After brain injury, rehabilitation is one of the most important steps in the recovery process. Our hospital offers innovative therapies, a specialized team and advanced technologies to give patients the confidence and strength they need to return to their community.

Learn more at
ehc.rehab/coloradorehab

Brain injury rehabilitation – Life-changing results
Welcome to the Pikes Peak Region Brain Injury Resource Directory

This directory was created by the Pikes Peak Region Brain Injury Professionals Network. It is a group of professionals who specialize in treatment and assistance for people who have acquired or traumatic brain injuries. The group is an affiliate of the Brain Injury Alliance of Colorado.

The organizations listed in the directory all have a history of providing services to people with brain injuries. It is important to us that the organizations listed are able to understand the special needs of someone living with a brain injury. Each section was assembled by a professional in the field.

Countless hours of work go into the project so the most up-to-date and complete information is provided. Huge thanks to Carol Cochran and Carol Roche, co-chairs, for their coordination of this effort. Professionals who researched listing information are Janine Holloman, Rhea Pedler, Karli Johnson, Carol VanNess, Sarah Braun, Tamara Tinsley, Riann Holiday, Jerome Ford, Chris Lewandowski, Fred Hinton, Lauren Simmons and Sally Layton.

Carley Hyman of Encompass Health Rehabilitation Hospital coordinated receipt and display of entries for the directory cover contest. More than 200 entries were received! The winner of the contest is Deepa Daya for her piece “The Path Less Traveled.” The name and image resonated with BIPN members who selected it as winner. The winning literary entry “PITY,” was submitted on behalf of SFC Brian Mancini, USA Retired, a two-time Purple Heart winner and Founder of Honor House, a non-profit organization helping Veterans transition from military to civilian life. The runner up in the art cover contest is “Black and White Digital” by Lisa Cush. The second place literary entry is YOU ARE NOT ALONE by Cat Anthony.

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 1325 S. Colorado Blvd. B-300, Denver, CO 80222. Phone: 303-355-9969. They can also be found on the web at www.biacolorado.org. BIAC will be happy to assist you and has an online resource directory for the entire state of Colorado.

The Brain Injury Professionals Network would like to thank our sponsors: Encompass Health Rehabilitation Hospital of Colorado Springs, UCHealth, Operation TBI Freedom / Craig Hospital, PASCO, Brain Injury Alliance of Colorado, Penrose – St. Francis Rehabilitation, The Webster Law Firm, AHOD and Harmonized Brain Centers. Thanks also to Envida.
Lisa Moran describes life after a stroke

In August 2017 Lisa Moran received a Moyamoya diagnosis. Moyamoya Disease is a rare condition in which the internal carotid arteries that supply blood to the brain become narrowed. Blood flow to the brain is limited and there is risk for stroke and other neurological events. Lisa opted to have a brain bypass surgery that would return the blood flow.

Lisa did lots of research and selected a neurosurgeon in California that had performed the surgery many times with a high success rate. She was released from the hospital and recovering when the unthinkable happened. Lisa suffered a hemorrhagic stroke two days after surgery.

She experienced cognitive problems, memory issues, left sided neglect, loss of her left peripheral vision in both eyes, and had some paralysis. The initial prognosis was that great improvement was not anticipated.

Lisa is a fighter! Within two weeks there was some movement and ultimately she was able to walk out of the hospital on her own. After a stint in acute rehabilitation in California, Lisa returned to Colorado and started outpatient therapy. She has participated in physical therapy, occupational therapy, vision therapy with a neuro optometrist, speech therapy and art therapy.

With the therapy Lisa said, “It helps to have supervision to guide me through the processes so I am rehabbing to the best of my ability.”

“I’m not 100 percent, but I am independent, and living on my own. I have days and times I can tell cognitively that I need rest. I have regained movement and feeling on my left side, although I have some numbness, tingling and neuropathy. I will be able to drive again,” she said.

“Fatigue can be worse than the physical problems I’ve had to overcome,” she explained, “I’ve had to train myself to get rest even if I do not feel physically tired.”

Lisa’s advice for brain injury patients is to be your own advocate. What keeps her going is her future and hope for tomorrow. She has learned to celebrate the victories and really relishes accomplishments that showcase her recovery, no matter how small because small victories add up! Her other piece of advice is for patients to give themselves a break. “Your body and brain have been through a heck of a lot. You’re surviving,” she said.

A little motivation helps too. Lisa has always wanted a classic car. She bought a 1960 Thunderbird that is being worked on so it is ready when she is able to get back behind the wheel soon.
ADVOCACY

Arc Pikes Peak Region, The
719-471-4800
10 and 12 North Mead Avenue
Colorado Springs, CO 80909
www.thearcppr.org
Provides advocacy for children and adults with developmental and intellectual disabilities at no cost.

Brain Injury Alliance of Colorado
303-355-9969
1325 South Colorado Boulevard, Suite B300
Denver, CO 80222
www.biacolorado.org
BIAC is the go to resource for help and services for survivors of an injury to the brain, their families, and providers.

Catholic Charities of Central Colorado
719-636-2345
228 North Cascade Avenue
Colorado Springs, CO 80903
www.ccharitiescc.org
Daily hot meals, employment, case management, pregnancy and emergency services, early education, parenting, ESL classes and more.

Center Toward Self Reliance
719-546-1271
901 West 8th Street
Pueblo, CO 81003
www.cfclpueblo.org
Enhancing the independence of people with disabilities.

Guardianship Alliance
303-691-9339, ext.1117
801 Yosemite Street
Denver, CO 80230
www.abilityconnectioncolorado.org/
guardianshipallianceofColorado
Offers classes to assist individuals with filing for guardianship. Also offer resources for additional supports.

HCP-A Program for Children and Youth with Special Healthcare Needs
719-578-3200
1675 West Garden of the Gods Road
Colorado Springs, CO 80907
www.elpasocountyhealth.org
Provides medical care coordination for children from birth to 21 who have special health needs, including brain injury.

Independence Center, The
719-471-8181
729 South Tejon Street
Colorado Springs, CO 80903
www.theindependencecenter.org
Provides information and referral, as well as individual and community advocacy for people with disabilities.

MINDSOURCE Brain Injury Network
1-800-955-2423
Colorado Department of Human Services
1575 Sherman Street, 4th floor
Denver, CO 80203
www.mindsourcecolorado.org
With resources from the TBI Trust Fund, MINDSOURCE advances systems and assures case management services for individuals with brain injuries.

PASCO
719-960-4995
El Paso County
Colorado Springs, CO
www.PSDCHOHH.com
Helping families care for their loved ones with the paid family caregiver program.

Pikes Peak United Way
2-1-1 / 719-632-1543
518 North Nevada Avenue
Colorado Springs, CO 80903
www.ppunitedway.org/211database.html
Call 211 for referrals for food, utilities, housing, childcare, emergency shelter, military assistance, and senior issues.
What is Cognitive Therapy?

Cognitive therapy can take many different forms based on patient needs. While ‘talk’ therapy is traditional, other methods may also be used. The goal is to identify thought patterns and emotions that impact behavior. The therapist’s goal is to teach clients how to make changes that lead to positive life outcomes.

“At A Cognitive Connection (ACC), cognitive therapy looks a little different than traditional approaches. ACC utilizes Cognitive Behavioral ‘talk’ therapy in conjunction with technology, as well as music, and a multisensory approach to evaluate and explore how thought, and how the brain processes thought, influences our feelings, so we can change behaviors,” explained Carol Van Ness, Owner/Executive Director at A Cognitive Connection, LLC.

Cognitive therapy can be used with children, adults and seniors to improve visual and auditory processing skills, focus, memory, self-worth, negative thought, poor school and work performance, personal development and relationships, said Van Ness.

Practitioners may also use cognitive reframing, a method for working with negative thought patterns. Guided discovery, exposure therapy, journaling, behavior activation, role playing and stress reduction techniques can all be part of treatment. Your therapist will put together a plan after an initial meeting.

Cognitive therapy focuses on the specific brain function and wellness across an array of cognitive domains including memory, executive function, attention, visual–spatial processing, verbal function, problem-solving and working memory, said Van Ness. She explained this differs from other treatments for brain injury since it is individualized to the person’s specific needs.

Van Ness said any person who has experienced an acquired or traumatic brain injury or any situation of brain dysfunction can be helped with cognitive therapy. While all patients can benefit from this approach, the individual has to be open to the suggestions of the counselor and willing to try multiple approaches.

Prior to beginning therapy a patient or caregiver should be comfortable asking questions about methods used, credentials, timetables for treatment and expected outcomes. It is reasonable to ask about how the need for treatment is evaluated and how progress is measured.

“Every person is unique and every brain injury is unique,” explained Van Ness. “A patient or caregiver should ask if our counselor needs to provide services in the clinic or home/community. It would be good to know what financial options are available.”

There may be a sliding scale for self-pay options. If an individual has a diagnosed Intellectual or Developmental Disability or qualifies for HCBS services through State Medicaid services may be contracted.

There may also be specific options for individuals who have been in a car accident and are seeking cognitive support.

Progress measurement may utilize a variety of tools. “ACC offers many modalities for evaluating progress. Neurotrax assessments are computerized tests available to assess brain wellness across an array of all the cognitive domains listed above. We also utilize psychosocial scales to measure levels of anxiety and depression. The Interactive Metronome system will measure psychomotor skills, reaction times, balance and coordination. The Brainbuilder program measures, guides and assesses progress in memory, attention, impulsivity and sequencing. Interviews and observations are also utilized to evaluate progress. Sometimes the best way to measure progress is self-journaling and weekly reports,” Van Ness said.
**Rehab Resources-HCS, LLC**  
**616-690-3134**  
4164 Austin Bluffs Parkway, #313  
Colorado Springs, CO 80918  

**ALCOHOL AND DRUG**

**3 Point Club**  
**719-542-6347**  
2506 Lake Avenue  
Pueblo, CO 81004  
3 Point is recovery, AA, Al-Anon, drugs, etc. We’re here to help people.

**Alcoholics Anonymous (AA)**  
**719-573-5020**  
www.aa.org  
A fellowship of men and women who share their experience, strength and hope to help achieve sobriety.  
Colorado Springs Area Office – 1353 South 8th Street, Suite 209  
Colorado Springs, CO 80905  
www.coloradospringsaa.org  
Pueblo Office: Central Service Office  
719-546-1173  
4053 A Club Manor Drive  
Pueblo, CO 81008

**Colorado Al-Anon/Alateen, Inc.**  
**1-888-425-2666**  
http://al-anon-co.org/index.php  
Support groups for friends and families living with the problem-drinking of a relative or friend.

**Narcotics Anonymous Pikes Peak Region**  
**719-637-1580**  
http://www.nacolorado.org  
Fellowship of men and women who help each other stay clean from addiction.

**VA Substance Use Disorder (SUD) Programs**  
http://www.va.gov/directory/guide/state_SUD.cfm?STATE=CO  
Substance use disorder (SUD) programs for military veterans.

Colorado Springs Office: PFC Floyd K. Lindstrom Clinic  
719-327-5660  
3141 Centennial Boulevard  
Colorado Springs, CO 80907  
Pueblo Office: Pueblo Outpatient Clinic  
719-553-1000  
4776 Eagleridge Circle  
Pueblo, CO 81008

**ASSISTIVE TECHNOLOGY**

**Ablelink Smart Living Technologies**  
**719-592-0347**  
6745 Rangewood Drive, Suite 210  
Colorado Springs, CO 80918  
www.ablelinktech.com  
Easy-to-use app software supporting independent living in the areas of scheduling, video modeling and wayfinding.

**Accessible Systems**  
www.AccessibleMed.com  
Helping people of all ages and abilities modify their home: Stairlifts, ramps, lift systems, remodels and more.

**Colorado Springs - 719-387-0675**  
Service Area:  
Colorado Springs, Pueblo, Woodland Park, Monument, Peyton

**Denver - 303-693-7787**  
Service Area:  
Denver, Aurora, Thornton, Castle Rock, Boulder, Westminster

**Northern Colorado - 970-475-1880**  
Service Area:  
Greeley, Fort Collins, Cheyenne, Loveland, Lyons

**Affordable Medical Supply**  
**719-632-4036**  
1833 North Circle Drive  
Colorado Springs, CO 80909  
www.AffordableMedMart.com  
Affordable Medical Supply has rentals, durable medical equipment, wound supplies and more!
**Assistive Technology Partners- Center for Inclusive Design and Engineering**

303-315-1280  
1224 5th Street  
Denver, CO 80204  
www.AssistiveTechnologyPartners.org  
Empowering individuals with assistive technology by providing exemplary clinical services, consultation, education, research and development.

