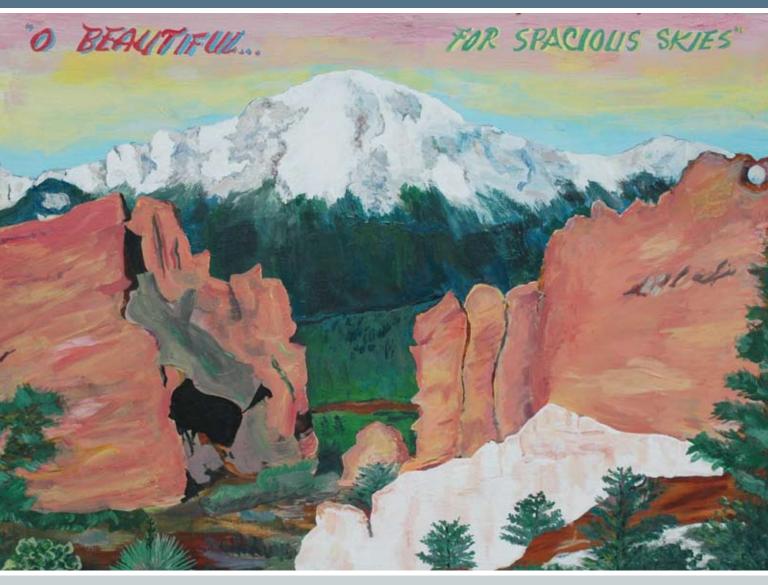
Pikes Peak Region Brain Injury Professionals Network

Brain Injury DIRECTORY ~ 2011 / 2012





Auto • Personal • Work Injuries



Penrose-St.Francis Health Services





STROKES ARE THE NUMBER-THREE

KILLER IN THIS COUNTRY, YET MANY PEOPLE DON'T

EVEN KNOW WHAT THEY ARE. THEY DON'T KNOW THAT

MORE OF THE BRAIN CAN BE SAVED IF A STROKE IS DETECTED

AND TREATMENT IS RECEIVED IMMEDIATELY. STROKES BEGIN WHEN A

WHAT TOOK YOU A LIFETIME TO LEARN

CAN BE LOST IN MINUTES.

BLOOD VESSEL IN THE BRAIN BECOMES BLOCKED OR BURSTS. BLOOD FLOW

IS CUT OFF. TISSUE IS STARVED FOR OXYGEN, AND PARTS OF THE BRAIN DIE.

IF NOT TREATED QUICKLY, ABILITIES AND PRODUCTIVE LIFE CAN BE

LOST. YOUR BRAIN IS YOUR MOST PRIZED POSSESSION.

GUARD IT WITH YOUR LIFE.

WITH A STROKE, TIME LOST IS BRAIN LOST.

If you suddenly have or see any of these symptoms, call 9-1-1 immediately: Numbness or weakness of the face, arm or leg, especially on one side of the body • Confusion, trouble speaking or understanding • Difficulty seeing in one or both eyes • Trouble walking, dizziness, loss of balance or coordination • Severe headache with no known cause

Learn more at StrokeAssociation.org or 1-888-4-STROKE.



Welcome to the first Pikes Peak Region Brain Injury Resource Directory

This directory was created by the Colorado Springs Brain Injury Professionals Network. We are a group of professionals who specialize in treatment and assistance for people who have acquired or traumatic brain injuries. The group is an extension of the Brain Injury Alliance of Colorado.

When our group first met, it became very clear to us that we "professionals" didn't even have a full understanding of all of the resources in our community. It became our goal to try to gather and organize this information for you. We wanted to create an easy to use directory to help brain injury survivors and their caregivers find the help they need in our local community. Those organizations listed in the directory all have a history of providing services to people with brain injuries. It was important to us that the organizations listed are able to understand the special needs of someone living with a brain injury. This directory is a work in progress and we hope to update it and expand it every two years.

If you are unable to find what you are looking for in this directory, please feel free to contact the Brain Injury Alliance of Colorado at 4200 West Conejos Place #524, Denver, CO 80204. Phone: (303) 355-9969 or Toll-Free: (800) 955-2443. You can also reach them on the web at www.biacolorado.org. BIAC will be happy to assist you and have an on-line resource directory for the whole state of Colorado available.

The Brain Injury Professionals Network would like to thank our sponsors, Jaray and Webster, The Independence Center, Penrose Hospital, and Rocky Mountain Health Care Services. We would also like to recognize the exceptional work of The Colorado Springs Business Journal who published the directory.



The oil painting featured on our cover was created by Hans Hansen. He is a Brain Injury Survivor and he resides in Colorado Springs.

Published by



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How many people have TBI?

Of the 1.4 million who sustain a TBI each year in the United States:

- 52,000 die
- 275,000 are hospitalized

• 1.36 million are treated and released from an emergency department or who receive no care is unknown

The number of people with TBI who are not seen in an emergency department or who receive no care is unknown.

What causes TBI?

The leading causes of TBI are:

- Falls (28%)
- Motor vehicle-traffic crashes (20%)
- Struck by/against (19%)
- Assaults (11%)

Blasts are a leading cause of TBI for active duty military personnel in war zones.

What are the long-term consequences of TBI?

The Centers for Disease Control and Prevention estimates that at least 5.3 million Americans currently have a long-term or lifelong need for help to perform activities of daily living as a result of a TBI.

According to one study, about 40% of those hospitalized with a TBI had at least one unmet need for services one year after their injury. The most frequent unmet needs were:

- Improving memory and problem solving
- Managing stress and emotional upsets
- · Controlling one's temper
- · Improving one's job skills

TBI can cause a wide range of functional changes affecting thinking, language, learning, emotions, behavior, and/or sensation. It can also cause epilepsy and increase the risk for conditions such as Alzheimer's disease, Parkinson's disease, and other brain disorders that become more prevalent with age.

ADVOCACY AND SUPPORT GROUPS

ADVOCACY

Arc of Pueblo, The

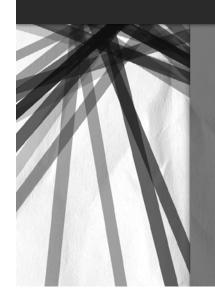
719-545-5845 2705 Vinewood Lane Pueblo, CO 81005 www.arcofpueblo.org Advocacy and guardianship services.

Brain Injury Alliance of Colorado

303-355-9969 / 800-955-2443 4200 West Conejos Place, Suite 524 Denver, CO www.BIAColorado.org BIAC is the lead advocacy agency for the Colorado Brain Injury community.

