-5324

Clothing optional resort with natural hot spring pools & a variety of massage modalities offered.

www.orvishotsprings.com

Ouray Hot Springs Pool & Fitness Center

1220 Main Street

P.O. Box 468

Ouray, CO 81427

Phone: (970) 325-7073

Hot springs pool with lap swimming lanes, family recreational facility & fitness center

<http://ourayhotsprings.com/>

Inner Mountain Yoga Studio

319 6th Ave.

Ouray, CO 81427

Phone: (970) 318-6995

Playful inspiration, Empowering rejuvenation. Welcome to beginners through advance participants.

<http://innermountainyoga.com/home.html>

Telluride Adaptive Sports Program

568 Mountain Village Blvd., Suite 101

P.O. Box 2254

Telluride, CO 81435

Phone: (970) 728-5010

Adaptive ski program, nordic program, summer rafting program, hands/downhill bike clinic, hiking club, rock climbing, rafting, kayaking, fishing, skiing, snowboarding, and ice climbing.

<http://www.tellurideadaptivesports.org/>

Weehawken Creative Arts

1075 Sherman St.

Ridgway, CO 81432

Phone: (970) 318-0150

Performing arts, movement arts, tumbling, belly-dancing, martial arts, swing dance and a large variety of dance classes.

www.weehawkenarts.org

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Wiesbaden Hot Springs/Spa

625 5th Street

P.O. Box 349

Ouray, CO 81427

Phone: (970) 325-4347

Small, intimate, natural hot springs spa and lodge.

www.wiesbadenhotsprings.com

Food Safety & Handling

Ouray County Public Health Agency

****Please see complete listing under Water Quality****

Montrose County Health & Human Services

Jim Austin, Environmental Health Director

1845 S. Townsend

Montrose, CO 81401

Phone: (970) 252-5067

Email: jaustin@montrosecounty.net

Food safety, air & water quality information for Ouray County

<http://www.co.montrose.co.us/110/Food-Safety>

Colorado Department of Public Health and Environment

Food Regulations and Guideline Contacts

<https://www.colorado.gov/pacific/cdphe/food-regulations-and-guidelines-contacts>

****Please see complete listing under Water Quality****

Health Screenings

Tri-County Health Network

Ben Marshall

P.O. Box 4222

238 East Colorado Ave, Ste. 8

Telluride, CO 81435

Phone: (970) 708-4458

Email: coord-pc@tchnetwork.org

Free confidential health screenings for the uninsured and under-insured. Includes cholesterol, blood glucose, blood pressure, height, weight, and health information.

<http://tchnetwork.org/>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Uncompahgre Medical Center

1350 Aspen Street
Norwood, CO 81423

Phone: (970) 327-4233

<http://www.umclinic.org/>

Mountain Medical Center

295 Sherman St.
Ridgway, CO 81432

Phone: (970) 626-5123

<http://www.ridgwaymountainmedical.com/pages/home>

Home Health Services

Delta-Montrose Home Health

70 Stafford Lane
Delta, CO 81416

Phone: (970) 874-2463

<http://www.deltahospital.org/getpage.php?name=index>

Pasco Home Health

501 S. Townsend Ave.
Montrose, CO 81401

Phone: (970) 240-1771

<http://pascosw.com/>

Provides nursing, physical therapy, speech therapy, occupational therapy, social work (therapist are contract only) home health care, home makers, and personal care services.

PeopleCare Health Services

1565 Highway 50, Unit B
Delta, CO 81416

Phone: (970) 874-0136

<http://peoplecarehs.com/>

Phoenix Home Care

7 N. Cascade Ave, Unit A
Montrose, CO 81401

Phone: (970) 249-6767

<http://phoenixhomehc.com/>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Comfort Keepers

300 N. Cascade Ave, Ste. C6

Montrose, CO 81401

Phone: (970) 240-4121

www.comfortkeepers.com

Home Health of Western Colorado-Volunteers of America

300 North Cascade, Suite U9

Montrose, CO 81401

Phone: (970) 240-0139

http://www.voa.org/senior_living_and_care_facilities/home-health-of-western-colorado

Hope West & Hospice

725 S. 4th Street

Montrose, CO 81401

Phone: (970) 240-7734

Services include specialized pain control and symptom management by qualified professionals, generalized inpatient care, short-term placement as needed, appropriate medications, medical equipment & supplies, 24 hour visitation by family & friends, and grief counseling & support for both patients & families.

<https://www.hopewestco.org/>

Neighbor to Neighbor

Ouray County Public Health Agency

****Please see complete listing under Water Quality****

Program available for any Ouray County older adult (60 years +), home-bound or disabled adult (18 years +) with services that include transportation with both senior vans & private vehicles, nutrition services with two weekly senior lunches, meals on wheels & shopping assistance, handyman services for small home repairs, companionship with friendly phoning & visits, social events, access to community resources & business assistance.

Region 10 Area Agency on Aging/ League for Economic Assistance & Planning, Inc.

Michelle Haynes, Executive Director

300 North Cascade, Suite 1

Montrose, CO 81401

Phone: (970) 249-2436

Fax: (970) 249-2488

<http://www.region10.net/>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Touch of Care

1100 E. Main St.

Montrose, CO 81401

Phone: (970) 249-6080

www.touchofcarepcp.com

Touch of Care is dedicated to doing whatever it takes to enhance the quality of life for clients and their families.

Access Solutions

58462 Jasmine Road

Montrose, CO 81401

Phone: (970) 249-2360

From no cost home modifications to full scale remodeling, Access Solutions can make the necessary changes in your home environment to accommodate a person's physical limitations

Columbine Club

Email: slong@ouraycountyco.gov

Phone: Joan Moyer (970) 596-9988

Woman's Club of Ouray County Medical Loan Closet

For more information, please contact:

Joan Moyer (970) 596-9988 – Ridgway Area

Lois Fisher (970) 708-5043 – Ouray Area

Loaning durable medical equipment on short term basis for recuperation, injury, or illness

<http://womansclubouraycounty.org/activities/medical-loan-closet/>

Healthy Housing

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Immunization Programs & Pharmacy Information

Immunizations Program

Ouray County Public Health Agency

Tammy Clifton, RN

****Please see complete listing under Water Quality****

Tammy has a wealth of current information and knowledge regarding immunizations for all stages of life development for the residents of Ouray County. The Immunization Program services are offered on a 'sliding scale' basis to community members under 18.

