

THE PIKES PEAK REGION BRAIN INJURY PROFESSIONALS NETWORK

# BRAIN INJURY

Serving the Pikes Peak Region

DIRECTORY  
2024/2026



Sponsored by



# The most comprehensive brain injury and stroke care in southern Colorado.

So your life can have the balance it needs.



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

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

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

**uhealth**

LIVE EXTRAORDINARY

Memorial Hospital Central | Memorial Hospital North | Pikes Peak Regional Hospital | Grandview Hospital

# 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.biaincolorado.org](http://www.biaincolorado.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.



**Auto • Personal • Work Injuries**



## We Help Survivors of Traumatic Brain Injuries

- Serving brain injury survivors and their families since 2007
- Compassionate, understanding and knowledgeable about brain injuries

## It's About You

- Free case audit
- Help getting appropriate medical treatment
- Personalized service – We listen and care

## Millions in Settlements and Jury Awards

- Experienced trial attorneys and negotiators
- We understand the latest medical technology
- No recovery – No fee

**719.633.6620**

**[websterlawfirmllc.com](http://websterlawfirmllc.com)**

Santa Fe Building • 985 Pico Point • Colorado Springs, CO 80905

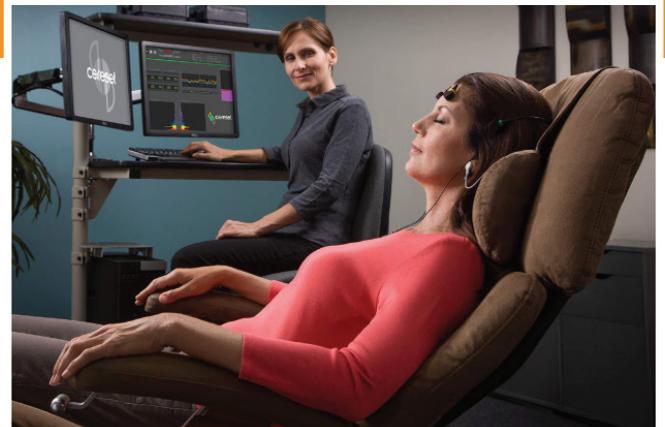
# CERESSET

## We Help Your Brain Help You

Cereset (“Ce-rebrum Reset”) is a non-invasive technology that uses the brain’s natural ability to relax and reset, without conscious effort or outside intervention like TMS, Neurofeedback or medication. It has no side effects as the brain adjusts naturally.

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**Stress · Anxiety · Anger · Sleep · Focus · Memory**  
**· PTSD · Concussion · Trauma · Energy**

**CALL US for your Free Consultation**  
**(719) 249-3663**

7660 Goddard Street  
Colorado Springs, CO 80920  
@ Woodmen/Academy

[Coloradosprings.cereset.com](http://Coloradosprings.cereset.com)

 **cereset**  
COLORADO SPRINGS  
We help your brain help you.

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**ADVOCACY**

**Arc Pikes Peak Region, The**  
**719-471-4800**

10 and 12 North Mead Avenue  
Colorado Springs, CO 80909

[www.thearcppr.org](http://www.thearcppr.org)

Provides advocacy for children and adults with developmental and intellectual disabilities at no cost.

**Catholic Charities of Central Colorado**

**719-636-2345**

228 North Cascade Avenue  
Colorado Springs, CO 80903

[www.ccharitiescc.org](http://www.ccharitiescc.org)

Daily hot meals, employment, life skills, digital accessibility, case management, emergency services, early childhood/parenting education and more.

### **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](http://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](http://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](http://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.mindsourcencolorado.org](http://www.mindsourcencolorado.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.pascoh.org](http://www.pascoh.org)

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](http://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](http://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

Help in applying for Social Security Disability benefits and filing appeals of denials.

## **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](http://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](http://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.

**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*

**VA Substance Use Disorder (SUD) Programs**

[https://www.va.gov/directory/guide/state\\_SUD.cfm?STATE=CO](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/](http://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](http://www.AffordableMedMart.com)

Affordable Medical Supply has rentals, durable medical equipment, wound supplies and more!

