

Our Community



Hot Springs County is a county located in the U.S. state of Wyoming. As of the 2010 census, the population was 4,812, making it the second-least populous county in Wyoming. Its county seat is Thermopolis. The county is named for the hot springs located in Hot Springs State Park. According to the U.S. Census Bureau, the county has a total area of 2,006 square miles (5,200 km²), of which 2,004 square miles (5,190 km²) is land and 2.3 square miles (6.0 km²) (0.1%) is water.

Hot Springs County is the 22nd least populated county in the state of Wyoming out of 23 counties.

Thermopolis, Wyoming is located in the Big Horn Basin area sitting at 4,331 feet in elevation. The town is located near the northern end of the Wind River Canyon and Wedding of the Waters where the north-flowing Wind River becomes the Bighorn River. There are mountains ringed all around the town. The Bridger Mountains to the southeast, the Owl Creek Mountains to the southwest, the Big Horn Mountains to the northeast, and the Absaroka Range to the northwest. Thermopolis is the southern-most municipality in the Big Horn Basin.

Roundtop Mountain, on the northern edge of town, is a unique geological formation shaped much like a volcano. It sits at approximately 6,000 feet and is the highest area in the immediate vicinity of Thermopolis. A large body of water called Boysen Reservoir, lies approximately 17 miles south of Thermopolis and is inhabited by many native species of fish including rainbow, cutthroat and brown trout, walleye, perch, and northern pike among others. The town has a total area of 2.47 square miles, of which, 2.38 square miles is land, and 0.09 square miles is water.

Climate

Thermopolis experiences a semi-arid climate having cold and dry winters with hot and dry summers. The town features Wyoming's highest average daytime temperatures in July and August. The months with the average low temperatures are December, January, and February.

Demographics for Hot Springs County

Population 2014 estimate	4,816
Households (2009-2013)	2,238
Persons under 18 years, 2013	20.3%
Persons 65 years and older	23.0%
Female 2013	50.5%
White, alone	95.2%
Black or African America, alone	0.9%
American Indian and Alaska Native, alone	1.7%
Asian, alone	0.6%
Hispanic or Latino	3.6%
High School graduate or higher (2009-2013)	85.9%
Homeownership rate (2009-2013)	70.4%
Median household income (2009-2013)	\$42,109
Persons below poverty level (2009-2013)	11.9%
English is the primary language	96.4%

Unemployment for Hot Spring County was at 5.2% as of March 2016 according to BLS.

Under-served populations in Hot Springs County stem mostly from socio-economic reasons. (Source - Public Health 2016)

- Access to Healthcare - 21% under 65 years old, do not have access to health insurance. These are individuals that fall under the Medicaid expansion that the Wyoming legislature refused to pass. They don't make enough to qualify for subsidies under Enroll Wyoming. They are Hot Springs County's working poor, and go without insurance.
- Access to Health Education - 35% do not have access to health care education for their medical issues. Only 65% have regular diabetic monitoring. This also increases the factors for low birth weight, as individuals don't get the necessary education prior to first doctors visit.
- 38% of school age kids are eligible for free or reduced price lunch. These children tend to belong to lower income and less educated families which would benefit from additional health education.

Significant Health Needs Identified

Hot Springs County Memorial Hospital's service area includes all of Hot Springs County.

We chose Wyoming Health Matters as a gauge to measure how Hot Springs County is doing in a variety of lifestyle choices. (See appendix) It provides health data, resources, promising best practices, news articles and information about community events. This project is funded by Cheyenne Regional Medical Center through its Institute of Population Health and by the Medicare Rural Hospital Flexibility Grant Program, which was awarded to the Wyoming Department of Health, Office of Rural Health, from the federal Office of Rural Health Policy, U.S. Department of Health and Human Services. HSCMH chose Wyoming Health Matters as our key source of information due to the fact that they provided the source information for our 2013 CHNA, and offer a broad base of categories for review.

After HSCMH reviewed the information regarding Hot Springs County (Appendix 1), a group was conveyed to promote discussion/input regarding the CHNA, and this information was presented for review. It was held during a Hot Springs County Alcohol, Tobacco, and Other Drug (ATOD) Prevention Coalition Meeting on July 1, 2015. Using this meeting as a venue afforded a broad base of community input from a variety of backgrounds. Attending were:

Bill Malloy (former Mayor of Thermopolis)

Jane Norskog - HOPE Agency (The H.O.P.E. Agency is a NON-PROFIT organization that provides services to victims of domestic violence, teen dating violence, sexual assault and stalking in Hot Springs County.)

