The most comprehensive brain injury and stroke care in southern Colorado.
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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).
Welcome to the Pikes Peak Region Brain Injury Resource Directory

This directory was created by the Pikes Peak Region Brain Injury Professionals Network and Ager Publishing. The BIPN 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 for her coordination of this effort. The directory would not have happened without her tireless work and follow up. Professionals who researched listing information are Janine Holloman, Ralf Holloman, Rhea Pedler, Karli Johnson, Carol VanNess, Joy Regan, Sarah Braun, Mikalia Gray, Kelsie Fucci, Maria Martinez and Lauren Mocilac.

The group hosts an art and literary contest for each edition to showcase the work of brain injury survivors. Thanks to Carol Cochran for coordinating the contests. The winner of the art contest is Rebecca White. Her entry graces the cover of this edition. The winning literary entry “Integration” was submitted by Sharon Mehesy. Her piece reflects the struggles survivors have reconciling their pre and post-accident selves and resonated with BIPN members. The runner up in the art cover contest is Janet Roveniti. The second place literary entry is a quote and photo submitted by Jules Bryant.

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, PASCO, Cereset Colorado Springs, Operation TBI Freedom / Craig Hospital, Brain Injury Alliance of Colorado, The Webster Law Firm, The Independence Center and Harmonized Brain Centers. Thanks also to Rehab Without Walls.

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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.
Center Toward Self-Reliance  
719-546-1271  
901 West 8th Street  
Pueblo, CO 81003  
https://cfdpueblo.org  
Our agency provides services and supports to individuals with disabilities.

**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.the-ic.org  
Provides information and referral, as well as individual and community advocacy for people with disabilities.

**Mariposa Center for Safety**  
719-542-6904  
801 North Santa Fe Avenue  
Pueblo, CO 81003  
www.mariposacenterforsafety.org  
We assist survivors of domestic violence, human trafficking, sexual assault, and family abuse.

**MINDSOURCE Brain Injury Network**  
720-591-6793  
Colorado Department of Human Services  
1575 Sherman Street, 4th floor  
Denver, CO 80203  
www.mindsourcememo.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.pascohh.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/211  
Call 211 for referrals for food, utilities, housing, childcare, emergency shelter, military assistance, senior issues.

**Pueblo Brain Injury, LLC**  
719-387-7093/719-546-1271, ext. 102  
901 West 8th Street  
Pueblo, CO 81003  
www.pueblobraininjuryllc.com  
PBI support group meets every Monday. 1:00 p.m. at the Center Toward Self-Reliance.

**Rehab Resources-HCS, LLC**  
719-396-0809  
4164 Austin Bluffs Parkway, Suite 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)
719-573-5070
www.aa.org
A fellowship of men and women who share their experience, strength and hope to achieve sobriety.

Alcoholics Anonymous (AA) National Rehab Hotline
1-866-210-1303.
24-hour, 365 days a year. Free and confidential hotline.

Colorado Al-Anon/Alateen, Inc.
1-888-425-2666
http://al-anon-co.org
Support groups for friends and families living with a friend or relative with SUD.

Colorado Drug Abuse Hotline
1-855-789-9197
Drug abuse hotline available 24/7. Confidential.

Friendly Harbor, The
719-545-2564
2713 North Grand Avenue
Pueblo, CO 81003
www.friendlyharborpueblo.com
Friendly Harbor Community Center promotes wellness and recovery through Peer Support.

Narcotics Anonymous Pikes Peak
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
https://www.va.gov/directory/guide/state_SUD.cfm?STATE=CO
Substance Use Disorder (SUD) programs for military veterans.
Colorado Springs – 719-327-5660
PFC Floyd K. Lindstrom Clinic
3141 Centennial Boulevard
Colorado Springs, CO 80907
Pueblo – 719-553-1000
PFC James Dunn VA Clinic
4776 Eagleridge Circle
Pueblo, CO 81008

ASSISTIVE TECHNOLOGY

Accessible Systems - Lifeway Mobility
www.lifewaymobility.com/colorado-springs/
Helping people of all ages and abilities modify their home: Stairlifts, Ramps, Lift/Transfer Systems, Bath Safety, Elevators and more.
Southern Colorado - 719-387-0675
Service Area:
Colorado Springs, Pueblo, Woodland Park, Monument, Peyton, Canon City
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!

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 Toward Self-Reliance  
**719-546-1271**
901 West 8th Street  
Pueblo, CO 81003  
www.cfdpueblo.org  
Our agency provides services and supports to individuals with disabilities.

Health Promotion Partners-Fitness to Drive Program  
**719-231-6657**
2924 Beacon Street, Suite D  
Colorado Springs, CO 80907  
www.HealthPromotionPartners.com  
Adaptive driving equipment evaluation and training program.

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

National Medical Supply  
**719-393-2541**
7190 Cole View, Suite 9700  
Colorado Springs, CO 80915  
www.national-med.com/  
A leading durable medical equipment provider for Medicaid patients servicing Southern Colorado since 2000.

United Access  
**719-590-1400**
6285 Corporate Drive  
Colorado Springs, CO 80919  
www.UnitedAccess.com  
Bringing mobility to individuals with accessible vehicles, adaptive driving equipment, mobility aids, and transportation adaptations. Sales, Service, Repair and Rental.

Westpeak Mobility  
**719-299-2167**
903 East Fillmore Street  
Colorado Springs, CO 80907  
www.WestpeakMobility.com  
Custom wheelchairs and mobility aids.

**COGNITIVE / BEHAVIORAL / MENTAL HEALTH**

A Cognitive Connection, LLC  
**719-233-1199**
2020 North Academy Boulevard, Suite 155  
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  
**719-428-6100**
5390 North Academy Boulevard, Suite 200  
Colorado Springs, CO 80918  
www.adultcommunityservices.com  
Mental health counseling for adults with co-occurring medical and mental health illnesses.

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**Home & Community Neuro Rehabilitation**

There’s No Place Like Home for Healing  
By providing care in the home, community, workplace, or school, RWW promotes greater health through the recovery process, all with industry-leading outcomes that dramatically improve functional skills and independence for patients.

Contact us to schedule an assessment.  
**p:** 303.427.5020  
**f:** 303.427.5855  
RehabWithoutWalls.com  
We accept patients from the following areas:  
- Fort Collins  
- CO Springs  
- Along the Front Range  
- Denver

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**American Stroke Association**

www.stroke.org
Art Contest Runner-up

Artist: Janet Roveniti
**Apgar Center**  
719-634-5242  
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.

**Cereset Colorado Springs**  
719-249-3663  
7660 Goddard Street, Suite 120  
Colorado Springs, CO 80920  
https://cereset.com/map-location/cereset-colorado-springs/?mpfy-pin=2090  
info@ColoradoSprings.cereset.com  
Cereset’s patented technology is science-based, non-invasive, clinically proven, and highly effective. See Ad on page 2.

**Child Community Services**  
719-440-6445  
5390 North Academy Boulevard, Suite 200  
Colorado Springs, CO 80918  
www.childcommunityservices.org  
Individual and family therapy and targeted case management for children and youth with mental illness.

**Ellie Mental Health**  
719-249-0984  
2116 Hollow Brook Drive, Suite 100  
Colorado Springs, CO 80918  
https://elliementalhealth.com  
Ellie Mental Health provides outpatient therapy services to help support individuals during any time of life.

**Brainline for Military**  
www.brainlinemilitary.org/

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**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

- **Information Hub**  
  BIAC provides beneficial information to survivors, family members, and professionals.

- **Group Activities and Support**  
  BIAC offers a wide range of classes, workshops, support groups, recreation programs, and social events.

- **Individual Support**  
  Our individual support services can vary from answering quick questions or connecting with brain-injury related resources over the phone, to ongoing in-person or virtual meetings

BIAColorado.org  
Office: 303.355.9969  
Toll Free: 800.955.2443
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
2149 North Academy Boulevard
Colorado Springs, CO 80909
Denver
8719 East Dry Creek, Suite B1
Centennial, CO 80112
Westcliffe:
500 Rosita Avenue, Suite F
Westcliffe, CO 81252

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.

Last Key on the Ring, PLLC
719-357-1810
7710 North Union
Colorado Springs, CO 80920
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.

Solvista Health
719-275-2351
3225 Independence Road
Canon City, CO 81212
http://solvistahealth.org
Solvista offers mental health care and addiction recovery services. Access 24/7 crisis help @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.healthcircle.uccs.edu/aging-center.com
The UCCS offers comprehensive neuropsychological assessments and recommendations regarding treatment.

COMMUNITY RECREATION / LEISURE RESOURCES

Adaptive Sports Center
970-349-2296
19 Emmons Road
Crested Butte, CO 81225
www.adaptivesports.org
The ASC is a therapeutic outdoor recreation program that operates year-round in Crested Butte, Colorado.