## Center Toward Self-Reliance

**719-546-1271**

901 West 8th Street

Pueblo, CO 81003

[www.cfdpueblo.org](http://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](http://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](http://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/](http://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](http://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](http://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](http://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](http://www.adultcommunityservices.com)

Mental health counseling for adults with co-occurring medical and mental health illnesses.

### Home & Community Neuro Rehabilitation



**Rehab Without Walls®**  
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

We accept patients from the following areas:

- Fort Collins
- CO Springs
- Along the Front Range
- Denver

[RehabWithoutWalls.com](http://RehabWithoutWalls.com)

**American Stroke Association**  
[www.stroke.org](http://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/](http://www.brainlinemilitary.org/)



## 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



Scan the QR code for more information

**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](http://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](http://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](http://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](http://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](http://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](http://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

## 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.

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.csfnb.org](http://www.csfnb.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](http://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](http://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](http://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](http://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](http://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](http://www.specialolympicsco.org)  
Play Unified. Live Unified.

**BrainLine**

[www.brainline.org/](http://www.brainline.org/)

# Maria Martinez: Miracle on a Mission

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).

**Continued on page 13**

## Martinez Cont.

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.

## Woodmen Valley Chapel - Access Ministry

**719-388-4988**

290 East Woodmen Road

Colorado Springs, CO 80919

<https://woodmenvalley.org/access>

We exist to facilitate inclusion inside the life of the church for the individual with exceptional needs and for their family.

# COMPLEMENTARY & ALTERNATIVE THERAPIES

## Acupuncture by Tawnya Salas

**719-545-6189**

301 Colorado Avenue

Pueblo, CO 81004

[www.pointbacktohealth.com](http://www.pointbacktohealth.com)

Acupuncture treatments addressing PTSD symptoms, memory, focus, depression, anxiety, stress, and sleep.

## Balance Chiropractic

**719-265-0115**

15 Spectrum Loop, Suite 110

Colorado Springs, CO 80921

[www.balancecolorado.com](http://www.balancecolorado.com)

Non-traditional chiropractic focused on helping people with TBI’s, whiplash, spinal stenosis, disc herniation, and peripheral neuropathy and neck injuries.

## Body Brain Connection, LLC

**719-338-9103**

Serving the Pikes Peak area

Certified Brain Integration Practitioner

RMP, EFTM, BA Social Work

Holistic approach utilizing targeted modalities releasing emotional and energetic impact of trauma, stress and fight/flight or freeze.

## **Cereset Colorado Springs**

**719-249-3663**

7660 Goddard Street, Suite 120

Colorado Springs, CO 80920

[www.ColoradoSprings.Cereset.com](http://www.ColoradoSprings.Cereset.com)

[info@ColoradoSprings.Cereset.com](mailto: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](http://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](http://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](http://Dancinggooseyoga.com) / [caregiverssidekick.com](http://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.easternsuntcmacupuncture.com](http://www.easternsuntcmacupuncture.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.embracingspiritryoga.com](http://www.embracingspiritryoga.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](http://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](http://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](http://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](http://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](http://www.mtnhighservicedogs.com)

Providing "Life Enhancing Canines" for people of all ages.

**Colorado Kids with Brain Injury**  
[cokidswithbraininjury.com](http://cokidswithbraininjury.com)

## **Positive Note at the Colorado Springs Conservatory**

**719-577-4556**

415 South Sahwatch Street  
Colorado Springs, CO 80903  
[www.coloradospringsconservatory.org](http://www.coloradospringsconservatory.org)

A music-making program empowering young adults with disabilities. Contact Heather Steinman at [hsteinman@cscconservatory.org](mailto:hsteinman@cscconservatory.org).

## **September Burton - Integrative Nutrition Health Coach**

**719-422-7238**

Serving the Colorado Springs area.  
[www.septemberburten.com](http://www.septemberburten.com)  
Nutrition for brain health.

## **Shandy Clinic**

**719-597-0822, x123**

Various locations in Colorado Springs, Fountain, and Pueblo.

