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Chanda Center for Health to Offer Care Coordination and Behavioral Health Services

Chanda Plan Foundation adds two new services for Chanda Center for Health participants

DENVER – The Chanda Plan Foundation announced that the Chanda Center for Health has added Care Coordination and Behavioral Health Services to its list of complementary services designed to improve health outcomes and reduce healthcare costs for persons with physical disabilities. These new services are now available to all participants at the Chanda Center for Health.

Participants can utilize the health center's Care Coordination as a point of navigation regarding services internally at the facility and for services outside of the facility. The Chanda Center for Health's Care Coordinator will help participants understand what opportunities are available to them and make connections at the health center, and they will also be on hand to assist with required paperwork necessary to access needed resources, such as Medicaid, transportation, home modifications, etc.

"This care coordination process can often be very daunting for individuals, given that not everyone is a natural self-advocate," says Chanda Hinton Leichtle, Founder and

Executive Director. “The energy to take on these tasks is challenging for someone who doesn’t have the expertise to wade through the process and understand all the requirements associated. Our new Care Coordinator will help participants organize and navigate through all of the necessary details.”

Behavioral Health services include individual and peer-to-peer group counseling. These counseling services are designed to help individuals with their chronic pain, stress, anxiety, and depression associated with life or factors associated with having a physical disability.

One participant says the following about the Behavioral Health services: “I can't wait for the support group to take off. Much of my ability to cope and stay positive has come from the support of my peers and people who can relate to the challenges and victories of the injury.”

The Chanda Plan Foundation recently opened the Chanda Center for Health in Lakewood, Colo., and it provides a single point of service for the health needs of people with long-term physical disabilities, a majority of whom live with a spinal cord injury. This holistic, person-centered approach includes care coordination and behavioral health services, as well as integrated therapies such as massage, chiropractic services, acupuncture and adaptive yoga. The facility will also soon offer a primary care physician.

Chanda Hinton Leichtle and her sister, Crystal Hinton, established the nonprofit Chanda Plan Foundation in 2005 after Hinton Leichtle experienced significant health improvements through the use of integrative therapies for symptoms caused by a spinal cord injury. The Foundation’s mission is to provide access to integrative therapy, primary care, and other complementary services to improve health outcomes and reduce healthcare costs for persons with physical disabilities. It provides direct access to integrative therapies such as adaptive exercise, massage, chiropractic, acupuncture, and adaptive yoga to treat symptoms of spinal cord injuries, cerebral palsy, multiple sclerosis, spina bifida and brain injuries. The results of an integrated approach to treatment include reduced pain and the need for pain medication, lessened time spent at medical visits, and increased hours engaged in community or work.

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About the Chanda Plan Foundation

The Chanda Plan Foundation is a non-profit organization dedicated to providing access to integrative therapy, primary care, and other complementary services to improve health outcomes and reduce healthcare costs for persons with physical

disabilities. The Foundation was established in 2005 by Chanda Hinton Leichtle and her sister, Crystal Hinton, and serves persons with symptoms of spinal cord injuries, cerebral palsy, multiple sclerosis, spina bifida, and brain injuries, and offers integrated therapies including adaptive exercise, adaptive yoga, massage, acupuncture, and chiropractic as well as care coordination and behavioral health services. The Chanda Plan Foundation's person-focused Chanda Center for Health opened in April of 2017, and is the first of its kind, providing a single point of service for the health needs of persons with long-term physical disabilities. For additional information on the Chanda Plan Foundation, visit www.iamtheplan.org.