Center for Disease Control (CDC)
www.cdc.gov/TraumaticBrainInjury/index.html
Complementary & Alternative Therapies to Consider

**Acupressure/Meridian Therapy** – No needles and non-narcotic

**Acupuncture** – Can relieve the anxiety, depression and insomnia that often affects TBI patients

**Auriculotherapy** – Ear acupuncture to relieve pain and stress

**Aromatherapy** - Use of diffused oils to increase oxygen flow to the brain to promote healing, stress relief and relaxation

**Baclofen Pump** – Directs medicine to specific areas of the spinal cord to relieve brain injuries

**Chiropractic** – Restore neurologic function after a specific adjustment or cranial therapy

**Color / Light Therapy** – Reset and activate stem cells

**Cupping** – Muscle release

**Cranial sacral massage** – Use of bodywork to relieve compression in the head, neck and back

**Craniosacral Therapy** – Cross between chiropractic and osteopathic maneuvers or hands on healing

**EFT (Emotional Freedom Technique)** – A type of acupressure to help with anxiety, depression, pain, etc.

**EMDR (Eye movement desensitization and reprocessing)** – A mental health treatment technique for anxiety, PTSD, etc.

**Holistic Practices** – Nutrition, health education, movement, yoga and gentle exercise

**Homeopathy** – Provides immune support

**Horsemanship (also known as Hippotherapy or Equine Therapy)** – Healing through connection with horses and riding therapy

**Hyperbaric Chamber Therapy** – Breathing pure oxygen in a pressurized environment to treat some medical conditions including TBI

**Neurocognitive Services** – Help with mental health conditions such as mood disorders and anxiety

**Neurofeedback** – A type of biofeedback that focuses on neuronal activity of the brain to reinforce desired brain activities

**Massage** – Pain relief and relaxation

**Meditation** – Impact the ability to sustain focused attention and improve cognitive efficiency

**Music Therapy** – Use of music for language building, anxiety, health conditions, dementia

**Pelvic Rebalancing** – Overall posture and core alignment

**Reflexology** – Use of foot massage to promote wellness in other areas of the body

**Somatic Trauma Therapy** – Treatment for PTSD and other mental and emotional health issues through the connection of mind and body

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**Angletech/Cycle Different**
719-687-7475
1483 Garden of the Gods Road
Colorado Springs, CO 80907
www.cycledifferent.com
Retail adaptive cycling shop and custom building for individual specific needs.

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

**Brain Injury Alliance of Colorado**
303-355-9969
Statewide Services throughout Colorado
www.BIAColorado.org
Offers recreation and social programs that are multi-day and one-day events to meet other survivors.

**City of Colorado Springs Therapeutic Recreation Program**
719-385-6964
1628 West Bijou Street
Colorado Springs, CO 80904
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**
970-224-6028
112 East Willow Street
Fort Collins, CO 80524
www.fcgov.com/aro
ARO offers a variety of specialized recreation programs for people of all abilities and ages.

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**Center on Brain Injury Research and Training**
http://cbirt.org
Colorado Springs Chapter of Fishing Has No Boundaries
719-873-3462
1535 Saratoga Drive
Colorado Springs, CO 80910
www.csfhnb.org
Opportunities to open up the great outdoors for people with disabilities through the world of fishing.

Community Sailing of Colorado
303-757-7718
P.O. Box 102613
Denver, CO 80250
www.communitysailing.org
CSC offers adaptive sailing for individuals of all abilities alongside their family and friends.

Easterseals Colorado – Neurological Rehabilitation Adult Day Program (NRADP)
303-233-1666, ext. 438
5755 West Alameda Avenue
Lakewood, CO 80226
https://www.easterseals.com/co/programs-and-services/learn/neurological-rehabilitation-adult-day-program/
NRADP is a program for people living with neurological disorders like Parkinson's disease, TBI & stroke.

El Paso County Trailability Program
https://communityservices.elpasoco.com/trailability/
Connecting people to nature on a hike assisted by off-road vehicles.
Bear Creek - 719-520-6387
245 Bear Creek Road
Colorado Springs, CO 80906
Fountain Creek – 719-520-6745
320 Peppergrass Lane
Fountain, CO 80817

Independence Center, The
719-471-8181
729 South Tejon Street
Colorado Springs, CO 80903
www.the-ic.org
Provides opportunities for people with disabilities to participate in group events and activities out in the community.

Du Myon Martial Arts
719-232-7766
2660 Vickers Drive
Colorado Springs, CO 80918
www.dumyonmartialarts.org
Safe traditional martial arts family learning experience for those diagnosed with disabilities or at risk.

Paradox Sports
720-638-5593
P.O. Box 19044
Boulder, CO 80308
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)
Colorado Springs, CO 80918
www.ppld.org
Providing resources and opportunities that change individual lives and build community.

Special Olympics Colorado
915 Pinon Ranch View, Suite 7/8
Colorado Springs, CO 80920
www.specialolympicsco.org
Play Unified. Live Unified.

BrainLine
www.brainline.org/
Imagine experiencing more than 10 concussions. Add multiple serious accidents, breast cancer and a stroke. Many people would have given up. Not Maria Martinez. She is a miracle on a mission. Her mission is to find any means she can to support brain injury survivors in Pueblo. Standing up for others is nothing new, she has been doing that since her high school days.

Martinez believes she sustained her first concussion at the age of eight when her motor bike slammed into another bike. In those days, there was not much discussion about concussion or damage to the brain. Looking back, she realizes she had learning deficits in school that were likely the result of this injury.

She also experienced anger issues, felt socially awkward and was aware of cognitive issues. “I was probably depressed and didn’t realize it,” she said, “I didn’t fit in.”

Martinez found an outlet in martial arts and boxing and then graduated into extreme sports after college. These activities “continued to contribute to my cognitive concerns,” she explained. When she did her student teaching while at the University of Northern Colorado, she realized she still had issues, but she did go on to teach at the high school level. She ultimately left teaching and joined the Department of Corrections in security and as a trainer for electronic devices.

A motorcycle accident in 2007 changed everything. “My anger issues were worse, I had lots of falls and my balance was off,” she said. Two years later she was hit by a food truck in a parking lot and struck her head. She was dazed again. “Every time my head was jolted, I had more issues. My cognitive ability to read and understand was very low,” she explained.

Martinez said she snapped and got into a fight at work. She was sent to a psychiatrist who felt she needed rehab for her brain injuries.

Then in 2010 “I had a stroke, and my visual ability was off. I had seizures after the stroke. I couldn’t drive. I went into rehab for a month and came out really struggling with cognitive problems.” It was in rehab that Martinez was invited to participate in a support group.

One of the other things she did was retain an attorney who helped her with a Workers’ Compensation claim and was able to get her placed on long term disability. “It was the best thing I ever did,” she said.

She said she retired after 20 years at the DOC because the warden considered her a high-risk employee as a result of all her injuries and health concerns.

All of her concussions were closed head injuries without loss of consciousness. After the stroke and retirement her focus shifted to recovery.

It was in retirement Martinez says she realized there were not a lot of resources in Pueblo for brain injury survivors. She was depressed, drinking and doing narcotics. There were suicidal close calls. She started going to the YMCA to work out and began travelling to Denver for brain injury support. In 2012 she started leading a brain injury support group at Parkview Hospital. The COVID pandemic derailed that group. A new online group called Brain Chat was formed to provide education and support for survivors of brain injury. It is part of Pueblo Brain Injury LLC and continues to be active. There are additional support groups that focus on art and creative writing.

Pueblo Brain Injury LLC has received two MINDSOURCE Brain Injury Network community grants. These grants enabled Martinez to collaborate with other brain injury professionals throughout the state and she was trained with other brain injury survivors to facilitate a self-advocacy program called Self-Advocacy for Independent Life (SAIL).
A third grant is geared toward Spanish speaking people ages 17 to 24 to help them improve life skills using the SAIL program. Much of her work occurs at the Center Toward Self-Reliance on West 8th Street. She continues to assist with fine tuning the SAIL program with the Brain Injury Alliance of Colorado.

“I started to gain hope from exposure to others who were more severe than me, but still worked and volunteered,” she said.

Martinez wishes that everyone would realize “how complex it is to manage your life when you have a brain injury. I wish people would be more compassionate. It is a real concern of mine that the professional services network better understand the problems brain injury patients deal with.”

“I look at myself as someone who respects life a lot. I feel I’m a better person because of brain injury. My goal is to see centers like the Center Toward Self-Reliance incorporate brain injury programs in ways other than support groups.

“I am still focusing on my own recovery. I currently participate in speech therapy to focus on cognitive processes, go in for a balance tune up for physical therapy and recently had a ENT evaluation,” she said.

Martinez formed a nonprofit at the end of 2021 called Re-Inspired Minds. The focus of the organization is to bridge gaps for community resources and education for brain injury patients.

Her advice to new brain injury patients is “take any avenue you can so you are not stagnated. If you don’t like a particular support group, join another one. Reach out! Fight isolation. As part of your recovery, you need to be involved in community. Allow yourself the opportunity to not give up. Ask yourself what you are going to do to be positive.”

Martinez lights up when she talks about progress that has been made for brain injury survivors in Pueblo and throughout the state of Colorado.
Cereset Colorado Springs  
**719-249-3663**  
7660 Goddard Street, Suite 120  
Colorado Springs, CO 80920  
info@ColoradoSprings.Cereset.com  
Cereset’s patented technology is science-based, non-invasive, clinically proven, and highly effective. See Ad on page 2.