Ridgway Pharmacy

P.O. Box 1190

570 Palomino Trail

Ridgway, CO 81432

Phone: (970) 626-3440

Ouray County Prescription Discount Card

Ouray County Public Health Agency

****Please see complete listing under Water Quality****

<http://www.usarx.com/>

Discount cards available at Ouray County Public Health Agency, save up to 75% on all FDA-approved medications at participating retail pharmacy's (i.e. Ridgway Pharmacy, Walgreen's, City Market.) No enrollment form, no membership fee, one card, immediate use. Come by OCPHA for discount card, information & participating pharmacy list.

Local Agriculture & Livestock

Buckhorn Gardens

71446 Buckhorn Road

Montrose, CO 81403

Phone: (970) 240-8715

Email: gardens@buckhornmountain.com

Buckhorn Gardens is a small, organic vegetable farm 13 miles south of Montrose.

<http://buckhorngardens.blogspot.com/>

Ferguson Family Ranch

8 Lynx Rd

Ridgway, CO 81432

Phone: (970) 901-8827

Email: fergusonbeef@gmail.com

100% natural, grass-fed & finished beef. Cattle are raised in a humane, low-stress, chemical-free environment without antibiotics or added hormones throughout their lifespan.

www.naturalbeef.us

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Fisher Ranch

170 Racecourse Road

Ridgway, CO 81432

Phone: (970) 626-5530

Locally grown, natural beef from Red Angus raised within Ouray & San Miguel Counties without added hormones

Indian Ridge Farm & Bakery

Tony and Barclay Daranyi

1401 County Road 43ZN

Norwood, CO 81423

Phone: (970) 327-0336

Offers pastured poultry and turkeys; pastured eggs; organic vegetables; pastured pork; grass-fed beef; hay; organic bread, granola and other baked goods; goat cheese and milk.

<http://indianridgefarm.org/>

Muddy Boot Farm & Ranch

Katie & Jason Merkley

4197 County Rd 24

Ridgway, CO 81432

Phone: (970) 626-3515

Email: chicken.rancher@gmail.com

Pasteur-raised livestock: cattle, chickens, turkeys & pigs

<http://getmuddyboot.blogspot.com/>

Shining Mountain Herbs

5636 County Road 23

Ridgway, CO 81432

Phone: (980) 626-2212

Email: info@shiningmountainherbs.com

Products include certified organically grown, biodynamic farmed herbs, single herb extracts, formulated herb extracts, salves & oils, specialty & herbal pet care products.

<http://www.shiningmountainherbs.com/>

Tomten Farms

Kris Holstrom

P.O. Box 437

Placerville, CO 81430

Phone: (970) 708-0289

Email: kholstrom@gmail.com

Located on Hastings Mesa above Placerville, Kris is an advocate & producer of local organic foods who has a central role as a permaculture educator, sustainability activist and coordinator for community centered agriculture.

<http://www.localharvest.org/tomten-farm-M16335>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Low-Income Specific Community Support

Ouray County Housing Authority

201 N. Railroad St.
P.O. Box 10
Ridgway, CO 81432
Phone: (970) 626-5308

Montrose Workforce Center

504 N. 1st Street
Montrose, CO 81401
Phone: (970) 249-7783
Employment and training services that lead to success for job seekers and employers
<http://www.connectingcolorado.com/>

Haven House

4806 North River Road
Olathe, CO 81425
Phone: (970) 323-5280
Email: info@havenhousehomeless.org
Transitional Housing to Families
www.havenhousehomeless.org

Healthy Communities

Montrose County
1845 S. Townshend Ave.
Montrose, CO 81401
Phone: Carol Unruh (970) 323-5462
Providing families with children and pregnant women assistance with benefits and Medicaid/CHP+ enrollment
<http://www.co.montrose.co.us/126/Healthy-Communities>

Home Energy Assistance Program (HEAP)

Department of Social Services
177 Sherman Street, Unit #104
Ridgway, CO 81432
Phone: (970) 626-2299
Income-eligible households receive assistance in paying for energy and energy related expenses through federal government grant program.
<http://www.benefits.gov/benefits/benefit-details/1541>

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Low Income Energy Assistance Program (LEAP)

Montrose County Health & Human Services

1845 S. Townshend Avenue

Montrose, CO 81401

Phone: (970) 252-5000

Heating utility payment assistance for eligible individuals from November to April

<http://www.discovermygoodwill.org/programs/leap>

Carol Schutter, LPN & Navigator for the Tri-County Health Network

302 Second Street

Ouray, CO 81427

Phone: (970) 325-4670

Cell: (970) 708-7976

Assists children, families, and adults with application process for Medicaid and Child Health Plus Programs

Mesa County Healthy Communities

Mesa County Health Department

510 29 ½ Rd.

Grand Junction, CO 81504

Phone: (970) 248-6900 or (970) 248-6955

Providing outreach and case management to individuals under the age of 21 or pregnant women who qualify for or already have Medicaid or CHP+.

www.health.mesacounty.us

Ouray County Department of Health & Human Services

P.O. Box 530

177 Sherman Street, Unit # 104

Ridgway, CO 81432

Phone: (970) 626-2299

Food Assistance & Food Stamp Program, LEAP program, Medicare/Medicaid, & other assistance programs for eligible residents of Ouray County

<http://www.ouraycountyco.gov/153/Social-Services>

Ouray County Food Pantry

257 Sherman St.

Ridgway, CO 81432

Phone: (970) 626-4273 or (970) 325-4230

Hours: Thursdays 12:30 p.m. until 3:30 p.m.

Ridgway Community Food Pantry provides nutritional food to those in need while facilitating education and connection to other community resources

<http://www.ouraycountyfoodpantry.org/>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

MADA

17 N. 6th St.

Montrose, CO 81401

Phone: (970) 249-4774

Red Card Program: Income under \$1,722, receive a box of food on the 1st Friday of each month. No age limit.

Sharing Ministries

121 N. Rio Grande

Montrose, CO 81401

Phone: (970) 240-8385

Emergency food assistance and low-income senior program

Social Security Administration

1805 Pavilion Drive

Montrose, CO 81401

Phone: (866) 758-1317

Social Security retirement for seniors, Social Security Disability and Supplemental Security Income, and disability claims for children and adults and claims assistance.