**Health Promotion Partners - Fitness to Drive Program**

719-231-6657  
2924 Beacon Street, Suite D  
Colorado Springs, CO 80907  
www.HealthPromotionPartner.com  
Adaptive driving equipment evaluation and training program.

**Independence Center, The**

719-471-8181  
729 South Tejon Street  
Colorado Springs, CO 80903  
www.TheIndependenceCenter.org  
Access to information and financial resources for people with disabilities around technologies and home modifications.

**Life Wheels On**

719-331-1011  
Servicing: Denver, Colorado Springs, and Pueblo  
www.LifeWheelsOn.com  
LWO provides in-home physical therapy wheelchair evaluations and training. Assessment of other home equipment; prn.

**PCs for People**

720-278-7725  
6035 East 38th Avenue  
Denver, CO 80207  
www.PCsForPeople.org  
We provide affordable computers/laptops and low-cost internet to eligible individuals and nonprofits.

**Pikes Peak Community College Computer Access Center**

800-356-6847  
5675 South Academy Boulevard, A130  
Colorado Springs, CO 80906  
www.ppcc.edu/accessibility-services/  
CAC offers courses and training in computer assistive tech including voice recognition, text to speech and more!

**United Access**

719-590-1400  
6285 Corporate Drive  
Colorado Springs, CO 80919  
www.UnitedAccess.com  
Accessible vehicles, mobility equipment rental, installation and repair.

**Westpeak Mobility**

719-299-2167  
903 East Fillmore Street  
Colorado Springs, CO 80907  
www.WestpeakMobility.com  
Colorado's locally owned premier resource for complex mobility rehabilitative equipment. “We treat people like people.”

## COGNITIVE / BEHAVIORAL / MENTAL HEALTH

**A Cognitive Connection, LLC**

719-233-1199  
2163 North Academy Boulevard  
Colorado Springs, CO 80909  
www.aCognitiveConnection.com  
Individualized cognitive and behavioral support, neurofeedback and brain integration training. We also offer computerized cognitive assessment and education.

**Adult Community Services**

719-440-6445  
2210 East La Salle, #108  
Colorado Springs, CO 80909  
Mental health counseling for adults with co-occurring medical and mental health illnesses.

**Apgar Center**

719-442-0415  
302 East Uintah Street  
Colorado Springs, CO 80903  
www.apgarcenter.com  
Outpatient speech therapy services including cognitive retraining, executive function skills training memory compensation, and return to work programs.
Balance Chiropractic  
709-265-0115  
808 Village Center Drive  
Colorado Springs, CO 80919  
www.balancecolorado.com  
Non-traditional chiropractic focused on helping people with TBIs, whiplash, and neck injuries.

BrainCare LLC  
719-520-5656  
6243 Soaring Drive  
Colorado Springs, CO 80918  
www.braincarellc.com  
BrainCare provides supported living in housing with a rehabilitation focus to individuals with brain injuries.

Child Community Services  
719-440-6445  
2210 East La Salle Street, Suite 108  
Colorado Springs, CO 80909  
www.childcommunityservices.org  
Individual and family therapy and targeted case management for children and youth with mental illness.

CorKinect  
719-660-1720  
Serving the Pikes Peak Region  
Three-dimensional cognitive approach for re-establishing neuropathways; helps improve daily function and emotional balance.

Franciscan Community Counseling, LLC  
719-955-7009  
7665 Assist Heights  
Colorado Springs, CO 80919  
www.community.stfrancis.org  
FCC provides assessment and therapy for all without regard to affiliation, or ability to pay.

Fred Dearborn, LPC  
719-660-1613  
617 North 17th Street, Suite 201  
Colorado Springs, CO 80904  
Mental health counselor specializing in Rapid Resolution Therapy (RRT) for Post-Traumatic Stress Disorder (PTSD).

Harmonized Brain Centers  
719-661-6422  
www.HarmonizedBrainCenters.com  
Improved brain function from concussion or TBI using safe, proven, effective, state-of-the-art Neurofeedback, biofeedback, and other modalities.  
Colorado Springs office  
2149 North Academy Boulevard  
Colorado Springs, CO 80909  
Denver office  
9034 East Easter Place, Suite 207  
Centennial, CO 80112

Healing Pathways Counselors and Neurofeedback Services  
719-694-3309  
5265 North Academy Boulevard, Suite 3300  
Colorado Springs, CO 80923  
https://therapists.psychologytoday.com  
I specialize in trauma therapy and provide individual sessions for adults. Accepting Medicaid and other insurance. English/ Spanish.

Impact Vision Therapy  
719-302-8922  
1710 Jet Stream Drive, Suite 100  
Colorado Springs, CO 80923  
www.impactvisiontherapy.com  
Training exercises enhance recovery of brain function by stimulating and strengthening visual connections in the brain.

Last Key on the Ring, PLLC  
719-357-1810  
1935 Dominion Way, Suite 201  
Colorado Springs, CO 80918  
Trauma-focused therapy for individuals recovering from brain injuries. EMDR trained.

National Alliance on Mental Illness  
719-473-8477  
1615 South Murray Boulevard  
Colorado Springs, CO 80916  
www.namicoloradosprings.org  
NAMI offers free education and support programs for those who live with mental illness and their families.
Peak Vista Community Health Centers
719-632-5700
3205 North Academy, Suite 130
Colorado Springs, CO 80917
www.peakvista.org
Peak Vista Community Health Centers is a nonprofit Federally Qualified health center dedicated to providing medical, dental and behavioral health care to people of all ages. See website for complete listing of all outpatient centers in the Pikes Peak and East Central Plains regions.

Shandy Clinic
719-597-0822 x123
685 Citadel Drive East, Suite 580
Colorado Springs, CO 80909
www.shandyclinic.com
Exceptional therapy for exceptional children! Offering speech, occupational and physical therapy in multiple convenient locations.

Solvista Health
719-275-2351
3225 Independence Road
Cañon City, CO 81212
http://solvistahealth.org/
Solvista offers mental health care and addiction recovery services. Access 24/7 crisis help at 719-275-2351.

Trudy C. Dawson MSW, LCSW, PC
719-377-2118
7035 Campus Drive, Suite 808
Colorado Springs, CO 80920
www.trudycdawson.com
Cognitive and behavioral services for brain injury survivors and family members. Supportive services include counseling and biofeedback.

UCCS Aging Center
719-255-8002
4863 North Nevada Avenue, Suite 321
Colorado Springs, CO 80918
www.uccs.edu/agingcenter.com
The UCCS Aging Center offers comprehensive neuropsychological assessments and recommendations regarding treatment.

COMMUNITY RECREATION / LEISURE RESOURCES

Achilles Pikes Peak
828-712-3737
www.facebook.com/achillespikespeak
Helping make recreation, fitness and competition more accessible for people with disabilities.

Adaptive Adventures
303-679-2770
1315 Nelson Street, Unit 1
Lakewood, CO 80215
www.adaptiveadvances.org
Progressive outdoor sport opportunities for children, adults and veterans with physical disabilities.

Adaptive Sports Center
970-349-2296
19 Emmons Road
Mt. Crested Butte, CO 81225
www.adaptivesports.org
Empowering people living with disabilities through outdoor adventure activities.

Brain Injury Alliance of Colorado
303-355-9969
1325 South Colorado Boulevard, Suite B300
Denver, CO 80222
www.BIAColorado.org
Offers recreation and social programs that are multi-day, one-day, and numerous social events to meet other survivors.

Breckenridge Outdoor Education Center
970-453-6422
300 Snowy Ridge Drive
Breckenridge, CO 80424
www.boec.org
The BOEC expands the potential of people with disabilities through meaningful and educational outdoor experiences.
**Center Toward Self-Reliance**  
719-546-1271  
901 West 8th Street  
Pueblo, CO 81003  
www.cfdpueblo.org  
Enhancing the independence of people with disabilities.

**City of Aurora – Therapeutic Recreation**  
303-326-8410  
800 Telluride Street  
Aurora, CO 80011  
www.auroragov.org/recreation  
Encouraging meaningful recreation opportunities and programs for individuals with disabilities to enhance and expand social, cognitive, affective and physical abilities.

**City of Boulder Parks and Recreation**  
303-413-7269  
3170 Broadway  
Boulder, CO 80304  
www.BoulderColorado.gov/parks-rec  
Recreation programs designed for independent adults who have acquired a mild traumatic brain injury.

**City of Colorado Springs Therapeutic Recreation Program**  
719-385-6964  
1315 East Pikes Peak Avenue  
Colorado Springs, CO 80909  
www.coloradosprings.gov/tr  
Provides recreation and leisure opportunities for youth and adults with disabilities; including specialized programs and inclusion services.

**City of Fort Collins – Adaptive Recreation Opportunities**  
970-224-6027  
215 North Mason St.  
Fort Collins, CO 80524  
www.fcgov.com/aro  
The ARO program offers a variety of specialized recreation and fitness programs for people of all ages and abilities.

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**PITY**

DON’T YOU DARE PITY ME  
FOR I LIVE PROUD AND PITY FREE.

I WOULD DO IT ALL OVER AGAIN IF NEED BE,

FOR THIS GREAT NATION ‘TIS OF THEE.

I STAND TALL AND PROUD, SO DON’T YOU DARE PITY ME.

FOR I LIVE AND WILL DIE PITY FREE.

NO MATTER HOW MANGLED MY BODY IT MAY BE,

THE SCARS AND PAIN ARE SIMPLE REMINDERS YOU SEE,

THE SACRIFICES MADE FOR THE LAND OF THE FREE.

THERE ARE MANY MORE WHO HAVE GIVEN MORE THAN ME,

SO I HONOR THEM BY LIVING PITY FREE.

I TRULY HAVE LIVED BETTER LIVING PITY FREE.

SO I HAVE ONE REQUEST, CAN YOU DO IT FOR ME?

PLEASE DON’T YOU DARE PITY ME.

FOR I LIVE PROUD AND PITY FREE.

*SFC Brian Mancini, USA Retired*  
*Combat Medic*  
*Purple Heart recipient X2*  
*Founder, Honor House.*  
*A non-profit organization helping Veterans transition from military to civilian life.*

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**Center for Disease Control (CDC)**  
www.cdc.gov/TraumaticBrainInjury
City of Lakewood
303-987-4867
1555 Dover Street
Lakewood, CO 80215
www.lakewood.org/RISE
Providing opportunities for inclusive and therapeutic recreation in the Lakewood community.

City of Wheat Ridge Parks & Recreation - Therapeutic Recreation Program
303-231-1300
4005 Kipling Street
Wheat Ridge, CO 80033
www.rootedinfun.com
Recreation and leisure opportunities for individuals with disabilities of all ages and abilities.

Community Sailing of Colorado
303-757-7718
4800 South Payton Street (Cherry Creek Reservoir)
Greenwood Village, CO 80111
www.communitysailing.org
Providing therapeutic recreation through sailing with specialized equipment. Come experience the tranquility of the water.

Denver Parks & Recreation – Adaptive Recreation
720-865-0820
1849 Emerson Street
Denver, CO 80218
www.denvergov.org/adaptive
Adaptive recreation opportunities throughout the Denver Metro area for people of all ages with disabilities.

Du Myon Martial Arts
719-301-3839
7868 North Academy Boulevard
Colorado Springs, CO 80920
www.dumyonmartialarts.org
Safe traditional martial arts family learning experience for those diagnosed with disabilities or at risk.

Easterseals Colorado - Rocky Mountain Village
303-569-2333
2644 Alvarado Road
Georgetown, CO 80444
www.easterseals.com/co/our-programs/play/rocky-mountain-village-camp/
Rocky Mountain Village functions as a fully accessible retreat/rental facility dedicated to supporting people with disabilities.

