

THE PIKES PEAK REGION BRAIN INJURY PROFESSIONALS NETWORK

Brain Injury

DIRECTORY
2020/2023



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Encompass Health

Rehabilitation Hospital of Colorado Springs



**Brain Injury
Alliance**
COLORADO



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AHOD



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BRAIN CENTERS**

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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).

uchealth

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. It is a group of professionals who specialize in treatment and assistance for people who have acquired or traumatic brain injuries. The group is an affiliate of the Brain Injury Alliance of Colorado.

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

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

Carley Hyman of Encompass Health Rehabilitation Hospital coordinated receipt and display of entries for the directory cover contest. More than 200 entries were received! The winner of the contest is Deepa Daya for her piece "The Path

Less Traveled." The name and image resonated with BIPN members who selected it as winner. The winning literary entry "PITY," was submitted on behalf of SFC Brian Mancini, USA Retired, a two time Purple Heart winner and Founder of Honor House, a non-profit organization helping Veterans transition from military to civilian life. The runner up in the art cover contest is "Black and White Digital" by Lisa Cush. The second place literary entry is YOU ARE NOT ALONE by Cat Anthony.

If you are unable to find what you are looking for in this directory, please feel free to contact the Brain Injury Alliance of Colorado at 1325 S. Colorado Blvd. B-300, Denver, CO 80222. Phone: 303-355-9969. They can also be found on the web at www.biacolorado.org. BIAC will be happy to assist you and has an online resource directory for the entire state of Colorado.

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



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PRESIDENT

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- 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
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Millions in Settlements and Jury Awards

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- We understand the latest medical technology
- No recovery – No fee

719.633.6620

websterlawfirmllc.com

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

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Resource Directory

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Lisa Moran describes life after a stroke

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

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

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

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

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

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

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

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

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

ADVOCACY

Arc Pikes Peak Region, The

719-471-4800

10 and 12 North Mead Avenue

Colorado Springs, CO 80909

www.thearcppr.org

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

Brain Injury Alliance of Colorado

303-355-9969

1325 South Colorado Boulevard, Suite B300

Denver, CO 80222

www.biaincolorado.org

BIAC is the go to resource for help and services for survivors of an injury to the brain, their families, and providers.

Catholic Charities of Central Colorado

719-636-2345

228 North Cascade Avenue

Colorado Springs, CO 80903

www.ccharitiescc.org

Daily hot meals, employment, case management, pregnancy and emergency services, early education, parenting, ESL classes and more.

Center Toward Self Reliance

719-546-1271

901 West 8th Street

Pueblo, CO 81003

www.cfclpueblo.org

Enhancing the independence of people with disabilities.

Guardianship Alliance

303-691-9339, ext.1117

801 Yosemite Street

Denver, CO 80230

www.abilityconnectioncolorado.org/guardianshipallianceofColorado

Offers classes to assist individuals with filing for guardianship. Also offer resources for additional supports.

HCP-A Program for Children and Youth with Special Healthcare Needs

719-578-3200

1675 West Garden of the Gods Road

Colorado Springs, CO 80907

www.elpasocountyhealth.org

Provides medical care coordination for children from birth to 21 who have special health needs, including brain injury.

Independence Center, The

719-471-8181

729 South Tejon Street

Colorado Springs, CO 80903

www.theindependencecenter.org

Provides information and referral, as well as individual and community advocacy for people with disabilities.

MINDSOURCE Brain Injury Network

1-800-955-2423

Colorado Department of Human Services

1575 Sherman Street, 4th floor

Denver, CO 80203

www.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.PASCOHH.com

Helping families care for their loved ones with the paid family caregiver program.

Pikes Peak United Way

2-1-1 / 719-632-1543

518 North Nevada Avenue

Colorado Springs, CO 80903

www.ppunitedway.org/211database.html

Call 211 for referrals for food, utilities, housing, childcare, emergency shelter, military assistance, and senior issues.

Brain Trauma Foundation | www.braintrauma.org

What is Cognitive Therapy?

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

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

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

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

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

Van Ness said any person who has experienced an acquired or traumatic brain injury or any situation of

brain dysfunction can be helped with cognitive therapy. While all patients can benefit from this approach, the individual has to be open to the suggestions of the counselor and willing to try multiple approaches.