<http://office-locations.socialsecurityclaims.com/colorado/montrose/social-security-office-montrose-co-81401/>

Mental Health Services

Center for Mental Health - Montrose

605 East Miami Road

Montrose, CO 81401

Phone: (970) 249-9694

24-hr Emergency Services: Call (970) 252-6220

Fax: (970) 249-2955

Provides independent/family therapy, medication management, school-based counselors, and anger management groups

<http://www.centermh.org/contact/our-offices/montrose-outpatient>

Center for Mental Health - Ridgway

177 Sherman St., Suite 103

Ridgway, CO 81432

Phone: (970) 497-5742

Individual and Family Counseling

Uninsured, Medicaid, and private insurances accepted

www.centermh.org

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Co-Dependents Anonymous

Tuesdays, United Church of the San Juans

295 Lena St.

Ridgway, CO

Phone: (970) 901-2675 for Joan

Email: joan.ouray@gmail.com

A fellowship of men and women whose common purpose is to develop healthy relationships through anonymous support & friendship

<http://coda.org/>

Regional Care Collaborative

Jenny Nate

Rocky Mountain Health Plan

2775 Crossroads Boulevard

Grand Junction, CO 81506-871

Phone: (970) 248-8218

Assists in care collaboration for patients on Medicaid

<http://www.rmhp.org/>

West Springs Hospital

Mind Springs Health

515 28³/₄ Road

Grand Junction, CO 81501

Phone: (970) 263-4918

Offers a complete continuum of care for you, your loved one or patient dealing with behavioral health or substance abuse issues

<http://mindspringshealth.org/>

Western Slope Psychotherapy-Health

Erik Cooper, MA LMFT

543 S. 2nd Street

Montrose, CO 81401

Phone: (970) 249-2332

Behavioral Health and Social Services Provider

https://npidb.org/doctors/behavioral_health/marriage-family-therapist_106h00000x/1679621890.aspx

Helene "H" Discoe, LPC, CAC I

Center for Mental Health

Ridgway and Ouray School Therapist

Phone: (970) 318-8537

Office: (970) 327-4449

Email: hdiscoe@centermh.org

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Hope West & Hospice

****See complete listing under Home Health Services****

Enda Junkins, LCSW

430 4th St.

Ouray, CO 81427

Phone: (970) 325-0050

Licensed Clinical Social Worker

Serving all ages with depression, anxiety, addictions, trauma, stress management and marital counseling. Individual & marital hypnotherapy also available.

Barbara Blake Morrison, LCSW

380 West Sherman Street, #8A

P.O. Box 295

Ridgway, CO 81432

Phone: (970) 626-4330

Licensed Clinical Social Worker and Psychotherapist

Services include Advanced EMDR, Family & Relationship Counseling & Individual Therapy

Montrose Therapeutic Riding Center

10962 Bostwick Park Road

Montrose, CO 81401

Phone: (970)240-6007

Enhancing the lives of those with disabilities and their families through equine interactions

<http://montrosetherapeuticridingcenter.org/>

Lynton Moore, MA LPC CAC II

Balance Natural Medicine

177 Sherman Street, #101

Ridgway, CO 81432

Phone: (970) 986-4008

Email: lyntonmoore@gmail.com

Email: lynton@sourcecounseling.net

Psychotherapy approach for kids, couples, adolescents and adults to relieve psychological distress, addictions, trauma, anxiety and depression

Randy Stanko LMFT, LLC

242 West Main Street

Montrose, CO 81401

Phone: (970) 249-5595

Email: randy@randystanko.com

Offering professional Marriage & Family Therapy, and professional Religious Counseling

<http://randystanko.com/>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Support Groups in Region 10

Breast Cancer Support

Community Connections
645 S. 5th
Montrose, CO 81401
Every Wednesday 12:00 - 1:00 PM
Phone: 970-252-2814
Sponsored by Bosom Buddies

Cardiac Support

Every Fourth Wednesday of the month 6:30 - 7:30 PM
Montrose Memorial Hospital
Conference Room A
800 S. 3rd St.
Montrose, CO 81401
Susan Brown, RN, 970-240-7731
Judith Collins, NP, 970-252-1020

Caregiver Support

Second and Fourth Monday of the month at 1:00 PM
19 S. Park Ave.
Montrose, CO 81401
Phone: 970-249-3716
Call to be put on the waitlist
Sponsored by United Methodist Church Montrose

Caring for Caregivers (C4C)

Second Tuesday of the month at 11:00 AM
Partners
511 E. 10th Street
Delta, CO 81416
Phone: Danielle Angotti at 970-200-7163
Phone: Vibrant Care Giving at 970-417-5319
Sponsored by Vibrant Care Giving and The Arc of West Central Colorado

Delta County - Support Group for Caregivers

First and Third Wednesday of the month at 1:30 PM
Cedaredge Civic Center
140 NW 2nd
Cedaredge, CO 81413
Phone: 970-510-0724
Sponsored by O' Deegan Consulting

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Delta County -Support Group for Caregivers

Every Thursday at 1:00 PM

Crossroads Senior Living

1353A Aspen Way

Delta, CO 81416

Phone: 970-510-0724

Sponsored by O' Deegan Consulting and Crossroads Senior Living

Delta County -Support Group for Caregivers

Second and Fourth Wednesday of the month at 1:30 PM

Hotchkiss Town Hall

276 W. Main

Hotchkiss, CO 81419

Phone: 970-510-0724

Sponsored by O' Deegan Consulting

Dementia & Alzheimer's Support

Last Monday of the month at 4:00 PM

11411 Hwy 65

Eckert, CO 81418

Phone: 970-275-4220 or 970-835-2620

Sponsored by Horizons Care Center

Dementia & Alzheimer's Support

Second Thursday of the month at 2:00 PM

1401 S. Cascade

Montrose, CO 81401

Phone: 970-249-9634

Sponsored by Valley Manor Care Center – Chapel

Diabetes Support

First Tuesday of the month at 6:00 PM

800 S. 3rd

Montrose, CO 81401

Phone: 970-240-7280

Sponsored by Montrose Memorial Hospital, San Juan Family Medicine and Cedar Point Medicine

Diabetes Support

Second Monday of the month at 2:30 PM

Grand Mesa Oncology

1501 3rd St.

