

HEALTH PROMOTIONS

Primary Care

Silverton Clinic: Agnes Eytchison, DNP and Lois Mackenzie, RN. The Silverton Clinic is open on Thursdays and offers primary care services, DOT physicals, school/sports physicals, lab work, and has options for hospice care. There is no cost for San Juan County residents, but a donation is appreciated. Please call (970) 387-5114 to schedule an appointment.

San Juan County Public Health: Provides routine immunizations for children and adults, COVID-19 vaccines for eligible children/adults, and COVID-19 testing. Please call (970) 387-0242 for more information.

Axis Health System: (970) 247-5245. Axis Health System provides crisis care, primary care, mental health services, substance use treatment, dental care, and care coordination.

Pediatric Partners of the Southwest, Durango, CO: (970) 375-0100.

Pediatric Associates of Durango: (970) 759-7337.

Silverton San Juan County Ambulance Association (EMS): (970) 387-5887

Dental Services Accepting Medicaid or Medicare in Durango:

Durango Kids Pediatric Dentistry: Pediatrics Dentistry. (970) 259-0600.

Four Corners Oral Surgery: General dentistry and hygiene services. (970) 335-2442.

Four Corners Dental and Dentures: General dentistry, dentures, partials, and hygiene services. (970) 259-2264.

COVID-19 Resources

Testing: Free COVID-19 tests are available on most Mondays-Fridays from 9AM-12PM at 1315 Snowden Street. Please call (970) 387-0242 to schedule an appointment.

COVID Vaccines: San Juan County Public Health is offering a variety of COVID-19 Vaccines. Please call (970) 387-0242 to schedule an appointment.

1315 SNOWDEN STREET
SILVERTON, COLORADO 81433
(970) 387-0242

SAN JUAN COUNTY
PUBLIC HEALTH

preventive health at its peak

SILVERTON

San Juan County

HEALTH RESOURCE BROCHURE

SAN JUAN COUNTY
PUBLIC HEALTH

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Care Coordination

Health Insurance at San Juan Basin Public Health: San Juan Basin Public Health in Durango, Colorado.

Emma Tomlinson: (970) 335-2028

<https://sjbpublichealth.org/healthinsurance/>

Nurse-Family Partnership through San Juan Basin Public Health

Nurse-Family Partnership is available to first-time mothers who enroll during pregnancy or before the child turns 1 month old. Nurse Family Partnership works empower first-time moms to transform their lives and create better futures for themselves and their babies.

WIC (women, infants and children) at San Juan Basin Public Health:

WIC makes it easy to learn about nutrition and breastfeeding and provides a debit card to buy healthy foods.

Call (970)335-2026 <https://sjbpublichealth.org/wic/>

Safecare at San Juan Basin Public Health:

The SafeCare Colorado program offers a free, voluntary service that supports families in gaining additional skills to provide a safe home, address child health needs, and engage in positive interactions with their children ages five and under. Call (970)335-2041 for more information.

<https://sjbpublichealth.org/safecare-colorado>

Sexual Health Clinic at San Juan Basin Public Health:

The Sexual Health Clinic provides STD testing and treatment as well as birth control pills, depo shots and IUD and Nexplanon inserts. Call to set up an appointment: (970)335-2013

Women's Wellness Connection (WWC)

at San Juan Basin Public Health provides well woman exams including free breast and cervical cancer screenings, diagnostic testing, and health navigation for women who are uninsured, underinsured, or low-income because everyone should have access to healthcare allowing the prevention and early detection of breast and cervical cancer. <https://cdphe.colorado.gov/wwc>

Tobacco Prevention and Cessation:

San Juan County has funding to help residents with tobacco cessation. Call Amie Biccocchi at (970)387-0242 for more information. -

Colorado Quit Line: 1.800.QUIT.NOW / 1-800-784-8669 / www.COQuitLine.org

My Life My Quit: Quitline specifically designed for youth under 18. Text "start"

to:36072 or Call 855.891.9989

AAA, Area Agency on Aging:

Offers various services for community members 60 years of age and older. Please contact Keri Metzler at (970) 946-9383 for more information.