Colorado Traumatic Brain Injury Trust Fund

1575 Sherman Street, 4th Floor Denver, CO 80203 www.tbicolorado.org Provides care coordination to individuals with TBL Care Coordinators assist individuals in accessing community resources.



WHEN LIFE MATTERS, EXPERIENCE COUNTS.

MINDS CONNECTED

Penrose-St. Francis Rehabilitation Services is southern Colorado's leading treatment center for brain rehabilitation after an injury or brain disorder. We offer a full range of brain rehabilitation treatment options, from intensive hospital care through outpatient services.

- Physical Therapy
- Occupational Therapy
- Speech and Language Therapy Vestibular Program
- Community Re-entry Assistance
 Vision Therapy
- Fitness to Drive Driving Rehabilitation
- Seating and Positioning Clinic

Penrose-St. Francis Rehabilitation 📥 Centura Health.

2222 N. Nevada Ave. Colorado Springs, CO 80907 9-776-5200

penrosestfrancis.org/rehab

B You Tube

Brain Injury Alliance of Colorado: www.biacolorado.org

Denver Options / Colorado Traumatic Brain Injury Trust Fund Program

303-636-5836 / 866-245-6600 9900 East Iliff Avenue Denver, CO 80231 www.denveroptions.org/colorado-connections Helps promote crisis-stabilization, self-advocacy, education, and community re-integration for individuals with TBI.

Enhancing Memory Solutions

970-948-0006 4985 Eldridge Street Golden, CO www.MTBITips.com Author, speaker, coach, and private consultations for MTBI survivors and families.

Health Care Program for Children with Special Needs

719-578-3199

El Paso County Public Health Department 1675 West Garden of the Gods Road Colorado Springs, CO 80907 www.ElPasoCountyHealth.org Care Coordination for Special Needs Families, including Brain Injury, in El Paso and Teller Counties.

The Independence Center

719- 471-8181 729 South Tejon Street Colorado Springs, CO 80903 www.theindependencecenter.org We provide information and referral, peer support, individual and systems advocacy, and education and training. Please call for a list of support groups.

Multiple Sclerosis Alliance of Southern Colorado

719-633-4601 1352 North Academy Boulevard Colorado Springs, CO 80909 www.msasoco.org To help people with MS live independently – referrals, exercise, and support groups, needs assistance.

Operation TBI Freedom

303-636-5833 / 866-245-6600 9900 East Iliff Avenue Denver, CO 80231 www.operationtbifreedom.org Helps promote crisis-stabilization, self-advocacy, education, and community re-integration for military personnel and veterans with TBI.

Support for Success

719-330-3624 PO Box 98 Palmer Lake, CO 80133 www.supportforsuccess.org Referral to resources essential to your recovery and success – in your home or by phone.

BRAIN INJURY SUPPORT GROUPS

BIAC Colorado Springs Support Group

Third Thursday of month, 6 – 7:30, August – May Sally Layton – 719-596-3710, Dennis Friesth – 719-574-0089 Penrose Hospital, Cancer Center rooms A, B, C 2222 North Nevada Avenue Colorado Springs, CO 80907 Education, support, and socializing for all adult Brain Injury survivors, family, and friends.

Head-Way Neuro Support Group of Colorado Springs

Wednesdays 11:00 am -1:00 pm Deborah Carnes -719- 459-0901 Fargo's Pizza 2910 East Platte Avenue Colorado Springs, CO 80909 We offer support, friendship, and stimulating activities for people with brain injuries and/or strokes.

Fremont County Support Group

2nd Tuesday of month, 7:00 - 9:00 Carolyn Simonson, 719-269-8266 Wellness Therapy Center 119 South Pikes Peak Florence, CO 81226 www.fremontcountybraininjurysupportgroup. viviti.com Education and support for both the injured and their loved ones.

Independence Center Support Group

2nd and 4th Wednesdays, 1:30 - 3:00 Stuart Watt - 719-471-8181 The Independence Center 729 South Tejon Street Colorado Springs, CO 80903 Adult brain injury group to share and talk about the challenges of living with brain injury.

Military Family Support Group

Third Thursday of month, 5:30 - 7:30 Tona Rimmer - 719-214-7724 1st Bank Building 2 North Cascade Avenue, Suite 1100 Colorado Springs, CO 80903 For family members of active duty military and veterans.

Pueblo Support Group

2nd Wednesday of month, Dinner 5:00, Meeting 6:00 - 7:30 Jim Evans - 719-520-1102, Ken Kauffman - 719-423-9927 Parkview Hospital, North Annex Sierra Room 400 West 17th Street Pueblo, CO 81003 For adult survivors and others.



Need help with memory. organization and time management?

Want to gain control of home, work, school,

Confused and overwhelmed by

disability services?

FREE CONSULTATION Carol Roche 719-330-3624

Certified Brain Injury Specialist, CO TBI Fund Provider, MA Education



Mission: To empower persons with disabilities, to maximize their independence within the community, and to remove barriers which prevent integration and equal opportunity

Brain Injury Support Group 2nd & 4th Wednesdays of every month From 1:30-3:00 pm

Independent Living & Home Health Services 729 South Tejon Street • Colorado Springs, CO 80903 719-471-8181 • www.theindependencecenter.org







Offering a full continuum of care from residential care located within our community, to a Day Center with full programming including independent living skills training, community reintegration and professional behavioral health services. All of our services are designed to assist those with Acquired Brain Injuries return to more functional independence in their community and to rebuild their lives with purpose and meaning.

Contact us for more information:

2812 E. Bijou Street Colorado Springs, Colorado 80909 719.457.0660 www.rmhcare.org

Building Health, Nurturing Independence, Enriching Lives



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Get breaking news and headlines throughout the day, learn about upcoming events, special offers and more!

ONLINE BRAIN INJURY SUPPORT GROUPS

Brain Injury Alliance of Colorado Email Support Group for Survivors and Caregivers

Deacon Patrick Jones

http://groups.google.com/group/Colorado-Brain-Injury-Support

For brain injury survivors and caregivers to share the journey and mutual support.

Colorado Brain Trust Professional Networking Email Group

Deacon Patrick Jones

http://groups.google.com/group/colorado-brain-trust

Connecting professionals who serve brain injury survivors and caregivers to provide the best care possible.

MindYourHeadCoop.org

Deacon Patrick Jones Your brain. Your life. You're healing. Website to help you create and implement your custom long term recovery plan.