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

“Every person is unique and every brain injury is unique,” explained Van Ness. “A patient or caregiver

should ask if our counselor needs to provide services in the clinic or home/ community. It would be good to know what financial options are available.”

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

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

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

The goal is to identify thought patterns and emotions that impact behavior.

Rehab Resources-HCS, LLC**616-690-3134**

4164 Austin Bluffs Parkway, #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)**719-573-5020**www.aa.org

A fellowship of men and women who share their experience, strength and hope to help achieve sobriety. Colorado Springs Area Office – 1353 South 8th Street, Suite 209

Colorado Springs, CO 80905

www.coloradospringsaa.org

Pueblo Office: Central Service Office

719-546-1173

4053 A Club Manor Drive

Pueblo, CO 81008

Colorado Al-Anon/Alateen, Inc.**1-888-425-2666**<http://al-anon-co.org/index.php>

Support groups for friends and families living with the problem-drinking of a relative or friend.

Narcotics Anonymous Pikes Peak Region**719-637-1580**<http://www.nacolorado.org>

Fellowship of men and women who help each other stay clean from addiction.

VA Substance Use Disorder (SUD) Programshttp://www.va.gov/directory/guide/state_SUD.cfm?STATE=CO

Substance use disorder (SUD) programs for military veterans.

Colorado Springs Office: PFC Floyd K. Lindstrom Clinic

719-327-5660

3141 Centennial Boulevard

Colorado Springs, CO 80907

Pueblo Office: Pueblo Outpatient Clinic

719-553-1000

4776 Eagleridge Circle

Pueblo, CO 81008

ASSISTIVE TECHNOLOGY

Ablelink Smart Living Technologies**719-592-0347**

6745 Rangewood Drive, Suite 210

Colorado Springs, CO 80918

www.ablelinktech.com

Easy-to-use app software supporting independent living in the areas of scheduling, video modeling and wayfinding.

Accessible Systemswww.AccessibleMed.com

Helping people of all ages and abilities modify their home: Stairlifts, ramps, lift systems, remodels and more.

Colorado Springs - 719-387-0675

Service Area:

Colorado Springs, Pueblo, Woodland Park, Monument, Peyton

Denver - 303-693-7787

Service Area:

Denver, Aurora, Thornton, Castle Rock, Boulder, Westminster

Northern Colorado - 970-475-1880

Service Area:

Greeley, Fort Collins, Cheyenne, Loveland, Lyons

Affordable Medical Supply**719-632-4036**

1833 North Circle Drive

Colorado Springs, CO 80909

www.AffordableMedMart.com

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

Assistive Technology Partners- Center for Inclusive Design and Engineering
303-315-1280

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

Health Promotion Partners - Fitness to Drive Program
719-231-6657

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

Independence Center, The
719-471-8181

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

Life Wheels On
719-331-1011

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

PCs for People
720-278-7725

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

Pikes Peak Community College Computer Access Center
800-356-6847

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

United Access
719-590-1400

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

Westpeak Mobility
719-299-2167

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

COGNITIVE / BEHAVIORAL / MENTAL HEALTH

A Cognitive Connection, LLC
719-233-1199

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

Adult Community Services
719-440-6445

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

Apgar Center
719-442-0415

302 East Uintah Street
Colorado Springs, CO 80903
www.apgarcenter.com
Outpatient speech therapy services including cognitive retraining, executive function skills training memory compensation, and return to work programs.

Balance Chiropractic**709-265-0115**

808 Village Center Drive
Colorado Springs, CO 80919
www.balancecolorado.com

Non-traditional chiropractic focused on helping people with TBIs, whiplash, and neck injuries.

BrainCare LLC**719-520-5656**

6243 Soaring Drive
Colorado Springs, CO 80918
www.braincarellc.com

BrainCare provides supported living in housing with a rehabilitation focus to individuals with brain injuries.

Child Community Services**719-440-6445**

2210 East La Salle Street, Suite 108
Colorado Springs, CO 80909
www.childcommunityservices.org

Individual and family therapy and targeted case management for children and youth with mental illness.

CorKinect**719-660-1720**

Serving the Pikes Peak Region

Three-dimensional cognitive approach for re-establishing neuropathways; helps improve daily function and emotional balance.