Marie McDougall - Public Health Nurse (Hot Springs County Public Health Dept.)

Frank Robbins - Landowner, Set Free Church Paster

Becky Mortimore - Community Prevention Professional (Prevention Management Organization of Wyoming Hot Springs County Office).

John Gibbel - Marketing Director Hot Springs County Memorial Hospital.

Additional review was sought from **Allan Braaten** from the Hot Springs County Counseling Center in November 2015.

Discussion revolved around the CHNA report, and included documentation from wyominghealthmatters.org detailing health information in Hot Springs County, Wyoming. The group found a variety of issues that deserved attention, but to make sure we would have the most positive effect, and be able to truly help our community, the following criteria had been set:

- High Ranking Level of Concern (based on Wyoming Health Matters) in Hot Springs County
- Partners would be willing to help, and have an impact on needs chosen (feasability)
- Results could be measured independently in addition to state resources (effectiveness)

Given this criteria, the following areas were identified as areas that we can have impact on, and create measurable change in Hot Springs County:

1. Mothers who smoked during pregnancy.
2. Babies with low birth-weight.
3. Adults who visit the dentist/Adults 45+ with major tooth loss.

After initial input was considered, final input was sought from **Dr. Weyer, D.O.** (Red Rock Family Practice, **Dr. William Robinson, DDS** (Paintbrush Dental) and **Brenna Huckfeldt RN, BSN, CLC** (Hot Springs County Public Health Nursing Services) regarding the concerns brought to the table, and the desire that they be considered key partners in addressing the issues.

So, in looking at the variety of health needs, and how they scored, we narrowed it down to issues that we felt we had the right services to properly address, and the proper partners to get involved in the action plan. By partnering with our local Physician and Dental offices, Public Health and our Prevention Management office, we felt we had an opportunity to make solid improvements, and additionally, measure and track them. By keeping our resources local, and involving those who directly impact our target audience, we can truly measure our results on a very strategic

level, and keep partners updated in a timely manner.

Other issues discussed during the meeting included (other than the focus items): sexual assault, healthy baby program, depression, drugs, sleep deprivation, childhood obesity, auto accidents, drinking and driving, tobacco cessation.

Unemployment for Hot Spring County was at 5.2% as of March 2016 according to BLS.

These concerns fell within our under-served population. The uninsured parents are eligible for Medicaid, but the delay in signing up, often means delaying essential education to avoid underweight births (including education on smoke cessation during and after pregnancy). Providing additional health education to that population so that they understand their insurance options for child birth early in the process will make a difference. Additional education can assist new parents in signing up kids for CHIP Care. Medicaid ends 6 weeks after childbirth, and this contributes to our uninsured population. Chip Care can also help children get essential dental care and education early on, and help long term dental health.

We felt in compiling this information, we were able to access sufficient information, and gather pertinent leaders to make sure that we were both thorough, and thoughtful in our approach of assessing community needs in Hot Springs County.

2013 Community Health Needs Assessment

Our 2013 CHNA focused on 3 areas:

- Adults who are overweight or obese
- Adults with sedentary life style
- Consumption of fruits and vegetables

Programs in support of 2013 CHNA

Programs carried out under “Healthyopolis” moniker.

Centscible Nutrition –

Program run in Fall of 2013 with a focus on healthy eating habits. Class taught by Cindy Aguilar. Class had average attendance of 8 people per session.

Women’s outdoor day created to support initiative. Ran 2013, 2014, 2015. Offered women opportunity to get outside and take part in activities that normally were more viewed as targeting men (eg: Fly-fishing, Kayaking, and shooting. These were offered in June. Plans for a 2016 class based on bicycling is in the works.

The Boy Scout Jamboree is held every year in September. This is a Boy Scout event that has BSA Council support. It involves over 500 participants who take part in a Friday-Sunday opportunity to:

- Shoot guns
- Bow and Arrows
- Pellet guns
- Rappelling
- Canoeing
- River Crossing
- Tug – o – war
- Hiking
- Ropes Course

The hospital supports the event through a First Aid booth, and allowing employee's to help support the event.

The Kiwanis' Health fair in 2014 – educated on building a healthy pizza by earning toppings based on healthy life choices.

The Kiwanis' Health fair in 2015 – educated on women's health, and the importance of mammography, and healthy life choices to avoid increasing your risk – including diet. This program was also repeated in Shoshoni at their health fair in 2014 and 2015.

Participation in the Women's Day activities has declined each year, and is being revamped for 2016. Other programs will continue forward.