ALCOHOL AND DRUG ABUSE RESOURCES

Alcoholics Anonymous (AA) 719-573-5020

701 South Cascade Avenue, Suite B Colorado Springs, CO www.coloradospringsaa.org Men/women sharing experience, strength, hope to solve common problems & help others recover from alcoholism.

Aspen Pointe

719-314-4313, 800-285-1204

Multiple facility locations listed on website http://www.aspenpointe.org See website for Aspen Pointe's substance abuse solutions such as Access to Recovery (ATR)

Celebrate Recovery

719-531-6600 5825 Mark Dabling Boulevard Colorado Springs, CO 80919 www.rockfamilychurch.com Bible-based support groups. Contact Melody or Anna T-F, 9:00-4:30

Cocaine Anonymous

719-278-8201 "Recovering Snowflakes" First Lutheran Church 1515 North Cascade Avenue Colorado Springs, CO 80907 http://www.cacolorado.org A fellowship of men/women who share experience, strength, hope to solve their common problem & help others recover from addiction.

Colorado Al-Anon/Alateen Inc

Local meetings listed on website http://www.al-anon-co.org To help friends and families of alcoholics recover from the effects of living with the problem drinking of a relative or friend

Dr. Gary Forrest's Support Group

719-597-5959 3208 North Academy Boulevard Colorado Springs, CO 80917

Liza's Place or Hope Home

719-635-3643 2934 East Fountain Boulevard Colorado Springs, CO 80910 www.gospel-home-cs.org Gospel shelters for homeless women, previously incarcerated women with programs of restoration

Narcotics Anonymous

719-637-1580 PO Box 9857 Colorado Springs, CO 80932 www.nacolorado.org/cospgs Nonprofit fellowship of recovering addicts who meet regularly to help each other stay clean.

Phoenix Multisport

303-440-0547 www.phoenixmultsport.org Sober, active community for those recovering from alcohol and substance abuse. Military program also offered.

Springs Rescue Mission

719-632-1822 5 West Las Vegas Street Colorado Springs, CO 80903 http://www.mysrm.org Men's Residential Program. Contact Tonio Calhoun 719-314-2363 9:00-4:00.

Veterans Administration Clinic

719-327-5697 25 North Spruce Street Colorado Springs, CO 80905 http://www.va.gov/health/MedicalCenters.asp VHA Medical Centers and Clinics provide mental health services focusing on many areas, including Substance Abuse

ASSISTIVE TECHNOLOGY

Ablelink Technologies

719-592-0347 618 North Nevada Street Colorado Springs, CO 80903 www.ablelinktech.com Handheld and desktop software for task/schedule prompting and executive function

Pikes Peak Community College (PPCC) Computer Access Center (CAC)

719-502-3333

Centennial Campus – 5675 South Academy Boulevard, A-115 Colorado Springs, CO 80906 www.ppcc.edu/OASIS Offers courses & training in computer assistive technology and use of assistive technology with application software

The Accessibility Store

719-219-8182

729 South Tejon Street Colorado Springs, CO 80903 www.store4access.com Retail store at The Independence Center providing assistive technology solutions to help people lead full, independent lives

Assistive Technology Partners-Southeast Technical Assistance Center

719-380-6229 4825 Lorna Place Colorado Springs, CO 80915 www.assistivetechnologypartners.org Connecting individuals with disabilities to the tools & technology they need to achieve their full potential

DBTAC Rocky Mountain ADA Center

800-949-4232 3630 Sinton Road, #103 Colorado Springs, CO 80907 www.adainformation.org Provides technical assistance and materials to everyone with rights and responsibilities under the Americans with Disabilities Act (ADA)

Colorado Traumatic Brain Injury Trust Fund: www.tbicolorado.org

SWAAAC (Statewide Assistive Technology & Augmentative Alternative Communication) Teams

800-255-3477 601 East 18th Avenue, Suite 130 Denver, CO 80203 www.swaaac.com Colorado Department of Education's school-based assistive technology (AT) teams providing AT services in school districts throughout the state

COMMUNITY/ RECREATION RESOURCES

Angletech – Cycledifferent

719-687-7475 1483 Garden of the Gods Road Colorado Springs, CO www.cycledifferent.com Adaptive cycling of all types; hands-on interactive experiences in a safe environment.

City of Colorado Springs Therapeutic Recreation Program

719-385-6958 1315 Pikes Peak Avenue Colorado Springs, CO 80909 www.springsgov.com/tr Provide recreation and leisure opportunities for youth and adults with disabilities; including specialized programs and inclusion services.

Embracing Spirit Yoga

719-661-8802 8679 Quinta Point Colorado Springs, CO embracingspirityoga@gmail.com Yoga for people of all abilities; specific classes for people with physical and developmental disabilities.

Hills, Inc.

303-875-9149 642 Carr Street Lakewood, CO 80214 hills-inc.org Hills offers healthy vacation trips in Colorado and out-of-state throughout the year.

The Independence Center

719-471-8181 729 South Tejon Street Colorado Springs, CO 80903 www.theindependencecenter.org We offer a variety of support groups, please call for current list.

National Sports Center for the Disabled

970-726-1540 P.O. Box 1290 Winter Park, CO 80482 www.nscd.org NSCD provides summer and winter therapeutic/ adaptive recreational programs for groups/ individuals.

Pikes Peak Therapeutic Riding Center

719-495-3908 13620 Hallelujah Trail Elbert, CO 80106 www.pptrc.org Enhance the quality of life for people with disabilities through equine-assisted activities and therapies.

Preferred Travel Helpers

303-493-5600 88 Inverness Circle East, Suite D-101 Englewood, CO www.pthelpers.com Put your travel worries away, take a helper with you today. Helpers – bonded, trained, CPR certified.

Shorin Kung Fu

719-268-9560 955 Garden of the Gods Road Colorado Springs, CO 80907 www.shorinkungfu.com Tai Chi and Chi Kung for health and mental wellness

Special Olympics

719-574-8480 806 Nicholas Boulevard Colorado Springs, CO 80907 specialolympicsco.org Year around training and competition for individuals with intellectual disabilities 8 years old and older.

DAY PROGRAMS

Goodwill Industries North Recreation & Leisure Center

719-266-1202

Valerie Torres Program Manager 2360A Montebello Square Dr. Colorado Springs, CO 80918 www.goodwill-colosprings.org

Goodwill Industries West Recreation & Leisure Center

719- 634-6806 Elainer Hawker Program Manager 528 W. Colorado Ave. Colorado Springs, CO 80905 www.goodwill-colosprings.org For adult clients with disabilities: offering safe and nurturing environments that provide sensory stimulation, calming activities and personal involvement.