[www.shandyclinic.com](http://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](http://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](http://www.sparkthechangecolorado.org)  
[tpatrick@sparkthechangecolorado.org](mailto:tpatrick@sparkthechangecolorado.org)

Companions can help with respite, cooking, grocery shopping, and transportation to appointments or social events.

## **StableStrides**

**719-495-3908**

13620 Halleluiah Trail

Elbert, CO 80106

[www.stablestrides.org](http://www.stablestrides.org)

Health and healing through horses; including horseback riding therapy and mental health therapy.

# **DAY PROGRAMS**

## **Challenge Aspen**

**970-923-0578**

P.O. Box 6639, Snowmass Village Mall, Suite 309  
Snowmass Village, CO 81615

[www.challengeaspen.org](http://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](http://www.thefsl.org)

Passion, Purpose, Possibility

## **Goodwill of Colorado**

**719-635-4483**

1460 Garden of the Gods Road

Colorado Springs, CO 80907

[communications@discovermygoodwill.org](mailto:communications@discovermygoodwill.org)

Offering community integration, supported employment, variety of activities, transportation, and more!

## **Mosaic**

**719-380-0451**

4755 Centennial Boulevard, Suite 150

Colorado Springs, CO 80919

[www.mosaicinfo.org](http://www.mosaicinfo.org)

Providing a life of possibilities for people with intellectual disability through supported employment, host home and a community based day program .

## **Our House Inc.**

**719-447-0109**

1609 South Wahsatch Avenue

Colorado Springs, CO 80905

[www.ourhouseinc.org](http://www.ourhouseinc.org)

Nonprofit focused on increasing independence for adults with intellectual and developmental disabilities.

## **Sky Cliff Center**

**303-814-2863**

4600 East Highway 86

Castle Rock, CO 80104

[www.skycliff.org](http://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](http://www.sksfcolorado.org)

We strive to offer activities that are sensory stimulating, challenging, fun and interactive.

# **EDUCATION: BIRTH TO AGE 21**

## **Brain Injury Alliance of Colorado's Education Consultation Program**

**303-355-9969**

Statewide Services

[Biacolorado.org](http://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](http://Brainsteps.net/co/default.aspx)

Brain Injury School Re-Entry Consulting

Program. Parents can make a student referral via website.

## Colorado Kids with Brain Injury Website

Maintained by Brain Injury Networking Team  
[cokidswithbraininjury.com](http://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](http://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](http://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](http://ppld.org)

[ppld.org](http://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](http://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](http://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](http://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.

**Colorado Kids with Brain Injury**  
[cokidswithbraininjury.com](http://cokidswithbraininjury.com)

# 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 patients 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**

## **Long-Term Cont.**

### **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

**Continued on page 20**

**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  
[Cseniorcenter.com](http://Cseniorcenter.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](http://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](http://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](http://www.the-ic.org)  
Provides opportunities to learn the skills necessary to live independently at home.

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## 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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

<https://www.irs.gov/help/contact-my-local-office-in-colorado>

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](http://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](http://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](http://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](http://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](http://www.ssa.gov)**SSDI-Social Security Disability Insurance**[www.ssa.gov/disability](http://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](http://usbia.org)**

## **SSI- Supplemental Security Income**

[www.ssa.gov/ssi](http://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](http://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](http://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](http://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](http://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.accesstofreedom.com](http://www.accesstofreedom.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](http://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](http://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](http://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](http://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](http://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](http://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](http://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 location in the Denver Metro area  
[www.awildflowerassistedliving.com](http://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](http://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](http://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://hilltopbraininjuryservices.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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.sportsconcussions.org)

### **FirstLight Home Care**

**719-424-5374**

4445 Northpark Drive, Suite 100  
Colorado Springs, CO 80907  
[www.FirstLightHomeCare.com](http://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](http://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/](http://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](http://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](http://www.interimhealthcare.com/coloradosprings)

Pueblo – 719-545-1184

720 North Main Street, Suite 400

Pueblo, CO 81003

[www.interimhealthcare.com/pueblo](http://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](http://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](http://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](http://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](http://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](http://www.Sageseldercare.com)

In-home care designed to keep people independent and safe in their homes.