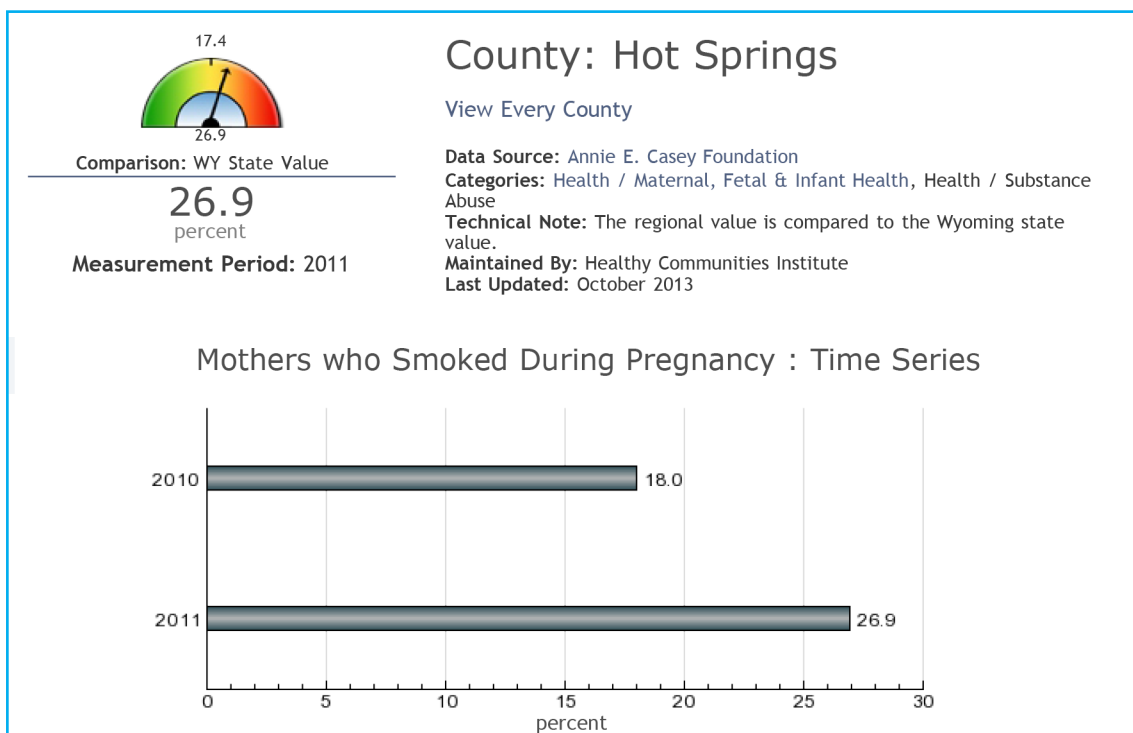
It is our intent to continue to focus on the importance of the following: Adults who are overweight or obese, Adults with sedentary life style, and Consumption of fruits and vegetables, by partnering with Public Health in their diabetes initiative. With 9.7% of Hot Springs County considered diabetic, only 65% are actually monitoring their condition.¹ This will give us a targeted group to focus our efforts on, and to make a meaningful difference to this population.

¹ Source - County Health Rankings & Roadmaps - Building a Culture of Health, County by County.

Background

Smoking During Pregnancy

Smoking during pregnancy poses risks for both mother and fetus. A baby born to a mother who has smoked during her pregnancy is more likely to have less developed lungs and a lower birth weight, and is more likely to be born prematurely. It is estimated that smoking during pregnancy causes up to ten percent of all infant deaths. Even after a baby is born, secondhand smoking can contribute to SIDS (Sudden Infant Death Syndrome), asthma onset, and stunted growth. (Source: Wyoming Health Matters)



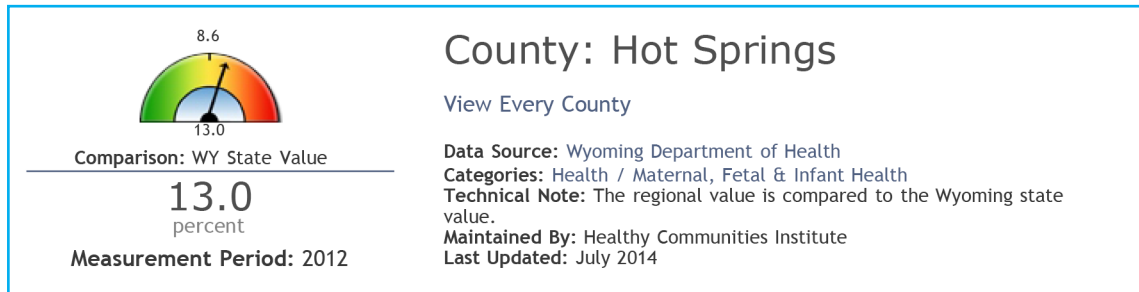
As of 2014, The Smoking During Pregnancy stood at 13% statewide.

