



# Regional Breastfeeding Services & Resource Guide

Delta, Gunnison, Hinsdale, Mineral, Montrose, Ouray, & San Miguel



# Definitions

## • Counselor, Consultant or Leader

- **International Board-Certified Lactation Consultants (IBCLC)** have completed approximately five years of training and college-level advanced lactation education. IBCLCs possess the necessary skills, knowledge, and attitudes to provide quality breastfeeding assistance to babies and mothers. They specialize in the clinical management of breastfeeding, which includes: preventive healthcare, patient education, nutrition counseling, and therapeutic treatment. The IBCLC is generally prepared to work in any setting that provides breastfeeding support and care to mothers, infants, children, families, and communities. The most common settings that employ IBCLCs are inpatient, ambulatory, and community centers. IBCLCs are also trained to work independently.
- **Certified Lactation Counselors (CLC)** have completed 45 hours of training and a comprehensive breastfeeding management course. Some hospital or community-based CLCs may also be in private practice and offer fee-based services. CLCs refer mothers with challenging questions and concerns to an IBCLC.
- **WIC Peer Counselors** have completed 30-50 hours of lactation training. They are mothers who have personal experience with breastfeeding and are trained to provide basic breastfeeding information and support to other mothers with whom they share various characteristics, such as language, race/ethnicity, and socioeconomic status. Peer counselors refer mothers with challenging questions and concerns to an IBCLC.
- **La Leche League Leaders** are experienced breastfeeding mothers who are familiar with research related to breastfeeding. They offer practical information and encouragement to nursing mothers through monthly group meetings and one-to-one help.
- **Breastfeeding Classes** are community classes that support mothers who are breastfeeding, often times lead by a CLC, IBCLC, or La Leche League.
- **Extended Lactation** is support for mothers who continue to breastfeed after their child moves from infancy (e.g. nursing toddlers).
- **Home Visits** are done by organizations that come directly to your home to provide encouragement, resources, support, and education.
- **Peer Support** is support from mothers who have personal experience with breastfeeding, often times WIC peer counselors.
- **Phone Support** is given through phone calls or texting, at times through WIC or peer counselors.
- **Postpartum Breastfeeding Care (may include Outpatient Consults)** is support and resources for mothers after their baby is born.
- **Policy Development and Outreach** includes technical assistance for organizations to develop breastfeeding-friendly policies to support mothers who continue to breastfeed once they return to work.
- **Prenatal Education** is education for mothers before they give birth; it may be in a group or one-on-one sessions.
- **Nurse Family Partnership (NFP)** a program for women who are having their first baby. If you enroll, a specially trained nurse will visit you in your home throughout pregnancy and continue to visit until your baby is two years old. Prenatal and postpartum breastfeeding support and education is part of home visits.
- **Women Infants and Children (WIC)** provides supplemental foods, health care referrals, nutrition education, and prenatal and postpartum breastfeeding support and education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five. Breast pumps are available for eligible women.

Certified Lactation Consultants or International Board Certified Lactation Consultants (IBCLCs) may work independently in our community. These professionals offer a range of services including those listed on the following pages.

- To find a CLC in your area, visit [www.alpp.org](http://www.alpp.org)
- To find an IBCLC in your area, visit [www.ilca.org](http://www.ilca.org)

# Breastfeeding Resources and Services

This list is not endorsed by any of the listed resources and is not considered to be a complete listing of resources.