**Brain Trauma Foundation**  
[www.braintrauma.org](http://www.braintrauma.org)

## Team Select Home Care

[www.teamselecthh.com](http://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.dianebrsslaw.com](http://www.dianebrsslaw.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](http://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](http://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](http://www.Coloradoinjurylaw.com)

[info@coloradoinjurylaw.com](mailto: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](http://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](http://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](http://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](http://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](http://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**

<https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/inTransition>

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

<https://health.mil/Military-Health-Topics/Centers-of-Excellence/NICOE/About/Defense-Intrepid-Network-for-TBI-and-Brain-Health>

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**

<https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Real-Warriors-Campaign>

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>



## **Traumatic Brain Injury Center of Excellence**

Fort Carson, CO 80913

<https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence>

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.

## **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

<https://www.va.gov/eastern-colorado-health-care/locations/pfc-floyd-k-lindstrom-department-of-veterans-affairs-clinic/>

## **PFC James Dunn VA Clinic**

**719-553-1000**

4776 Eagleridge Circle

Pueblo, CO 81008

<https://www.va.gov/eastern-colorado-health-care/locations/pfc-james-dunn-va-clinic/>

## **Rocky Mountain Regional VA Medical Center**

**303-399-8020**

1700 North Wheeling Street

Aurora, CO 80045

<https://www.va.gov/eastern-colorado-health-care/locations/rocky-mountain-regional-va-medical-center/>

## **Veterans Affairs Polytrauma/TBI System of Care**

**303-399-8020 Ext. 3338**

1055 Clermont Street

Denver, CO 80220

<https://www.polytrauma.va.gov/facilities/Denver.asp>

A specialized rehabilitation program serving Veterans with Traumatic Brain Injury and polytrauma. Please ask PCP for referral.

**Brainline for Military**  
[www.brainline.org/military-veterans](http://www.brainline.org/military-veterans)

## 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.

**Colorado Kids with Brain Injury**  
[cokidswithbraininjury.com](http://cokidswithbraininjury.com)

# PHYSICAL MEDICINE

## DRIVING PROGRAMS

### Health Promotion Partners – Outpatient Therapy

**719-231-6657**

2924 Beacon Street, Suite D

Colorado Springs, CO 80907

[www.HealthPromotionsPartners.com](http://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](http://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](http://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](http://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).

**American Stroke Association**  
**www.stroke.org**

**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](mailto: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.cdcrehab.com](http://www.cdcrehab.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](http://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](http://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](http://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](http://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](http://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](http://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.penrosethfrancis.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.

**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*

### **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.

## **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](http://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](http://www.uchealth.org)

# **SUPPORT GROUPS**

## **Brain Busters!**

**720-936-4208**

[www.Litupmymind.com/grain-busters.html](http://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](http://www.biacolorado.org)

The go-to resource for supportive services for survivors and their loved ones.

# **NOTES**

## **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>

## Otero County Brain Injury Group 719-854-7631

Rocky Ford Library/Conference Room  
400 South 10th Street  
Rocky Ford, CO 81067

All brain injury and stroke survivors, family and friends in Southeastern Colorado are welcome.

**Brain Trauma Foundation**  
[www.braintrauma.org](http://www.braintrauma.org)

## Penrose-St. Francis Hospital Brain Injury Support Group

2222 North Nevada / Penrose Cancer Center,  
Rooms A and B

Colorado Springs, CO 80907

3rd Thursday of each month. 5:30 – 7:00

p.m. Offers support to brain injury survivors, caregivers, and their family and friends. Contact:

BethanyAndreen-Bailey@Centura.org // 719-

571-8372 or ElizabethHeneghan@Centura.org //

719-571-6654

# 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 810034th 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 80813We 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 81003Meets 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.**INJURY PREVENTION &  
CONTROL:****Traumatic Brain Injury**About **75%** of TBIs that occur each year  
are concussions or other forms of mild TBI*Information provided by the Centers for Disease Control*

# TRANSPORTATION

## Along Came Carol Concierge Services, LLC

719-661-1476

[www.accarol.com](http://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](http://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](http://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](http://www.daveycoach.com)

Offering vehicles specifically for individuals with special needs and mobility challenges.