Rocky Mountain Brain Injury Services

719-457-0660 2812 East Bijou Colorado Springs, CO 80909 www.rmhcare.org Day Clinic offers support to brain-injured individuals who live in the community and need day-time assistance. We provide independent living skills training, community integration and professional behavioral health services— Medicaid, Private Pay, WC and some Commercial Insurancres (Contact: Dannis Schanel)

EDUCATION

Education Resources for Children Birth to Age 21

Free and appropriate education is available to all children kindergarten through twelfth grade in public education, including students with mild to severe brain injury. If your child has sustained a brain injury, contact the school district in which your child is enrolled to inform them of your child's history and to work with the school to determine eligibility for specialized programming such as health care plan, Section 504 Plan, or Special Education Individual Education Plan (covering children birth to age 21).

Academy School District Twenty Brain Injury Team

719-234-1200 1110 Chapel Hills Drive Colorado Springs, CO 80920 www.asd20.org Provides educational program planning; has Brain Injury Specialist: Dr. Jonelle Neighbor, CBIS, 719-234-8391

CDC – Facts about Concussion and Brain Injury http://www.cdc.gov/concussion/get_help.html

A Girl and Her Brush

719-439-6225 PO Box 62430 Colorado Springs, CO 80922 www.agirlandherbrush.com Wendy Brightbill teaches art therapy classes for people who have experienced brain injuries.

Adult and Family Education Center

719-328-3000

1702 North Murray Colorado Springs, CO 80915 www.d11.org/DOI/adult_family/ Provides education to adults and families: Family Literacy, English Language Learning, GED Prep / Basic Skills.

College Living Experience

303-825-2533 1391 Speer Boulevard, Suite 400 Denver, CO 80204 www.experiencecle.com CLE is a post-secondary program for students with disabilities as they transition to adulthood.

Colorado Springs Senior Center

719-387-6000 1514 North Hancock Avenue Colorado Springs, CO 80903 www.csseniorcenter.com Offers classes in the arts, computers, fitness, health, dance and personal business to all adults

Colorado Talking Book Library 800-685-2136

180 Sheridan Boulevard Denver, CO 80226 http://www.cde.state.co.us/CTBL/index.htm Free service to all Coloradans unable to read standard print due to visual, physical or learning disabilities.

Eastern New Mexico University at Roswell

575-624-7286 PO Box 6000 Roswell, NM 88202 http://www.roswell.enmu.edu/student-services/ special-services/special-services-home Specialized occupational training for students with disabilities including independent living skills training (CO in-state tuition)

Job Corps

719-596-6850320 North Academy BoulevardColorado Springs, CO 80909www.jobcorps.govYouth ages 16-24 earn high school diploma inaddition to free gaining vocational training

Peak Parent Center

719-531-9400611 North Weber Street, Suite 200Colorado Springs, CO 80903www.peakparent.orgHelp in navigating the Special Education process.Statewide calendar listings. Serving children until age 26.

PPCC Office of Accommodative Services and Instructional Support (OASIS)

719-502-3333 Pikes Peak Community College Centennial Campus 5675 South Academy Boulevard, Suite A-115 Colorado Springs, CO 80906 www.ppcc.edu/OASIS Provides reasonable and appropriate services and accommodations for students with documented disabilities

Pikes Peak Library District

719-531-6333

5550 North Union Boulevard Colorado Springs, CO 80918 http://library.ppld.org/classes Classes include – computers, photography, tai chi, business employment, ESL, reading help, Learn English, Reading English.

Pikes Peak Region Brain Injury Education Liaison, Jonelle Neighbor Ph.D., CBIS

719-234-8391

Academy School District Twenty Special Education 1110 Chapel Hills Drive Colorado Springs, CO 80920 Jonelle.neighbor@asd20.org Building brain injury response capacity in schools, including concussion management, post injury transition, intervention training.

Pikes Peak Region Brain Injury Health Liaison, Lynn Jenkins-Nygren, RN, BSN

719-332-5121 17380 Leggins Way Monument, CO 80132 lynnj.nygren50@gmail.com Facilitates health care planning continuum from hospital discharge to re-entry to home and school environments.

Support for Success

719 330-3624 PO Box 98 Palmer Lake, CO 80133 www.supportforsuccess.org Teaching and coaching tools and strategies for recovery and success - in home or by phone.

UCCS Disability Services

719-262-3354 1420 Austin Bluffs Parkway, Main Hall #105 Colorado Springs, CO 80933 www.uccs.edu Provides students with disabilities reasonable accommodations and support services to participate fully in the academic environment.

EMPLOYMENT

Aspen Pointe Enterprises

719- 572-6100 220 Ruskin Drive Colorado Springs, CO 80910 www.aspenpointe.org Career development, training & employment opportunities, and GED preparation

Colorado Division of Vocational Rehabilitation Services

719-635-3585

1365 Garden of the Gods Road, Suite 250 Colorado Springs, CO 80907 http://www.cdhs.state.co.us/dvr Employment services for eligible individuals with disabilities to help them reach their employment goals.

Employment First

719-636-0000

El Paso County Department of Human Services Citizens Service Center 1675 W. Garden of the Gods Colorado Springs, CO 80907 http://www.colorado.gov/cs/Satellite/CDHS-SelfSuff/CBON/1251581773899 Program to ensure that all able-bodied food assistance participants engage in activities to improve employability.

JAN, Job Accommodation Network

1-800-526-7234 Office of Disability Employment Policy-ODEP U.S. Department of Labor http://askjan.org Leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues.

Pikes Peak Workforce Center

719-667-3700 2306 East Pikes Peak Avenue Colorado Springs, CO 80909 http://www.ppwfc.org State agency offering job search + training for eligible workers including services for persons with disabilities

School to Work Alliance Program (SWAP)

Teams housed within area school districts Call individual school districts and ask for SWAP Helps individuals ages 16-25 with mild to moderate disabilities find and maintain employment.

Veterans' Employment Services

719-667-3700

Colorado Department of Labor and Employment Pikes Peak Workforce Center 2306 E. Pikes Peak Ave. Colorado Springs, CO 80909 http://www.colorado.gov/cs/Satellite/CDLE-EmployTrain/CDLE/1251568096962 Providing Veterans and transitioning service members with resources and services to succeed in the 21st Century workforce

FINANCIAL / BENEFITS

Cascade Investment Group

719-632-0818 90 South Cascade Avenue, Suite 1250 Colorado Springs, CO 80903 RWrubel@ciginc.net Rob Wrubel, CFP[®] works with special needs families on financial planning and investment management.