Fishing Has No Boundaries
719-873-3462
1535 Saratoga Drive
Colorado Springs, CO 80910
www.csfhnb.org
Opportunities for persons with disabilities to have the experience of fishing from a boat.

Flying Pig Farm
Crystal Park Road & Keithley Road
Manitou Springs, CO 80829
www.facebook.com/flyingpigmanitou
Connect and heal – Work with earth! Join in planting, harvesting, work projects and animal care.

National Sports Center for the Disabled (NSCD)
303-633-5803
1801 Mile High Stadium Circle, Suite #1500
Denver, CO 80204
www.NSCD.org
Adaptive sport for all disabilities and ages.

Paradox Sports
720-638-5593
P.O. Box 273
Eldorado Springs, CO 80025
www.paradoxsports.org
Paradox Sports transforms lives and communities through adaptive rock and ice climbing opportunities that defy convention.

Pikes Peak Library District
719-531-6333
5550 North Union Boulevard (other locations throughout El Paso County)
Providing resources and opportunities that change individual lives and build community.
South Suburban Parks & Recreation – Buck Center  
303-797-8787  
2004 West Powers Avenue  
Littleton, CO 80120  
www.sspr.org  
Promote independence, choice, participation, growth and confidence for people with disabilities.

Town of Parker, Recreation Center – Therapeutic Recreation Division  
303-841-4500  
17301 East Lincoln Avenue  
Parker, CO 80134  
www.parkerrec.com  
Using adapted programming, strive to minimize barriers, increase leisure awareness, promote skill-building and improve well-being.

United States Association of Blind Athletes  
719-866-3222  
30 Cimino Drive  
Colorado Springs, CO 80903  
www.usaba.org  
Empowers blind and visually impaired Americans through sports, recreation and physical activities.

COMPLEMENTARY & ALTERNATIVE THERAPIES

Acupuncture by Tawnya Salas  
719-545-6189  
126 West D Street, Suite 100C  
Pueblo, CO 81003  
www.pointbacktohealth.com  
Acupuncture treatments addressing PTSD symptoms, memory, focus, depression, anxiety, stress and sleep.

Balance Chiropractic  
719-265-0115  
808 Village Center Drive  
Colorado Springs, CO 80919  
www.balancecolorado.com  
Non-traditional chiropractic focused on helping people with TBIs, whiplash and neck injuries.

Body Brain Connection, LLC  
719-338-9103  
Serving the Pikes Peak area  
Certified Brain Integration Practitioner  
RMP, EFTM, BA Social Work  
Holistic approach utilizing targeted modalities releasing emotional and energetic impact of trauma, stress and fight/flight or freeze.

Chanda Plan  
1-800-766-4255  
1630 Carr Street  
Lakewood, CO 80214  
www.iamtheplan.org  
Provides access to integrative therapy to improve health outcomes for persons with physical disabilities.

Chef Stevie  
Serving the Colorado Springs Area  
Cheffstevie.com  
A.N.D. Registered Nutritionist, Health Chef and Holistic Health Practitioner providing nutrition and health counseling/education.

Comfort Me Weighted Blankets  
513-405-1478  
Serving the Pikes Peak area  
Washable, pet safe, Weighted Sensory Blankets providing comfort for adults/children with or without sensory disorders.

Concussion Place, The  
719-380-8055  
3425 Austin Bluffs Parkway  
Colorado Springs, CO 80918  
theconcussionplace.com  
Accident recovery specialists focusing on vision/balance training, neurocognitive services, chiropractic, and physical therapies. No referral necessary!

INJURY PREVENTION & CONTROL: Traumatic Brain Injury

In 2014 there were about 2.87 million TBI-related emergency department visits.

Information provided by the Centers for Disease Control
Corkinect Brain Integration Practitioner
719-660-1720
Serving the Pikes Peak area
Three-dimensional cognitive approach for reestablishing neuropathways; helps improve daily function and emotional balance.

Dancing Goose Therapeutics, LLC
719-321-8570
441 Manitou Avenue, Suite 200
Manitou Springs, CO 80829
Dancinggoosetherapy.com / caregiverssidekick.com
Get body and mind working together. Experience body journaling, movement, breath and nature to reconnect self.

Eastern Sun TCM Acupuncture
719-345-7110
2800 North 9th Street
Cañon City, CO 81212
www.easternsuntcmacupuncture.com
Acupuncture and Chinese Medicine for all conditions; focusing on Complementary Medicine involving neurological disorders.

Embracing Spirit Yoga
719-661-8802
Serving the Pikes Peak area
www.embracingspirityoga.com
Adaptive yoga, stress reduction and meditation: wellness consult and essential oil education.

Equine Approach, LLC, The
719-347-5811
PO Box 88275
Colorado Springs, CO 80908
www.theequineapproach.com
Therapy, learning and personal growth through horsemanship, Professional Association of Therapeutic Horsemanship Member Center.

Freedom Wellness
719-571-0070
3515 North Chestnut Street
Colorado Springs, CO 80907
freedomwellnessnow.com
Helping you with these tools: chiropractic, cranial sacral therapy and advanced lab testing.

Helping Families care for their loved ones
Learn how you can be paid to care for a loved one with special needs

PASCO
CONTACT US TODAY TO LEARN MORE
☎ (719) 960-4995 ☝ PASCOHH.COM
Healing Touch Craniosacral Therapist
719-210-4634
1519 East Boulder Street
Colorado Springs, CO 80909
healingtouchoftherockies.com
A gentle, hands-on method of evaluating, enhancing and improving the function of your body’s central nervous system.

Lancaster Chiropractic
719-404-1489
4736 Eagleridge Circle
Pueblo, CO 81007
Lancaster Chiropractic is certified in Upledger cranial therapy and gentle effective chiropractic.

Manual Edge Physiotherapy – Physical Therapy
719-694-8342
6189 Lehman Drive, Suite 202
Colorado Springs, CO 80918
https://manualedge.com
Highly trained hands-on Cranial Physical Therapists to treat your pain, headaches and brain.

Mind Gym
720-513-5092
8008 East Arapahoe Court, Unit 100
Centennial, CO 80112
Themindgymco.com
Hope and healing center providing neurofeedback for BI, anxiety, ADHD, PTSD and trauma.

Mountain High Service Dogs, Inc.
719-440-8282
325 2nd Street
Monument, CO 80132
www.mtnhighservicedogs.com
Providing “Life Enhancing Canines” for people of all ages.

Porter Cranio Therapies
719-235-7872
1519 East Boulder Street
Colorado Springs, CO 80909
portercraniotherapies.com
Biodynamic craniosacral and lymphatic therapies for closed head injuries and inflammation.

Operation TBI Freedom (OTF)
is a program of Craig Hospital that provides support for Veterans and active duty military personnel with traumatic brain injuries.
Positive Note at the Colorado Springs Conservatory
719-577-4556
415 South Sahwatch Street
Colorado Springs, CO 80903
www.coloradospringsconservatory.org
A music-making program empowering young adults with disabilities. Contact Heather Steinman at hsteinman@csconservatory.org.

September Burton – Integrative Nutrition Health Coach
719-422-7238
Serving the Colorado Springs area.
www.septemberburton.com
Nutrition for brain health.

Shorin Center
719-268-9560
955 Garden of the Gods Road, Suite E
Colorado Springs, CO 80907
www.shorinkungfu.com
The Golden Spirit Kung Fu Program is specifically designed for students with special needs. Tai Chi uses gentle movements that can contribute greatly to physical, emotional and mental well-being.

StableStrides
719-495-3908
13620 Halleluiah Trail
Elbert, CO 80106
www.stablestrides.org
Health and healing through horses, including horseback riding therapy and mental health therapy.

UCHealth
719-365-7130
1625 Medical Center Point
Colorado Springs, CO 80907
Manage complications of brain injury, spasticity, via therapy, Botox injections and baclofen pumps.

DAY PROGRAMS

Challenge Aspen
970-923-0578
P.O. Box 6639, Snowmass Village Mall, Suite 309
Snowmass Village, CO 81615
www.challengeaspen.org
Day, week or month-long programs, year-round, all ages, Roaring Fork Valley.

Connecting with Community, Inc.
719-634-3121
895 Columbine Avenue
Colorado Springs, CO 80904
www.cscoa.com
Club of Arts Learning Center is our innovative day program, dedicated to individual enrichment, community development, and creative empowerment.

Goodwill of Colorado
719-635-4483
1460 Garden of the Gods Road
Colorado Springs, CO 80907
communications@discovermygoodwill.org
Offering community integration, CNA care, supported employment, variety of activities, transportation, and more.

Donna Atwell’s House, LLC
719-232-9872
7705 Eastwood Road
Colorado Springs, CO 80919
We’re a mother/daughter team providing day program and respite services for individuals with developmental disabilities.

Mosaic
719-380-0451
4755 Centennial Boulevard, Suite 150
Colorado Springs, CO 80919
www.mosaicinfo.org
Providing a life of possibilities for people with intellectual disability through supported employment, host home and a community based day program.

Our House Inc.
719-477-0109
1609 South Wahsatch Avenue
Colorado Springs, CO 80905
www.ourhouse.org
Nonprofit focused on increasing independence for adults with intellectual and developmental disabilities.

National Resource Ctr. for Traumatic Brain Injury
www.tbinrc.com
Sky Cliff Center  
303-814-2863  
4600 East Highway 86  
Castle Rock, CO 80104  
www.skycliff.org  
Providing day programs for seniors and adults with disabilities since 1984.

Special Kids Special Families  
719-634-4675  
3450 North Nevada, Suite 110  
Colorado Springs, CO 80907  
www.sksfcolorado.org  
We strive to offer activities that are sensory stimulating, challenging, fun and interactive.

EDUCATION: BIRTH TO AGE 21

Adult + Family Education, School District 11  
719-328-3001  
Roy J. Wasson Academic Campus  
2115 Afton Way  
Colorado Springs, CO 80909  
d11.org/adulted  
Provides educational experiences that equip students 17-and-older for success as parents, citizens, and workers.

BIAC Education Consultation  
800-955-2443  
1325 South Colorado Boulevard  
Building B, Suite 300  
Denver, Colorado 80222  
biacolorado.org/education-consultation  
Youth Education Liaison specialist provides free statewide consultation/support services to children/youth ages 0-21 with documented brain injury.

BrainSTEPS Colorado  
brainsteps.net/co/default.aspx  
Brain Injury School Re-Entry Consulting Program. Parents can make a student referral via this website.

College Living Experience  
303-825-2533 x110  
1391 Speer Boulevard, Suite 400  
Denver, CO 80204  
https://experiencecle.com/denver-colorado/  
CLE is post-secondary and supports college or career goals, teaches independent living and social skills.

Colorado School Safety Resource Center—“Concussion & Traumatic Brain Injury”  
colorado.gov/pacific/cssrc/concussion-traumatic-brain-injury  
Colorado Department of Education’s Resource Center for Concussion & TBI. Packed with resources for parents and educators.

Colorado Kids with Brain Injury Website  
Maintained by Colorado Department of Education  
cokidswithbraininjury.com  
Website serves as tool for families, educators, and professionals to help support our kids with brain injuries.

Du Myon Martial Arts  
719-301-3839  
7868 North Academy Boulevard  
Colorado Springs, CO 80920  
https://www.dumyonmartialarts.org  
Safe traditional martial arts family learning experience for those diagnosed with disabilities or at risk.

IN! Colorado Initiative for Inclusive Higher Education  
720-629-0196  
6500 South Quebec Street, Suite 300  
Englewood, CO 80111  
inclusivehighered.org  
Creating fully inclusive college opportunities for students with intellectual disabilities to foster academic growth, social development, and career advancement.

“Inclusive Higher Education Act” Senate Bill 16-196  
https://inclusivehighered.org  
This bill established pilot funding for inclusive higher education programs in Colorado – UNC, UCCS, Arapahoe Community College.

Sports Concussions  
www.sportsconcussions.org
Parent to Parent of Colorado  
**877-472-7201**  
801 Yosemite Street  
Denver, CO 80230  
www.p2p-co.org  
Connecting parents of sons and daughters with disabilities to information and emotional support across Colorado.

Peak Parent Center  
**719-531-9400**  
917 East Moreno Avenue  
Colorado Springs, CO 80903  
http://www.peakparent.org  
PEAK equips parents/professionals with skills they need to educate students with disabilities and abilities.