Source: Joseph Grandpre, PhD, MPH, Manager, Chronic Disease/Maternal and Child Health Epidemiology Unit, Public Health Division Wyoming Department of Health

Background Con't

Babies with Low Birth Weight

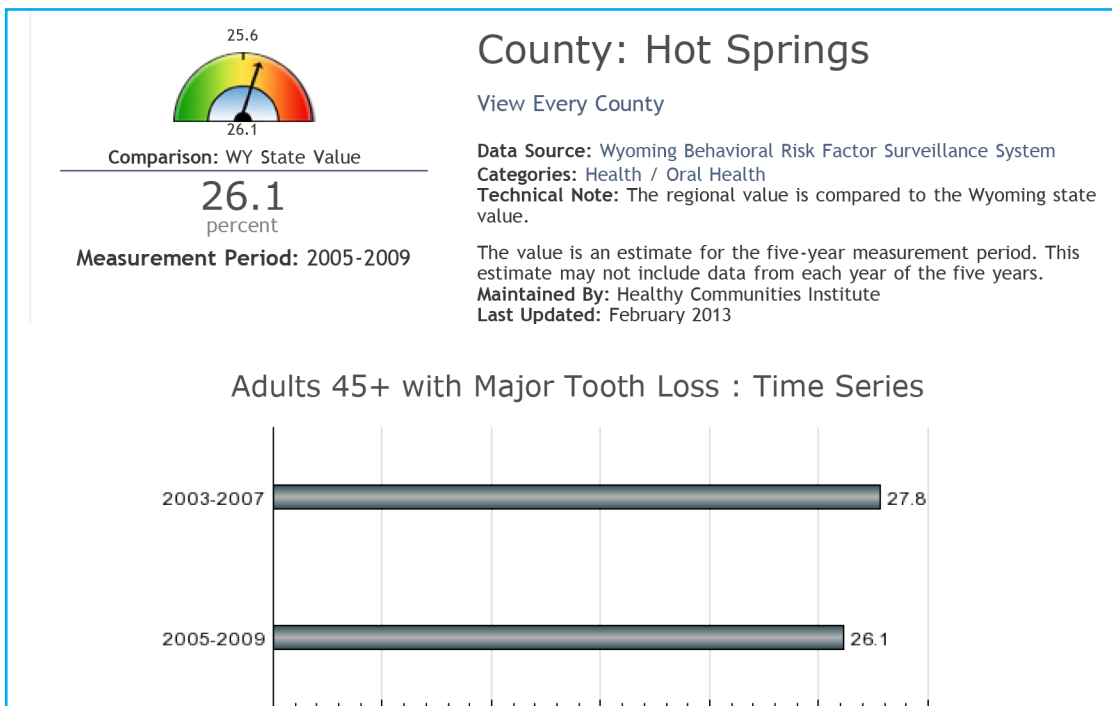
Babies born with a low birth weight are more likely than babies of normal weight to require specialized medical care, and often must stay in the intensive care unit. Low birth weight is often associated with premature birth. While there have been many medical advances enabling premature infants to survive, there is still risk of infant death or long-term disability. The most important things an expectant mother can do to prevent prematurity and low birth weight are to take prenatal vitamins, stop smoking, stop drinking alcohol and using drugs, and most importantly, get prenatal care. (Source: Wyoming Health Matters)



As of 2014, the Babies with Low Birth Weight measure statewide stood at 9.1%. 11.8% for Hot Springs in 2013. Source: Joseph Grandpre, PhD, MPH, Manager, Chronic Disease/Maternal and Child Health Epidemiology Unit, Public Health Division Wyoming Department of Health

Adults 45+ with Major Tooth Loss

Oral health has been shown to impact overall health and well-being. Nearly one-third of all adults in the United States have untreated tooth decay, or tooth caries. In addition, one in seven adults aged 35 to 44 years old has periodontal (gum) disease. Both the severity and prevalence of periodontal disease increase with age. Periodontal disease and tooth decay are the most frequent causes of tooth loss. About 25% of adults over the age of 60 no longer have any natural teeth. Having missing teeth can affect overall health and nutrition. In addition, among those aged 65 and older, those in poverty are twice as likely as those with higher incomes to have lost all of their teeth. Given these serious health consequences, it is important to maintain good oral health. (Source: Wyoming Health Matters)



As of 2014, the Adults 45+ with Major Tooth Loss statewide stood at 23.7%.