Colorado Fund for People with Disabilities

303-733-2867 1355 S. Colorado Boulevard, Suite 120 Denver, CO 80222 www.cfpdtrust.org Enhancing quality of life for people with disabilities through fiduciary (trusts) and case manager services

CO Dept. of Revenue, Colorado Springs Service Center

303-238-7378 2447 North Union Boulevard Colorado Springs, CO http://www.colorado.gov/cs/Satellite/Revenue/ REVX/1216116072809 Administers rebates on property taxes, rent, and fuel for qualifying Colorado residents

National Stroke Association: www.stroke.org

American Stroke Association: www.strokeassociation.org

Disaboom: disaboom.com

Consumer Credit Counseling Service

719-576-0909 1233 Lake Plaza Drive, Suite A, Colorado Springs, CO 80906 http://www.cccs.net Financial counseling + education, housing counseling, debt management services. Most services are free.

Crime Victim Compensation Program, El Paso + Teller Counties

719-520-6036 105 E Vermijo, Suite 111 Colorado Springs, Colorado 80903 http://www.4thjudicialda.com/pdfdocs/ victimcompensation.pdf Assists victims of a crime to receive financial compensation for expenses related to the crime.

Department of Health Care Policy and Financing

800-221-3943 1570 Grant Street Denver, CO 80203 www.colorado.gov /hcpf Administers Home and Community Based Medicaid Waiver for Persons with Brain Injury, ages 16-64.

El Paso County Department of Human Services

719-636-0000

1675 Garden of Gods Road Colorado Springs, CO 80917 http://dhs.elpasoco.com Food assistance, Aid to Needy Disabled, Home and Community Based services, Adult Medical Programs

El Paso County Veterans Services Office

719-520-7750 105 E. Vermijo Avenue, Suite 103 Colorado Springs, CO 80903 http://adm.elpasoco.com/VeteranServices/Pages/ default.aspx Assists veterans and their dependents and survivors with VA benefits and dealings with government agencies

IRS Taxpayer Assistance Center

719-226-3262 2864 South Circle Drive, 7th Floor Colorado Springs, CO 80906 http://www.irs.gov/localcontacts Personal tax help and face-to-face assistance with tax issues.

Project Cope (Citizen Options for Energy), Colorado Springs Utilities Foundation

719-448-4800

111 South Cascade Avenue Colorado Springs, Colorado 80903 http://www.csu.org/residential/community Provides assistance one time annually to a customer facing utility disconnection.

Rocky Mountain Options for Long Term Care

719–457-0660 2812 East Bijou Street Colorado Springs, CO 80909 www.rmhcare.org El Paso & Teller Counties case management agency, serving older adults and other individuals with disabilities—Medicaid based programs (Contact: Natalie Matthewson)

Rocky Mountain HOPE Connection / SOAR Project

719-287-2669 1021 De LaVista Place Colorado Springs, CO 80911 Expedited Social Security and Medicaid benefits. Referrals for the homeless and at risk.

Social Security Administration

719-574-9279 1049 North Academy Blvd Colorado Springs, CO 80909 www.ssa.gov Administers SSI + SSDI. Information about disability benefits for qualified individuals can be found at www.ssa.gov.

Unemployment Benefits

1-800-388-5515 Colorado Department of Labor & Employment 633 17th Street, Suite 201 Denver, CO 80202-3660 http://www.colorado.gov/cs/Satellite/CDLE-UnempBenefits/CDLE/1248095315478 Temporary, partial wage replacement to workers who have been unemployed through no fault of their own.

Utility Assistance through BIAC 303-355-9969

Brain Injury Alliance of Colorado Gretchen Pate - Gretchen@BIAColorado.org http://www.biacolorado.org/support/utility_ assistance

Assists Colorado individuals with brain injury with heat & electricity bills via grant from Energy Outreach Colorado

HOUSING/ RESIDENTIAL/ RESPITE

HOUSING ASSISTANCE

Access to Freedom

719-260-7687 POB 63507 Colorado Springs, CO 80962 www.accessfreedom.com Retrofitting or remodeling of homes to fit resident's needs—grab bars, ramps, chair lifts, stair lifts.

Colorado Springs Housing Authority

719-387-6714 831 S. Nevada Ave. Colorado Springs, CO 80903 www.csha.gov Low income housing assistance. Waiting list for Section 8 certificate or housing voucher.

Greccio Housing

719-475-1422 1808 W. Colorado Avenue Colorado Springs, CO 80904 www.greccio.org Permanent, affordable housing and support services for low income individuals and families.

Housing Authority of Fountain

719-382-5639 501 E. Iowa Ave. Fountain, CO 80817

The Independence Center

719-471-8181 729 South Tejon Colorado Springs, CO 80903 www.theindependencecenter.org Maintains database of affordable and subsidized housing for individuals with disabilities. Information on homeownership through CHAFFA is available. Provides individual and systems housing advocacy.

Partners in Housing

719-473-8890 455 Gold Pass Heights Colorado Springs, CO 80905 www.partnersinhousing.org Affordable housing in the City of Colorado Springs—our affordable housing program provides rental housing to lower-income working households at affordable rents (Contact: Erin Taylor)

Salvation Army

719-636-3891 908 Yuma St. Colorado Springs, CO www.tsacs.org Provides emergency shelter for individuals who are homeless.