Pikes Peak Library District  
**719-531-6333**  
Library locations listed on website ppld.org  
Programs/classes for babies, toddlers, children, and teens. See calendar of events on each library's website.

REAP Manual  
https://reapconcussion.com  
A community-based concussion management approach that includes Family Team, Medical Team, and School Teams.

Summit Psychological Assessment & Consultation LLC  
**719-235-7104**  
7710 North Union Boulevard, Suite 100A  
Colorado Springs, CO 80920  
http://summitpacc.net  
Summit provides neuro-educational assessments, individual support plans, and strategies for success.

EDUCATION: ADULT

Adult and Family Education  
**719-328-3001**  
Roy J. Wasson Academic Campus  
2115 Afton Way  
Colorado Springs, CO 80909  
d11.org/adulted  
Provides quality educational experiences that equip all students for success as parents, citizens and workers.

Brain Injury Alliance of Colorado  
**303-355-9969**  
1325 South Colorado Boulevard, Suite B-300  
Denver, Colorado 80222  
biacolorado.org/education-consultation  
We offer a variety of classes and workshops to survivors of brain injury and caregivers throughout Colorado.

College Living Experience (CLE)  
**303-825-2533**  
1391 Speer Boulevard, Suite 400  
Denver, Colorado 80204  
https://experiencecle.com/denver-colorado/  
CLE is post-secondary. It supports college or career goals and teaches independent living and social skills.

Colorado Springs Fine Arts Center/ Bemis School of Art at Colorado College  
**719-634-5581**  
Military Artistic Healing Program for Veterans and Military Families  
30 West Dale Street  
Colorado Springs, CO 80903  
https://fac.coloradocollege.edu/art-school/  
Learn to utilize artistic and creative exercise through therapeutic processes to heal past traumas.

Colorado Springs Senior Center  
**719-955-3400**  
1514 North Hancock Avenue  
Colorado Springs, CO 80903  
ppymca.org/Colorado-springs-senior-center/about-us  
Education and recreation center for those 55 and older. Providing social outlets for seniors in our community.
Colorado Talking Book Library
303-727-9277, 800-685-2136
180 Sheridan Boulevard
Denver, CO  80226-8101
https://myctbl.cde.state.co.us
Provides free audio, Braille and large print books to Coloradans with visual, physical or learning disabilities.

Colorado Workforce Diploma Program
www.coloradodiploma.com
Colorado residents 21 or older can earn a high school diploma online at NO COST.

Eastern New Mexico University-Roswell / Special Services Program
800-243-6687
52 University Boulevard
Roswell, New Mexico 88203
roswell.enmu.edu/special-services
Specialized occupational training for students with disabilities including living skills training. In-state tuition for Coloradans.

Independence Center, The
719-471-8181 x135
729 South Tejon Street
Colorado Springs, CO  80903
www.theindependencecenter.org
Supports people with disabilities in learning the skills necessary to living independently in their home.

Job Corps
719-596-6850
320 North Academy Boulevard
Colorado Springs, CO  80909
www.jobcorps.gov
Residential career training program for ages 16-24. Earn high school diploma, train for a career, obtain employment.

Pikes Peak Library District
719-531-6333
Pikes Peak Library locations listed on website ppld.org/classes
Classes include: computers, photography, tai chi, business employment, ESL, reading help, learn English and more.

Pueblo Community College Disability Resource Center
719-549-3446
900 West Orman Avenue, Academic Building Room 120
Pueblo, CO  81004
pueblocc.edu/disability-resources
Accommodations, assistive technology equipment and courses, student rights and notice of non-discrimination.

Rocky Mountain ADA Center
719-444-0268
3630 Sinton Road, Suite 103
Colorado Springs, CO  80907
rockyada.org
Providing information, guidance and education on the Americans with Disability Act for individuals, businesses and institutions.

UCCS Disability Services
719-255-3354
1420 Austin Bluffs Parkway, Main Hall, #105
Colorado Springs, CO  80918
uccs.edu/disability
Provides students with disabilities accommodations and support services such as alternate books, test appointments, peer notes, etc.

SPEAKERS /
PRESENTATIONS

Brain Injury Alliance of Colorado
303-355-2443
1325 South Colorado Boulevard
Denver, CO  80222
biacolorado.org
BIAC is the go-to resource for help and services for survivors of a brain injury, their families, and providers.
Cover Art Contest Runner-up
“Black and White Digital” by Lisa Cush
Holistic Herbal Health
303-249-7742
17538 East Pondlilly Drive
Parker, CO 80134
www.RootedInHealth.com
Informative, sought-after speaker/educator, Dr. Zeph delights her audiences with vital, alternative and integrative medicine therapies.

I CARE
719-338-9103
Barbara Jeanne, B.S. and Tamara Tinsley, B.A.
National Speakers/Trainers empowering and uniting resources. Mastermind and Mastery groups available. You Inspire Me! Speakers Bureau – 941-661-5935
Motivational, inspirational speakers who have triumphed over tragedy and who share their stories of brain injury.

You Inspire Me! Speakers Bureau
941-661-5935
Motivational, inspirational speakers who have triumphed over tragedy and who share their stories of brain injury.

INJURY PREVENTION & CONTROL:
Traumatic Brain Injury

Children aged **0-4 years**, older
adolescents aged **15 to 19 years**, and adults aged **65 years and older** are most likely to sustain a TBI

Information provided by the Centers for Disease Control

EMPLOYMENT

Are We There Yet Travel
719-210-0013
Colorado Springs, CO 80920
arewethereyetco.com
Work from home opportunities in the travel and tourism as a travel agent/consultant.

Colorado Division of Vocational Rehabilitation
www.colorado.gov/pacific/dvr/contact-us-90
Employment services for eligible individuals with disabilities to help them reach their employment goals.

Cañon City - 719-275-7408
3224 Independence Road
Cañon City, CO 81212
Colorado Springs - 719-635-3585
1365 Garden of the Gods Road, Suite 250
Colorado Springs, CO 80907
Pueblo - 719-544-1406
720 North Main, Suite 320
Pueblo, CO 81003

Common Roots
719-578-1227
805 South Tejon Street
Colorado Springs, CO 80903
We provide individualized services to help people get and keep jobs in their community.

Goodwill of Colorado
719-635-4483
1460 Garden of the Gods Road
Colorado Springs, CO 80907
communications@discovermygoodwill.org
Offering community integration, CNA care, supported employment, variety of activities, transportation and more!

Independence Center, The
719-471-8181
729 South Tejon Street
Colorado Springs, CO 80903
www.theindependencenter.org
Services to include resume writing, interview preparation, job skills and employment processes.
Job Accommodation Network (JAN)  
800-526-7234  
Office of Disability Employment Policy/US Department of Labor  
hp://askjan.org  
Leading source of free, expert and confidential guidance on workplace accommodations and disability employment issues.

PaICE (Professional and Internship Community Experience)  
719-276-6173  
1313 College Avenue  
Cañon City, CO 81212  
Cañoncityschools.org  
A work and internship program for Cañon City and Florence Jr/Sr High School students to gain real-world experience while earning school credit.

Workforce Centers  
www.colorado.gov/cdle/wfc  
State agency offering job search and training opportunities for eligible workers including those with disabilities.

Cañon City – 719-275-7408  
3224 Independence Road  
Cañon City, CO 81212  
Colorado Springs/Pikes Peak Workforce Center – 719-667-3700  
1675 Garden of the Gods Road  
Colorado Springs, CO 80907  
Pueblo – 719-562-3731  
212 West 3rd Street  
Pueblo, CO 81003

FINANCIAL / BENEFITS

Beneficent  
719-645-8350  
665 Southpointe Court, Suite 100  
Colorado Springs, CO 80906  
www.Doinggoodforothers.com  
Help get these services paid for: In-Home Care, Assisted Living, Full Skilled Care while preserving assets.

CFPD – Colorado Fund for People with Disabilities  
303-733-2867  
1355 South Colorado Boulevard, Suite 920  
Denver, CO 80222  
www.cfpdtrust.org  
Special needs trusts, conservatorship, rep payee, ABLE account and advisory services.

Colorado Community Health Alliance (CCHA)  
719-598-1540  
P.O. Box 13406  
Denver, CO 80202  
www.cchacares.com  
Health First Colorado’s regional organization that helps administer physical and behavioral health benefits and coordinate care and services for Medicaid members.

Community Assistance Program  
866-889-1662  
5001 Centennial Boulevard, Suite 50956  
Colorado Springs, CO 80919  
www.usmedsavings.org  
Free prescription medication savings and brand-name international mail-order medications.

Colorado Department of Revenue  
303-205-5901  
2447 North Union Boulevard  
Colorado Springs, CO 80909  
https://www.colorado.gov/revenue  
Includes enforcement, lottery division, division of motor vehicles, and taxation division.

Department of Health Care Policy and Financing  
303-866-2993  
1570 Grant Street  
Denver, CO 80203  
www.colorado.gov/hcpf  
Administers Brain Injury Waiver for people with brain injury who need extra support in their communities.

Sports Concussions | www.sportsconcussions.org  

Brain Injury Association of America  
www.biausa.org
Department of Human Services
Food assistance, adult medical programs, Aid to the Needy and Disabled program which provides a state assistance payment once a month for disabled individuals who have low or no income.

**El Paso County** - 719-636-0000
1675 Garden of the Gods Road
Colorado Springs, CO 80907

**Pueblo County** - 719-583-6110
2631 East 4th Street
Pueblo, Colorado 81001

Friends of Man
303-798-2342
P.O. Box 937
Littleton, CO 80160
www.friendsofman.org
Provides charitable assistance. Only referring professionals may request an application. Details on website.

Independence Center, The
719-471-8181
729 South Tejon Street
Colorado Springs, CO 80903
www.theindependencenter.org
Assistance with applications, work incentives, education and management of federal/state and other benefits.

IRS Taxpayer Assistance Center
719-226-3300
2864 South Circle Drive
Colorado Springs, CO 80906
Personal tax help and face-to-face assistance with tax issues.

Medicaid
877-267-2323
See Department of Human Services to apply.
https://www.medicaid.gov
State and federal healthcare programs providing health coverage to low-income people.

Medicare
800-633-4227
See Social Security Administration listing to apply.
https://www.medicare.gov
Federal health insurance program for people age 65+ or people with qualifying permanent disabilities.

Pikes Peak Probate Services
719-219-6309
312 South Weber Street, Suite 100
Colorado Springs, CO 80903
www.pikespeakprobate.com
Professional fiduciary services for people with disabilities, conservatorships, trusts and estates.

Pikes Peak United Way
2-1-1 / 719-632-1543
518 North Nevada Avenue
Colorado Springs, CO 80903
http://ppunitedway.org/211
Help line that connects people to basic human needs and health services in our community.

Project COPE
719-668-3836
A program of Colorado Springs Utilities Foundation
P.O. Box 1103, MC 950
Colorado Springs, CO 80947-0950
Year round Utilities Assistance program for CSU customers facing challenges that impose temporary financial hardship.

Social Security Administration
800-772-1213
www.ssa.gov
SSDI-Social Security Disability Insurance
www.ssa.gov/disability
Pays monthly benefits to people who are no longer able to work due to a disability.

SSI- Supplemental Security Income
www.ssa.gov/ssi
A Federal income supplement program to help aged, blind and disabled people with little or no income.

**Colorado Springs** - 888-880-0688
2306 East Pikes Peak Avenue
Colorado Springs, CO 80909

**Pueblo** - 719-545-9248
3769 Parker Boulevard
Pueblo, CO 81008

**Cañon City** - 719-275-7848
115 North 10th Street
Cañon City, CO 81212

Center on Brain Injury Research and Training
http://cbirt.org
YOU ARE NOT ALONE
By TBI Survivor Cat Anthony
Fear comes to me in my dreams at night,
Out of my control and hard to fight.
No way to solve, no way to break free
Stuck where it hurts,
Unable to see.
Unable to see the present,
Can’t fix the past
Hard to see the future
Wearing fear like a cast.
How long will I be broken?
When will I be free?
Free to be courageous.
To be the best I can be.
As you see my fellow sufferers,
Your feelings are your own.
Know that I am out there.
Truly understanding and that,
YOU ARE NOT ALONE.