Source: Joseph Grandpre, PhD, MPH, Manager, Chronic Disease/Maternal and Child Health Epidemiology Unit, Public Health Division Wyoming Department of Health

Opportunities To Improve Hot Springs County

To combat major tooth loss in adults 45 and older, we felt it was important to attack this problem on 2 fronts:

1. Teaching children good habits at a younger age.
2. Encourage those who haven't seen a dentist to get an exam and educate them on good oral hygiene.

To reach our young audience, we would continue and build upon the existing program of education that Paintbrush Dental currently employs at our School District (Hot Springs County School District #1). Every year the dentists show up in the class room and hand out bags with a toothbrush, toothpaste, and dental floss. They also show a movie and discuss the importance of oral health with the children.

We would like to enhance this program with additional information for the parents of the children. At this age, it is important that the parents be very involved in the brushing and flossing of their children's teeth. Not only does this help in keeping teeth healthy, it also teaches proper cleaning and consistency. In addition, we will follow up with children in the community as they have their regular checkups. What are they doing to keep their teeth clean? How well are they following through on the education? Are mom and dad helping them keep their teeth clean? Are they developing good habits regarding brushing and flossing? These results can be tabulated and noted on follow-up reports.

Additionally, surveys may be introduced to follow up on the effectiveness of this campaign, and to gauge how both children and older patients are responding to the education provided.

For older patients, it often comes down to just getting them to visit the dentist. After that, you can start educating on the importance of regular checkups. In addition, regular checkups are often covered 100% under your preventative portion of your insurance.

From there it would involve treating any cavities, cleaning teeth, and a fluoride prescription if necessary. Additional education on diet, and sugar intake can be discussed based on the severity of any periodontal disease.

Another group to target would be those who smoke or take meth. It would involve reminding them of the consequences methamphetamine and smoking have on your oral health. Flyers and pamphlets would be made available at the dentist office at time of appointment to encourage those who indulge in such unsafe activities have access to information on quitting. Materials are available through **Becky Mortimore**, Community Prevention Professional, Prevention Management Organization of Wyoming, Hot Springs County Office.

Pairing issues of Babies with Low Birth-weight and Smoking During Pregnancy offers us an opportunity to make a positive impact on a baby's life.

This strategy will be carried out on multiple fronts.

Brenna Huckfeldt (Hot Springs county Public Health Nursing Services) will tie this in with the Wyoming Department of Health's initiative to eliminate smoking during pregnancy. This was a top priority initiative for the 2011-2015 time frame, and is expected to also be a top priority during the 2016-2020 time frame. Public Health currently sees any pregnant mom or family with children up to 3 years old. Their primary target is new moms with kids up to 1 year old. In this group they also focus on low income and those on food-stamps and/or WIC.

Currently referral forms for Brenna are at Red Rock Family Practice and Hot Springs County Memorial Hospital. These referral forms explain the services provided, and allow for contact with new and existing mothers. The goal of Public Health Nursing Services is to eventually see 100% of all new mothers.

Red Rock Family Practice plays an important role in prenatal care through delivery for expectant mothers here in Thermopolis. Coordinating care with the doctors and Public Health Nursing Services and Becky Mortimore, Community Prevention Management Organization of Wyoming offers us an opportunity to help virtually all mothers choosing Hot Springs County to handle their prenatal and birthing care. This information will be reinforced within Hot Springs County Memorial Hospital through our O/B staff during delivery and when preparing to send family members home.

A complete implementation plan will be developed by October, 2016.

Appendix

Community Dashboard

The dashboard provides health and quality of life indicators for Wyoming state and the 23 counties of Wyoming: Albany, Big Horn, Campbell, Carbon, Converse, Crook, Fremont, Goshen, Hot Springs, Johnson, Laramie, Lincoln, Natrona, Niobrara, Park, Platte, Sheridan, Sublette, Sweetwater, Teton, Uinta, Washakie and Weston.

Data is available by state, county, school district, zip code and census tract.

