

Strong Families.
Strong Community.

FIRC Family & Intercultural
Resource Center



FIRC Programs

Community Health

Community Health Navigators assist households with health insurance enrollment for the marketplace (Connect for Health Colorado), CHP+, Medicaid, and food assistance programs like SNAP & WIC & Free Reduced Meal Program (FRMP), education on how to use your insurance coverage, and assistance with health insurance issues.

Food for All

FIRC's Community Food Markets provide options for fresh, healthy, and nutritious food; while also helping families stretch their budgets, save, and connect. The Food Markets provide access to no-cost groceries, household and hygiene items, and diapers and wipes. We encourage all residents to visit once a week to receive up to \$200 worth of groceries.

Financial Empowerment

The purpose of Financial Empowerment programs is to assist households with setting goals, support your financial journey, and establishing connections to community resources. Our program covers rental assistance, financial wholeness planning, utility assistance, and medical assistance.

Peer Support

Peer support services help parents overcome the challenges of raising a family in Summit County. FIRC offers Home / Virtual Visitation with a Parent Peer, support groups, or a light one-time consultation option. Parents gain resources, increase knowledge of child development, develop positive parenting skills, meet other parents in this community, and strengthen their support network.

Your paragraph text

Matching Needs with Support 2022fy

AT INTAKE	FIRC SUPPORTED
<div>24%</div> <div>of households report moderate to severely poor mental health</div>	<div>359</div> <div>households gained access to mental health treatment through FIRC's Peer Support team</div>
<div>65%</div> <div>of households report unstable housing</div>	<div>314</div> <div>households achieved improved housing and economic stability through Financial Empowerment</div>
<div>64%</div> <div>of households are uninsured</div>	<div>530</div> <div>households gained access to health care with support from FIRC's Community Health Navigators</div>