Chanda Plan  
**1-800-766-4255**  
1630 Carr Street  
Lakewood, CO 80214  
www.iamtheplan.org  
Integration therapy for persons with disabilities, brain injuries, spinal cord injuries, cerebral palsy, MS and MD.

Chef Stevie  
Serving the Colorado Springs Area  
www.Chefstevie.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.

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  
Dancinggooseyoga.com / caregiverssidekick.com  
Using coaching and movement, Kara guides you to ease anxiety and link up mind and body.

**Eastern Sun TCM Acupuncture**  
**719-345-7110**  
2800 North 9th Street  
Canon City, CO 81212  
www.easternsunctmacupuncture.com  
Acupuncture and Chinese Medicine for all conditions; with a 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**  
P.O. Box 88275  
Colorado Springs, CO 80908  
www.theequineapproach.com  
Therapy, Learning and Personal Growth through Horsemanship, Professional Association of Therapeutic Horsemanship Member Center.

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  
2149 North Academy Boulevard  
Colorado Springs, CO 80909  
Denver  
8719 East Dry Creek, Suite B1  
Centennial, CO 80112  
Westcliffe  
500 Rosita Avenue, Suite F  
Westcliffe, CO 81252

Defense Centers for Excellence Outreach Center  
https://www.usar.army.mil/DCOE-TBI/
Khronology Functional Fitness and Nutrition
719-726-2994
4440 Barnes Road, Suite 230
Colorado Springs, CO 80917
www.khronologyfit.com
We help you heal and have optimal health through food, movement and a healthy lifestyle.

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
720-290-0154
8008 East Arapahoe Court, Unit 100
Centennial, CO 80112
www.mindgymcentennial.com
Hope and healing center providing neurofeedback for BI, anxiety, ADHD, PTSD, coaching, depression, 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.

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.septemberburten.com
Nutrition for brain health.

Shandy Clinic
719-597-0822, x123
Various locations in Colorado Springs, Fountain, and Pueblo.
www.shandyclinic.com
Exceptional therapy for exceptional children! Offering speech, occupational and physical therapy in multiple convenient locations.

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.

Spark the Change Volunteer Service Companions
719-250-1791
Serving Pueblo, Huerfano, and Las Animas counties
www.sparkthechangecolorado.org
tpatrick@sparkthechangecolorado.org
Companions can help with respite, cooking, grocery shopping, and transportation to appointments or social events.

Colorado Kids with Brain Injury
cokidswithbraininjury.com
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.

Our House Inc.
719-447-0109
1609 South Wahsatch Avenue
Colorado Springs, CO 80905
www.ourhouseinc.org
Nonprofit focused on increasing independence for adults with intellectual and developmental disabilities.

D 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 with disabilities, Roaring Fork Valley.

Foundation for Successful Living
719-227-3939
1879 Austin Bluffs Parkway
Colorado Springs, CO 80918
www.thefsl.org
Passion, Purpose, Possibility

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.

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

Education:
BIRTH TO AGE 21

Brain Injury Alliance of Colorado’s Education Consultation Program
303-355-9969
Statewide Services
Biacolorado.org
The Education Consultation Program provides free, statewide consultation/support services throughout Colorado to those 0-21 years old.

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

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...
Colorado Kids with Brain Injury Website
Maintained by Brain Injury Networking Team
cokidswithbraininjury.com
Tool for families, educators, and professionals to help support our kids with brain injuries.

Colorado School Safety Resource Center: “Athletics and Concussion”
cssrc.colorado.gov/athletics-concussion
Colorado’s Department of Public Safety’s resources for educators, parent, youth and more.

Parent to Parent of CO
877-472-7201
801 Yosemite Street
Denver, CO 80230
www.p2p-co.org
Connecting Colorado parents of individuals with disabilities to information and emotional support.

Peak Parent Center
719-531-9400
917 East Moreno Avenue, Suite 140
Colorado Springs, CO 80903
http://www.peakparent.org
Peak equips parents and professional with skills needed to educate students with disabilities and abilities.

Pikes Peak Library District
719-531-6333
Library locations on website ppld.org
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, medical and school teams.

Summit Psychological Assessment & Consultation LLC
719-235-7104
7710 North Union Boulevard, Suite 204
Colorado Springs, CO 80920
http://summitpac.net
Neuro-educational assessments including learning, cognition, and executive functioning assessments.

EDUCATION: ADULT

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

Brain Injury Alliance of Colorado
303-355-9969
Statewide Services
Biacolorado.org
Offers classes and workshops to survivors of brain injury and caregivers throughout Colorado.

Brain Injury Hope Foundation, The
844-444-4522
6732 West Coal Mine Avenue, Suite 227
Littleton, CO 80123
www.braininjuryhopefoundation.org
BIHF educates (via Survivor Series) MTBI survivors, family members, and other professionals about treatment options.

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

By Janine Holloman, MA, CRC, LPC, CBIS, EDPNA

Recovery from traumatic brain injury is not a straight line. Progress ebbs and flows. Patients can show significant improvement initially only to be followed by new concerns that arise months or years later.

Advancements in the treatment of TBI have led to better long term survival rates for patients. This has allowed researchers the ability to conduct long term studies of TBI survivors and document many new challenges they could face. The findings show some long term complications of TBI survival can include regression, as well as later onset of other disabilities including, depression, post-traumatic stress disorder, bi-polar disorder, obsessive compulsive disorder, and most recently identified-Alzheimer’s disease and dementia.

It is important for TBI patients and their families to document changes in recovery and relay them to their medical professionals so appropriate follow up care or additional treatment can be considered.

Research completed since the early 2000’s has confirmed that symptom improvement in adult TBI patents followed a typical pattern, with the most improvement coming within the first two years post-accident. Thomas Novack, PhD, and Tamers Bushnik, PHD, publishing for the Model System Knowledge Transition Center Handbook, confirm that the most improvement post injury is in the first six months post injury. Improvement continues but at a slower pace for the next six months to two years. Improvement slows substantially after that.

**Regression**

Long term studies confirm that most long term TBI survivors will eventually experience regression of some sort, an actual backtracking of the gains made immediately post-accident.

Reporting in the Archives of Physical Medicine Rehabilitation, December 2008, Drs Cloella, Verwegen and Green studied the post recovery decline in adults with TBI 5 years post injury. They confirmed a significant decline in verbal fluency and delayed recall. In addition, an article in The Lancet Neurology, Volume 11, No.12, December 2012, authored by Drs Laura Moretti, Irene Chrisofari, and Jordan Grafman, confirms a significant decline in cognitive functioning in older adults with a history of TBI.

In a very interesting study reported in The Journal of Head Trauma Rehabilitation: July/August 2018, Drs. O’Neil-Pirozzi, Ketchum, Hammond, and others compared a group of individuals who died at more than 1-year post-TBI with a matched group of survivors. The deceased group demonstrated significantly poor global functioning on all physical, cognitive, and psychological functioning variables at their most recent follow up visit prior to death.

**Obsessive Compulsive Disorder**

In an article for the for the publication Very Well Mind dated June 22, 2017, Owen Kelly, PhD, Dr. reports that while symptoms of obsessive-compulsive disorder can occur immediately after injury, there has been confirmation of TBI-induced OCD months after the initial injury. Drs Berthier, Kulisevsky, Gironell and Lopez reported in The Journal of Neuropsychiatry, Neuropsychology, and Behavioral Neurology, Vol. 14, No. 1, found that six of the ten patients they studied developed OCD after suffering mild TBI, most of them with no pre-morbid or family history of OCD.

Continued on page 19
Anxiety Disorder, Post-Traumatic Stress Disorder, and Depression

Development of anxiety disorder post TBI has also been documented. An article authored by Michelle Albicini and Audrey McKinlay, PhD, Journal of Head Trauma Rehabilitation, May/June 2008, Vol 33, No 3., studied anxiety disorder in adults with childhood traumatic TBI. They studied 95 males and 74 females and found that adult survivors experienced persistent anxiety, panic attacks, specific phobias and depression, some more than 13 years post injury. Another study in the same journal in their January/February 2018 issue, authored by Drs Osborn, Mathias, Fairwether-Schmidt and Anstey, followed groups of young, middle aged, and older adult TBI survivors and confirmed a significant association between sustaining a TBI and developing clinically significant depression.

There also now appears to be a clear link between TBI and post-traumatic stress disorder. In an article published by UCLA Life Scientists in their Science Daily Newsletter, February 15, 2012, they confirm a causal link between TBI and an increase susceptibility to post traumatic stress disorder, as well as anxiety disorder. A similar article published in Frontiers in Neuroscience, 2016 confirmed similar findings.