| Providers  | Counselor, Consultant, or Leader                      | Breastfeeding Classes                                      | Extended Lactation (i.e. nursing toddlers) | Home Visits                                 | Peer Support   | Phone Support                      | Policy Development and Outreach                    | Postpartum Breastfeeding Care (may include Outpatient Consults) | Prenatal Education  |
|--|---|--|--|---|--|------------------------------------|--|---|---|
| <b>Delta County Public Health Family Planning Program</b><br>255 W. 6th St.<br>Delta, CO 81416<br>970-874-2165<br><a href="http://www.deltacounty.com">www.deltacounty.com</a>   |   |  |  |   |  |                                    |  | ✓<br>Postpartum Contraception Consultation                      | ✓<br>Clinics for Uninsured Pregnant Women                         |
| <b>Delta County Public Health Cancer, Cardiovascular and Pulmonary Disease Prevention Program</b><br>255 W. 6th St.<br>Delta, CO 81416<br>970-874-2165<br><a href="http://www.deltacounty.com">www.deltacounty.com</a>   | ✓<br>CLC  |  |  |   |  |                                    | ✓<br>CLC   |   |   |
| <b>Delta County Memorial Hospital—Stork’s Landing OB Department</b><br>1501 E 3rd St<br>Delta, CO 81416<br>970-874-2255<br><a href="http://www.deltahospital.org">www.deltahospital.org</a>  | ✓<br>CLC,<br>Awaiting IBCLC Certification Results     | One on One Facilitation within Breastfeeding Support Group | ✓  |   | ✓<br>Breastfeeding Support Group 1st Thursday of the Month, 11am | ✓<br>24/7                          | ✓<br>Colorado Baby-Friendly Hospital Collaboration | ✓   | ✓<br>Childbirth Preparation Classes 3 week Series Offered Monthly |
| <b>WIC</b><br>Breastfeeding assistance can be provided for all populations. Nutrition program requires income eligibility - 185% of the Federal Poverty Guidelines.<br>255 W. 6th St.<br>Delta, CO 81416<br>970-874-2185<br><a href="http://www.deltacounty.com">www.deltacounty.com</a> | ✓<br>CLC , High Risk Specialist, Available in Spanish | One on One Only, Available in Spanish                      | ✓<br>Available in Spanish                  | ✓<br>Only When Needed, Available in Spanish |  | ✓<br>Available in Spanish          | ✓<br>Interagency Collaboration Upon Request        | ✓<br>Available in Spanish                                       | ✓<br>Available in Spanish   |
| <b>Nurse-Family Partnership</b><br>*Requires income eligibility<br>1845 South Townsend<br>Montrose, CO 81401<br>970-252-5015<br><a href="http://www.nursefamilypartnership.org">www.nursefamilypartnership.org</a>   | ✓<br>CLC  |  | ✓<br>For Program Participants Only         | ✓<br>For Program Participants Only          |  | ✓<br>For Program Participants Only | ✓<br>Interagency Collaboration Upon Request        | ✓<br>For Program Participants Only                              | ✓<br>For Program Participants Only                                |

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|--|---|---|--|---|--------------|---|---------------------------------|---|---|
| <b>Crested Butte Pediatrics</b><br>32 Mountain Lane<br>Mount Crested Butte, Co<br>81225<br>970-349-3333<br><a href="http://www.crestedbuttepediatrics.com">www.crestedbuttepediatrics.com</a>  | ✓<br><i>Pediatrician</i>                  |   | ✓  |   |              |   |                                 |   | ✓   |
| <b>Gunnison County Health and Human Services (HHS)</b><br>225 N. Pine St.<br>Gunnison, CO 81230<br>970-641-0209<br><a href="http://www.gunnisoncounty.org">www.gunnisoncounty.org</a>  | ✓<br><i>CLC,<br/>Available in Spanish</i> |   | ✓  |   |              | ✓<br><i>Available in Spanish</i>          | ✓<br><i>CLC</i>                 | ✓<br><i>Postpartum Contraception Consultation,<br/>Available in Spanish</i> |   |
| <b>Gunnison Valley Hospital</b><br>711 N. Taylor St.<br>Gunnison, CO 81230<br>970-641-1456<br><a href="http://www.gunnisonvalleyhealth.org">www.gunnisonvalleyhealth.org</a>   | ✓<br><i>CLC</i>                           | ✓<br><i>Call GHV for Location and Dates</i> |  |   |              |   |                                 | ✓   | ✓   |
| <b>Gunnison Valley Family Physicians</b><br>130 E. Virginia Ave.<br>Gunnison, CO 81230<br>970- 641-0211<br><a href="http://www.gvfp.net">www.gvfp.net</a>  | ✓<br><i>Family Practice Physician</i>     |   |  |   |              |   |                                 | ✓   | ✓   |
| <b>WIC (Gunnison County HHS)</b><br><i>*Serves Hinsdale County residents</i><br><i>*Requires income eligibility</i><br>225 N. Pine St.<br>Gunnison, CO 81230<br>970-641-0209<br><a href="http://www.gunnisoncounty.org">www.gunnisoncounty.org</a> | ✓<br><i>CLC, Available in Spanish</i>     |   | ✓<br><i>Available in Spanish</i>           |   |              | ✓<br><i>Available in Spanish</i>          |                                 | ✓<br><i>Available in Spanish</i>  | ✓<br><i>Available in Spanish</i>          |
| <b>Nurse-Family Partnership</b><br><i>*Requires income eligibility</i><br>225 N. Pine St.<br>Gunnison, CO 81230<br><a href="http://www.gunnisoncounty.org">www.gunnisoncounty.org</a>  | ✓<br><i>For Program Participants Only</i> |   | ✓<br><i>For Program Participants Only</i>  | ✓<br><i>For Program Participants Only</i> |              | ✓<br><i>For Program Participants Only</i> |                                 | ✓<br><i>For Program Participants Only</i>                                   | ✓<br><i>For Program Participants Only</i> |