Tax Help Colorado
www.piton.org/tax-help-colorado
Offers free tax preparation assistance to individuals who earn less than $54,000 a year.

The Resource Exchange
719-388-1100
6385 Corporate Drive, Suite 301
Colorado Springs, CO 80919
www.tre.org
A Community Centered Board and single entry point for all Colorado Medicaid waivers including Brain Injury waiver benefits.

Thrivent Financial
719-896-4204
2060 Briargate Pkwy, Suite 120
Colorado Springs, CO 80920
https://connect.thrivent.com/Paul-gamache
Paul Gamache and his team provide financial guidance to families with special needs and disabilities.

Tri-Lakes Cares
719-481-4864
235 Jefferson Street
Monument, CO 80132
www.tri-lakescares.org
TLC is a community resource agency offering emergency relief, and self-sufficiency services.

Unemployment Benefits
800-388-5515
Colorado Department of Labor & Employment
633 17th Street, Suite 201
Denver, CO 80202-3660
https://myui.coworkforce.com
Temporary, partial wage replacement to workers who have been unemployed through no fault of their own.

Victim Compensation, El Paso/Teller counties
719-520-6000
105 East Vermijo Avenue, Suite 111
Colorado Springs, CO 80903
http://www.4thjudicialda.com/VictimCompensation.html
Victim may be helped with medical expenses, funeral expenses and some lost wages.

Westside Cares
719-389-0759
2808 West Colorado Avenue
Colorado Springs, CO 80904
www.westsidecares.org
Providing care and compassion to west side neighbors in need today, tomorrow and beyond.

INJURY PREVENTION & CONTROL:
Traumatic Brain Injury
In every age group, TBI rates are higher for males than females

Information provided by the Centers for Disease Control
HOUSING: HOUSING ASSISTANCE

Access to Freedom, Inc.
719-260-7687
PO Box 63507
Colorado Springs, CO 80962
www.accesstofreedom.com
Colorado Springs leading installer of ramps, grab bars, stair lifts, remodels at affordable prices.

Accessible Systems
We offer free in-home evaluations
www.AccessibleMed.com
Helping people in all ages and abilities live happily in their home: stair lifts, bathroom safety, wheelchair ramps and lifts.

Colorado Springs - 719-387-0675
Servicing: Colorado Springs, Pueblo, Woodland Park, Monument, Peyton
Denver - 303-693-7787
Servicing: Denver, Aurora, Thornton, Castle Rock, Boulder, Westminster
Northern Colorado - 970-475-1880
Servicing: Greeley, Fort Collins, Cheyenne, Loveland, Lyons

Brothers Redevelopment –Emergency Repair Program
719-666-7181
2762 Janitell Road
Colorado Springs, CO 80906
www.brothersredevelopment.org
Provides assistance for critical housing repairs. Must meet income guidelines. Application on website.

Colorado Housing Authority
The Colorado Housing Authority offers several housing assistance programs.
Calhan Housing Authority
719-347-2616
406 Cheyenne Street
Calhan, CO 80808

Center on Brain Injury Research and Training
http://cbirt.org
Energy Resource Center
719-591-0772
114 West Rio Grande Street
Colorado Springs, CO 80903
www.erc-co.org
Making homes energy efficient to help lower utility cost and save energy. Free for those who qualify.

Family Promise / IHN
719-329-1244
519 North Tejon Street
Colorado Springs, CO 80903
www.ihn-cos.org
Short term transitional housing program. One family member must be willing and able to work.

Greccio Housing
719-475-1422
1015 East Pikes Peak, Suite 110
Colorado Springs, CO 80903
www.greccio.org
Affordable housing provider. See website for details.

Housing First Pikes Peak
719-473-5557
2010 East Bijou Street
Colorado Springs, CO 80909
www.homewardpp.org
Homeward Pikes Peak works with individuals to achieve housing and recovery services.

Partners in Housing
719-473-8890
455 Gold Pass Heights
Colorado Springs, CO 80906
www.partnersinhousing.org
Transitional housing for families.

Get up. Go. And get back to an active life.

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

- Physical Therapy
- Occupational Therapy
- Speech, Language and Cognitive Therapy
- Community Re-entry Assistance
- Wheelchair Clinic
- Seating and Positioning Clinic
- Vestibular Program
- Vision Therapy

Penrose Outpatient Rehabilitation www.penrosestfrancis.org
2222 N. Nevada Ave.
Colorado Springs, CO 80907
719.776.5200

INJURY PREVENTION & CONTROL:
Traumatic Brain Injury
An estimated 1.7 million people sustain a TBI annually

Information provided by the Centers for Disease Control
The Brain Injury Alliance of Colorado is the go-to resource for help and services for survivors of an injury to the brain, their families and providers.

- Public Policy
- Survivor Focused Workshops and Professional Conferences
- Provider Outreach and Training
- Regular Email Newsletters
- Emergency Utility Bill Assistance
- Pikes Peak Challenge Fundraiser
- Recreation Programs
- Professional Networking Groups
- Support Groups
- Online Resource Directory
- Education About Brain Injury and What to Expect
- Referrals to Providers
- On-Going Client Follow Up
- Case Management

BIAColorado.org
Office 303.355.9969 Toll Free 800.955.2443

The Brain Injury Alliance of Colorado
is the go-to resource for help and services for survivors of an injury to the brain, their families and providers.
ARA
303-877-7965
Several locations in the Front Range area
www.auroraservices.com
Supportive services in residential settings for individuals with brain injuries. Focus on independence and quality of life.

BrainCare, LLC
719-217-8850
6243 Soaring Drive
Colorado Springs, CO 80918
https://braincarellc.com/
Brain Care provides supported living in housing with a rehabilitation focus to individuals with brain injuries.

Brothers Redevelopment
719-666-7181
2762 Janitell Road
Colorado Springs, CO 80906
www.brothersredevelopment.org
Provides assistance for home modifications. Must meet income guidelines. Application on website.

Flourish Supportive Living
303-803-6977
2150 West 29th Avenue, Suite 520
Denver, CO 80211
www.flourishsupportiveliving.com
Residential assisted living services for individuals with brain injury. Our program promotes health and socialization.

Greeley Center for Independence/Stephens Brain Injury Campus
970-506-0008
2774 West Reservoir Road
Greeley, CO 80634
www.gciinc.org
We are a Supportive Living Program under the Colorado Medicaid Brain Injury Waiver.

Hilltop Life Adjustment Program
970-245-3952
1405 Wellington Avenue
Grand Junction, CO 81501
www.htop.org
Offering residential and day program. Accepts Medicaid (HCBS-EBD and BI SLP Provider), Worker’s Compensation and private pay.

Mosaic
719-380-0451
4775 Centennial Boulevard, Suite 150
Colorado Springs, CO 80919
www.mosaicinfo.org/locations/colorado/colorado-springs/
Supported employment, host home and community-based day program for people with intellectual disabilities.

Rocky Mountain Care and Consulting (RMCC)
720-412-5730
Various locations throughout the Denver metro area
Denver, CO 80134
Long term community-based residential services for individuals diagnosed with brain injury.

Supportive Living Program (SLP)
720-551-8230
Various locations throughout the south Denver metro area
Info@slpcolorado.com
www.slpcolorado.com
Long-term community-based residential services for individuals diagnosed with brain injury. BI Waiver and private pay accepted.

IN-HOME & FAMILY CAREGIVING

A Caring Heart Home Health
719-505-1010
2140 Hollow Brook Drive, Suite 200
Colorado Springs, CO 80913
https://acaringhearthomehealth.com/
We provide medical/non-medical services and telehealth. Insurance accepted: Medicare, Medicaid, VA, TriWest and self-pay.
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https://aboutkids.com
We offer RN, LPN, CNA, Parent CNA, OT, PT and ST services.

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We offer free in-home evaluations.
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AHOD Services
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2641 East Uintah Street / Box 9632
Colorado Springs, CO 80909
www.AHODServices.com
We provide transitional services for individuals who wish to move from nursing homes into independent living.

Argus Home Health Care
Providing Independent Living Skills Training to survivors of brain injuries.
www.Argushomehealthcare.com
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    501 Main Street
    Cañon City, CO 81212
  Denver - 303-322-4100
    720 South Colorado Boulevard, Suite 600N
    Glendale, CO 80246
  La Junta - 719-383-0450
    421 West 3rd Street
    La Junta, CO 81050
  Pueblo - 719-543-2634
    821 Desert Flower Boulevard
    Pueblo, CO 81001

BrightStar Care
719-264 8800
3730 Sinton Road, Suite 200
Colorado Springs, CO 80907
www.Brightstar.com/ColoradoSprings
From Companion Care, Personal Care to Higher Standard Skilled Nursing in the home, 1-24 hours, 7/365.
Envida
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5660 North Academy Boulevard
Colorado Springs, CO 80918
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Frontier Home Health and Hospice
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Pueblo, CO 81008
www.frontiercares.com
Our care providers are highly skilled and experienced in home health, non-medical, and hospice.

Heartfelt Care at Home
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www.heartfeltcareathome.com
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www.kindredatheart.com
We provide nursing, OT, PT and speech therapy.

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7150 Campus Drive, Suite 160
Colorado Springs, CO 80920
www.maximhealthcare.com
In-home skilled visit and Private Duty Nursing.

MGA Home Healthcare
719-476-0200
1355 Garden of the Gods Road, Suite 130
Colorado Springs, CO 80907
www.mgahomecare.com
MGA provides pediatric in-home Private Duty Nursing, CNA, Skilled Nursing, PT, OT and Speech Therapy.

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719-960-4995
El Paso County
www.Pascohh.com
Helping Families care for their loved ones with the paid family caregiver program.

Pikes Peak Respite Services
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PPRS provides respite, personal care, homemaker and community connector services 24/7! Pikes Peak Respite Services on Facebook.

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Colorado Springs, CO 80919
www.SagesElderCare.com
In-home care designed to keep people independent and safe in their homes.

National Resource Ctr. for Traumatic Brain Injury
www.tbinrc.com
Team Select Home Care
www.teamselecthh.com
Colorado Springs – 719-277-6697
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Colorado Springs, CO 80920
Pueblo – 719-292-1231
101 South Main Street, Suite 204
Pueblo, CO 81003

LEGAL

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217 East Fillmore Street
Colorado Springs, CO 80907
www.lawrja.com
Personal injury attorney helping accident victims obtain fair compensation for their injuries.

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303-861-1042
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Colorado Springs, CO 80918
We advocate for and represent people with disabilities through all levels of the social security process.

Disability Law Colorado
https://disabilitylawco.org
We offer legal representation, information and referrals to people with disabilities, older people and their families.

Equal Justice Foundation, Inc.
719-520-1089
455 Bear Creek Road
Colorado Springs, CO 80906
www.ejfi.org / dvmen.org
The defense of human and individual rights as secured by law.

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www.Coloradoinjurylaw.com
Our experienced personal injury attorneys obtain justice for accident victims suffering from traumatic brain injuries.

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www.springsattorney.com
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INJURY PREVENTION & CONTROL:
Traumatic Brain Injury
An estimated 1.7 million people sustain a TBI annually
Information provided by the Centers for Disease Control

U.S. Brain Injury Alliance
usbia.org
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719-633-5211  
730 North Weber, Suite 101  
Colorado Springs, CO  80903  
www.fnnewall.com  
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303-442-3366  
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Our brain injury attorneys have represented many victims of serious head and brain injuries.

Rector Law Firm  
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www.websterlawfirmllc.com  
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121 South Tejon Street, Suite 900  
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www.Willslawpc.net  
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MILITARY

AFW2 (Air Force Wounded Warrior Program)  
800-581-9437  
Joint Base San Antonio  
Randolph, TX 78150  
woundedwarrior.af.mil  
AFW2 provides well-coordinated and personalized support to wounded, ill or injured Total Force recovering service members (RSMs).

AW2 (U.S. Army Wounded Warrior Program)  
703-571-2662  
Arlington, VA 22202  
www.wtc.army.mil  
Helping soldiers transition through the Wounded Warrior Lifecycle, while fostering their independence.
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719-265-0115  
808 Village Center Drive  
Colorado Springs, CO 80919  
balancecolorado.com  
Non-traditional chiropractic focused on helping people with TBI’s, whiplash and neck injuries.