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

**CRAIG** | NEUROREHABILITATION  
& RESEARCH HOSPITAL



## Operation TBI Freedom (OTF)

is a program of Craig Hospital that provides support for Veterans and active duty military personnel with traumatic brain injuries.



OTF assists Service Members and Veterans with traumatic brain injury (TBI), together with their families and caregivers, reach goals for a successful life.

 [operationtbfreedom.org](http://operationtbfreedom.org)

 (855) 355-6824

 [facebook.com/operationtbfreedom](https://facebook.com/operationtbfreedom)

 [OTF@craighospital.org](mailto:OTF@craighospital.org)

### **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](http://www.discovermygoodwill.org/services/community-transportation)

Medical appointment transportation for Medicaid recipients. Colorado Springs, Peyton, Divide, Security, Widefield, and Woodland Park.

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

**719-231-6657**

2924 Beacon Street, Suite D

Colorado Springs, CO 80907

[www.HealthPromotionPartners.com](http://www.HealthPromotionPartners.com)

Adaptive driving equipment evaluation and training program.

### **Kador Ground Transportation**

**719-470-0227**

[www.kadormanusa.com](http://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](http://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](http://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](http://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](http://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](http://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](http://www.tellerseniorcoalition.org)

Transportation for seniors and the general public in Teller County.

**Spindpals | <https://spindpals.com/>**

**TMZ Medical Transportation**

**720-869-1213**

2016 South Pueblo Boulevard

Pueblo, CO 81005

www.tnztrans.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*

**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

**THE INDEPENDENCE CENTER**

DO YOU SUFFER FROM A

**TRAUMATIC BRAIN INJURY OR CONCUSSION?**

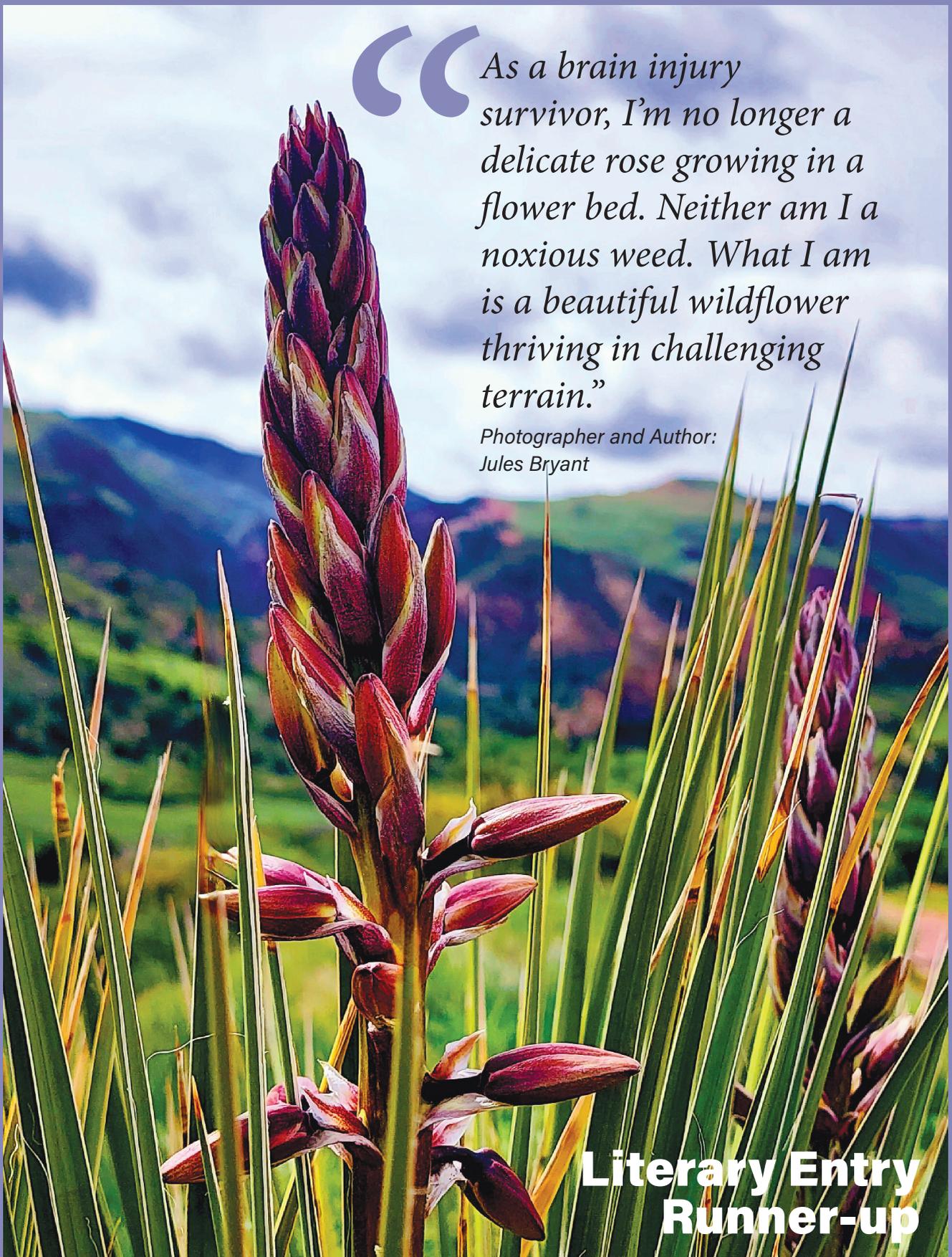
WE CAN HELP!