FOOD MARKETS

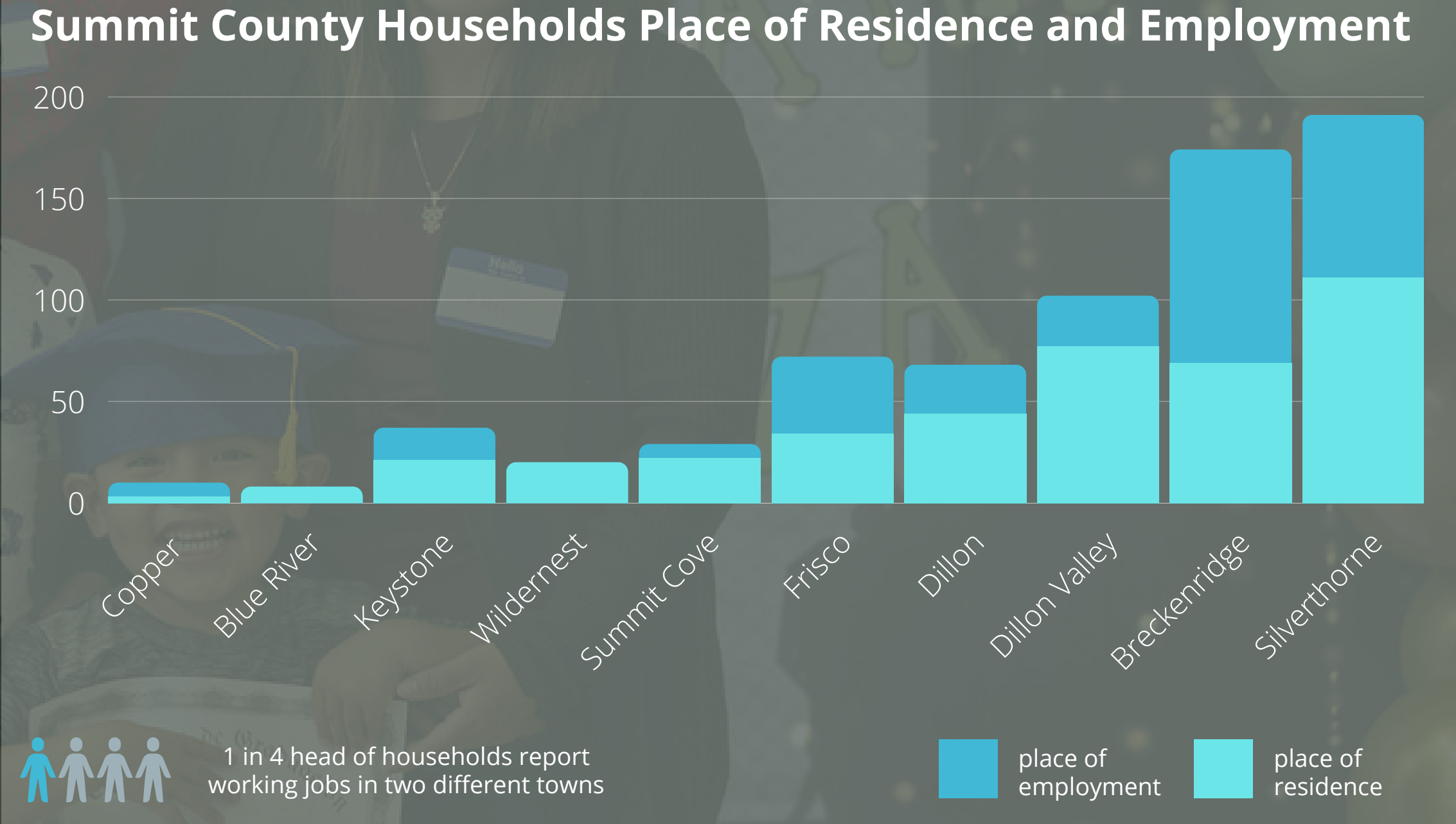
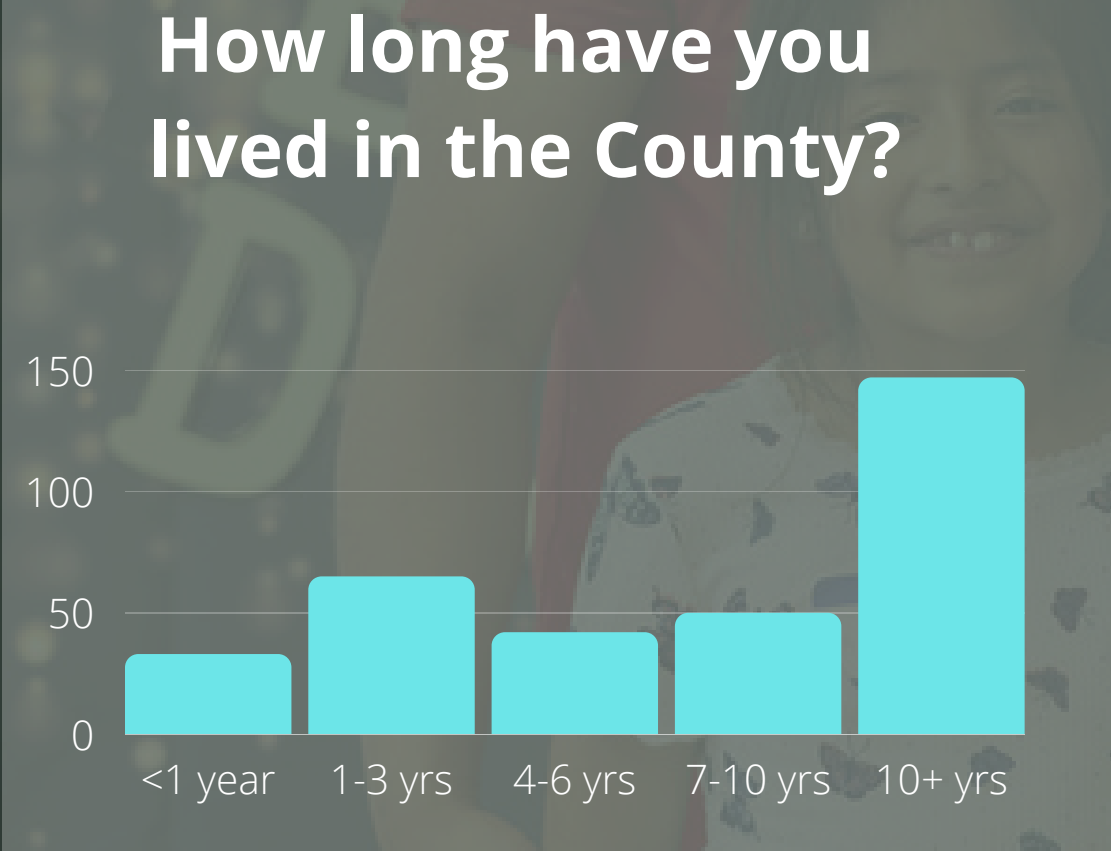
7,393