Bruce McCandless State Veterans Nursing Home  
719-784-6331  
903 Moore Drive  
Florence, CO 81226  
https://www.colorado.gov/pacific/cdhs/bruce-mccandless-veterans-community-living-center-florence  
Offering veterans Long-Term-Care, short-term rehab, special programs, and other amenities.

Challenge Aspen  
970-923-0578  
Snowmass Village Mall, #309  
P.O. Box 6639  
Snowmass Village, CO 81615  
Challengeaspen.org  
Week-long retreats, year-round activities, total wellness, Roaring Fork Valley.

Colorado Springs Vet Center  
719-471-9992  
www.va.gov  
602 South Nevada Avenue  
Colorado Springs, CO 80903

Defense and Veterans Brain Injury Center  
800-870-9244  
Fort Carson, CO 80913  
Dvbic.dcoe.mil  
DVBIC provides TBI educational tools and resources to the military and civilian populations.

DHA Connected Health (formerly T2 Health)  
253-968-1914  
JBLM  
Washington 98431  
Leveraging technology to optimize health care across the Department of Defense (DoD)

El Paso County Veterans Service Office  
719-520-7750  
5850 Champion View, Suite 130  
Colorado Springs, CO 80922  
https://communityservices.elpasoco.com/veterans-services/  
The primary purpose of the El Paso County VSO is to provide personalized local service to veterans and other claimants.

Healing Warriors Program  
970-776-8387  
1044 West Drake Road, #202  
Fort Collins, CO 80526  
Pop up Saturday clinics along the Front Range  
www.healingwarriorsprogram.org  
Non-narcotic therapy for pain, PTS, TBI and sleep. Free monthly pop-up clinics, check website.

Home Front Military Care Network  
719-577-7417  
1120 North Circle Drive, Suite 230  
Colorado Springs, CO 80909  
pmcn.org  
Connects military service members, veterans and their families to high quality resources provided by community partners and can provide one time emergency financial assistance.

Homes for All Veterans  
719-323-2600  
17 South Weber Street  
Colorado Springs, CO 80903  
rmhumanservices.org/hav  
Provides services designed to promote housing stability to the most vulnerable, low-income, and homeless Veterans.

INJURY PREVENTION & CONTROL: Traumatic Brain Injury  
About 75% of TBIs that occur each year are concussions or other forms of mild TBI  
Information provided by the Centers for Disease Control
Independence Center, The
719-471-8181
729 South Tejon Street
Colorado Springs, CO 80903
Veteran Directed Care (VA funded) allows Veterans to remain in their homes/communities with appropriate services/supports.

inTransition
800-424-7877
Falls Church, VA 22041
www.health.mil/inTransition
inTransition is a free, confidential program offering assistance for all service members, veterans and retirees needing access to mental health care.

Military & Family Life Counselors (MFLC)
719-338-7216
Army Community Services Building #1526
Fort Carson, CO 80913
https://carson.armymwr.com/promos/military-family-life-counselors
Brief, solution focused, and problem solving confidential counseling for Service Members and their families.

Military One Source
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https://www.militaryonesource.mil
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Operation TBI Freedom
855-355-6824
565 Communication Circle
Colorado Springs, CO 80905
https://craighospital.org/programs/operation-tbi-freedom
Offers case management to post 9/11 service members and veterans with traumatic brain injury.

Pueblo Vet Center
719-583-4058
1515 Fortino Boulevard, Suite 130
Pueblo, CO 81008

Real Warriors
866-966-1020
www.realwarriors.net
Real Warriors encourages help-seeking behavior among service members, veterans and military families coping with invisible wounds.

Team River Runner
719-232-4395
www.teamriverrunner.org
Warrior transition battalions / Fort Carson, and local veterans adaptive paddling and recreational physical therapy.

VA Eastern Colorado Health System Care System
Colorado Springs - 719-327-5660
PFC Floyd K. Lindstrom Department of Veterans Affairs Clinic
3141 Centennial Boulevard
Colorado Springs, CO 80907
https://www.denver.va.gov/locations/ColoradoSprings.asp
Aurora – 303-399-8020 or 866-966-1020
VA Eastern Colorado Health System
1700 North Wheeling Street
Aurora, CO 80045
www.denevr.va.gov

Warriors in Recovery and Structure for Wounded Warriors
719-271-7931
2137 North Academy Boulevard
Colorado Springs, CO 80909
warriorsinrecovery.org
Helping wounded warriors and veterans heal from physical, mental and emotional injury through alternative methods of care.

Warrior Recovery Center
719-526-4911
Building 7488
Fort Carson, CO 80913
Army.mil/Locations
State-of-the-science outpatient TBI care for military service members and retirees.
Rhea Pedler successfully rebuilds life template after brain injury

Rhea Pedler’s reality changed significantly six years ago after a thirty foot fall out of a window onto a flagstone patio left her with a skull fractured in two places and a shattered jaw.

After four days in a coma, two weeks in an intensive care unit, and months spent both inpatient and outpatient at Craig Hospital; this International Baccalaureate student still thought she would be able to play Division 1 soccer at a California university. “When I woke up, I was in an incredibly happy, childlike state. I had no understanding of what was going on. As my time in the hospital went on, I thought I’d figured out that the ticket back to my old life was just getting out of the hospital. My only goal was to get out of the hospital as fast as possible,” she said. That meant that rather than take the time necessary to fully reflect and understand the injury, Rhea spent her time prioritizing things she thought clinicians wanted to hear.

At a family meeting with her care team one week before her release, her recovery took a different tone. The life that she thought was waiting for her on the outside was no more. Instead of trying to get back to the life she thought she had, Rhea had to create a new life and try to figure out who this new person was. “My brain injury took any identity I thought I had. Every day I was waking up with a new and different brain, reality, and person. I had to completely relearn how to use my brain. With a brain injury what I have had to do has changed from month to month and year to year,” she explained.

Over time Rhea has been in physical therapy, occupational therapy, cognitive therapy, speech therapy and counseling. She acknowledges she will likely be in some sort of treatment for the rest of her life because “my brain is constantly changing and some of the accommodations I’ve had to make will continue to change with it.”

Since 2014, Rhea has been very successful at rebuilding her life template despite the constant challenges. She graduated from college with degrees in psychology and sociology. She works full time for the Brain Injury Alliance of Colorado as a Brain Injury Advisor and is enrolled in the UCCS graduate school master track in clinical psychology with a trauma specification. At BIAC she operates the self-management program for the Southern region of Colorado. She uses her experience and education to help patients with life skills and life management after their injury. She also works in a research lab for the University of Texas at Austin that is looking explicitly at language changes and patterns in brain injury survivors, and how the internalization of trauma is processed.

Looking back, Rhea said, “My brain injury changed my life, the way I prioritize things, and how I want to operate in society. I look normal, but I can't do things the same way from before, nor can I think like everyone remembers.” Her goal is to change the conversation around brain injury. “My recovery was impacted because of how my doctors, family and friends treated me.” She also feels schooling has been the best thing for her cognitive recovery.

Rhea realizes that fatigue and anger have also played a role in her recovery. “I was so angry at what had happened. I didn't know how to cope with my anger for a long time. That emotional rollercoaster made me feel so lost, but anger was something I could always..."
Pedler Cont.

count on. The anger was the only way I was able to push through the fatigue at times. Looking back, the paradox and battle between pushing and listening to my body left me in worse places than I was before. Not listening to the fatigue complicated my recovery in several places. I felt pushed, stressed and know I overdid it. Now, it's a little different story.”

Her advice for new brain injury patients is to take full advantage of all treatment offered. While it may be hard, she encourages patients not to make decisions out of fear and encourages them to talk through concerns with other survivors who understand what is happening. “You are not alone in this, and you are not JUST your brain injury. You were someone before your injury and you will be someone after. Find those who can help you understand what you need to be the most successful. Don’t let fear control your decisions or expectations,” she said. She also suggests patients do their own research on treatment options and providers.

Find an outlet. For Rhea it was riding her horse because it allowed her to feel her body in a different way.

“Also remember that the brain injury survivor is not the only one who experiences the trauma. There is a huge impact on those close to patients. This wasn’t just my accident. The people that love us go through all of this with us,” Rhea explained. She said, it took a lot of therapy and outside assessment to move forward. “I had to sit in my own truth. I had to figure out my truth and what that meant.”

Rhea looks at her life now and says, “My brain injury has changed my life for the better. I know how that sounds. The additional work I’ve had to put in after my accident means I am better at seeing the whole picture, and understanding that we need each other. I wouldn't have gotten here with the brain I had before. There is no denying what a brain injury takes from us, but life isn’t about loss, it’s about what we can do together.”

### PHYSICAL MEDICINE

#### DRIVING PROGRAMS

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www.HealthPromotionsPartners.com

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Colorado Springs, CO 80909
www.athrc.com

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**Western Colorado Veterans Health Care System**
970-242-0231
www.grandjunction.va.gov
2121 North Avenue
Grand Junction, CO 81501

**Wings and Warriors**
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P.O. Box 203
Woodland Park, CO 80866
www.wings-and-warriors.com

Provides service dogs and training to military veterans diagnosed with PTSD and TBI.

**Wish for Our Heroes – Rocky Mountain Chapter**
www.wishforourheroes.org/chapters/colorado/

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cokidswithbraininjury.com
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Colorado Springs, CO 80909  
www.missionmedicalclinic.org  
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Peak Vista Community Health Centers  
719-632-5700  
3205 North Academy Boulevard, Suite 130  
Colorado Springs, CO 80917  
www.peakvista.org  
Please visit website for complete list of locations for all outpatient centers throughout the Pikes Peak Region and East Central Plains.

NEURO OPTOMETRY

Bettner Vision Brain Injury and Vision Therapy Center  
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   Cañon City, CO 81212  
  Colorado Springs office - 719-999-8404  
   3958 North Academy, Suite 108  
   Colorado Springs, CO 80917

Pine Creek Vision Clinic  
719-594-2020  
9475 Briar Village Point, Suite 200  
Colorado Springs, CO 80920  
Pinecreekvision.com  
Specializing in the rehabilitation of stroke and head injury.

MEDICAL DOCTORS

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Colorado Springs, CO 80923

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Colorado Springs, CO 80907  
www.csneuro.com  
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1725 Boulder Street, Suite 101  
Colorado Springs, CO 80909

UCHealth Sports Medicine - Printers Park Medical Plaza  
719-633-5515  
175 South Union Boulevard, Suite 350  
Colorado Springs, CO 80910  
Sports medicine physician who specializes in brain injury care across cognitive, physical and emotional domains.

UCHealth Brain and Spine Clinic – Colorado Springs  
719-365-6300  
1725 Boulder Street, Suite 101  
Colorado Springs, CO 80909

UCHealth Neurology Clinic – Chapel Hills  
719-365-7300  
595 Chapel Hills Drive, Suite 325  
Colorado Springs, CO 80920

UCHealth Neurology Clinic – Memorial Hospital Central  
719-365-7300  
1400 East Boulder Street, Suite 700  
Colorado Springs, CO 80909
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5731 Silverstone Terrace, Suite 100
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808 Village Center Drive
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Balance Point Vestibular Rehabilitation
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7606 North Union Boulevard Rehabilitation, Suite F
Colorado Springs, CO 80920
www.balancepointrehab.com
Physical therapy specializing in vestibular disorders (balance and dizziness).

Child Development Center of Colorado
719-574-8300
3090 North Academy Boulevard
Colorado Springs, CO 80917
www.edcrehab.com
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Chiropractic of Black Forest
719-574-8300
11590 Black Forest Road, Suite 20
Colorado Springs, CO 80908
Chiropractor

Colorado Pain and Rehabilitation Center
719-471-3058
1755 South 8th Street, Suite D1
Colorado Springs, CO 80905
www.coloradopainandrehab.com
Physical medicine and rehabilitation, chiropractic and massage therapy for Workers’ Compensation cases only.