Location Type: Location:

Breakout By: Order By:

Indicators for County: Hot Springs

[View the Legend](#)

Health

Adults with Health Insurance <input type="button" value="MAP"/>	Comparison: U.S. Counties	
Children with Health Insurance <input type="button" value="MAP"/>	Comparison: U.S. Counties	
Age-Adjusted Death Rate due to Cancer <input type="button" value="MAP"/>	Comparison: WY State Value	
Age-Adjusted Death Rate due to Lung Cancer <input type="button" value="MAP"/>	Comparison: WY State Value	
All Cancer Incidence Rate <input type="button" value="MAP"/>	Comparison: WY State Value	
Cancer: Medicare Population <input type="button" value="NEW"/> <input type="button" value="MAP"/>	Comparison: WY State Value	
Colon Cancer Screening <input type="button" value="MAP"/>	Comparison: WY State Value	
Colorectal Cancer Incidence Rate <input type="button" value="MAP"/>	Comparison: WY State Value	
Lung and Bronchus Cancer Incidence Rate <input type="button" value="MAP"/>	Comparison: WY State Value	
Mammogram History <input type="button" value="MAP"/>	Comparison: WY State Value	
Pap Test History <input type="button" value="MAP"/>	Comparison: WY State Value	
Prostate Cancer Incidence Rate <input type="button" value="MAP"/>	Comparison: WY State Value	
Adults with Diabetes <input type="button" value="MAP"/>	Comparison: WY State Value	
Diabetes: Medicare Population <input type="button" value="NEW"/> <input type="button" value="MAP"/>	Comparison: WY State Value	
Adult Fruit and Vegetable Consumption	Comparison: WY State Value	
Adults who are Overweight or Obese <input type="button" value="MAP"/>	Comparison: WY State Value	
Heart Failure: Medicare Population <input type="button" value="NEW"/> <input type="button" value="MAP"/>	Comparison: WY State Value	
Hyperlipidemia: Medicare Population <input type="button" value="NEW"/> <input type="button" value="MAP"/>	Comparison: WY State Value	
Ischemic Heart Disease: Medicare Population <input type="button" value="NEW"/> <input type="button" value="MAP"/>	Comparison: WY State Value	
Stroke: Medicare Population <input type="button" value="NEW"/> <input type="button" value="MAP"/>	Comparison: WY State Value	
Adults 50+ with Influenza Vaccination <input type="button" value="MAP"/>	Comparison: WY State Value	
Babies with Low Birth Weight	Comparison: WY State Value	
Mothers who Smoked During Pregnancy	Comparison: WY State Value	
Adults 45+ with Major Tooth Loss <input type="button" value="MAP"/>	Comparison: WY State Value	
Adults who Visited a Dentist <input type="button" value="MAP"/>	Comparison: WY State Value	
Osteoporosis: Medicare Population <input type="button" value="NEW"/> <input type="button" value="MAP"/>	Comparison: WY State Value	

Rheumatoid Arthritis or Osteoarthritis: Medicare Population	NEW	MAP	Comparison: WY State Value	
Adults with Current Asthma		MAP	Comparison: WY State Value	
COPD: Medicare Population	NEW	MAP	Comparison: WY State Value	
Self-Reported General Health Assessment: Poor or Fair		MAP	Comparison: WY State Value	
Adults who are Obese		MAP	Comparison: WY State Value	
Adults who are Sedentary		MAP	Comparison: WY State Value	
Food Insecurity Rate		MAP	Comparison: U.S. Counties	
Dentist Rate		MAP	Comparison: U.S. Counties	
Non-Physician Primary Care Provider Rate		MAP	Comparison: U.S. Counties	
Gonorrhea Incidence Rate	NEW	MAP	Comparison: WY Counties	
Mothers who Received Less than Adequate Prenatal Care		MAP	Comparison: WY Counties	
Child Food Insecurity Rate		MAP	Comparison: U.S. Counties	
Teen Birth Rate		MAP	Comparison: WY Counties	
Chlamydia Incidence Rate	NEW	MAP	Comparison: WY Counties	
Infant Mortality Rate		MAP	Comparison: WY Counties	
Life Expectancy for Females		MAP	Comparison: U.S. Counties	
E. coli Infection Incidence Rate			Comparison: WY Counties	
Salmonella Infection Incidence Rate			Comparison: WY Counties	
Life Expectancy for Males		MAP	Comparison: U.S. Counties	
Primary Care Provider Rate		MAP	Comparison: U.S. Counties	
Adults with a Usual Source of Health Care		MAP	Comparison: WY State Value	
Breast Cancer Incidence Rate		MAP	Comparison: WY State Value	
Infants Born to Mothers with <12 Years Education			Comparison: WY State Value	
Age-Adjusted Death Rate due to Coronary Heart Disease	NEW	MAP	Comparison: WY State Value	
Atrial Fibrillation: Medicare Population	NEW	MAP	Comparison: WY State Value	
Hypertension: Medicare Population	NEW	MAP	Comparison: WY State Value	
Depression: Medicare Population	NEW	MAP	Comparison: WY State Value	
Frequent Mental Distress			Comparison: WY State Value	
Poor Social and Emotional Support			Comparison: WY State Value	
Alzheimer's Disease or Dementia: Medicare Population	NEW	MAP	Comparison: WY State Value	
Chronic Kidney Disease: Medicare Population	NEW	MAP	Comparison: WY State Value	
Asthma: Medicare Population	NEW	MAP	Comparison: WY State Value	
Adults who Binge Drink		MAP	Comparison: WY State Value	
Adults who Smoke		MAP	Comparison: WY State Value	
Teens who Binge Drink			Comparison: WY State Value	
Self-Reported Life Satisfaction: Dissatisfied			Comparison: WY State Value	