# Breastfeeding Resources and Services

## HINSDALE COUNTY

This list is not endorsed by any of the listed resources and is not considered to be a complete listing of resources.

| Providers   | Counselor, Consultant, or Leader | Breastfeeding Classes | Extended Lactation (i.e. nursing toddlers) | Home Visits | Peer Support | Phone Support             | Policy Development and Outreach | Postpartum Breastfeeding Care (may include Outpatient Consults) | Prenatal Education        |
|---|----------------------------------|-----------------------|--|-------------|--------------|---------------------------|---------------------------------|---|---------------------------|
| <b>Hinsdale County Public Health</b><br>304 W. Third Street<br>Lake City, CO 81235<br>970-944-0321<br><a href="http://www.hinsdalepublichealth.com">www.hinsdalepublichealth.com</a>  | ✓<br>CLC                         |                       |  |             |              |                           | ✓                               |   |                           |
| <b>WIC</b><br><i>*Requires income eligibility</i><br>225 N. Pine St.<br>Gunnison, CO 81230<br>970-641-0209<br><i>*Must visit Gunnison for these services!</i><br><a href="http://www.gunnisoncounty.org">www.gunnisoncounty.org</a> | ✓<br>CLC, Available in Spanish   |                       | ✓<br>Available in Spanish                  |             |              | ✓<br>Available in Spanish |                                 | ✓<br>Available in Spanish                                       | ✓<br>Available in Spanish |

## MINERAL COUNTY

|   |          |  |  |  |  |  |  |  |  |
|---|----------|--|--|--|--|--|--|--|--|
| <b>Mineral County Public Health</b><br>802 Rio Grande Ave.<br>Creede, CO 81130<br>719 -658-2416<br><a href="http://www.mineralcountycolorado.gov">www.mineralcountycolorado.gov</a> | ✓<br>CLC |  |  |  |  |  |  |  |  |
|---|----------|--|--|--|--|--|--|--|--|



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|---|----------------------------------|-----------------------|--|------------------------------------|--------------|------------------------------------|---------------------------------|---|------------------------------------|
| <b>Montrose County Health and Human Services</b><br>1845 S Townsend Ave.<br>Montrose CO, 81401<br>970-252-5011<br><a href="http://www.montrosecounty.net">www.montrosecounty.net</a>  |                                  |                       |  |                                    |              | ✓                                  | ✓                               |   |                                    |
| <b>Montrose Memorial Hospital</b><br>800 S. 3rd Street<br>Montrose, CO 81401<br>970-241-2211<br><a href="http://www.montrosehospital.com">www.montrosehospital.com</a>                | ✓<br>CLC, IBCLC                  | ✓                     |  |                                    |              |                                    |                                 | ✓   | ✓                                  |
| <b>WIC</b><br><i>*Requires income eligibility</i><br>1845 S Townsend Ave.<br>Montrose CO, 81401<br>970-252-5054<br><a href="http://www.montrosecounty.net">www.montrosecounty.net</a> | ✓                                |                       | ✓  |                                    |              | ✓<br>Available in Spanish          |                                 | ✓   | ✓                                  |
| <b>NFP</b><br><i>*Requires income eligibility</i><br>1845 S Townsend Ave.<br>Montrose CO, 81401<br>970-252-5015<br><a href="http://www.montrosecounty.net">www.montrosecounty.net</a> | ✓<br>CLC                         |                       | ✓<br>For Program Participants Only         | ✓<br>For Program Participants Only |              | ✓<br>For Program Participants Only |                                 | ✓<br>For Program Participants Only                              | ✓<br>For Program Participants Only |