Delta, CO 81416

Phone: 970-874-6410

Sponsored by Delta County Memorial Hospital

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Emotion Management

Second Friday of the month at 7:00 PM
510 S. 2nd St.
Montrose, CO 81401
Phone: 970-252-3201
Sponsored by The Center for Mental Health

Family Caregiver Support Group

First and Third Wednesday of the month at 1:30 PM
Montrose Memorial Hospital
Conference Room C
800 S. 3rd
Montrose, CO 81401
Phone: 970-275-2138
Sponsored by Montrose Memorial Hospital

Low Vision Support

First and Third Wednesday of the month at 1:30 PM
245 S. Cascade Ave.
Montrose, CO 81401
Phone: 970-249-3785
Sponsored by the Center for Independence

Stroke & Brain Injury Support

Second and Fourth Thursday of the month at 11:00 AM
Montrose Memorial Hospital
800 S. 3rd Montrose
Conference Room B
Phone: 970-252-2550
Sponsored by Montrose Memorial Hospital

Montrose Survivors: Loss to Suicide Support Group

Second Saturday of the month at 10:00 AM
2730 Commercial Way
Remax Building
Montrose, CO 81401
Phone: 970-252-3228
The Center for Mental Health

Parkinson's Support

Last Monday of the month at 2:00 PM
Montrose Memorial Hospital
800 S. 3rd
Montrose, CO 81401
Phone: 970-252-2996
Sponsored by Montrose Memorial Hospital

OURAY COUNTY COMMUNITY RESOURCE GUIDE

PTSD Veteran Support

Every Thursday at 10:30 AM
11 S. Park Ave.
Montrose, CO 81401
970-765-2210 Warrior Resource Center

Nutritional Services, Gardens & Farmer's Market

Women, Infants & Children (WIC)

Ouray County Public Health Agency: Amy Eriksen
P.O. Box 670
302 Second Street
Phone: (970) 325-4670
Fax: (970) 325-7314
Email: aeriksen@ouraycountyco.gov

Offering nutrition counseling, breastfeeding counseling, and nutritious food vouchers to low-income pregnant and breastfeeding women, infants, and children up to 5 years of age

Ridgway Farmer's Market

Hartwell Park – Downtown Ridgway
Market Manager: Marietta Johnson
Phone: (970) 765-6760

Live Music, Local Fruits and Vegetables, Organic Food, Flowers, Sustainable Meats & Eggs, Baked Goods, Soaps and Lotions, Cooking Demos, Wine Tasting, Arts and Crafts

<http://www.ridgwayfarmersmarket.com/>

Ridgway Community Garden

River Park subdivision
Ridgway, CO 81432

To provide infrastructure, resources and education to garden members of all ages involved in the growing and harvesting of nutritious organic produce in a community setting that fosters teamwork, learning, responsibility, camaraderie and sharing.

<http://www.ridgwaygarden.org/>

Oral Health

Donald F. Swartz DDS

195 S Lena St # A
P.O. Box 1390
Ridgway, CO 81432
Phone: (970) 626-3303
www.donaldswartzdds.com

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Ridgway Family Dentistry

Dr. Michael W. Thomas DDS, DMD & Dr. David Lurye, DDS

156 Liddell Drive

P.O. Box 1083

Ridgway, CO 81432

Phone: (970) 626-3774

Caring, comprehensive dentistry for patients of all generations.

www.ridgwayfamilydentistry.com

The San Juan Kids Cavity Prevention Program (SKIPPY)

Carol Schutter, LPN & Navigator

Ouray County Public Health Agency

302 2nd Street

P.O. Box 670

Ouray, CO 81427

Cell: (970) 708-7967

Services offered every 6 months in schools, & include a complete medical history, hygiene assessment, teeth cleaning and fluoride treatments. Services also include sealants to protect adult molars, child teaching of appropriate oral hygiene, & reports of child's oral health status.

Ouray Family Dental

Siona Motufau Jr., DDS

309 6th Avenue

P.O. Box 648

Ouray, CO 81427

Phone: (970) 325-4800

General Family Practice

Community Dental Clinic

1901 S. Townsend Ave.

Montrose, CO 81401

Phone: (970) 252-8896

Adult Medicaid dental provider

Dr. Paul Dodsworth, DDS

1100 E. Main Street, Ste. D

Montrose, CO 81401

Phone: (970) 240-2720

Adult Medicaid dental provider

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Dr. James R. Scott, DDS

601 Main Street
Olathe, CO 81425
Phone: (970) 323-6828
Adult Medicaid dental provider

Silver Leaf Dental Group

Dr. Timothy R. Jessop, DDS
101 S. Mesa Ave.
Montrose, CO 81401
Phone: (970) 249-4457
Adult Medicaid dental provider

Tobler Dental Group

140 S. Uncompahgre Ave.
Montrose, CO 81401
Phone: (970) 249-1733
Adult Medicaid dental provider

River Peak Dental

257 Sherman St., Suite C
Ridgway, CO 81432
Phone: (970) 512-8700
Email: drpoe@riverpeakdental.com

Ouray County & Local School Districts

Ouray School District R-1

P.O. Box N.
400 7th Avenue
Ouray, CO 81427
Phone: (970) 325-4505
Fax: (970) 325-7343
www.ouray.k12.co.us/ouray/site/default.asp

Ridgway School District

District Office:
1115 W. Clinton Street
Ridgway, CO 81432
Phone: (970) 626-4320

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Elementary School:
1115 W. Clinton Street
Ridgway, CO 81432
Phone: (970) 626-5468

Secondary School: 1200 Green Street
Ridgway, CO 81432
Phone: (970) 626-5788
Fax: (970) 626-3249
www.ridgway.k12.co.us/

Physicians Offices & Medical Facilities

Dr. Abigail Seaver, ND

195 S. Lena St., Unit B
Ridgway, CO 81432
Phone: (970) 626-3188

abigailseaver1@gmail.com

Integrative & natural family medicine, clinical nutrition, herbs & homeopathy

Balance Natural Medicine

Dr. Jason Bojar DC, MS, CNS & Dr. Jessica Balbo DC

177 Sherman St., Ste. #101
Ridgway, CO 81432
Phone: (970) 626-7137

Chiropractic Adjustment/Manipulation, Functional Medicine/Clinical Nutrition, Kinesio-taping, Flexion Distraction, Cold Laser Therapy, Body Composition Analysis, Mild Hypobaric Oxygen Therapy

<http://balancenaturalmedicine.com/>

Basin Rural Health Clinic

421 W. Adams Street
P.O. Box 340
Naturita, CO 81422

Phone: (970) 865-2665

Rural Health Clinic offering Monday through Friday (8am-5pm) primary and emergent care.