Alzheimer’s Disease and Dementia

A more dramatic development has been research finding showing a link between TBI and the development of Alzheimer’s disease and dementia. The previously cited research in the Lancet Neurology study also found a link to these conditions for long term TBI survivors. In a follow up study in The Lancet Psychiatry, April 10, 2018, Drs Fann and Pedersen identified a significant increase in incidents of dementia compared to non-TBI adults the same age. Another study published in The Lancet Psychiatry reported on by U.S. News and World Report studies 2.8 million patient records found a significant risk of dementia and Alzheimer’s disease. The study found that a single severe head injury increased the risk for dementia by 35%. People in the study who suffered two or more mild to moderate TBI’s had a 33% increase chance. People who suffered four or more TBI’s had a 61% increase chance. The conclusion of the study was that people who suffer a TBI in their 20’s are 60% more likely to develop dementia or Alzheimer’s disease in their 50’s.

Case Study- Rocky

I worked with this claimant for over 20 years, and I got to see firsthand some of the challenges he faced through the aging process. Rocky was 19-years-old when he was in a major car accident and almost did not survive. He was in a coma for almost a week and sustained a severe TBI, resulting in cognitive deficits including impaired memory, short attention span, problem solving issues, problems with judgement, difficulty in information processing, anger management and significant motor deficits on his right side for both his arm and leg. Although he was a high school graduate, neuropsychological testing post injury placed him at the grade school level in reading, spelling and math. After a lengthy in-patient stay, he was transferred to a rehabilitation hospital for continued treatment and eventually transferred to a residential community-based facility with significant supervision. Over the first five years post injury Rocky made remarkable progress in all areas, eventually transferring to a residential step program with the goal of independent apartment living with help from community living aides. He became employed in the community and was functioning at a high enough level to maintain a job and arrange for public transportation for work and social events without the assistance of his community care team.

At a team meeting about 15 years post-accident, his community care team reported problems Rocky was starting to have trouble remembering how to arrange for transportation, taking his...
Colorado Springs Fine Arts Center at Colorado College - Military Artistic Healing Program for Veterans and Military Families at the Fine Arts Center Bemis School of Art
719-634-5581
30 West Dale Street
Colorado Springs, CO 80903
http://fac.coloradocollege.edu/art-school/
Learn to utilize artistic and creative exercise through therapeutic processes to heal past traumas.

Colorado Springs Senior Center
709-955-3400
Multiple locations for services
Colorado Springs, CO
Csseniorcenter.com
Education and recreation center for those 55 and older. Providing social outlets for seniors in our community.

Brain Injury Association of America
www.biausa.org

Colorado Talking Book Library
303-727-9277 or 800-685-2136
180 Sheridan Boulevard
Denver, CO 80226-8101
http://myctbl.org
Provides free audio, Braille, and large print books to Coloradans with visual, physical or learning disabilities.

In! Pathways to Inclusive Higher Education
720-629-0196
7931 South Broadway, Suite 193
Littleton, CO 80122
Inclusivehighered.org
Inclusive college opportunities for students with IDD. Developing academic, independent living, and career skills.

Independence Center, The
719-471-8181
729 South Tejon Street
Colorado Springs, CO 80903
www.the-ic.org
Provides opportunities to learn the skills necessary to live independently at home.

Long-Term Cont.
medications on time and completing his job duties. A repeat neuropsychological evaluation confirmed that his scores in several domains of cognitive functioning had declined when compared to the previous neuropsychological evaluation five years previously. We eventually needed more community care team hours to give Rocky the extra assistance he now needed to continue living semi-independently.

Rocky also developed OCD about five years post injury, with his parents reporting no pre-injury symptoms. He was especially obsessed with cleanliness and orderliness and joined a supported employment janitorial crew. He was eventually competitively employed as a busser for a local restaurant. When the restaurant closed, he was hired by a local nursing home in the laundry department.

About five years post-injury Rocky also developed a form of seasonal bipolar disorder. Again, his parents said there were no pre-injury issues with this. He was more manic at the start of daylight savings time and into the summer months. He had issues with depression during the fall and winter months. The treatment team adjusted his medication regimen accordingly each season after he was diagnosed.

While it needs to be said that not all TBI survivors experience all or any of these secondary disabilities, close follow up by the treatment team can identify issues at an early stage, making intervention of these challenges more successful.
**Pikes Peak Library District**  
719-531-6333  
5550 North Union Boulevard (other locations throughout El Paso County)  
Colorado Springs, CO 80918  
ppld.org  
Locations listed on website ppld.org/classes.  
Classes include: computers, photography, tai chi, business employment and more.

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

**Rocky Mountain ADA Center**  
800-949-4232  
University of Northern Colorado, Gunter Hall  
1170 Campus Box 155  
Greeley, CO 80639  
rockymountainada.org  
Providing information, guidance and education on the Americans with Disabilities Act for Individuals, businesses, and institutions.

**UCCS Disability Services**  
719-255-3354  
1420 Austin Bluffs Parkway, Main Hall #105  
Colorado Springs, CO 80918  
https://disability.uccs.edu/  
Disability services facilitates equal access to UCCS student with documented disabilities through accommodations and services.

**EMPLOYMENT**

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

**Center Toward Self-Reliance, The**  
719-546-1271  
901 West 8th Street  
Pueblo, CO 81003  
https://cfdpueblo.org/  
Our agency provides services and supports to individuals with disabilities.

**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.  
Canon City – 719-275-7408  
3224 Independence Road  
Canon 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  
www.commonrootscos.com  
We provide individualized services to help people get and keep jobs in their community.

**Independence Center, The**  
719-471-8181  
729 South Tejon Street  
Colorado Springs, CO 80903  
www.the-ic.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  
http://askjan.org  
Leading source of free, expert and confidential guidance on workplace accommodations and disability employment issues.
Workforce Centers
www.colorado.gov/cdle/wfc
State agency offering job search and training opportunities for eligible workers including those with disabilities.
Canon City – 719-275-7408
  3224 Independence Road
  Canon 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.

**Benefits in Action**
720-221-3854
12157 West Cedar Drive, Suite 100
Lakewood, CO 80228
www.benefitsinaction.org
Helps clients navigate and complete paperwork for public benefits and assists in providing access to benefits.

**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
www.cchacares.com
Health First Colorado’s regional accountable entity that administers physical and behavioral health benefits for Medicaid members in El Paso, Teller and Park Counties

**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.

**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.

**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.

**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.the-ic.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
211 or 719-632-1543
518 North Nevada Avenue
Colorado Springs, CO 80903
www.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
www.projectcopecs.org
Year-round utilities assistance program for CSU customers facing challenges that impose temporary financial hardship.

Resource Exchange, The
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.

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.

U.S. Brain Injury Alliance
usbia.org
**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  
Canon City – 719-275-7848  
115 North 10th Street  
Canon City, CO 81212

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

**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  
www.da4colorado.gov  
Victims 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.

**HOUSING: HOUSING ASSISTANCE**

**Access to Freedom, Inc.**  
719-260-7687  
Colorado Springs, CO  
www.accessstofreedom.com  
Colorado Springs leading installer of ramps, grab bars, stair lifts, remodels at affordable prices.

**Brother’s Redevelopment – Emergency Repair Program**  
719-666-7181  
2860 South Circle Drive, Suite 301  
Colorado Springs, CO 80906  
https://brothersredevelopment.org  
Provides home modification and repairs for low-income homeowners. Please call to request application.

**Calhan Housing Authority**  
719-347-2616  
406 Cheyenne Street, Building 201  
Calhan, CO 80808  
Deals in Section 8 housing for those 62 years and older.

**Center Toward Self-Reliance**  
719-546-1271  
901 West 8th Street  
Pueblo, CO 81003  
https://cfdpueblo.org  
Our agency provides services and supports to individuals with disabilities.
Colorado Housing Connects – Housing Counseling
844-926-6632
2860 South Circle Drive, Suite 301
Colorado Springs, CO 80906
http://coloradohousingconnect.org/
Free housing helpline and housing counseling services: eviction, foreclosure prevention, housing resources and more.

Colorado Housing Search
www.coloradohousingsearch.com
Colorado’s official free housing locator service. Also Colorado’s “disaster housing locator and resource.”

Colorado Property Tax/Rent/Heat Credit (PTC) Rebate
http://tax.colorado.gov/ptc-rebate-forms
State rebate program for Colorado residents who are disabled or 65+.

Colorado Springs Housing Authority
719-387-6700
831 South Nevada Avenue, Suite 2
Colorado Springs, CO 80903
www.csha.us
Providing affordable housing to the Pikes Peak Region

Energy Resource Center
719-591-0772
540 East Cimarron 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
420 North Nevada Avenue
Colorado Springs, CO 80903
www.ihn-cos.org
Short term transitional housing program. One family member must be willing and able to work.

Fountain Housing Authority
719-382-5639
501 East Iowa Avenue
Fountain, CO 80817
https://fountainhousingauthority.colorado.gov/
Housing options for low income families.

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 Authority of the City of Pueblo
719-542-6741
201 South Victoria Avenue
Pueblo, CO 81003
www.hapueblo.org
Providing low-income families, the elderly and handicapped individuals with decent, safe and affordable housing.

Independence Center, The
719-471-8181
729 South Tejon Street
Colorado Springs, CO 80903
www.the-ic.org
Provides information and assistance with managing El Paso County housing vouchers.

Partners in Housing
719-473-8890
455 Gold Pass Heights
Colorado Springs, CO 80906
Transitional housing for families at risk of or experiencing homelessness.