Craig Hospital
303-789-8000
3425 South Clarkson Street
Englewood, CO 80113
www.craighospital.org

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325 South Parkside Drive
Colorado Springs, CO 80910
www.Encompasshealth.com/coloradospringsrehab
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NeuroAthlete uses multi-disciplinary approaches to provide empowering and individualized treatment for concussion and brain injury.
Orthopedic Rehabilitation Associates / The NeuroRehab Project
719-265-6601
3605 Austin Bluffs Parkway
Colorado Springs, CO 80918
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Providing skilled, personalized physical and speech therapy services to individuals with neurological impairments.

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1690 North Meade Street
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Penrose Hospital Rehabilitation
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2222 North Nevada Avenue
Colorado Springs, CO 80907
www.penrosestfrancis.org/psf/specialties/rehabilitation-services/
Our services span the spectrum from acute intervention through outpatient support and reintegration into home, work and community settings.

INJURY PREVENTION & CONTROL:
Traumatic Brain Injury
Children aged 0-4 years, older adolescents aged 15 to 19 years, and adults aged 65 years and older are most likely to sustain a TBI

Information provided by the Centers for Disease Control

Center for Disease Control (CDC)
www.cdc.gov/TraumaticBrainInjury

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harmonizedbraincenters.com

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envidacares.org / 719.301.6870
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12229 Voyager Parkway, Suite 110
Colorado Springs, CO  80921
Pikespeakhyperbaricmedicine.com
Brain injury, PTSD, Stroke, Burns, Autism, Lyme Disease, Multiple Sclerosis, Cerebral Palsy, Sports Injuries, Depression

Rezac and Associates Physical Therapy
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855 Citadel Drive East
Colorado Springs, CO  80909
www.rezacpt.com
Providing exceptional physical therapy services for people with all neurologic and orthopedic injuries, including brain injury.

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6005 Delmonico Drive, Suite 130
Colorado Springs, CO  80919
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www.taijiacupuncture.com
Dr. Debbie Hsiao Ki Ting, L.A.C, MSOM, Dipl.OM

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1625 Medical Center Point
Colorado Springs, CO 80907
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UCHealth
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Sports Medicine Physician who specializes in brain injury care across cognitive, physical and emotional domains.

UCHealth Physical Therapy and Rehabilitation Clinic
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Colorado Springs, CO  80920

UCHealth Physical Therapy and Rehabilitation Clinic - Woodland Park
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16422 West Highway 24, Suite 110
Woodland Park, CO  80863

UCHealth - Central
719-365-5000
1400 East Boulder Street
Colorado Springs, CO  80909

UCHealth - North
719-365-5000
4050 Briargate Parkway
Colorado Springs, CO  80920

UCHealth - Printers Park Rehabilitation Clinic
719-365-5642
175 South Union Boulevard, Suite 250
Colorado Springs, CO  80919

UCHealth - Scarborough Rehabilitation Clinic
719-365-5842
2999 New Center Point
Colorado Springs, CO  80922

UCHealth - Rockrimmon Rehabilitation Clinic
719-365-6871
415 Rockrimmon Boulevard, Suite 300
Colorado Springs, CO  80919

UCHealth - Monument Rehabilitation Clinic
719-364-9940
15854 Jackson Creek Parkway, Suite 120
Monument, CO  80132

Brainline for Military | www.brainlinemilitary.org/
SUPPORT GROUPS

Brain Injury Alliance of Colorado (BIAC)
303-355-9969
1325 South Colorado Boulevard, B300
Denver, CO  80222
www.biacolorado.org
BIAC is the go-to resource for help and services for survivors of an injury to the brain, their families and providers.

COLORADO SPRINGS SUPPORT GROUPS

Balance Chiropractic
719-265-0115
Fourth Monday 6:30 - 8:00 p.m. / Note: the doors are locked at 6:45 p.m.
808 Village Center Drive
Colorado Springs, CO  80919
Monthly meditation specifically for TBI survivors.

Encompass Brain Injury Support Group
719-315-4824 Carol Cochran, Facilitator
First Tuesday each month from 11:30 a.m. - 1:30 p.m.
(second Tuesday if the first is a holiday)
Encompass Health Rehabilitation Hospital
325 Parkside Drive
Colorado Springs, CO  80910
Support and education for adult brain injury survivors and caregivers.

Encompass Health Neuro Support Group
719-630-8000 Dr. Ott, Facilitator
First Wednesday of each month at 1:30 p.m.
2nd floor in the Fay Brown Room
Encompass Rehabilitation Hospital
325 Parkside Drive
Colorado Springs, CO  80910
Support and education for survivors of any type of neuro event (injury, stroke, etc.).

Encompass Health Caregiver Support Group
719-630-8000 Dr. Ott, Facilitator
Every Monday 9:00 - 10:00 a.m.
2nd floor in the Fay Brown Room
Encompass Rehabilitation Hospital
325 Parkside Drive
Colorado Springs, CO  80910
All caregivers are welcome.

Finding Our Voices Support Group (a non-profit)
719-650-3624 Joyce Aubrey, Coordinator
427 East Colorado Avenue, Suite 239
Colorado Springs, CO  80903
fovartshow@gmail.com
A peer facilitated support group for adult women who have experienced sexual assault (the assault often causes a brain injury).

Finding Our Voices Healing Art Workshop
2nd Saturdays, Noon-3:00 p.m.
Cottonwood Center for the Arts
427 East Colorado Avenue
Colorado Springs, CO  80903
Supplies are provided for free.

Freedom Hunters
303-884-0059 or email info@freedomhunters.org
P O Box 600
Elizabeth, CO  80107
Takes active duty, wounded, Gold Star and families of deployed soldiers on outdoor adventures.

Headway Neuro Support Group of Colorado Springs
719-459-0901 or 719-548-9790 CBIS Debbie Carnes, Facilitator
Every Wednesday 11:30am – 1:30 pm
Fargo's Pizza
2910 East Platte Avenue
Colorado Springs, CO 80909
We offer support, friendship, and stimulating activities for people with brain injuries from any cause.

INJURY PREVENTION & CONTROL: Traumatic Brain Injury

Almost half a million (473,947) emergency department visits for TBI are made annually by children aged 0-14 years.

Information provided by the Centers for Disease Control
Impact Vision Therapy - Support group
719-302-8922
Held the third week of each month. Call for specific dates and times.
1710 Jet Stream Drive, Suite 100
Colorado Springs, CO 80921
This group provides education and support for all with brain injuries, their family members, friends, and caregivers.

Independence Center Brain Injury Support Group, The
719-471-8181 Kevin Corrigan, Facilitator
2nd and 4th Wednesdays 1:30 -3:00 p.m.
The Independence Center
729 South Tejon Street
Colorado Springs, CO 80903
www.theindependenccenter.org
Brain injury group to share and to talk about the challenges of living with a brain injury.

MULTIPLE SCLEROSIS ALLIANCE (MSA) of Southern Colorado Support Groups
719-633-4603
7011 Campus Drive
Colorado Springs, CO 80920
www.msasoco.org
Men’s Facilitated Support Group
Mondays 11:00 a.m. - 12:00 p.m. at the MSA Office
Co-ed Adaptive Yoga Group
Tuesdays 12:15 – 1:15 p.m. at the MSA Office
Women’s Social Support Group
Tuesdays 11:00am – 12:00 p.m. at the MSA Office
Women’s Facilitated Support Group
Tuesdays 11:00 a.m. – 12:00 p.m at the MSA Office
Pueblo Support Group
Mondays 12:30 – 1:30 p.m. Adaptive yoga class immediately followed by 1:30 – 2:30 p.m. Support group at The Center for Disabilities, 901 West 8th Street, Pueblo, CO 81003
Woodland Park Co-ed Support Groups
1st and 3rd Wednesdays 12:00 – 1:00 p.m. Co-ed facilitated support group 1:15-- 2:15 p.m. Co-ed adaptive yoga Woodland Park Public Library, 218 East Midland Ave, Woodland Park, CO 80863

Operation TBI Freedom – A Military Program of Craig Hospital
303-789-8835
565 Communication Circle, Suite 100
Colorado Springs, CO 80905
www.operationtbifreedom.org

Combat Veteran Peer Support Group
303-789-8835 Frederick Hinton, SFC (Retired), contact person
Fridays from 10 a.m. to 12 p.m.
Any combat veteran is welcome. Must show proof of DD 214.

Penrose Hospital Brain Injury Support Group
719-571-6661
Third Thursday of month, 5:30 – 7:00 p.m.
Penrose Pavillion, 2nd floor, behind the former coffee bar
Penrose-St. Francis Health Services
2222 North Nevada
Colorado Springs, CO 80907
Support and education for brain injury and stroke survivors, caregivers, family members, friends and healthcare professionals.

UCHealth Caregiver Support Group
719-365-2305 Rochelle Bruhn, M. Div, MCM, BCC
Every other Thursday 3:00- 4:15 p.m.

Memorial Central Cancer Center
1400 East Boulder Street
Colorado Springs, CO 80909
Caregivers come to this group to encourage, lift and strengthen one another.

UCHealth Neuro Support Group
719-365-9837
2nd Tuesday of the month – the time varies, so call
1400 East Boulder Street
Colorado Springs, CO 80909
To provide education and support to patients and families of those affected by neuro events – brain injury, stroke, aneurysm, etc.
**CHAFFEE, FREMONT & OTERO COUNTIES SUPPORT GROUPS**

**Fremont County Brain Injury Support Group**

**719-315-4824 Carol Cochran, Facilitator**

1st Tuesday each month 1:00-2:00 pm
Cañon City Public Library
516 Macon Avenue
Cañon City, CO  81212
Support and education for brain injury survivors and caregivers.

**Heart of the Rockies Home Health and Hospice**

**719-539-7638 Stacie Reitinger**

301 Oak Street, Unit E
Salida, CO  81201
info@heartoftherockieshhh.com

**OTERO COUNTY Brain Injury Group**

**719-254-7631 Desarenay Pfaff, D. Psy, D. Hom, DNH, PhD**

719-254-7631 George Pfaff, NCH
Serving eight counties in Southeast Colorado
Day and time vary, call to confirm. Rocky Ford Library / Conference Room
400 South 10th Street
Rocky Ford, CO  81067
All brain injury & stroke survivors, their family members and friends in Eastern Pueblo, Otero, Crowley, Bent, Baca Las Animas, Lincoln and Prowers Counties are welcome. Please contact the leaders before attending due to group members’ multiple chemical sensitivities and airborne allergies. Drop Ins NOT allowed.

**CRIPPLE CREEK SUPPORT GROUPS**

**Cripple Creek Brain Injury Support Group**

**719-510-2547 Michele Chamberlain, IL Specialist for Teller and Park Counties**

**719-689-0200 Gail Melton, Peer Mentor**

1st and 3rd Tuesday of month, 10:00 – 11:30 a.m.
Aspen Mine Center, 2nd floor conference room
166 East Bennett Avenue
Cripple Creek, CO  80813
We offer support, friendship and activities for all brain injury survivors, family members and friends.

**Cripple Creek Cross Disabilities Group**

**719-689-0200 Gail Melton, Facilitator**

Last Friday of the month, 10:00 – 11:30 a.m.
Aspen Mine Center, 2nd floor conference room
166 East Bennett Avenue
Cripple Creek, CO  80813
We cover everyone and everything, e.g. amputations, hearing loss, loss of sight, brain injury, strokes, etc.

**Cripple Creek Veteran’s Support Group**

**719-689-0200 Gail Melton, Facilitator**

2nd Tuesday of month, 10:00 – 11:30 a.m.
Aspen Mine Center, 2nd floor conference room
166 East Bennett Avenue
Cripple Creek, CO  80813
We offer support for any veteran with a brain injury, PTSD, and more.

**ONLINE BRAIN INJURY SUPPORT GROUPS**

**Brain injury Alliance of Colorado (BIAC)**

https://groups.google.com/forum/#!forum/colorado-brain-injury-support
Online support group for survivors and caregivers to share the journey and give mutual support.
BIAC online support group for caregivers and loved ones of a brain injury survivor
https://groups.google.com/forum/?hl=en#!forum/biac-caregivers
A safe place for caregivers to connect with others and say whatever is on their mind without fear of offending someone with a brain injury.