<http://basinclinic.org/>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Black Canyon Surgery Center

611 E. Star Court, Suite C

Montrose, CO 81401

Phone: (970) 249-6842

Cost-effective multi-specialty care to a five county region to give patients the highest quality outpatient care in a state-of-the-art medical facility.

<http://www.blackcanyonsurgicalcenter.com/>

Eagle's Wing Medical Center

Dr. Paul Glanville, MD

112 Village Square West, Ste. #102

Ridgway, CO 81432

Phone: (970) 626-7140

Family practice with an emphasis on bio-identical hormone therapy; adrenal & thyroid function, and Wilson's Temperature Syndrome.

<http://eagleswingmedical.com/>

In Motion Therapy

611 E. Star Court, Ste. B

Montrose, CO 81401

Phone: (970) 249-1646

Full-range physical therapy and rehabilitation service, including pool therapy.

<http://inmotiontherapymontrose.com/>

Hoover Chiropractic Group

Dr. Wayne Hoover, DC

1228 E Main St., Ste. 2

Montrose, CO 81401

Phone: (970) 249-2233

www.hooverchiropracticgroup.com

Montrose Memorial Hospital

800 South 3rd Street

Montrose, CO 81401

Phone: (970) 240-2211

www.montrosehospital.com

Mountain Medical Center

Please see complete listing under Health Screenings

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Mountain View Therapy

185 Sherman St., Ste. #103

Ridgway, CO 81432

Phone: (970) 626-4050

The Ridgway Rehab Clinic provides services to outpatients who have impairments, functional limitations, disabilities, changes in physical function, health status resulting from injury and disease or other causes

<http://www.montrosehospital.com/medical-services/mountain-view-therapy/ridgway-rehabilitation>

Montrose Wellness Center

224 South Nevada

Montrose, CO 81401

Phone: (970) 252-9644

River Valley Family Health Center

100 Tessitore Court, Suite B

Montrose, CO 81401

Phone: (970) 497-3333

Provides access to quality, integrated health care in a comprehensive and culturally respectful manner to individuals and families.

<http://www.rivervalleyfhc.com/>

Rocky Mountain Integrative Health Center

160 S Amelia Street

Ridgway, CO 81432

Phone: (970) 626-9877

rmih@ridgway.us

Services include a variety of massage modalities, acupressure, acupuncture treatments, touch therapy, counseling & kinesiology services.

www.rmintegrativemedicine.com

Sherwood Family Medicine

570 Palomino Trail

P.O. Box 270

Ridgway, CO 81432

Phone: (970) 626-4370

Veterans Affairs (VA) Medical Center

154 Colorado Avenue

Montrose, CO 81401

Phone: (970) 249-7791

<http://www1.va.gov/DIRECTORY/GUIDE/facility.asp?ID=874>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Regional County & City Government

Ouray County Public Health Agency ***Please see complete listing under Water Quality***

Ouray County Emergency Medical Services ***Please see complete listing under Injury Prevention***

Ouray County Department of Social Services ***Please see complete listing under Low-Income Community Support Programs***

Ouray County Medical Examiner & Coroner

P.O. Box 722

Ouray, CO 81427

Phone: (970) 240-7298

<http://www.countyoffice.org/co-ouray-county-medical-coroner/>

Ouray County Juvenile Diversion Program

Ouray County Public Health Agency

302 2nd Street

Ouray, CO 81427

Phone: (970) 325-7244

Program mission is to provide appropriate first and sometimes second youth offenders with an alternative to our juvenile justice system and an alternative to a criminal record

Ouray County Sheriff

P.O. Box 585

541 4th Street

Ouray, CO 81427

Phone: (970) 325-7272, ext. 12

<http://ouraycountyco.gov/152/Sheriff>

Ouray County Attorney

P.O. Box 28

111 Mall Road

Ridgway, CO 81432

Phone: (970) 626-9775

Fax: (970) 626-4439

<http://www.ouraycountyco.gov/238/Attorney>

Driver's License: Montrose Department of Motor Vehicles (DMV)

86 Rose Lane

Montrose, CO 81401

Phone: (970) 249-5426

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Ouray County Land Use Department

P.O. Box 28
111 Mall Road
Ridgway, CO 81432
Phone: (970) 626-9775
<http://ouraycountyco.gov/147/Land-Use-Planning>

Ouray County Road & Bridge

P.O. Box 456
115 Mall Road
Ridgway, CO 81432
Phone: (970) 626-5391
<http://www.ouraycountyco.gov/151/Road-Bridge>

Ouray County Geographical Information System (GIS) & Information Technology (IT)

P.O. Box C
541 Fourth St.
Ouray, CO 81427
Phone: (970) 325-7350
<http://www.ouraycountyco.gov/146/GIS-Geographic-Information-Systems-IT>

Ouray County Clerk & Recorder

P.O. Box C
541 4th Street
Ouray, CO 81427
Phone: (970) 325-4961
<http://www.ouraycountyco.gov/325/Clerk-Recorder>

Ouray County Administrator

P.O. Box C
541 Fourth St.
Ouray, CO 81427
Phone: (970) 325-7263
<http://www.ouraycountyco.gov/138/Administrator>

Ouray County Human Resources Department

P.O. Box C
541 4th Street
Ouray, CO 81427
Phone: (970) 325-7332
<http://www.ouraycountyco.gov/145/Human-Resources>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Ouray County Maintenance Department

541 4th Street

Ouray, CO 81427

Phone: (970) 318-1127

<http://www.ouraycountyco.gov/148/Maintenance>

Ouray County Treasurer

Jeannine Casolari

P.O. Box 149

541 4th St.