unique people (+ family members) shopped an average of 2.5 times monthly

<div>15,082</div> <div>visits to Food Markets</div>	<div>\$2.98M</div> <div>worth of food distributed</div>	<div>70%</div> <div>of food options are fresh</div>
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SERVING SUMMIT COUNTY SINCE 1994

Helping Locals Stay Local



Food Systems

The Need

1 in 10 Summit County residents go hungry (Feeding America, 2020)

3 in 4 Food Market shoppers report that they sometimes to very often run out of food before they have more money to buy food.

1 in 2 Food Market shoppers sometimes to very often eat smaller meals or skip meals



2 of 3

of shoppers speak Spanish as a primary language.

2 of 3

shoppers have dependent children.

1 in 2

families with kids are single parent households

Food Response

FOOD MARKET VISITS CONTINUE TO RISE



Community Food Markets

Options for free, fresh, healthy, and nutritious food to help families stretch their budgets in Dillon & Breckenridge. Open 18 hours per week.



Food Equity Coalition

Diverse Summit County residents guide improvements for our food systems to reduce stigma, increase awareness, improve outreach, and center people impacted by hunger in efforts.



Food Assistance Program Outreach & Enrollment

FIRC staff offer outreach and enrollment assistance to help people access food programs, including W.I.C. and S.N.A.P.