**HARMONIZED<sup>®</sup> BRAIN CENTERS**

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

**OUR CARE IS PROVEN, DRUG-FREE, SAFE AND EFFECTIVE.**

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



“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

**Literary Entry  
Runner-up**

# Brain injury resources

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 [tbcolorado.org](http://tbcolorado.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

Thinking/ Remembering	Physical	Emotional/ Mood	Sleep
Difficulty thinking clearly	Headache Fuzzy or blurry vision	Irritability	Sleeping more than usual
Feeling slowed down	Nausea or vomiting (early on) Dizziness	Sadness	Sleep less than usual
Difficulty concentrating	Sensitivity to noise or light Balance problems	More emotional	Trouble falling asleep
Difficulty remembering new information	Feeling tired, having no energy	Nervousness or anxiety	

## 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.biainjury.org](http://www.biainjury.org)**

The only statewide non-profit in Colorado exclusively dedicated to brain injury.

### **Brain Injury Association of America - [www.biausa.org](http://www.biausa.org)**

Promotes awareness, understanding and prevention of brain injury.

### **BrainLine - [www.brainline.org/](http://www.brainline.org/)**

Preventing, treating and living with TBI.

### **Brainline for Military - [www.brainline.org/military-veterans](http://www.brainline.org/military-veterans)**

Help for service members, veterans, national guard members, reserve and families.

### **Brain Trauma Foundation - [www.braintrauma.org](http://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](http://www.cdc.gov/traumaticbraininjury/index.html)**

National Center for Injury, Prevention, and Control of Traumatic Brain Injury.

### **Colorado Kids with Brain Injury - [cokidswithbraininjury.com](http://cokidswithbraininjury.com)**

Traumatic brain injury networking team resource network.

### **Craig Hospital Brain Injury Handbook - [www.craighospital.org/resources/bi-handbook](http://www.craighospital.org/resources/bi-handbook)**

Basic information about living with a brain injury.

### **Defense Centers for Excellence for Psychological Health and Traumatic Brain Injury - <https://www.usar.army.mil/DCOE-TBI/>**

Free, fast, accurate information and assistance.

### **LASH AND ASSOCIATES PUBLISHING/TRAINING, INC. - [www.lapublishing.com](http://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](http://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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# Helping Families

## care for their loved ones

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.

### Brain Injury Waiver (BI)

*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:



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# 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



325 Parkside Drive  
Colorado Springs, CO 80910  
719.630.8000

[encompasshealth.com/coloradospringsrehab](https://encompasshealth.com/coloradospringsrehab)