San Juan Basin Area on Aging & 9Health:365:

Offers seniors free, unlimited three-month subscriptions to 9Health:365 TeleHealth. Call 800.332.32078 or register online at <https://www.9healthfair.org/telehealth>

HEALTH PROMOTIONS

CONTINUED

Financial Assistance

Colorado Low-Income Energy Assistance Program (LEAP): is a federally funded program that helps eligible hard-working Colorado families, seniors and individuals pay a portion of their winter home heating costs. LEAP only accepts applications between November and April. If you're looking for assistance outside of LEAP season, it may be available. Please call 1-866-HEAT-HELP (1-866-432-8435) for more information.

San Juan County Assistance: Please call Krissy Rhoades at (970) 387-5631.

The Supplemental Nutrition Assistance Program (SNAP): is part of a federal nutrition program to help low-income households purchase food. It provides a monthly benefit that helps families and individuals buy the food they need for good health. Please call 1-800-536-5298 for more information.

Activities

Silverton Public Library

1111 Reese Street. (970-387-5770)

Open Tuesday-Thursday 11-8, Friday-Saturday 10-5

Zumba: Monday and Wednesday 6:00pm at the school basketball court.

Silverton Single Track Society (SSS)

Email: info@silvertonsingletracksociety.org / Facebook: [@silvertonsingletrack](https://www.facebook.com/silvertonsingletrack)

Silverton Threads Quilting Club

Contact Barbara Renowden (970)946-8094 or Anita Fields (623) 640-1691

Silverton Senior Center: Please Call Keri Metzler at (970) 946-9383 for more information.

Environmental Services

Free Radon Test Kits Available: Call SJCPH at (970) 387-0242 for more information.

Purple Air Monitor: To monitor air quality in San Juan County, go to www2.purpleair.com, and search 81433.

Onsite Wastewater Treatment Systems: San Juan Basin Public Health (SJBPH) is the regulatory authority for on-site wastewater treatment system (OWTS) permitting in San Juan County. <https://sjbpublichealth.org/septic>

Retail Food Inspections: Colorado Dept of Health and Environment. Troy Huffman. 303.692.3664. troy.huffman@state.co.us

Health and Wellness

Beth Weathersby: Massage Therapy (970) 778-0505.

Molly Gibson: Thrive Acupuncture: Licensed Acupuncturist and Chinese Medicine Practitioner. (970) 403-5202.

MOVE Yoga + Fitness: Located at 124 E 13th Street, MOVE's mission is to provide accessible, year-round fitness, movement, and mindfulness to Silverton and its visitors, with the intent of offering yoga, pilates, personal training, fitness classes and gym memberships. Visit MOVESilverton.com for more information including current class schedules, gym hours, and more. Contact MOVE Yoga + Fitness on Instagram @Move.Silverton, or send an email to MOVE.silverton@gmail.com.

Mental Health Resources

Silverton Mental Health Services: Bruce Haring, MA LPC and Rob Roof, MS LPC-C. Our counselors are licensed professionals who live and work in Silverton. For more information or to schedule an appointment, please call (970) 799-2760.

Axis Health System (970)247-5245: Axis Health System provides crisis care, mental health services, and substance use treatment.

Cross Roads at Grandview: 1125 Three Springs Blvd. Durango, CO. (970) 403-0180.

Colorado Crisis Services: Confidential help for mental health, substance abuse, or emotional crisis. 1-844-4938255.

Spanish translation available to Axis Crisis Line, Colorado Crisis Services, and Crossroads at Grandview.

Maria Call, LPC, NPI: 70 Stafford Ln, Delta, CO 81416. (970) 874-0104.

Alternative Horizons (AH) : Domestic Violence support and advocacy. Call (970) 247-5245 for their 24/7 care line.

AA Meetings are being held on Wednesday nights at 7PM. Please call 1-888-333-9649 for location.

Office of Emergency Management

Sign up for San Juan County Colorado, Nixle "Emergency Alerts"

Text 81433 to 888-777