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|--|----------------------------------|-----------------------|--|-------------|--------------|---------------|---------------------------------|---|--------------------|
| <b>Ouray County Public Health</b><br>302 2nd Street<br>Ouray, CO 81427<br>970-325-4670<br><a href="http://www.ouraycountyco.gov">www.ouraycountyco.gov</a>                 | ✓                                |                       | ✓  | ✓           | ✓            | ✓             | ✓                               | ✓   | ✓                  |
| <b>WIC</b><br><i>*Requires income eligibility</i><br>302 2nd Street<br>Ouray, CO 81427<br>970-325-4670<br><a href="http://www.ouraycountyco.gov">www.ouraycountyco.gov</a> | ✓<br>CLC                         |                       | ✓  | ✓           |              | ✓             | ✓                               | ✓   | ✓                  |



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|--|---|-----------------------|--|-------------|--------------|---------------|---------------------------------|---|--------------------|
| <b>Breastfeeding Support Group</b><br><b>Winter Crown Building</b><br>100 W. Colorado Ave<br>(Suite 232)<br>Telluride, CO 81435<br>970-708-4844  | ✓<br><i>1<sup>st</sup> Monday of every month, 10am-11am</i> | ✓                     | ✓  | ✓           | ✓            | ✓             |                                 | ✓   | ✓                  |
| <b>San Miguel County Public Health Department</b><br>333 W. Colorado Ave. Ste 315<br>Telluride, CO 81435<br>970-728-4289<br><a href="http://www.sanmiguelcountyco.gov">www.sanmiguelcountyco.gov</a> | ✓   |                       |  |             |              | ✓             | ✓                               |   | ✓                  |
| <b>WIC</b><br><i>*Requires income eligibility</i><br>333 W Colorado Ave. Ste 315<br>Telluride, CO 81435<br>970-728-4289<br><a href="http://www.sanmiguelcountyco.gov">www.sanmiguelcountyco.gov</a>  | ✓<br>CLC  | ✓                     | ✓  | ✓           |              | ✓             | ✓                               | ✓   | ✓                  |



## Breastfeeding Related Supplies

This list is not endorsed by any of the listed resources and is not considered to be a complete listing of resources.

| County          | Supplier   | Pump Rental or Loan  | Pump Purchase | Pumping Supplies                          | Breastfeeding Supplies | Nursing Apparel |
|-----------------|--|--|---------------|---|------------------------|-----------------|
| <b>Delta</b>    | <b>Walmart</b><br>37 Stafford Ln., Delta, CO 81416<br>970-874-1585<br><a href="http://www.walmart.com">www.walmart.com</a>   |  | ✓             | ✓   | ✓                      | ✓               |
|                 | <b>WIC</b><br><i>*Requires income eligibility</i><br>255 W. 6th St.<br>Delta, CO 81416<br>970-874-2185<br><a href="http://www.deltacounty.com">www.deltacounty.com</a>           | ✓<br><i>Pump Loan with Education for Program Participants Only</i> |               | ✓<br><i>For Program Participants Only</i> |                        |                 |
| <b>Gunnison</b> | <b>Walmart</b><br>900, N. Main St., Gunnison, CO 81230<br>970-641-1733<br><a href="http://www.walmart.com">www.walmart.com</a>   |  | ✓             | ✓   | ✓                      | ✓               |
|                 | <b>WIC</b><br><i>*Requires income eligibility</i><br>225 N. Pine St.<br>Gunnison, CO 81230<br>970-641-0209<br><a href="http://www.gunnisoncounty.org">www.gunnisoncounty.org</a> | ✓<br><i>Pump Loan with Education for Program Participants Only</i> |               | ✓<br><i>For Program Participants Only</i> |                        |                 |
| <b>Montrose</b> | <b>Walmart</b><br>670 S. Townsend Ave.<br>Montrose, CO 81401<br>970-249-7544<br><a href="http://www.walmart.com">www.walmart.com</a>   |  | ✓             | ✓   | ✓                      | ✓               |
|                 | <b>Target</b><br>3530 Wolverine Dr.<br>Montrose, CO 81401<br>970-497-8980<br><a href="http://www.target.com">www.target.com</a>  |  | ✓             | ✓   | ✓                      | ✓               |
|                 | <b>Natural Grocers</b><br>3451 S. Rio Grand Ave.<br>Montrose, CO 81401<br>970-249-2724<br><a href="http://www.naturalgrocers.com">www.naturalgrocers.com</a>                     |  |               |   | ✓                      |                 |