Lit-Up My Mind, LLC
https://litupmymind.com/
HOUSING:
RESIDENTIAL / RESPITE

A Wildflower Assisted Living
720-628-9092
Several locations in the Denver Metro area
www.awildflowerassistedliving.com
Specializing in a supportive living program for people with traumatic or acquired brain injury in a residential setting.

Adeo Colorado
970-506-0008
Greeley, CO 80634
We are a Supportive Living Program under the Colorado Medicaid Brain Injury Waiver.

ARA
303-877-7965
Several locations in the Front Range area including Parker, Castle Rock and Colorado Springs
www.auroraservices.com
Supportive services in residential settings for individuals with brain injuries. Focus on independence and quality of life.

Brain Care, LLC
719-217-8850
PO Box 25878
Colorado Springs, CO 80936
https://braincarellc.com
Brain Care provides supported living housing with a rehabilitation focus to individuals with brain injuries.

Flourish Supportive Living
303-803-6977
Various locations throughout the Denver Metro area.
www.flourishsupportiveliving.com
Residential assisted living services for individuals with brain injury. Our program promotes health and socialization.

Hilltop Life Adjustment Program
970-245-3952
1405 Wellington Avenue
Grand Junction, CO 81501
http://hilltopbraininjurservices.org/
Offering Supported Living (residential) Program.
Accepts Medicaid (BI SLP Provider), Worker’s Compensation and Private Pay.

Hilltop Ranch
719-282-3732
201 Pinecrest Way
Palmer Lake, CO 80133
www.hilltopranch.org
An intentional community that offers personalized care to adults with intellectual and developmental disabilities.

Rocky Mountain Care and Consulting (RMCC)
720-412-5730
Various locations throughout the Denver Metro area.
Residential services for individuals diagnosed with brain injury. Accepting BI Waiver, Private Pay and Insurance.

Supportive Living Program (SLP) - Summit Supportive Communities
720-551-8230
Several locations throughout the South Denver Metro area.
Denver, CO
www.summitsupportive.com
Long-term community-based residential services for individuals diagnosed with brain injury. BI Waiver and private pay accepted.

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
IN-HOME 
& FAMILY 
CAREGIVING

About Kids and Adults Too Home Health Care
719-387-7775
200 West City Center Drive, Suite 200A
Pueblo, CO 81003
https://www.aboutkids.com
We offer RN, LPN, CNA, Parent CNA, OT, PT and ST services. Fax #: 303-223-0084

Accessible Systems - Lifeway Mobility
719-387-0675
www.Lifewaymobility.com
Helping people of all ages and abilities modify their home: Stairlifts, Ramps, Lift/Transfer Systems, Bath Safety, Elevators and more.
Southern Colorado - 719-387-0675
Service Area:
Colorado Springs, Pueblo, Woodland Park, Monument, Peyton, Canon City
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

AHOD Services
833-937-2463
2641 East Unitah Street, Box 9632
Colorado Springs, CO 80909
www.AHODservices.com
We provide transitional services for individuals who wish to move from nursing homes to independent living.

Argus Home Health Care
www.Argushomehealthcare.com
Providing Independent Living Skills Training to survivors of brain injuries.
Canon City – 719-275-1101
120 North 9th Street, Suite C
Canon City, CO 81212
Pueblo – 719-543-2634
821 Desert Flower Boulevard
Pueblo, CO 81001
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

BrightStar Care
719-264-8800
3730 Sinton Road, Suite 200
Colorado Springs, CO 80907
www.Brightstar.com/Coloradosprings
From companion care and personal care to higher standard nursing in the home.

CenterWell Home Health
719-531-9585
5225 North Academy Boulevard, Suite 106
Colorado Springs, CO 80918
www.CenterWellHomeHealth.com
We provide nursing, OT, PT, speech therapy and home health aide.

Envida
719-633-4601
5660 North Academy Boulevard
Colorado Springs, CO 80918
www.envidacares.org
Home care and transportation for those with brain injuries and disabilities, low income individuals and older adults.

Sports Concussions
www.sportsconcussions.org
**FirstLight Home Care**  
**719-424-5374**  
4445 Northpark Drive, Suite 100  
Colorado Springs, CO 80907  
www.FirstLightHomeCare.com  
FirstLight Home Care is a non-medical agency serving Castle Rock to Pueblo & surrounding areas. Veteran owned.

**Heartfelt Care at Home**  
**719-362-0094**  
1965 Dominion Way, Suite 100  
Colorado Springs, CO 80918  
www.heartfeltcareathome.com  
Heartfelt Care at Home – Your top local, reliable, personal homecare option…100% satisfaction guaranteed!

**HomeWell Care Services**  
**719-358-6873**  
3720 Sinton Road, Suite 130  
Colorado Springs, CO 80907  
www.homewellcares.com/co159/  
We provide in-home care services tailored to meet your needs.

**Independence Center, The**  
**719-471-8181**  
729 South Tejon Street  
Colorado Springs, CO 80903  
www.the-ic.org  
Skilled and unskilled home health long-term services and supports in your home.

**Interim HealthCare**  
Offering skilled nursing and therapy along with non-medical home care services.  
Colorado Springs – 719-632-9900  
190 North Union Boulevard, Suite 100  
Colorado Springs, CO 80909  
www.interimhealthcare.com/coloradosprings  
Pueblo – 719-545-1184  
720 North Main Street, Suite 400  
Pueblo, CO 81003  
www.interimhealthcare.com/pueblo

**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.

**Nursing and Therapy Services of Colorado**  
**719-574-5562**  
1130 West Woodmen Road  
Colorado Springs, CO 80919  
www.NTSOC.com  
In-home and in-clinic physical, occupational, speech therapy and skilled nursing. We also provide CNA training.

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

**Rehab Without Walls**  
**303-427-5020**  
8501 Turnpike Drive, Suite 100  
Westminster, CO 80031  
www.rehabwithoutwalls.com/CO  
Providing neuro rehab therapy in a home and community environment.

**Sages Elder Care**  
**719-393-3580**  
6455 North Union Boulevard, Suite 100C  
Colorado Springs, CO 80918  
www.Sageseldercare.com  
In-home care designed to keep people independent and safe in their homes.

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**Brain Trauma Foundation**  
www.braintrauma.org
Team Select Home Care
www.teamselecthh.com
Home health services:  CNA, Family CNA, Skilled Nursing, Wound Care and, Diabetic Management for all ages.
Colorado Springs – 719-277-6697
1125 Kelly Johnson Boulevard, Suite 301
Colorado Springs, CO 80920
Pueblo – 719-292-1231
101 South Main Street, Suite 204
Pueblo, CO 81003

LEGAL

Diane K. Bross, P.C.
719-634-7734
2139 Chuckwagon Road, Suite 305
Colorado Springs, CO 80919
www.dianebrosslaw.com
Social Security disability.

Disability Law Colorado
https://disabilitylawco.org
We offer legal representation, information and referrals to people with disabilities, older people and their families.
Denver – 303-722-0300
455 Sherman Street, Suite 130
Denver, CO 80203
Grand Junction – 970-241-6371
322 North 8th Street
Grand Junction, CO 81501

Disability Professionals
719-542-3888
1834 Vinewood Lane, Suite 212
Pueblo, CO 81005
www.disabilitypros.org
Not-for-profit advocacy group dedicated to representing individuals with disability claims before the Social Security Administration.

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

Fuicelli and Lee, P.C.
303-444-4444
1731 Gilpin Street
Denver, CO 80218
www.Coloradoinjurylaw.com
info@coloradoinjurylaw.com
When you’ve experienced a traumatic brain injury, who you hire matters – A LOT!

Ogborn Mihm, LLP
303-592-5900
1700 Lincoln Street, Suite 2700
Denver, CO 80203
www.omtrial.com
Highly skilled and experienced, compassionate, and tailored representation for brain injury survivors.

Webster Law Firm, LLC, The
719-633-6620
985 Pico Point
Colorado Springs, CO 80905
www.websterlawfirmllc.com
Helping those injured in car crashes and because of other people’s negligence since 2007.

Wm. Andrew Wills II, P.C.
719-633-8500
121 South Tejon Street, Suite 201
Colorado Springs, CO 80903
www.Willslawpc.net
Over 35 years of success in litigation of personal injury claims including TBI. Free initial consultation.

MILITARY

El Paso County Veterans Service Office
719-520-7750
5850 Championship View, Suite 130
Colorado Springs, CO 80922
https://justiceservices.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, Suite 202
Fort Collins, CO 80526
Pop up Saturday clinics along the Front Range, check website.
www.healingwarriorsprogram.org
No Cost, Non-narcotic therapy for pain, PTSD, TBI and sleep. Telehealth options available.

Independence Center, The
719-471-8181
729 South Tejon Street
Colorado Springs, CO 80903
www.the-ic.org
Veteran Directed Care (VA funded) allows Veterans to remain in their homes/communities with appropriate services/supports.

InTransition
800-424-7877
InTransition is a free, confidential program offering assistance for all service members, veterans and retirees needing access to mental health care.