2,000

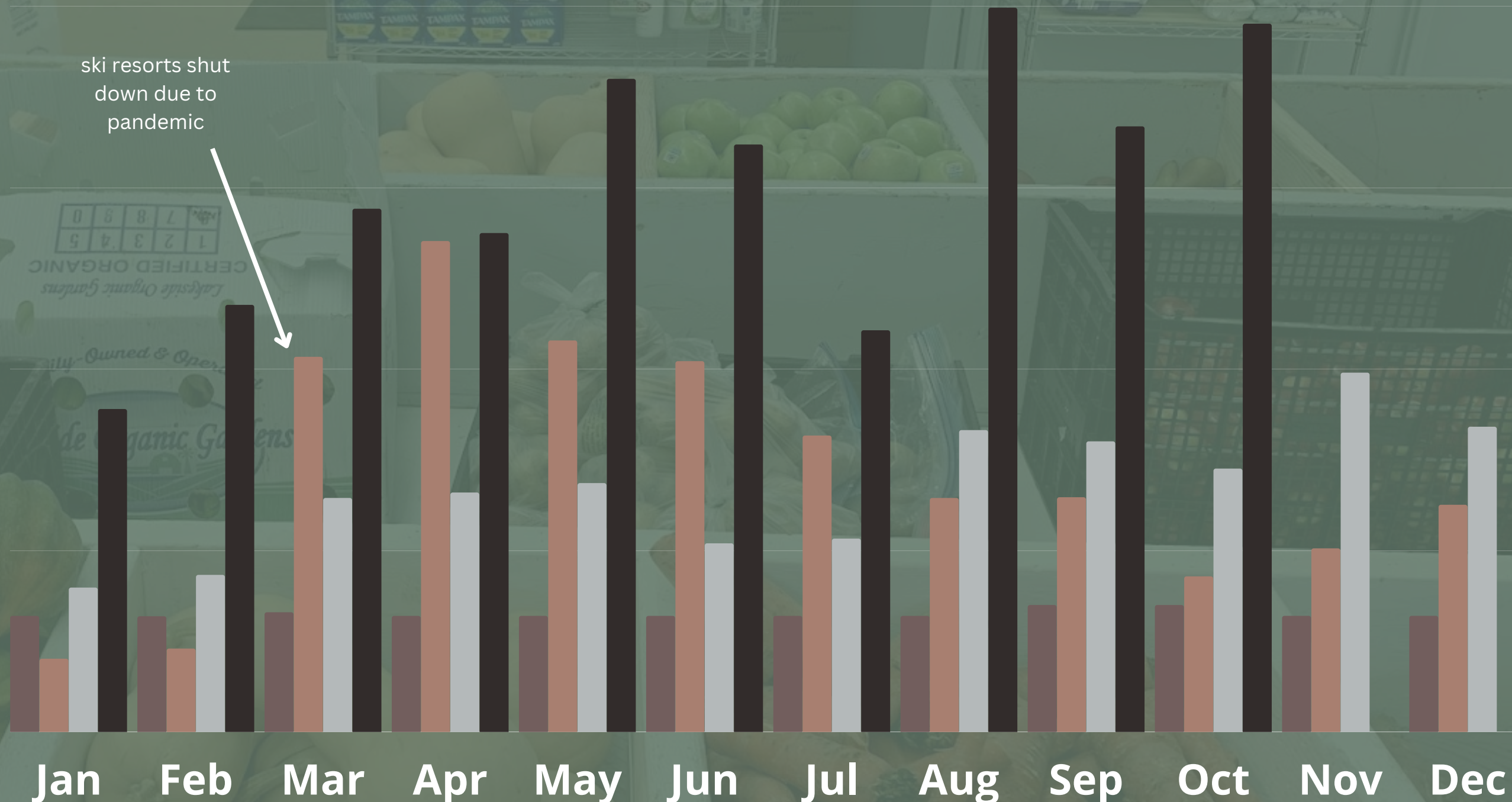
1,500

1,000

500

0

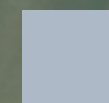
ski resorts shut
down due to
pandemic



2019



2020



2021



2022

The Parenting Program

40 children and their families will benefit from parenting home visitation this year.

The program uses the **Parents as Teachers & Partners for a Healthy Baby** curriculums to enhance parents' knowledge of child development and promote positive parenting skills. Families gain access to key resources and build their social network.

When the Parenting program enrollment closes, we continue to offer parents one-on-one consultation to offer developmental screening, connection to resources, and social support.

Peer Support - ALMA

47 women have attended bi-monthly support groups



Twice monthly support groups increase opportunity for social connection



85% of women enrolled in Peer Support have dependent children.
2 in 5 are single parents.

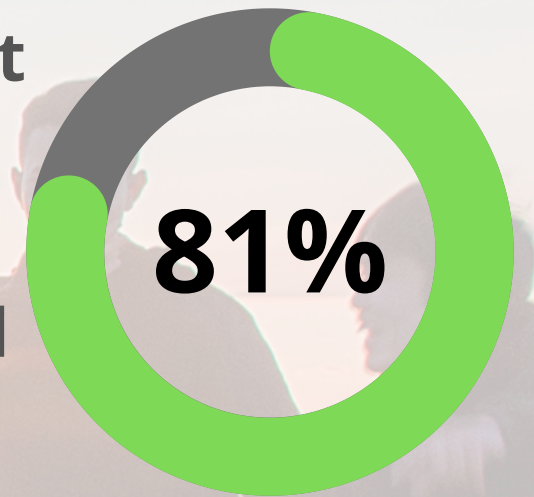
Increased Coping Skills & Access to Care



More than 9 in 10 participants report they are confident in their ability to cope with and manage stress and know how to access therapeutic supports upon program exit.

Decreased Anxiety & Depression

81% of women who report moderate to severe depression or anxiety upon intake move to mild or minimal levels by the time they exit the program.



Increased Protective Factors for Families

Social Networks
Healthy Relationships
Improved Mental Health

Give Back to FIRC

www.summitfirc.org



GIVE
WHERE YOU
LIVE



TOP 5 WAYS TO GIVE BACK TO FIRC TODAY!

1. Give Your Time & Volunteer
2. Donate Clothes to Thrift Store
3. Sign Up for Loyalty Programs: City Market & Amazon
4. Donate Egg Cartons or Sew Grocery Bags
5. Give Today & Your Gift Will be Doubled



Together, we strengthen
our community.

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