Economy

Low-Income Persons who are SNAP Participants <small>MAP</small>	Comparison: U.S. Counties	
Median Household Income <small>MAP</small>	Comparison: WY State Value	
Per Capita Income <small>MAP</small>	Comparison: WY State Value	
People 65+ Living Below Poverty Level <small>MAP</small>	Comparison: WY State Value	
People Living 200% Above Poverty Level <small>MAP</small>	Comparison: WY State Value	
Unemployed Workers in Civilian Labor Force <small>NEW MAP</small>	Comparison: U.S. Counties	
Students Eligible for the Free Lunch Program <small>MAP</small>	Comparison: U.S. Counties	
Severe Housing Problems <small>MAP</small>	Comparison: U.S. Counties	
Households with Cash Public Assistance Income <small>MAP</small>	Comparison: WY State Value	
Homeownership <small>MAP</small>	Comparison: WY State Value	
Renters Spending 30% or More of Household Income on Rent <small>MAP</small>	Comparison: WY State Value	
Children Living Below Poverty Level <small>MAP</small>	Comparison: WY State Value	
Families Living Below Poverty Level <small>MAP</small>	Comparison: WY State Value	
People Living Below Poverty Level <small>MAP</small>	Comparison: WY State Value	

Education

People 25+ with a Bachelor's Degree or Higher <small>MAP</small>	Comparison: WY State Value	
Student-to-Teacher Ratio <small>MAP</small>	Comparison: U.S. Counties	

Environment

Fast Food Restaurant Density <small>MAP</small>	Comparison: U.S. Counties	
Households with No Car and Low Access to a Grocery Store <small>MAP</small>	Comparison: U.S. Counties	
Drinking Water Violations <small>MAP</small>	Comparison: U.S. Counties	
Access to Exercise Opportunities <small>MAP</small>	Comparison: U.S. Counties	
Children with Low Access to a Grocery Store	Comparison: U.S. Counties	
Food Environment Index <small>MAP</small>	Comparison: U.S. Counties	
Low-Income and Low Access to a Grocery Store <small>MAP</small>	Comparison: U.S. Counties	
People 65+ with Low Access to a Grocery Store	Comparison: U.S. Counties	
SNAP Certified Stores <small>MAP</small>	Comparison: U.S. Counties	
Grocery Store Density <small>MAP</small>	Comparison: U.S. Counties	
Farmers Market Density	Comparison: U.S. Value	
Recreation and Fitness Facilities <small>MAP</small>	Comparison: U.S. Value	

Government & Politics

Voter Turnout

Comparison: WY Counties



Public Safety

Death Rate due to Motor Vehicle Collisions MAP

Comparison: WY Counties



Violent Crime Rate MAP

Comparison: WY Counties



Alcohol-Impaired Driving Deaths MAP

Comparison: U.S. Counties



Domestic Violence Offense Rate

Comparison: WY State Value



Adults who Drink and Drive MAP

Comparison: WY State Value



Social Environment

Child Abuse Rate MAP

Comparison: WY Counties



Single-Parent Households MAP

Comparison: U.S. Counties



Persons per Square Mile

Comparison: U.S. Value



Population Change MAP

Comparison: U.S. Value



Population Under Age 18 MAP

Comparison: U.S. Value



Population Over Age 65 MAP

Comparison: U.S. Value



Transportation

Workers Commuting by Public Transportation MAP

Comparison: U.S. Counties



Households without a Vehicle MAP

Comparison: U.S. Counties



Solo Drivers with a Long Commute MAP

Comparison: U.S. Counties



Mean Travel Time to Work MAP

Comparison: U.S. Counties



Workers who Drive Alone to Work MAP

Comparison: U.S. Counties



Workers who Walk to Work MAP

Comparison: U.S. Counties



County Services:

Assisted Living/Nursing Homes:

Thermopolis Rehabilitation and Care Center
1210 Canyon Hills Rd. ph. 307-864-5591

Wyoming Pioneer Home
141 Pioneer Dr. ph. 307-864-3151

Counseling:

Gottsche Rehabilitation Center
148 E. Arapahoe ph. 307-864-2146

Hot Springs County County Counseling Service, Inc.
121 S. 4th St. ph. 307-864-3138

TLC Counseling, LLC
316 Broadway, Suite #2 ph. 307-864-3211

Kathy Smith
katsmith@bresnan.net

Wisdom Tree Consultation & counseling Services, LLC
P.O. Box 1084 ph. 307-921-3667

Dental:

Paintbrush Dental
110 E. Arapahoe ph. 307-864-9411

Exercise:

Days Inn Athletic Club
115 E. Park St. ph. 307-864-3131

Gottsche Welloness Center
148 E. Arapahoe ph. 307-864-2146

Hellie's Tepee Pool
144 Tepee ph. 307-864-9250

Hot Springs County High School
331 Park St. ph. 307-864-6511

Recreation District - Armory Building
728 Park St. ph. 307-864-3767

Star Plunge
115 Big Springs Dr. ph. 307-864-3771

Education:

Absaroka Head Start
326 Warren ph. 307-864-5481

Children's Resource Center
130 S. US Hwy 20 ph. 307-864-9227

Hot Springs County School District #1
415 Springview ph. 307-864-6500

Risen Son christian School
342 Amoretti ph. 307-864-4115

Eye Doctor:

Thermopolis Eye Care LLC
110 N. %th St. ph. 307-864-2324

Human Services:

Absaroka Head Start
326 Warren ph. 307-864-5481

BackPack Program
642 Arapahoe ph. 307-864-3629

Best Beginnings
117 North 4th St. ph. 307-864-3311

Big Brother/Big Sisters
642 Arapahoe ph. 307-864-2727

Big Horn Basin Children's Center
250 E. Arapahoe ph. 307-864-2171

Big Horn Enterprises
641 Warren ph. 307-864-2153

Cent\$ible Nutrition Program
Phyllis Lewis, Nutrition and Food Safety
Educator 307-864-3421

Child Safety Seats
117 N 4th St. ph. 307-864-3311

Children's Resource Center
130 S. US Hwy 20 ph. 307-864-9227

County Services Continued:

Human Services con't:

Community Home Health Services

427 Big Horn ph. 307-864-5585

D.A.R.E. (Drug Abuse Resistance Education)

417 Arapahoe ph. 307-864-9497

Department of Family Services

403 Big Horn ph. 307-864-2158

Expectant Parent Classes

Contact Public Health Department

117 N. 4th Street ph. 307-864-3311

H.O.P.E. Agency

426 Big Horn ph. 307-864-4673

HSC School District #1, Special Services

415 Springview ph. 307-864-6528

HSC Senior Citizen Center

206 Senior Ave. ph. 307-864-2151

HSCMH Diabetes Education

150 E. Arapahoe ph. 307-864-3121

People for People

642 Arapahoe ph. 307-864-3629

Women, Infant, Child (WIC) Program

117 North 4th St. ph. 307-864-3311

Prescription Program

420 Big Horn ph. 307-864-2158

Prevention Management Organization

148 E. Arapahoe ph. 307-864-4113

Public Health Nursing

117 N. 4th St. ph. 307-864-3311

Suicide Prevention Coalition

148 E. Arapahoe ph. 307-864-4113

Victim Advocate

415 Arapahoe St., Courthouse, 4th Floor

ph. 307-864-2004

Medical:

Red Rock Family Practice

120 North C. Ave. ph. 307-864-5534

Dr. Vernon W. Miller

112 E. Arapahoe ph. 307-864-2141

Other:

Gottsche Rehabilitation Center

148 E. Arapahoe ph. 307-864-2146

Hot Springs County Memorial Hospital

150 E. Arapahoe ph. 307-864-3121

Meyer Chiropractic

526 Big Horn ph. 307-864-3667

Mortimore Ambulance

620 Arapahoe ph. 307-864-2666

Physical therapy Clinic PC (Rehabilitation)

305 Broadway ph. 307-864-4141

Thermopolis Chiropractic & Acupuncture

443 Big Horn ph. 307-864-4044

Thermopolis Rehabilitation & Care Center

1210 Canyon Hills Road ph. 307-864-5591

Timberline Hearing

110 S. 6th Street ph. 307-864-4327