Intrepid Spirit TBI Center
719-524-5218
5505 Harr Avenue
Fort Carson, CO 80902
An outpatient TBI clinic offering holistic and interdisciplinary care for military service members and retirees.

Military & Family Life Counselors (MFLC)
719-526-4590
Fort Carson, CO 80913
https://carson.armymwr.com/happenings/military-family-life-counselor
Brief, solution focused and problem-solving confidential counseling for Service Members and their families.

Military One Source
800-342-9647
https://www.militaryonesource.mil/
Military One Source is your 24/7 connection to information, answers and support.

Mt Carmel Veterans Service Center
719-309-4714
530 Communication Circle
Colorado Springs, CO 80905
https://www.veteranscenter.org/
Provides employment assistance, counseling, supportive services, and connection to community resources for our Military communities.

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

Real Warriors
1-866-966-1020
A Defense Center of Excellence program that provides information and resources about psychological health and traumatic brain injury.

National Resource Ctr. for Traumatic Brain Injury
https://tbi.vcu.edu
August 6, 2005 contemplating how to integrate the “pre-injury Sharon” with the “post-injury Sharon”
Traumatic Brain Injury Center of Excellence
Fort Carson, CO 80913
The TBI COE provides TBI educational tools and resources to the military and civilian populations. United States Armed Forces Wounded Warrior Programs

Air Force Wounded Warrior Program (AFW2)
800-581-9437
https://www.woundedwarrior.af.mil/
Provides well-coordinated and personalized support to wounded, ill or injured Airman or Guardian.

Army Recovery Care Program
877-393-9058
https://www.arcp.army.mil/
Manages recovery and complex care for wounded, ill and injured Soldiers across all Army components.

Marine Corps Wounded Warrior Regiment (West Battalion)
877-487-6299
https://www.woundedwarrior.marines.mil/
Provides support, recovery, and non-medical care to injured Marines as they return to duty or transition to civilian life.

Navy Wounded Warrior
855-628-9997
https://www.navywoundedwarrior.com/
Helps Sailors and Coast Guardsmen with serious, non-combat or combat-related injuries and physical or psychological illnesses.

Brainline for Military
www.brainline.org/military-veterans

U.S. Special Operations Command Warrior Care Coalition
877-672-3039
https://www.socom.mil/care-coalition/
Provides Special Operations Forces Wounded, Ill, or Injured Service Members advocacy to navigate through recovery, rehabilitation, and reintegration. Veterans Affairs Eastern Colorado Healthcare System

PFC Floyd K. Lindstrom VA Clinic
719-327-5660
3141 Centennial Boulevard
Colorado Springs, CO 80907

PFC James Dunn VA Clinic
719-553-1000
4776 Eagleridge Circle
Pueblo, CO 81008

Rocky Mountain Regional VA Medical Center
303-399-8020
1700 North Wheeling Street
Aurora, CO 80045

Veterans Affairs Polytrauma/TBI System of Care
303-399-8020 Ext. 3338
1055 Clermont Street
Denver, CO 80220
A specialized rehabilitation program serving Veterans with Traumatic Brain Injury and polytrauma. Please ask PCP for referral.
Veterans Affairs Western Colorado Healthcare System
Grand Junction Medical Center - 970-242-0731
2121 North Avenue
Grand Junction CO 81501
https://www.va.gov/western-colorado-health-care/locations/

Veterans Affairs Vet Centers
Vet Centers are non-medical clinics that provide counseling for the challenges that come with managing life during and after the military.
Colorado Springs – 719-471-9992
3920 North Union Boulevard, Suite 310
Colorado Springs, CO 80907
https://www.va.gov/colorado-springs-vet-center/
Pueblo – 719-583-4058
1515 Fortino Boulevard, Suite 130
Pueblo, CO 81008
https://www.va.gov/pueblo-vet-center/

Veterans Community Living Centers
Offering veterans long-term care, short-term rehab, special programs and other amenities.
Bruce McCandless Veterans Community Living Center – 719-784-6331
903 Moore Drive
Florence, CO 81226
https://cdhs.colorado.gov/vclc-florence
Spanish Peaks Veterans Community Living Center – 719-738-5000
23500 U.S. Highway 160
Walsenburg, CO 81089
https://cdhs.colorado.gov/vclc-walsenburg

Wounded Warrior Project
719-377-9506
1 South Nevada Avenue, Suite 205
Colorado Springs, CO 80903
https://woundedwarriorproject.org
A non-profit organization that serves veterans who incurred a physical or mental injury or illness post 9/11.

PHYSICAL MEDICINE

DRIVING PROGRAMS
Health Promotion Partners – Outpatient Therapy
719-231-6657
2924 Beacon Street, Suite D
Colorado Springs, CO 80907
www.HealthPromotionsPartners.com
Concierge Occupational and Physical Therapy in your home.

HOSPICE, RESpite AND COMMUNITY MEDICAL RESOURCES

Ascending to Health Respite Care
719-633-2800
1007 South Tejon
Colorado Springs, CO 80903
www.athrc.com
We partner with hospitals to take individuals needing a place to recover.

NEURO OPTOMETRY

Bettner Vision Brain Injury and Vision Therapy Center
719-282-0400
9205 North Union Boulevard, Suite 110
Colorado Springs, CO 80920
www.bettnervision.com
Comprehensive eye care, neuro-optometric rehabilitation and vision therapy services for patients of all ages.

Blair Vision Care
719-431-6434
700 Main Street
Canon City, CO 81212
www.blairvisioncare.com
Allow the brain to rehabilitate from concussion and other trauma by recovering vision and spatial awareness.
Michael Saxerud, OD
719-619-6737
4570 Hilton Parkway, Suite 103
Colorado Springs, CO 80907
michaelsaxerudod@gmail.com
Specialty optometric care of brain injury, concussion and more.

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

MEDICAL DOCTORS

UCHealth Brain and Spine Clinic
719-365-6300
1725 East Boulder Street Medical Building, Suite 101
Colorado Springs, CO 80909
www.uchealth.org
We specialize in care for disorders of the brain, spinal cord and peripheral nerves.

UCHealth Neurology Clinics
719-365-7300
We specialize in the diagnosis and treatment of conditions related to the nerves and the nervous system.
Uchealth.org
Grandview
5818 North Nevada Avenue, Suite 225
Colorado Springs, CO 80918
www.uchealth.org
Memorial Hospital North
4110 Briargate Parkway, Suite 405
Colorado Springs, CO 80920
www.uchealth.org

UCHealth Sports Medicine
www.uchealth.org
Sports Medicine physician who specializes in brain injury care across cognitive, physical and emotional domains.
Interquest – 719-364-1650
1370 Interquest Parkway, Suite 210
Colorado Springs, CO 80920
Lake – 719-365-3600
1220 Lake Plaza Drive, Suite 150
Colorado Springs, CO 80906

REHABILITATION AND HOSPITALS

Accelerated Recovery Specialists
719-636-3333
www.acceleratedrs.com
Specializing in musculoskeletal and electrodiagnostic medicine including interventional procedures.
Colorado Springs
7150 Campus Drive
Colorado Springs, CO 80920
Pueblo
1213 Paseo del Norte
Pueblo, CO 81008

Alliance Health Partners
719-632-4754
3920 North Union Boulevard, Suite 160
Colorado Springs, CO 80907
www.alliancehealthpartners.com
Providing effective, compassionate chiropractic services to patients with brain injuries.

Balance Point Vestibular Rehabilitation
719-667-0666
7606 North Union Boulevard Rehabilitation, Suite 140
Colorado Springs, CO 80920
www.balancepointrehab.com
Physical therapy specializing in vestibular disorders (balance and dizziness).
Cereset Colorado Springs
719-249-3663
7660 Goddard Street, Suite 120
Colorado Springs, CO  80920
https://cereset.com/map-location/cereset-colorado-springs/?mpfy-pin=2090
info@ColoradoSprings.cereset.com
Cereset's patented technology is science-based, non-invasive, clinically proven, and highly effective. See Ad on page 2.

Child Development Center of Colorado
719-574-8300
3090 North Academy Boulevard
Colorado Springs, CO  80917
www.cdcreehab.com
Physical, occupational and speech therapy for children.

Colorado Pain and Rehabilitation Center
719-471-3058
1755 South 8th Street, Suite D1
Colorado Springs, CO  80905
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
Specialized brain injury and spinal cord injury neurorehabilitation and research hospital. National Center of Excellence.

Elite Therapy and Wellness Center, Inc.
719-470-2281
3715 Thatcher Avenue B
Pueblo, CO  81005
www.elitetherapypueblo.com
We are Physical and Occupational Therapists who provide a personal, involved approach to patient care.

Encompass Health Rehabilitation Hospital
719-630-8000
325 South Parkside Drive
Colorado Springs, CO 80910
www.Encompasshealth.com/coloradospringsrehab
64-bed inpatient rehabilitation hospital designed to return patients to leading active, independent lives.

Lancaster Chiropractor
719-404-1489
4736 Eagleridge Circle
Pueblo, CO  81008
www.crackmybones.com

Manual Edge Physiotherapy Physical Therapy
719-694-8342
6189 Lehman Drive, Suite 202
Colorado Springs, CO  80918
Highly trained hands-on cranial physical therapists to treat your pain, headaches, and brain.