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| County            | Supplier   | Pump Rental or Loan  | Pump Purchase | Pumping Supplies                          | Breastfeeding Supplies                    | Nursing Apparel                           |
|-------------------|--|--|---------------|---|---|---|
| <b>Montrose</b>   | <b>WIC</b><br><i>*Requires income eligibility</i><br>1845 S. Townsend Ave.<br>Montrose CO, 81401<br>970-252-5054<br><a href="http://www.montrosecounty.net">www.montrosecounty.net</a>   | ✓<br><i>Pump Loan with Education for Program Participants Only</i> |               | ✓<br><i>For Program Participants Only</i> | ✓<br><i>For Program Participants Only</i> |   |
| <b>Ouray</b>      | <b>Ouray County Public Health Agency WIC</b><br><i>*Requires income eligibility</i><br>302 2nd Street<br>Ouray, CO 81427<br><a href="http://www.ouraycountyco.gov">www.ouraycountyco.gov</a>                                       | ✓<br><i>Pump Loan with Education for Program Participants Only</i> |               | ✓<br><i>For Program Participants Only</i> | ✓<br><i>For Program Participants Only</i> | ✓<br><i>For Program Participants Only</i> |
| <b>San Miguel</b> | <b>WIC and Public Health Department</b><br><i>*Requires income eligibility</i><br>333 W Colorado Ave. Suite 315<br>Telluride, CO 81435<br>970-728-4289<br><a href="http://www.sanmiguelcountyco.gov">www.sanmiguelcountyco.gov</a> | ✓<br><i>Pump Loan with Education for Program Participants Only</i> |               |   | ✓<br><i>For Program Participants Only</i> |   |



## Online Support and Resources

*This list is not endorsed by any of the listed resources and is not considered to be a complete listing of resources.*

| Website  | Content   |
|--|---|
| <a href="http://www.BreastfeedColorado.com">www.BreastfeedColorado.com</a>                                     | Information and resources for moms, families, employers, hospitals, and child care providers.   |
| <a href="http://www.KellyMom.com">www.KellyMom.com</a>   | Excellent breastfeeding and pumping information, including many free handouts. Search for “milk calculator” to calculate how much milk a baby needs.  |
| <a href="http://www.WeAllBenefit.org">www.WeAllBenefit.org</a>   | Promotes acceptance of breastfeeding in public spaces and increased workplace supports for nursing moms.  |
| <a href="http://www.MakingMoreMilk.com">www.MakingMoreMilk.com</a>   | Strategies for women who need to increase their milk supply.  |
| <a href="http://www.WorkandPump.com">www.WorkandPump.com</a>   | Information and resources about breastfeeding for working moms.   |
| <a href="http://www.BestforBabes.org">www.BestforBabes.org</a>   | Provides great information and a helpful blog.  |
| <a href="http://www.NancyMohrbacher.com">www.NancyMohrbacher.com</a>   | Blog and resources from one of the nation's top lactation consultants.  |
| <a href="http://www.TheLeakyBoob.com">www.TheLeakyBoob.com</a>   | Helpful articles and blog for breastfeeding moms.   |
| <a href="http://www.LLLUSA.org">www.LLLUSA.org</a>   | La Leche League website that provides information and mother-to-mother support. Provides information related to breastfeeding concerns and forum participation.   |
| <a href="http://www.ilca.org">www.ilca.org</a>   | Searchable database by zip code of local lactation consultants.   |
| <a href="http://www.USBreastfeeding.org">www.USBreastfeeding.org</a>   | Answers to frequently asked questions about federal lactation support law.  |
| <a href="http://www.WomensHealth.gov/breastfeeding">www.WomensHealth.gov/breastfeeding</a>                     | Wide variety of resources to help increase breastfeeding success. Includes information about what the federal government is doing to support breastfeeding mothers.   |
| <a href="http://www.LatchMD.com">www.LatchMD.com</a>   | Website and downloadable app provide breastfeeding help from board-certified pediatricians and internationally board-certified lactation consultants.   |
| <a href="http://www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm">www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm</a> | A searchable database with information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breastmilk and infant blood, and the possible adverse effects in the nursing infant. |
| <a href="http://www.MommyMeds.com">www.MommyMeds.com</a>   | A searchable database of up-to-date, evidence-based information on the use of medications and the effects of some disease conditions during pregnancy and breastfeeding.  |
| <a href="http://www.InfantRisk.org">www.InfantRisk.org</a>   | Up-to-date information about the use of medications during pregnancy and breastfeeding.   |
| <a href="http://www.BFMed.org">www.BFMed.org</a>   | Academy of Breastfeeding Medicine. Guidelines for managing various situations that can impact breastfeeding.  |



Thank you Boulder County Public Health for the information adapted from  
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