Urban Redevelopment/Architectural Barrier Removal Program

719-385-5912 702 E. Boulder St. Colorado Springs, CO 80909 www.springsgov.com Modifications to for low income households within city limits. No charge for qualified applicants. (Contact: Mary Burnett)

RESIDENTIAL TREATMENT FACILITIES/RESPITE

Aurora Residential Services

303-877-7965 Colorado Springs, CO www.auroraservices.com Residential treatment services; supportive homecare, active functional and rehabilitative training. Private pay, workmen's comp. (Contact Mandy Barnard)

Hilltop-Life Adjustment Program

970-245-3952 1331 Hermosa Avenue Grand Junction, CO 81506 www.htop.org Provides residential treatment services, independent living skills training, community reintegration. Accepts Medicaid (HCBS-BI SLP provider), workmen's comp, private pay. (Contact: Barb Burch)

Rocky Mountain Brain Injury Services

719-457-0660 2812 E. Bijou Colorado Springs, CO 80909 www.rmhcare.org Residential services; living skills; community reintegration; respite; counseling; vocational training. Medicaid (Post-Hospital and SLP Provider), private pay, WC. (Contact: Dannis Schanel)

Stephens Farm Campus

970-506-0008 2774 Reservoir Rd.—Greeley, CO 80634 www.gcinc.org Residential services; living skills; community reintegration. Accepts Medicaid (SLP provider), private pay, workmen's comp. (Contact: Cheryl Catsoulis)

Wildflower Assisted Living

720-628-9092 6197 W. 83rd Way—Arvada, CO 80003 www.awildflowerassistedliving.com Residential services. Accepts Medicaid (HCBS-BI SLP provider). (Contact: Nicole Shepherd)

LEGAL

Law Firm of Jaray & Webster, LLC -David J. Webster

719-633-6620 985 Pico Point Colorado Springs, CO 80905 www.jaraywebsterlaw.com Helping brain injury survivors and their families to resolve personal and work injury claims.

TBI Resource Network: www.cokidswithbraininjury.com

Law Firm of Jaray & Webster, LLC -Kenneth A. Jaray

719-633-6620 985 Pico Point Colorado Springs, CO 80905 www.jaraywebsterlaw.com Helping brain injury survivors and their families to resolve personal and work injury claims.

Law Office of Stephanie J. Stevenson, PC

719-475-9100 985 Pico Point Colorado Springs, CO 80905 coloradospringsdisabilitylawyer.com Legal assistance with Social Security Disability benefits from application to hearing.

Rocky Mountain ADA Technical Assistance Center

800-949-4232 3630 Sinton Road Colorado Springs, CO www.adainformation.org Provides information on the Americans with Disabilities Act (ADA).

MENTAL HEALTH/ COGNITIVE/ BEHAVORIAL SERVICES

MENTAL HEALTH SERVICES

Aspen Pointe

719-572-6100 875 West Moreno Ave. Colorado Springs, Co. 80905 www.aspenpointe.org Mental health services Accepts Medicaid/Medicare, Commercial Insurance, Private Pay

Cedar Springs Behavioral Health Systems

719-633-4114 or 1-800-888-1088 ext. 1340 2135 Southgate Rd. Colorado Springs, Co 80906 www.cedarspringsbhs.com Provides inpatient and outpatient psychiatric treatment for individuals of all ages

Franciscan Community Counseling

7**19-955-7008** 7655 Assisi Heights Colorado Springs, Co. 80919 www.franciscancommunitycounseling.org

Joel Junker, LPC

719-578-8664 611 North Weber St. Colorado Springs, Co. 80903 Specializes in work with individuals/families dealing with disabilities

Ken Allred, Ph. D.

719-590-6005 121 S. Tejon St., Suite 1107 Colorado Springs, Co. 80903

Peak View Behavioral Health Psychiatric Hospital

719-444-8484 2102 University Park Blvd. Colorado Springs, Co. 80918 www.strategicbh.com/peakview.html

Rocky Mountain Counseling

719-457-0660 2812 E. Bijou Colorado Springs, Co. 80909 www.rmhcare.org Offers individual, group and substance abuse counseling to individuals enrolled in RMHCS BI and EBD programs

Ron Apgar, LPC

719-634-5242 208 North Corona Street Colorado Springs, CO 80903 Private practice since 1992. Specialized in individual/marital counseling, PTSD and is EMDR trained

Switzer Counseling Center

719-442-0606 555 E. Pikes Peak Ave. Colorado Springs, Co. 80909 www.switzercounseling.org Psychotherapy and assessment

The Collaborative

719-632-1822 5 W. Las Vegas Colorado Springs, Co. 80903 www.mysrm.org Holistic approach for individuals with mental and substance abuse disorders

COGNITIVE/BEHAVIORAL SERVICES

Advanced Speech Therapy

719-460-8386 Colorado Springs, CO Heidi@advancedspeechtherapy.com Speech therapy services addressing cognition, language, problem solving, voice and swallowing disorders

Chris Stewart, Ph.D.

719-776-8325 825 East Pikes Peak Avenue Colorado Springs, CO 80903 Neuropsychological Consultation

Colorado Neuropsychological Associates of Colorado Springs

719-590-9920 3545 American Drive Colorado Springs, CO 80918 Neuropsychological Consultation

CU Aging Center

719-471-4884 1436 N. Hancock Colorado Springs, CO 80903 www.uccs.edu/agingcenter Provides comprehensive psychological and neuropsychological assessment and treatment services to individuals 55+ as well as their families

David Hatfield, Ph.D.

719-574-6562 1115 Elkton Dr. Suite 403 Colorado Springs, CO 80907 www.ccnbc.org Board certified behavior analyst; works with children, adult and families

Doris Sanders

720-840-3556 9530 East 5th Avenue Denver, CO 80230 braininjurylifecoach@gmail.com Brain Injury Life Coaching

In as little as 12 weeks, LearningRx can improve:

- Short-Term Memory
- Working Memory Processing Speed
- Focus
- Attention

"A brain injury was affecting my memory and processing speed, as well as my ability to function in a normal social environment. After an intensive 12-week program at LearningRx, I'm now able to carry on a normal conversation without losing my train of thought, recall the names of objects without having to stop and think, and perform tasks without getting sidetracked. I can once again live a normal and productive life." - K, Age 49, Denver, CO

> LearningRx Colorado Springs (719) 550-8263 www.learningrx.com/cos



Personalized one-on-one brain training. Guaranteed Results.

Jonathan Woodcock, MD

303-288-7882 8515 Pearl Street Thornton, CO 80229 www.nrrmd.com/woodcock.htm Provides expertise in neuropsychiatric healthcare for individuals with brain injury

Learning RX

719-550-8263, 719-264-8808

7075 Campus Drive Colorado Springs, CO 80920 5085 List Dr. Suite 200 Colorado Springs, CO. 80919 www.learningrx.com/colorado-springs-north Cognitive training exercises enhance recovery of lost brain function by directly stimulating, strengthening the connection systems in the brain.