Neuro Logic Rehabilitation and Wellness
719-306-0009
Mobile services for El Paso County
www.neurologicrehab.com
Mobile/in-home physical therapy provided by neurologic clinical specialist and subset for mental health services.

PAM Speciality Hospital of Denver
303-264-6900
1690 North Meade Street
Denver, CO  80204
www.postacutemedical.com
A dynamic extended acute care hospital, specializing in the medical management of patients with complex needs.

Lit-Up My Mind, LLC
https://litupmymind.com/
Peak Brain Performance Center  
**719-208-4314**  
1259 Lake Plaza Drive, Suite 240  
Colorado Springs, CO 80906  
www.peakbrainperformancecenters.com  
Specialty center providing individualized treatment for brain injuries and complex chronic illness.

Penrose Hospital Rehabilitation  
**719-776-5200**  
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.

Pikes Peak Hyperbaric Medicine  
**719-219-9819**  
162 Tracker Drive, Suite 120  
Colorado Springs, CO 80921  
https://pikespeakhyperbaricmedicine.com  
Brain injury, PTSD, stroke, burns, autism, Lyme Disease, Multiple Sclerosis, Cerebral Palsy, sports injuries, depression

Pueblo Speech and Neurological Rehabilitation Center  
**719-621-1182**  
126 West D Street, Suite 100C  
Pueblo, CO 81003  
www.pueblospeechandneuro.com  
Evidence-based speech, language, voice, cognition and swallowing evaluation rehabilitation for individuals across the lifespan.

Rezac and Associates Physical Therapy  
**719-465-1502**  
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.

Tai Ji Chinese Medicine and Acupuncture  
**719-559-4550**  
7621 Austin Bluffs Parkway, Suite 100  
Colorado Springs, CO 80920  
www.taijiacupuncture.com  
Dr. Debbie Hsiao Ki Ting, L.A.C, MSOM, Dipl. OM

UCHealth Grandview Hospital  
**719-365-3300**  
5623 Pulpit Peak View  
Colorado Springs, CO 80918  
www.uchealth.org

UCHealth Memorial Hospital Central  
**719-365-5000**  
1400 East Boulder Street  
Colorado Springs, CO 80909  
www.uchealth.org

UCHealth Memorial Hospital North  
**719-364-5000**  
4050 Briargate Parkway  
Colorado Springs, CO 80920  
www.uchealth.org

UCHealth Physical Medicine and Rehabilitation Clinic – Grandview  
**719-365-7130**  
5818 North Nevada Avenue, Suite 110  
Colorado Springs, CO 80918  
www.uchealth.org  
We perform the full range of advanced pain management procedures to discover the cause of your pain and treat it.

**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*
UCHealth Physical Therapy and Rehabilitation
One-on-one rehabilitation approach offers patients a skilled, safe, patient-centered experience designed to restore function, independence, and quality of life.
www.uchealth.org
East View – 719-365-5842
   3843 Rio Vista Drive, Suite 1400
   Colorado Springs, CO  80917
Grandview – 719-365-6871
   5818 North Nevada Avenue, Suite 325
   Colorado Springs, CO  80918
Interquest – 719-365-5742
   1370 Interquest Parkway, Suite 200
   Colorado Springs, CO  80921
Printers Park Medical Plaza – 719-365-5642
   175 South Union Boulevard, Suite 245
   Colorado Springs, CO  80910
Woodland Park – 719-364-6172
   16420 West Highway 24, Suite 110
   Woodland Park, CO  80863
Woodmen – 719-365-2821
   4150 East Woodmen Road
   Colorado Springs, CO 80920

UCHealth Rehabilitation Unit – Memorial Central
719-365-2777
1400 East Boulder Street
Colorado Springs, CO  80909
www.uchealth.org

SUPPORT GROUPS

Brain Busters!
720-936-4208
www.Litupmymind.com/grain-busters.html
A virtual game group that sharpens cognitive skills, builds friendships and shares laughter.

Brain Injury Alliance of Colorado (BIAC)
303-355-9969
Statewide Services
www.biacolorado.org
The go-to resource for supportive services for survivors and their loved ones.
COLORADO SPRINGS SUPPORT GROUPS (INCLUDING ROCKY FORD, ELIZABETH AND SALIDA)

Encompass Health Caregiver Support Group
719-630-8000
325 Parkside Drive
Colorado Springs, CO 80910
Every Monday. 9:00 -10:00 a.m. Employee café. All caregivers are welcome.

Encompass Health Wellness Support Group
719-630-8000
325 Parkside Drive
Colorado Springs, CO 80910
1st, 2nd, and 4th Monday of each month. 10:00 to 11:00 a.m. Meets in the employee café.

Encompass Health Stroke Group
719-630-8000
325 Parkside Drive
Colorado Springs, CO 80910
3rd Monday of each month. 10:00 to 11:00 a.m. Meets in the employee café.

Freedom Hunters
303-884-0059
PO Box 600
Elizabeth, CO 80107
info@freedomhunters.org
Takes active duty, wounded, Gold Star & families of deployed soldiers on hunting, shooting and fishing trips.

Headway Neuro/Stroke Support Group
719-459-0901
2910 East Platte Avenue (Fargo’s Pizza)
Colorado Springs, CO 80909
1st & 3rd Wednesday of each month. 11:30 a.m. – 1:30 p.m. Offering support, friendship and stimulating activities for people with brain injuries.

Heart of the Rockies Home Health and Hospice
719-539-7638
301 Oak Street, Suite E
Salida, CO 81201
www.enhabit.com
Grief support group. Contact Deb Abbott.

Impact Vision Therapy
719-302-8922
1710 Jet Stream Drive, Suite 100
Colorado Springs, CO 80921
3rd week of each month. Call for specific date and times. This group provides education and support for all brain injuries, their family, friends and caregivers.

Independence Center Brain Injury Support Group, The
719-471-8181
729 South Tejon Street
Colorado Springs, CO 80903
www.the-ic.org
Offers groups for people with disabilities to interact with each other and provide support and community.

Multiple Sclerosis Alliance
719-633-4603
7011 Campus Drive
Colorado Springs, CO 80920
www.msasoco.org
Multiple Sclerosis Alliance (MSA) of Southern Colorado Support Groups. Call for more information about support groups.

Operation TBI Freedom – A Military Program of Craig Hospital
800-355-6824
565 Communication Circle, Suite 100
Colorado Springs, CO 80905
www.craighospital.org/operation-tbi-freedom.com

Center on Brain Injury Research and Training
http://cbirt.org
Support Groups Build Community

By Sue Ager

The Pikes Peak Region offers brain injury patients, their families and caregivers a wide variety of support group options. Some are activity based like art, music or creative writing. Others offer education, meditation and social opportunities. All offer those dealing with brain injury a chance to connect, end isolation and find new outlets.

Debbie and Rob Carnes facilitate the Headway Neuro / Stroke Support Group in Colorado Springs. The group meets the first and third Wednesday of each month at Fargo’s Pizza on East Platte Avenue. The group focuses on activities that stimulate the brain, bingo, karaoke, crafts and fellowship with other traumatic brain injury and stroke survivors. They also have periodic guest speakers. Headway is a group member of the Brain Injury Alliance of Colorado. Family members are welcome to attend.

Debbie said, “The group does a lot of crafts because if you don’t use the brain, you lose it.” Group members pitch in and help each other if the task is a challenge for some. She and Rob see the group as a second family. The couple works hard to provide a variety of programming for attendees. This includes finding and screening brain injury movies, an outing for ice cream and a Christmas Party at a restaurant. “It’s important for survivors to move out of their comfort zone and try different things,” she explained.

Rob encourages brain injury survivors to give a support group a try. If the group doesn’t meet an individual’s needs they don’t have to stay.

Debbie has been a support group facilitator for 20 years. She got hooked when she took a client to a support group and saw the magic that happened when people gathered together. A survivor of three brain injuries herself, Debbie can relate to others struggling with brain injuries and help them feel comfortable in the group. She loves to see group members flourish and form friendships.

Rob loves to see people forget about everything for two hours.

Other groups in the region are geared toward supporting military members in the community with brain injuries. There are groups for women. There are speech therapy groups. Online groups are also an option and bring people together across the state of Colorado. Please see the Support Group section for listings by region of support groups.
UCHealth Stroke Support Group
719-365-9622
1400 East Boulder Street
Colorado Springs, CO  80909
www.uchealth.org
Recovery from stroke is a journey, which is often challenging, but there is always hope.

PUEBLO SUPPORT GROUPS
(INCLUDING CRIPPLE CREEK)

Center Toward Self Reliance
719-546-1271
901 West 8th Street
Pueblo, CO  81003
4th Friday of every month. 12:00 to 2:00 p.m.
Enhancing the independence of people with disabilities.

Cripple Creek Cross Disabilities Group
719-689-0200
166 East Bennett Avenue
Aspen Mine Center, 2nd floor conference room.
Cripple Creek, CO  80813
We cover everyone and everything, e.g., amputations, hearing loss, loss of sight, brain injury, strokes, etc.