**PUEBLO SUPPORT GROUPS**

**Pueblo Brain Injury, LLC**

**719-387-7093**
pueblobraininjuryllc.com
Our mission is to connect survivors of all brain injuries in Colorado’s Southeast Region with resources and activities in Pueblo County that will strengthen their physical, educational, vocational and recreational abilities.

**Center Toward Self-Reliance Brain Injury Support Group**

**719-387-7093 or 719-546-1271**

4th Friday of every month 12:00 -2:00 p.m.
901 West 8th Street
Pueblo, CO  81003
Enhancing the independence of people with disabilities.
INJURY PREVENTION & CONTROL:
Traumatic Brain Injury

An estimated **2.87 million** people visited emergency departments for TBI-related concerns.

*Information provided by the Centers for Disease Control*
Rocky Mountain Stroke Center  
303-730-8800  
www.strokecolorado.org  
Resource/ Helpline  

Young and Young at Heart Stroke Support Group  
602-317-8095  
Coming summer 2020. 3rd Thursdays 6 – 7:30 p.m.  
Location to be determined  
For survivors who seek support as they navigate working (or returning to work), parenting and relationships after experiencing a stroke.  

TRANSPORTATION  

Along Came Carol Concierge Services, LLC  
719-661-1476  
www.accarol.com  
Offering transportation options in the Tri-Lakes area and Northern Colorado Springs. Advance ride arrangements required.  

BEO Mobility  
719-362-8000  
5055 Mark Dabling Boulevard  
Colorado Springs, CO 80918  
www.beopersonalcare.com/mobility  
Reliable door-to-door non-emergency wheelchair transportation available 24 hours a day, 7 days a week.  

Blue Skies Transportation LTD  
720-357-9070  
Blueskiestransportation.com  
Non-emergency medical transportation for Medicaid eligible clients. Serves El Paso County + transportation to Denver, Castle Rock, Pueblo, Cañon City.  

Bustang Express Bus Service  
800-900-3011  
Colorado Department of Transportation  
www.ridebustang.com  
Express bus service connecting commuters along I-25 Front Range and I-70 Mountain Corridors. Download mobile App.  

Coach Transportation  
719-391-4444  
1900 East Pikes Peak Avenue  
Colorado Springs, CO 80909  
mycoachtransportation.com  
Wheelchair transportation, non-medical transportation, non-emergency medical transportation, Coach ambulance services. Accepts Medicaid, Medicare, Private pay.  

Colorado Division of Motor Vehicles  
https://www.colorado.gov/dmv  
Licenses, registrations, permits and locations.  

Davey Coach Sales  
800-873-1856  
7182 Reynolds Drive  
Sedalia, CO 80135  
daveycoach.com  
Offering vehicles specifically for individuals with special needs and mobility challenges.  

Delta Transport  
720-338-8398  
Non-emergency medical transportation serving El Paso County. Accepts Medicaid only.  

Discount Bus ID Cards  
- Call the Independence Center 719-471-8181  
- Provides 50% Reduced Metro Bus ID Cards. Must present proof of disability.  
- Discount Bus ID Card qualifies you to purchase Discount Metro Bus Reduced Fare Tickets  

Goodwill of Colorado, Goodwheels Transportation  
719-442-2077  
1460 Garden of Gods Road  
Colorado Springs, CO 80907  
discovermygoodwill.org/services/community-transportation  

Brain Trauma Foundation | www.braintrauma.org
Health Promotion Partners - Fitness to Drive Program
719-231-6657
2924 Beacon Street, Suite D
Colorado Springs, CO 80907
www.HealthPromotionPartners.com
Occupational therapy, driver evaluations and training as well as individualized transportation planning services.

Kador Ground Transportation
719-470-0227
Kadormanusa.com
Community based service providing ground transportation to/from medical/dental appointments. Wheelchair accessible. El Paso, Pueblo, and surrounding counties.

Miracle Flights
800-359-1711
5740 South Eastern Avenue, Suite 240
Las Vegas, NV, 89119
www.miracleflights.org
Provides free commercial flights for adults, kids, and families to distant medical care and second opinions.

Mountain Metro | Colorado Springs - 719-385-7433
1015 Transit Drive
Colorado Springs, CO 80903
https://coloradosprings.gov/mountain-metro
Local public transportation with fixed-route bus (half fare teens, seniors, disabled) and ADA paratransit.

Non-Emergent Medical Transportation (NEMT)
1-855-489-4999
gointelliride.com/Colorado
Available when Health First Colorado member has no other means of transportation to Health First providers.

One-Ride
719-663-7433
1015 Transit Drive
Colorado Springs, CO 80903
coloradosprings.gov/mountain-metro/page/one-ride
Collaboration between multiple agencies to develop one-stop call center and transportation solution.

Teller Cab
719-687-8222
tellercab.com
Operates 24/7. Takes qualified Medicaid. Serves Teller County only. Locally owned and operated.

Teller Senior Coalition
719-687-0256
www.tellerseniorcoalition.org
Transportation for seniors and the general public in Teller County

Transit to Care
719-644-6005
2860 South Circle Drive, Suite G65
Colorado Springs, CO 80906
transit2care.com
Non-Emergency medical transportation provider. Medicaid and private pay. We cover all of Colorado.

United Access
719-590-1400
6285 Corporate Drive
Colorado Springs, CO 80919
www.unitedaccess.com
Accessible vehicles, mobility equipment rental, installation and repair.

Wheelchair Getaways of Colorado
800-238-6920
P.O. Box 621429
Littleton, CO 80162
www.wheelchairgetaways.com

zTrip
719-766-4567
www.ztrip.com
Reliable service day or night, including wheelchair accessible Mobility Plus Fleet.
Brain Teasers

Count the ‘F’ s in this sentence:
“Finished files are the result of years of scientific study combined with the experience of years.”

What word begins and ends with an E but only has one letter?

I’m tall when I’m young and I’m short when I’m old. What am I?

In a one-story pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower—everything was pink! What color were the stairs?

Mike is a butcher. He is 5ft 10 inches tall. What does he weigh?

What are the next three letters in the following sequence? J,F,M,A,M,J,J,A,_,_,_

Answers on the next page.

Thanks to Carol Van Ness from A Cognitive Connection for these exercises for brain injury patients.
Brain Teasers Answers

1. **Answer: 6**
   Most people say 3. Why? We often don’t correctly process the word “of” for two reasons. First the letter F unusually makes the ‘f’ sound like in ‘fox’ However in the word ‘of’ it makes the ‘v’ sound. Second you have probably read the word ‘of’ so many times in your life that you process it as one unit, overlooking the second letter/sound.

2. **Answer: envelope**

3. **Answer: a candle**

4. **Answer: There weren’t any stairs, it was a one-story house.**

5. **Answer: Meat**

6. **Answer: S,O,N**
   The sequence is the first letter of the months of the year. September, October, November are the next in the sequence.

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Helpful Brain Injury Websites

Brain Injury Alliance of Colorado - www.biacolorado.org
The only statewide non-profit in Colorado exclusively dedicated to brain injury.

Brain Injury Association of America - www.biausa.org
Promotes awareness, understanding, and prevention of brain injury.

BrainLine - www.brainline.org/
Preventing, treating, living with TBI

Brainline for Military - www.brainlinemilitary.org/
Help for service members, veterans, national guard members, reserve and their families

Brain Trauma Foundation - www.braintrauma.org
Improving the outcome of TBI patients.

Center on Brain Injury Research and Training - http://cbirt.org
Research and training to improve the lives of children and adults with TBI.

Center for Disease Control (CDC) - www.cdc.gov/TraumaticBrainInjury
National Center for Injury, Prevention, and Control of Traumatic Brain Injury

Colorado Kids with Brain Injury - cokidswithbraininjury.com
Traumatic brain injury networking team resource network.

Craig Hospital Brain Injury Education Information - www.craighospital.org/brain-injury-resource-library
Defense and Veterans Brain Injury Center - www.dvbic.org

Defense Centers of Excellence Outreach Center - resources@dcoeoutreach.org
Free, fast, accurate information and assistance.

Get Schooled On Concussions - getschooledonconcussions.com

Brain Injury Books on TBI, Mild Brain Injury, Concussion, Blast Injury, and PTSD.

National Resource Center for Traumatic Brain Injury - www.tbinc.org
Practical information for professionals, persons with brain injury, and family members.

National Stroke Association - www.stroke.org
Packed with stroke information
MINDSOURCE, formerly known as The Colorado Brain Injury Program, was established in 2002 to provide care coordination and services to children and adults with brain injuries, as well as fund education and research regarding brain injury in Colorado. Revenue for this program comes from surcharges placed on traffic ticket convictions for speeding, the children's helmet law, DUI, and DWAI. The program partners with the Brain Injury Alliance of Colorado, Department of Education, and the Department of Public Health and Environment to provide comprehensive support across the state. Please visit tbicolorado.org for more information.

What is a brain injury?
Acquired brain injury is an injury to the brain that has occurred after birth and which is not hereditary, congenital, or degenerative. Causes include external forces applied to the head and or neck (traumatic brain injury), anoxic/hypoxic injury (cardiac arrest, carbon monoxide poisoning, airway obstruction, hemorrhage, drowning), intracranial surgery, infectious diseases, seizure disorders, toxic exposure (substance abuse, ingestion of lead, inhalation of volatile agents), aneurysms, and vascular obstruction (stroke).

Brain injury affects the whole person, including changes in the physical, emotional, and cognitive areas of the body. These changes can impact how a person reacts to his or her daily life, including school and work, and how s/he manages his or her finances. Relationships and a person’s well-being are determined by how well he or she can manage these challenges. The road can seem long and insurmountable, especially without help.

### Concussion Warning Signs

<table>
<thead>
<tr>
<th>Thinking/Remembering</th>
<th>Physical</th>
<th>Emotional/Mood</th>
<th>Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulty thinking clearly</td>
<td>Headache</td>
<td>Irritability</td>
<td>Sleeping more than usual</td>
</tr>
<tr>
<td>Feeling slowed down</td>
<td>Nausea or vomiting (early on)</td>
<td>Sadness</td>
<td>Sleep less than usual</td>
</tr>
<tr>
<td>Difficulty concentrating</td>
<td>Sensitivity to noise or light</td>
<td>More emotional</td>
<td>Trouble falling asleep</td>
</tr>
<tr>
<td>Difficulty remembering new information</td>
<td>Feeling tired, having no energy</td>
<td>Nervousness or anxiety</td>
<td></td>
</tr>
</tbody>
</table>

### Stroke Warning Signs And Symptoms

**F.A.S.T. is:**

- **Face Drooping** — Does one side of the face droop or is it numb? Ask the person to smile.
- **Arm Weakness** — Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty** — Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like “the sky is blue.” Is the sentence repeated correctly?
- **Time to Call 911** — If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

**Provided by the American Heart Association and the American Stroke Association**

### Assistive Technology for Traumatic Brain Injuries

Having a Traumatic Brain Injury (TBI) can make everyday tasks seem very daunting. Assistive Technology (AT) can ease that fear with simple, easy-to-use devices that can make performing those tasks even easier. People that have a TBI often have difficulty with vision, memory and cognition, mobility, and weakness on one side, among other effects. AT devices can help with all of these functional limitations.

For example, recordable pens or key chains can be used to help with memory problems. For someone with weakness on one side or other mobility challenges, there are products that help with food preparation, buttoning a shirt, or washing their hair. There are many devices that will help with grip difficulties. Everything from turning a doorknob to holding a utensil can be solved using AT. To help with vision, there are handheld or electronic magnifiers, as well as devices that will read a document out loud.

A person with a TBI should consult a professional prior to using Assistive Technology for a specific pairing of a product that will work for their needs. Since TBI’s affect each individual person differently, a product that works for one person may not be appropriate for another person. However, once a device is properly selected, it can be absolutely life changing and crucial in helping someone maintain their independence. For a full list of Assistive Technology resources, refer to the Assistive Technology section of the directory.
The most comprehensive brain injury and stroke care in southern Colorado.

So your life can have the balance it needs.

Our network of certified stroke centers, designated trauma centers and specialized facilities are here to care for people with a range of neurological and trauma needs:

- Specialized intensive care units.
- Acute care services.
- Inpatient rehabilitation hospital.
- Outpatient rehabilitation services.

For information and resources, call our HealthLink nurse advice line at 719.444.CARE (2273).