Lin Moeller, Ph. D

719-442-6955 10 Boulder Crescent St. Suite 101B Colorado Springs, CO 80903 Neuropsychological Consultation

Neuro-Health Center

719-471-3460 525 N. Nevada Ave. Colorado Springs, CO stockdale@pcisys.net Neuro feedback, assessment, testing, treatment, CBT

Pine Creek Foundation

303-663-8424 P.O. Box 2885, Monument, CO 80132-2885 www.pinecreekfoundation.org Embraces people with disabilities and families by providing hope and the therapeutic riding resources (Contact: Julie Conrique)

Susan Gawey-Apgar, M.S.CCC

719-442-0415 208 N. Corona St. Colorado Springs, CO 80903 Private practice since 1995. Specializes in functional cognitive and neurofeedback therapy. Speech,voice/swallow disorders

Dr. Steve Stockdale-Neuro Health Center

7**19-471-3460** 525 N. Nevada Ave Suite 101 Colorado Springs, CO 80903 www.neurohealthcenterstevestockdale.com

Support for Success

719-330-3624 PO Box 98 Palmer Lake, CO 80133 www.supportforsuccess.org Tools and strategies for attention, memory, organization, time management at your home, work or school.

Victor Neufeld, Ph. D

719-651-1204 2860 S. Circle Dr. Suite 15 Colorado Springs, CO 80906

PHYSICAL MEDICINE RESOURCES

Alliance Health Partners

719-632-4754

3225 International Circle Suite 100 Colorado Springs, CO. 80910 http://alliance-health-partners.com Providing effective, compassionate chiropractic services to people with brain injuries for over 20 years.

Balance Point Vestibular Rehabilitation

719- 667-0666 7606 N. Union Blvd Colorado Springs, CO. 80920 A Physical Therapy practice specializing in treating patients with problems with dizziness and balance disorders.

Child Development Center of Colorado Springs

719-574-8300 3090 N. Academy Blvd. Colorado Springs, CO. 80917 www.cdcrehab.com When it comes to treating disabled and developmentally delayed children, we've met that challenge head on for 23 years.

Colorado Springs Neurological Associates

719- 473-3272 175 S. Union Blvd. Suite 310 Colorado Springs CO. 80910 www.csneuro.com The largest and most experienced neuroscience and spine practice in southern Colorado.

Dr. Viveck Baluja- Neurologist

719-578-8666 Colorado Springs Health Partners, PC 1633 Medical Center Point Colorado Springs, CO. 80907 www.cshp.net Board certified neurologist with specialty in interventional pain management for pediatrics and adults.

Dr. Garrison Fang

719-776-5200 Penrose Hospital Out-Patient Acupuncture 2222 N. Nevada Ave. Colorado Springs, CO. 80907 www.penrosestfrancis.org Certified with the National Commission for the Certification of Acupuncturists and Oriental Medicine.

Dr. Michael Galvin, PhD, PC

719-634-4444

315 East San Rafael St. Colorado Springs, CO. 80903-2405 www.drgalvin.com Specializing in treatment of psychological effects of trauma.

Dr. Brian Grabert- Neurologist

719-578-8666 Colorado Springs Health Partners, PC 1633 Medical Center Point Colorado Springs, CO. 80907 www.cshp.net Board certified Neurologist, treating pediatrics and adults. Specialized Memory Clinic available.

Dr. T. Drake McDonald- Neurologist

719-578-8666 Colorado Springs Health Partners, PC 1633 Medical Center Point Colorado Springs, CO. 80907 www.cshp.net Board Certified Neurologist- EMG and Sleep Certified

Dr. Michael Saxerud, D.O.

719-884-8480 Gleneagle Vision Center 15435 Gleneagle Dr # 110 Colorado Springs, CO 80921 www.gelneaglevision.com We specialize in the evaluation and treatment of a visual midline shift, tired eyes, trouble reading, and more than can be associated with a brain injury.

Dr. Thomas Wilson O.D., FCOVD

719-599-5083 Vision Rehabilitation Specialists 595 Chapel Hills Dr. Suite 102 Colorado Springs, CO. 80920 www.coloradovisionsource.com Specializing in optometry for learning related vision problems and problems secondary to a brain injury.

El Paso County Medical Society

719-591-2424 730 Citadel Dr. E, Suite 206 Colorado Springs, CO. 80909 www.epcms.org To be an advocate for physicians, improve community health, and create a liaison between physicians and their patients.

Fitness to Drive

719-776-5200 Terri Cassidy OTR, CDRS Penrose Hospital Driving Rehabilitation Program 2222 N. Nevada Ave Colorado Springs, CO. 80907 www.penrosestfrancis.org A program for people who need to develop or improve their current driving capabilities due to injury or age-related changes.

HealthSouth Rehabilitation Hospital of Colorado Springs

719-630-8000 325 Parkside Dr. Colorado Springs, CO. 80910 www.healthsouth.com A 56-bed acute medical rehabilitation hospital that offers comprehensive inpatient and outpatient rehabilitation services.

Intermountain Rehabilitation Associates

719-471-0727 559 E Pikes Peak Ave Ste 100 Colorado Springs, CO 80903 Specializing in treatment for chronic headaches.

Jill Corson NP Neurology

719-578-8666 Colorado Springs Health Partners, PC 1633 Medical Center Point Colorado Springs, CO. 80907 www.cshp.net

Memorial Hospital Rehabilitation

719-365-5000 175. S. Union Blvd. Colorado Springs, CO. 80910 www.memorialhealthsystem.com Offering Physical, Occupational, and Speech Therapy and Neuropsychology at 6 clinics in Colorado Springs and one in Woodland Park.

Mission Medical

719-219-3402 2125 E. La Salle Colorado Springs, CO. 80907 www.missionmedicalclinic.org A Christian free clinic specializing in diabetes, dental, vision, spiritual support and prayer, gynecology, behavioral health, cardiac care and prevention.

Optima Rehabilitation

719-632-4754

3225 International Circle Suite 100 Colorado Springs, CO. 80910 http://alliance-health-partners.com Providing effective, compassionate chiropractic services to people with brain injuries for over 20 years.

Parkview Medical Center

719-584-4000 400 West 16th St. Pueblo, CO. 81003 www.parkviewmc.com A nonprofit corporation offering acute healthcare and behavioral health specialty services.

Peak Vista Community Health Center

719-632-5700 2840 International Circle Colorado Springs, CO. 80910 www.peakvista.org A private nonprofit dedicated to premier medical, dental and behavioral health services for people of all ages facing access barriers.

Penrose Hospital Rehabilitation

719-776-5200 2222 N. Nevada Ave. Colorado Springs, CO. 80907 www.penrosestfrancis.org Offering rehabilitation services spanning the spectrum from acute intervention through outpatient treatment, support, and reintegration into home, work, and community settings.