Ouray, CO 81427

Phone: (970) 325-4487

<http://www.ouraycountyco.gov/154/Treasurer>

Ouray County Assessor

Susie Mayfield

P.O. Box 665

421 Sixth Avenue

Ouray, CO 81427

Phone: (970) 325-4371

<http://www.ouraycountyco.gov/139/Assessor>

Ouray County 4-H Event Center

****Please see complete listing under Community Centers & Recreation****

Ouray County Weed Control

Ron Mabry

115 Mall Road

Ridgway, CO 81432

Phone: (970) 626-9775 ext. 23

Town of Ridgway

P.O. Box 10

201 N. Railroad Street

Ridgway, CO 81432

Phone: (970) 626-5308

www.town.ridgway.co.us

City of Ouray

P.O. Box 468

320 6th Avenue

Ouray, CO 81427

Phone: (970) 325-7211

www.cityofouray.com

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Regional Education & Vocational Training

Montrose Adult Education Center

526 N. 6th Street

Montrose, CO 81401

Phone: (970) 249-2028

Offering classes and tutoring in Basic Literacy, GED Test Preparation, and English as a Second Language (ESL).

Colorado Mesa University

234 S. Cascade Avenue

Montrose, CO 81401

Phone: (970) 249-7009

Full-service college campus serving Montrose and surrounding region

<http://www.coloradomesa.edu/>

Colorado State University-Extension Office

1001 North 2nd Street

Friendship Hall

Montrose, CO 81401-3731

Phone: (970) 249-3935

Providing education & research-based information for agriculture & horticulture on a rural community based level.

extension.colostate.edu/TRA

Colorado Work Force Center/Training Advantage

Please see complete listing under Low-Income Specific Community Support

Community Options

P.O. Box 31

Montrose, CO 81402

Phone: (970) 249-1412

Provides an array of residential, vocational, and other various support services to approximately 350 individuals with developmental disabilities.

www.communityoptionsinc.org

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Delta-Montrose Technical College

1765 US Highway 50

Delta, CO 81416

Phone: (970) 874-7671

<http://www.dmtc.edu/index.php>

Offering career and technical education programs approved and/or accredited by the Colorado Community College System and the North-Central Association Commission on Accreditation and School Improvement.

Colorado Division of Vocational Rehabilitation

1010 S. Cascade Ave., Ste. C

Montrose, CO 81401

Phone: (970) 249-4468

Supports people with disabilities needing rehabilitation support to work and for daily living skills.

<http://www.dvrcolorado.com/>

School to Work Alliance Program (SWAP)

Dee Williams, Coordinator

P.O. Box 728

Ridgway, CO 81432

Phone: (970) 626-2977

E-mail: swap17@mindspring.com

SWAP is designed to help young adults successfully engage in career path employment

http://www.dvrcolorado.com/community_partners_school.php

Uncompahgre Board of Cooperative Services (UnBOCS)

Tammy Johnson, Executive Director

1115 W. Clinton St.

P.O. Box 728

Ridgway, CO 81432

Phone: (970) 626-2977

The UnBOCS is a regional educational service unit designed to provide instructional support, administrative and staff services, community and other services contracted by participating members.

<http://www.unboocs.org/>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Colorado Work Force Center/Training Advantage

504 North First Street

Montrose, CO 81401

Phone: (970) 249-7783

E-mail: Montrose@cwfc.net

Disability navigator, job seekers with disabilities and resource referral. Counties Served: Ouray, San Miguel, Montrose, Delta

www.yourworkforcecenter.com/montrosewfc.htm

San Miguel Resource Center

P.O. Box 3243

Telluride, CO 81435

Phone: (970) 728-5842

Legal advocacy, emergency shelter and safe housing, support groups, information and referrals, cultural outreach, school-based prevention education, community education, volunteer advocate training. Counties Served: San Miguel and the West End of Montrose

<http://smrcco.org/>

University Center of the San Miguel

220 E. Colorado Avenue, Ste. #203

Telluride, CO 81435

Phone: (970) 369-5255

Email: admin@ucsanmiguel.org

UCSM is a non-profit community development initiative providing access to post-secondary education and professional training in the rural resorts and neighboring communities.

Senior Legal Aide/Services

Lincoln W. Anderson, LLC

1825 E Main St.

Montrose, CO 81401

Phone: (970) 318-1228

Disability Law Colorado

322 North 8th St.

Grand Junction, CO 81501

Phone: (800) 531-2105 or (970) 241-6371

<https://disabilitylawco.org/>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Uncompahgre Volunteer Legal Aide

300 North Cascade Ave, Ste. U2

Montrose, CO 81401

Phone: (970) 249-7202

<http://www.coloradolegalservices.org/lawhelp/organization/uncompahgre-volunteer-legal-aid-uvla-pro-bono/consumer-issues/bankruptcy?ref=xOPJ4>

Area Agency on Aging Region 10

300 N. Cascade Avenue, Ste. #1

Montrose, CO 81401

Phone: (970) 249-2436

<http://www.region10.net/aaa/>

First Light Home Care

122 S. Park Ave.

Montrose CO 81401

Phone: (970) 417-4812

A leading provider of senior care, home care, and respite care for all ages of adults

<http://www.firstlighthomecare.com/>

Home Health of Western Colorado

300 N. Cascade Avenue, Ste. U9

Montrose, CO 81401

Phone: (970) 240-0139

Providing home health care services to all ages including nursing, social services, and physical, occupational and speech therapies

http://www.voa.org/senior_living_and_care_facilities/home-health-of-western-colorado

Homestead at Montrose

Volunteers of America (VOA)

1819 Pavilion Drive

Montrose, CO 81401

Phone: (970) 252-9359

Email: dswanson@voa.org Denise Swanson

Providing housing for senior citizens in assisted living environment with housekeeping, respite care, medical services, and meals.

http://www.voa.org/senior_living_and_care_facilities/the-homestead-at-montrose

Center for Independence

300 N. Cascade Ave., Ste. C10

Montrose, CO 81401

Phone: (970) 249-3783

Assistance with Social Security Disability applications, low vision groups and counseling for living independently with a disability

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Program of All Inclusive care for the Elderly (PACE)

2377 Robins Way

Montrose, CO 81401

Phone: (970) 252-0522

Senior Community Care provides for all the health care and social needs of seniors who enroll in the program

Nursing Homes

Colorado Care Center

885 South Hwy Business Loop

Olathe, CO 81425

Phone: (970) 323-5504

www.vivage.com/colorow/

Skilled nursing facility providing a wide variety of amenities, therapies, and rehabilitation services

San Juan Living Center

1043 Ridge Street

Montrose, CO 81401

Phone: (970) 249-9683

www.sanjuanlivingcenter.com

Valley Manor Care Center

1401 S. Cascade

Montrose, CO 81401

Phone: (970) 249-9634

Email: tcassidy@voa.org

http://www.voa.org/senior_living_and_care_facilities/valley-manor-care-center

Skilled nursing and memory support community offering rehabilitation, respite, hospice, and spiritual care.