Mending Minds Women’s Support Group
Pueblo.braininjury@gmail.com
1st and 3rd Wednesday of each month. 5 p.m.
Brain Injury and migraine disease, other neurological conditions. Virtual.

Pueblo Brain Injury, LLC/Brain Chat
719-387-7093/719-546-1271, x 102
901 West 8th Street
Pueblo, CO  81003
www.pueblobraininjuryllc.com
Meets virtually every Tuesday at 10:00 a.m. This group is open to show solidarity for all brain injury survivors.

Pueblo Brain Injury, LLC/Brain Injury Support Group
719-387-7093/719-546-1271, x 102
901 West 8th Street
Pueblo, CO  81003
www.pueblobraininjuryllc.com
Meets every Monday from 1:00 p.m. at The Center Toward Self Reliance.

Pueblo Brain Injury, LLC/Caregiver Support Group
719-387-7093/719-546-1271, x 102
901 West 8th Street
Pueblo, CO  81003
www.pueblobraininjuryllc.com
Meets the 2nd Thursday of each month at the Center Toward Self Reliance. 5:30 p.m. The Brain Injury Support Group also meets at 5:30 p.m.

Pueblo Brain Injury, LLC/Women’s Support Group
719-387-7093/719-546-1271, x 102
901 West 8th Street
Pueblo, CO  81003
Meets the last Thursday of each month at 1:00 p.m.
at The Center Toward Self Reliance.

Pueblo Speech and Neurological Rehabilitation Center
719-621-1182
126 West D Street, Suite 100C
Pueblo, CO  81003
www.pueblospeechandneuro.com
Free weekly speech therapist led communication groups including aphasia, social-communication, and Parkinson’s disease.
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.

Blue Skies Transportation, LTD
719-357-9070
www.Blueskiestransportation.com
Non-emergency medical transportation for Medicaid eligible clients. Serves El Paso County. To Denver, Castle Rock, Pueblo and Canon City.

Bustang Express Bus Service
800-900-3011
www.ridebustang.com
Colorado Division of Transportation
Express bus service connecting commuters along I-25 Front Range and to I-70 Mountain corridors.

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

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

Center on Brain Injury Research and Training | http://cbirt.org

Operation TBI Freedom (OTF) is a program of Craig Hospital that provides support for Veterans and active duty military personnel with traumatic brain injuries.
Delta Transport  
720-338-8398  
https://mydeltatransport.com  
Non-emergency medical transportation serving El Paso County. Accepting Medicaid and Private Pay.

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

Health Promotion Partners – Fitness to Drive Program  
719-231-6657  
2924 Beacon Street, Suite D  
Colorado Springs, CO 80907  
www.HealthPromotionPartners.com  
Adaptive driving equipment evaluation and training program.

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

MedRide  
719-545-3333  
6005 Delmonico Drive, Suite 200  
Colorado Springs, CO 80919  
www.medridecolorado.com  
Non-Emergent Medical Transportation (NEMT). Promise of reliable transportation.

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

Mountain Metropolitan Transit/Metro Mobility  
719-385-7433  
1015 Transit Drive  
Colorado Springs, CO 80905  
www.mmtransit.com  
Public transportation in the Colorado Springs area. Wheelchair accessible and equipped with bike racks. ADA Paratransit Services.

Peak Family Transport  
719-716-7325  
1304 North Academy Boulevard, Suite 202  
Colorado Springs, CO 80909  
www.peakfamilytransport.com  
Non-emergency medical transportation service that keeps exceptionally clean vehicles and keeps you first.

Pueblo Transit  
719-553-2727  
123 Court Street  
Pueblo, CO 81003  
www.pueblo.us/04  
The mission of Pueblo Transit is to provide safe, reliable and timely services. ADA accessible.

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

Spindpals | https://spindpals.com/
DID YOU KNOW?

You could qualify to be a PAID caregiver for the senior in your life.

Where do I Start?
719-471-8181
the-ic.org

Are you a veteran with a disability who wants to live more independently?

Veteran-Directed Care (VDC) at The Independence Center

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

We transform unfocused, chaotic and underperforming brains into harmonized brains that reach their full potential - no matter the age.

Call (719) 661-6422 or visit HarmonizedBrainCenters.com

TMZ Medical Transportation
720-869-1213
2016 South Pueblo Boulevard
Pueblo, CO 81005
www.tmztrans.com
The best experience when it comes to NEMT in the Pueblo and surrounding areas. No application needed.

Transit to Care
719-644-6005
2860 South Circle Drive, Suite 239
Colorado Springs, CO 80906
www.transit2care.com
Non-emergency medical transportation provider. Medicaid and private pay.

United Access
719-590-1400
6285 Corporate Drive
Colorado Springs, CO 80919
www.unitedaccess.com
Bringing mobility to individuals with accessible vehicles, adaptive driving, equipment, mobility aids and transportation adaptations. Sales, Service, Repair and Rental.

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

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
As a brain injury survivor, I’m no longer a delicate rose growing in a flower bed. Neither am I a noxious weed. What I am is a beautiful wildflower thriving in challenging terrain.”

Photographer and Author:
Jules Bryant
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.
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 and living with TBI.

Brainline for Military - www.brainline.org/military-veterans
Help for service members, veterans, national guard members, reserve and 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/index.html
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 Handbook - www.craighospital.org/resources/bi-handbook
Basic information about living with a brain injury.

Free, fast, accurate information and assistance.

LASH AND ASSOCIATES PUBLISHING/TRAINING, INC. - www.lapublishing.com
Brain Injury Books on TBI, Mild Brain Injury, Concussion, Blast Injury, and PTSD.

Lit-Up My Mind, LLC - https://www.litupmymind.com/
Brain injury and migraine disease resources, strengths and hope.

National Resource Center for Traumatic Brain Injury - https://tbi.vcu.edu
Practical information for professionals, persons with brain injury, and family members.

American Stroke Association - www.stroke.org
Packed with stroke information.

Spindpals - https://spindpals.com/
TBI and stroke community. Survivors and caregivers supporting each other. Various virtual groups available.

TBI versus ABI

The medical terms and abbreviations associated with a diagnosis of a brain injury can be very confusing to a patient and the family. A brain injury can be classified in many different ways. Two ways in which a brain injury can be classified is as a traumatic brain injury (TBI) or as an acquired brain injury (ABI). All TBI's are also under the umbrella of an ABI, but not all ABI's are TBI's. Confused yet?

An ABI is defined as an injury to the brain occurring after birth that is not hereditary, congenital, or degenerative. Based on this definition, diagnoses such as cerebral palsy, multiple sclerosis, and Down's syndrome are not included under the category of ABI even though they may have involvement of the brain. Causes of an acquired brain injury do include tumors, blood clots, strokes, seizures, toxic exposures, infections such as meningitis or encephalitis, metabolic disorders from diabetes or liver or kidney diseases, neurotoxic poisoning such as carbon monoxide, and lack of oxygen to the brain from drowning, airway obstruction with choking, or cardiac arrest. As mentioned, a traumatic brain injury is also an ABI.

A traumatic brain injury, as defined by the Brain Injury Association of America, “is an insult to the brain caused by an external physical force that may produce an altered or diminished state of consciousness, which results in an impairment of cognitive abilities and/or physical functioning. It can also result in the disturbance of behavioral or emotional functioning. These impairments may be either temporary or permanent.” Causes of a TBI can include: a motor vehicle accident, falls, gunshot wounds, sports injuries, workplace injuries, child abuse such as shaken baby syndrome, domestic violence, and military actions.
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PASCO is proud to provide home health care services and supports to foster independence and choice in the lives of those with disabilities.

Learn how you can be paid to provide the amazing care you’re already giving to your loved one with the PASCO family caregiver program.

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Ages 16 and older

Key Benefits:
• Transition setup and support
• Consumer Direct Attendant Support Services (CDASS)
• Peer mentorship
• Personal care (with remote support options)
• Respite care
• Home modifications

Complementary and Integrative Health Waiver (CIH)
Ages 18 and older

Key Benefits:
• Homemaker services
• Consumer Direct Attendant Support Services (CDASS)
• In-Home Support Services (IHSS) - full agency support
• Personal care (with remote support options)
• Respite care
• Home modifications

Learn more:

PASCO
SERVING COLORADO’S DISABILITY COMMUNITY

(719) 960-4995 • PASCOHH.COM
THE TRUSTED CHOICE

Getting over a major medical crisis isn’t easy, but a trusted provider can help ease the burden. At our hospital, we create rehabilitation programs that are specifically designed for each patient’s needs, using advanced technology and innovative treatments to maximize recovery. It’s why so many people and their caregivers choose us. And why we are the trusted choice of a growing number of medical professionals.

A leader in brain injury rehabilitation

Traumatic and non-traumatic brain injuries affect all individuals differently. At Encompass Health our rehabilitation program includes:

• A care plan designed based on your unique needs and goals
• Support to restore physical, cognitive and behavioral function
• Training to help adapt for long-term limitations, if needed
• Emotional support
• Education for you and loved ones on brain injury and the rehabilitation process
• Connecting you to community resources to better prepare for a safe return home or the next setting of care