Pikes Peak Region Brain Injury Health Liaison, Lynn Jenkins-Nygren, RN, BSN

719-332-5121 17380 Leggins Way Monument, CO 80132 lynnj.nygren50@gmail.com Facilitates health care planning continuum from hospital discharge to re-entry to home and school environments.

Pikes Peak Therapeutic Riding Center

719-495-3908 13620 Hallelujah Trail Elbert , CO. 80106 www.pptrc.org Physical, Occupational, or Behavioral Health Therapies using therapeutic horsemanship.

Powers Medical Family Practice

719-550-9100 Dr. Keith O. Bodrero, DO ,PhD, PC 6080 North Carefree Colorado Springs, CO. 80922 www.powersmedical.com Offering manipulative therapy, cranial therapy, micro current therapy and stimulation therapy, alternative energy therapies, and medical therapies.

St. Mary – Corwin Medical Center

1-800-228-4039 1008 Minnequa Ave. Pueblo, CO. 81004 www.stmarycorwin.org Offering comprehensive services for in-patient and out-patient care. Certified Stroke Center.

St. Thomas More Hospital

719-285-2600 1338 Phay Ave. Canon City, CO. 81212 www.stmhospital.org Offering a full line of Physical, occupational, and Speech Therapy services for clients with mild to moderate brain injuries.

Tai Ji Chinese Medicine and Acupuncture 719-559-4550

Debbie Hsiao Ki Ting L.A.C., MSOM, Dipl.OM 7621 Austin Bluffs Parkway Suite 100 Colorado Springs, CO. www.taijiacupuncture.com Offering Acupuncture, Chinese Herbal Medicine, and massage.

TRANSPORTATION

Amblicab

7**19-633-4677** 1352 North Academy Boulevard Colorado Springs, CO 80909 Door-through-door paratransit services for ADA certified adults ages 18+ in Colorado Springs area

BEO Mobility

719-362-8000 1375 Fillmore Ridge Heights Colorado Springs, CO 80907 www.rockymountainambulance.com Reliable door-to-door non-emergency wheelchair transportation available 24 hours a day, 7 days a week

Department of Motor Vehicles, El Paso County

719-520-6240 200 S. Cascade Avenue Colorado Springs, CO 80903 http://car.elpasoco.com/MotorVehicle/Pages/ default.aspx Titles, registrations, and permits for motor vehicles. Three locations – downtown, east, north. Call for information.

Disabled American Veterans

719-380-8005 3754 East La Salle Street Colorado Springs, CO 80909 Email dav.cosprings@gmail.com Free transportation to Denver VA Hospital. Van reservation and hospital appointment required. For reservation, email preferred.

Driver Safety Consultants

719-277-0001 3515 North Carefree Circle Colorado Springs, CO 80917 www.drivesafer.info Specializing in brain injuries and spinal cords. All phases of driver evaluations, testing, and training.

Freewheel Mobility

719-635-7800

4655 Town Center Drive Colorado Springs, CO 80916 www.freewheelvans.com Providing sales and service of wheelchair accessible vehicles, wheelchair lifts, and adaptive driving aids.

Mountain Metropolitan Transit

719-385-7439 1015 Transit Drive Colorado Springs, CO 80903 www.mmtransit.com ADA paratransit service for ADA-certified individuals who are unable to use the fixed-route bus service.

Preferred Travel Helpers

303-493-5600 88 Inverness Circle East, Suite D-101 Englewood, CO 80112 www.pthelpers.com Put your travel worries away, take a helper with you today. Helpers – Bonded, Trained, CPR Certified.

Silver Key Senior Services Transportation

719-884-2380 2250 Bott Avenue Colorado Springs, CO 80904 www.silverkey.org Door-through-door specialized transportation for seniors 60+. Rides for medical, food, shopping, and recreation.

Wheelchair Getaways of Colorado

800-238-6920 PO Box 621429 Littleton, CO 80162 www.wheelchairgetaways.com Accessible van rentals. Hand controls available. Full size and mini available. Delivery available throughout Colorado.

Yellow Cab Company of Colorado Springs

719-777-7777 4625 Town Center Drive Colorado Springs, CO 80916 www.yccos.com Passenger transportation available 24/7, 365 days a year. Major credit cards accepted.

Mild TBI or Post Concussive-Syndrome

- Brief or no loss of consciousness
- 90% of concussions resolve within a few weeks
 - 10% have symptoms that last a lifetime
 - Symptoms are not "mild"

Typical Effects of Mild to Moderate BI

- Mental fatigue
- Slowed processing speed
- Difficulty transferring "new learning" into memory- affects sequential thinking
 - Problems with Executive Function
 - Social Skill problems

Typical Effects of Moderate to Severe BI

- Mental fatigue
- Motor problems
- Feeding problems
- Cognitive problems-concrete thinking
- Emotional and Behavior regulation
 - Seizures
 - 80% have life long changes

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the doctor will hear you now

want better health care? start asking more questions. to your doctor. to your pharmacist. to your nurse. what are the test results? what about side effects? don't fully understand your prescriptions? don't leave confused. because the most important question is the one you should have asked. go to *www.ahrq.gov/questionsaretheanswer* or call *1-800-931-AHRQ (2477)* for the 10 questions every patient should ask. **questions are the answer**.







Memorial Health System Physical Rehabilitation Services and Concussion Clinic

Memorial's physical rehabilitation programs offer individualized treatment designed to restore personal independence and help patients achieve the highest level of function specific to their condition.

Memorial Inpatient Physical Rehabilitation

- One-on-one rehabilitation designed to address the needs of patients needing 24-hour nursing care while facing adjustment to long-term or permanent disability as a result of illness or neurological, orthopedic, medical or other traumatic injury.
- Located on the 7th floor of Memorial Hospital Central.
- Accredited by CARF, the Commission on Accreditation of Rehabilitation Facilities.
- Call 719-365-2777 for more information.

Memorial Adult and Pediatric Outpatient Physical Rehabilitation

- A rehabilitation therapist works one-on-one with every patient to assure that the treatment plan is individualized, interdisciplinary and specific to the patient's needs.
- Seven outpatient clinics are located throughout the Colorado Springs area.
- Call 719-365-6411 for more information.

Memorial Concussion Clinic

- A clinical neuropsychologist works one-on-one with every patient to assess and treat the cognitive, physical and emotional symptoms sustained during a concussion, helping the patient return to sports and day-to-day activities sooner.
- Call 719-365-6411 for more information.