Willow Tree Care Center

2050 S. Main Street

Delta, CO 81416

Phone: (970) 874-9773

www.willowtreecarecenter.com

A senior living community offering skilled nursing care, rehabilitation services provided seven days a week, long-term care, palliative care, and respite/short stays

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Assisted Living Facilities

Comfort Home of Delta

540 Grand Blvd.
Delta, CO 81416
Phone: (855) 344-4048

Crossroads Senior Living

1380 Aspen Way
Delta, CO 81416
Phone: (970) 874-1421

www.crossroadsalc.org

A residential home-like environment designed for seniors who need some assistance with daily activities that focuses on wellness and keeping residents as independent as possible.

Delta House

233 Main Street
Delta, CO 81416
Phone: (970) 874-4448

Heidi's Chateau Assisted Living

2720 Sunnyside
Montrose, CO 81401
Phone: (970) 252-8228

Brookdale Sunrise Creek Assisted Living

1968 Sunrise Drive
Montrose, CO 81401
Phone: (970) 240-0600

<https://www.brookdale.com/communities/emeritus-sunrise-creek/>

Providing Independent Living, Assisted Living, and Memory Care to seniors and their families from Montrose and all around the greater Uncompahgre Valley region

Valley Manor Care Center

1401 S. Cascade Avenue
Montrose, CO 81401
Phone: (970) 249-9634

Provides 24-hour quality nursing, long term care, respite, end of life care, and secure Memory care. Physical, occupational, and speech therapies available in the rehabilitation center.

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Spiritual Health Services

All Saints Anglican Church

2057 S. Townsend Ave.

Montrose, CO 81401

Phone: (970) 249-2451

<http://www.allsaintsanglicanmontrose.org/>

Calvary Community Church

680 2nd St.

Ouray, CO 81427

Phone: (970) 325-4049

Eagle's Nest Rocky Mountain

Calvary Community Church

680 2nd St.

Ouray, CO 81427

Phone: (719) 351-8959

Email: info@eaglesnestrm.com

Office Hours: By Appointment Only

Colona Community Church

Pastor Freed

56 Thatcher Ave.

Colona, CO 81403

Phone: (970) 240-3720

<http://www.colonachurch.org/>

Ridgway Community Church

685 Sherman St.

PO Box 322

Ridgway, CO 81432

Phone: (970) 626-5692

<http://www.ridgwaychurch.com/>

United Church of the San Juans

295 Lena St.

Ridgway, CO 81432

Phone: (970) 626-5803

<http://www.ucsjridgway.org/>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Ridgway Church of Christ

116 Marys Road
Ridgway, CO 81432
Phone: (970) 626-5526

Montrose United Methodist Church

19 S. Park Ave
Montrose, CO 81401
Phone: (970) 249-3716
<http://www.montroseumc.org/>

First Church of the Nazarene

705 S. 12th St.
Montrose, CO 81401
Phone: (970) 249-9213

First Presbyterian Church

1840 E. Niagara Rd.
Montrose, CO 81401
Phone: (970) 249-4732

Ouray Christian Fellowship

336 4th Avenue
Ouray, CO 81427
Phone: (970) 325-4253
<http://ouraychristianfellowship.org/>

First Southern Baptist Church

100 4th Avenue
Ouray, CO 81427
Phone: (970) 325-4448

St. Daniels Catholic Church

614 5th Street
Ouray, CO 81427
Phone: (970) 325-4373

St John's Episcopal Church

329 5th Avenue
Ouray, CO 81427
Phone: (970) 325-4655
<http://www.sanjuanepiscopal.com/>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Substance Abuse Services

Alcoholics Anonymous- Central Office of Western Colorado

1005 N. 12th Street #107

Grand Junction, CO 81501

Phone: (970) 245-9649

www.aa-westerncolorado.org

Alcoholics Anonymous – Ouray

Ouray County Public Health Agency

****Please see complete listing under Water Quality, Testing & Referrals****

Alcoholics Anonymous – Ridgway

Ridgway Community Church

****Please see complete listing under Spiritual Support Services****

Alcoholics Anonymous – Montrose (4 Locations)

All Saints Anglican Church

****Please see complete listing under Spiritual Support Services****

Montrose United Methodist Church

****Please see complete listing under Spiritual Support Services****

First Church of the Nazarene

****Please see complete listing under Spiritual Support Services****

First Presbyterian Church

****Please see complete listing under Spiritual Support Services****

Helene “H” Discoe, LPC

Certified Addictions Counselor

****Please see complete listing under Mental Health Services****

Center for Mental Health

****Please see complete listing under Mental Health Services****

Narcotics Anonymous

Serenity Unlimited Area – Western Slope

Phone: (970) 201-1133

With meetings in: Delta, Grand Junction, Montrose, Telluride, Moab, UT;

Monticello, UT; Blanding, UT

www.nacolorado.org

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Tobacco Cessation Services

Colorado Quitline

Phone: 1-800-QUIT-NOW (784-8669)

Enrollment for services to begin 'coaching program' & determine eligibility for nicotine patches or gum. Online & telephone services available for individuals 15 years and older.

<http://www.myquitpath.org/>

<https://colorado.quitlogix.org/smokefree.gov>

Ouray County Public Health Agency

****Please see complete listing under Water Quality, Testing & Referrals****

Tanner Kingery: Health Educator

Email: tkingery@ouraycountyco.gov

Water Quality, Testing & Referrals

Colorado Department of Public Health and Environment

Laboratory Services Division

8100 Lowry Boulevard

Denver, CO 80230

Phone: (303) 692-3090

Email: cdphe.lab@state.co.us

Mailing address for samples/specimens:

P.O. Box 17123

Denver, CO 80217

<http://www.cdphe.state.co.us/lr/water.htm>

Grand Junction Laboratories

435 North Avenue

Grand Junction, CO

Phone: (970) 242-7618

Water, mineral, soil, and spectrographic analysis services

<http://www.gjlaboratories.com/>

Montrose County Department of Health & Human Services

****Please see complete listing under Food Safety****

Ouray County Public Health Agency

302 2nd Street

P.O. Box 670

Ouray, CO 81427

Phone: (970) 325-4670

Email: elawczeck@ouraycountyco.gov

www.ouraycounty.gov/publichealth.html

OURAY COUNTY COMMUNITY RESOURCE GUIDE

United States Environmental Protection Agency

REGION 8

1595 Wynkoop Street

Denver, CO 80202

Phone: (800) 227-8917

<http://www2.epa.gov/aboutepa/epa-region-8-mountains-and-plains>

Women's Health Services

Women, Infants & Children Health Services

Bosom Buddies

645 South 5th Street

Montrose CO 81401

Phone: (970) 252-2777

A non-profit organization of thriving breast cancer survivors whose mission is to welcome, support & offer assistance to newly diagnosed & recovering women & their families

www.bosombuddieswc.org

The Dolphin House

7th Judicial District Child Advocacy Center

****Please see complete listing under Domestic Violence and Injury Prevention****

House of Promise

P.O. Box 784

Olathe, CO 81425

Phone: (970) 323-6013

Support program for women of any age who have preschool children and are dealing with drug abuse or other life-controlling problems through housing and assistance

<http://teenchallengerm.org/hop/>

Montrose County Health & Human Services

Family Planning Unit

317 South 2nd Street

Montrose, CO 81401

Phone: (970) 249-7755

A wide variety of women's (and men's) health services, including: annual exams, pap smears, breast exams, routine health screenings, most birth control methods, basic fertility & pre-conceptual health counseling, many adult immunizations (including HPV), WIC referrals, & lactation support services.

<http://www.co.montrose.co.us/109/Family-Planning>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Nurse-Midwife Clinic

Montrose Memorial Hospital

900 South 4th Street

Montrose, CO 81401

Phone: (970) 252-2542

Women's Health, Family Planning Services & Midwifery

<http://www.montrosehospital.com/medical-services/nurse-midwife-services>

Ouray County Public Health Agency

Tammy Clifton

****Please see complete listing under Water Quality, Testing, and Referrals ****

Pregnancy and Sexually Transmitted Infections (STIs) testing & well-child exams available.

San Miguel County Health & Human Services

333 W Colorado Avenue

P.O. Box 1170

Telluride, CO 81435

Phone: (970) 728-3844

<http://www.sanmiguelcounty.org/215/Health-Human-Services>

Uncompahgre Medical Center

1350 Aspen St.

P.O. Box 280

Norwood, CO 81423

Phone: (970) 327-4233

<https://umclinic.org/>

Uncompahgre Prenatal Program

1845 S. Townshend Ave.

Montrose, CO 81401

Phone: (970) 252-5097 or (970) 244-0498

Ensuring healthy mothers, pregnancies and babies through access to vital medical and dental services.

<http://www.htop.org/child/upp>

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Youth Services

Partners

315 South 7th Street

Montrose, CO 81401

Phone: (970) 249-1116

E-mail: w4partners@partners-west.org

Mentor program for children ages 6-17. Counties Served: Ouray, Montrose and Delta

www.partners-west.org

Bright Futures Early Childhood and Families

657 W. Colorado Ave

Telluride, CO 81435

Phone: (970) 728-5613

Family Resource Center for Ouray County, offering parenting support and resource referrals

www.brightfuturesforchildren.org

Robert A. Brown Center

Hilltop Community Resources

3325 N. Townshend Avenue

Montrose, CO 81401

Phone: (970) 252-0161

Residential facility for boys 12 to 18 facing challenges and possible substance abuse issues. Offers on-site education, life and social skills training

<http://www.htop.org/youth/rbc>

Tandem Families

540 South 1st Street

Montrose, CO 81401

Phone: (970) 252-7445

Committed to establishing family mentoring for children and their families who are facing challenging circumstances

<http://www.htop.org/youth/tf>

Voyager Youth Program

P.O. Box 709

Ridgway, CO 81432

Phone: (970) 626-4279

<http://www.voyageryouthprogram.org/>

After School and summer program for children 5-16 years old

OURAY COUNTY COMMUNITY RESOURCE GUIDE

Local & Regional Non-Profit Organizations

Art Partners: w4partners@partners-west.org
Chief Ouray Gun Club: <http://chiefouraygunclub.yolasite.com/>
Columbine Club: slong@ouraycountyco.gov
dZi Foundation: info@dzifoundation.org
Friends of the Ouray Library: FoLHolidayLuncheon@gmail.com
Friends of the Ridgway Library: wemush4@gmail.com
Friends of the Ridgway State Park: (970) 626-5822
Friends of the Wright Opera House: info@thewrightoperahouse.org
Mosaic Community Project: mosaic.community.project@gmail.com_
Mt. Hayden Rebekah Lodge #54: (970) 325-4489
Mt. Sneffels Education Foundation: (970) 325-0967
Ouray County Arts Association: jbhazen@yahoo.com
Ouray County Chorus: jandkpet@montrose.net
Ouray County Democratic Party: johnhollrah@ouraynet.com
Ouray County Historical Society: ochs@ouraynet.com
Ouray County Housing Authority: shirley@smrha.org
Ouray County Nordic Council: <http://ouraynordic.org>
Ouray County Performing Arts Guild: ocpaginfo@ouraynet.com
Ouray County Ranch History Museum: jchismire@gmail.com
Ouray County Republican Party: info@ourayrepublicans.org
Ouray Elks Lodge: (970) 325-4510
Ouray Masonic Lodge: (970) 325-4277
Ouray Mountain Rescue: P.O. Box 220 Ouray, CO 81427
Ouray Trail Group: labunten@ouraynet.com
Parents and Teachers Working Together (PATT): ourayleos@gmail.com
Ridgway Ouray Community Council (ROCC): parkersl1@aol.com or evanslowande@gmail.com
Ridgway Trails Group: www.ridgwaytrails.com
Second Chance Humane Society: (970) 626-2273
Small Business Development Center (SBDC): 970-943-3157
Top of the Pines: paulajames22@earthlink.net
Transition Our Way: paulajames22@earthlink.net; (970) 316-1792
Weehawken Creative Arts: questions@weehawkenarts.org; (970) 318-0150
Women's Club of Ouray: xolozo@aol.com or donnahudson@msn.com
Women in Support of Education: srlander@ouraynet.com
Yankee Boy Conservation Association: info@yankeeboy.org



***Special Thanks to the
Ouray County Public Health Agency***

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