Franciscan Community Counseling, LLC**719-955-7009**

7665 Assisi Heights
Colorado Springs, CO 80919
www.community.stfrancis.org

FCC provides assessment and therapy for all without regard to affiliation, or ability to pay.

Fred Dearborn, LPC**719-660-1613**

617 North 17th Street, Suite 201
Colorado Springs, CO 80904

Mental health counselor specializing in Rapid Resolution Therapy (RRT) for Post-Traumatic Stress Disorder (PTSD).

Harmonized Brain Centers**719-661-6422**

www.HarmonizedBrainCenters.com

Improved brain function from concussion or TBI using safe, proven, effective, state-of-the-art Neurofeedback, biofeedback, and other modalities.

Colorado Springs office
2149 North Academy Boulevard
Colorado Springs, CO 80909

Denver office
9034 East Easter Place, Suite 207
Centennial, CO 80112

Healing Pathways Counselors and Neurofeedback Services**719-694-3309**

5265 North Academy Boulevard, Suite 3300
Colorado Springs, CO 80923

<https://therapists.psychologytoday.com>

I specialize in trauma therapy and provide individual sessions for adults. Accepting Medicaid and other insurance. English/ Spanish.

Impact Vision Therapy**719-302-8922**

1710 Jet Stream Drive, Suite 100
Colorado Springs, CO 80921
www.impactvisiontherapy.com

Training exercises enhance recovery of brain function by stimulating and strengthening visual connections in the brain.

Last Key on the Ring, PLLC**719-357-1810**

1935 Dominion Way, Suite 201
Colorado Springs, CO 80918

Trauma-focused therapy for individuals recovering from brain injuries. EMDR trained.

National Alliance on Mental Illness**719-473-8477**

1615 South Murray Boulevard
Colorado Springs, CO 80916
www.namicoloradosprings.org

NAMI offers free education and support programs for those who live with mental illness and their families.

Peak Vista Community Health Centers **719-632-5700**

3205 North Academy, Suite 130
Colorado Springs, CO 80917
www.peakvista.org

Peak Vista Community Health Centers is a nonprofit Federally Qualified health center dedicated to providing medical, dental and behavioral health care to people of all ages. See website for complete listing of all outpatient centers in the Pikes Peak and East Central Plains regions.

Shandy Clinic

719-597-0822 x123

685 Citadel Drive East, Suite 580
Colorado Springs, CO 80909
www.shandyclinic.com

Exceptional therapy for exceptional children! Offering speech, occupational and physical therapy in multiple convenient locations.

Solvista Health

719-275-2351

3225 Independence Road
Cañon City, CO 81212
<http://solvistahealth.org/>

Solvista offers mental health care and addiction recovery services. Access 24/7 crisis help at 719-275-2351.

Trudy C. Dawson MSW, LCSW, PC

719-377-2118

7035 Campus Drive, Suite 808
Colorado Springs, CO 80920
www.trudycdawson.com

Cognitive and behavioral services for brain injury survivors and family members. Supportive services include counseling and biofeedback.

UCCS Aging Center

719-255-8002

4863 North Nevada Avenue, Suite 321
Colorado Springs, CO 80918
www.uccs.edu/agingcenter.com

The UCCS Aging Center offers comprehensive neuropsychological assessments and recommendations regarding treatment.

COMMUNITY RECREATION / LEISURE RESOURCES

Achilles Pikes Peak

828-712-3737

www.facebook.com/achillespikespeak

Helping make recreation, fitness and competition more accessible for people with disabilities.

Adaptive Adventures

303-679-2770

1315 Nelson Street, Unit 1
Lakewood, CO 80215

www.adaptiveadventures.org

Progressive outdoor sport opportunities for children, adults and veterans with physical disabilities.

Adaptive Sports Center

970-349-2296

19 Emmons Road
Mt. Crested Butte, CO 81225

www.adaptivesports.org

Empowering people living with disabilities through outdoor adventure activities.

Brain Injury Alliance of Colorado

303-355-9969

1325 South Colorado Boulevard, Suite B300
Denver, CO 80222

www.BIAColorado.org

Offers recreation and social programs that are multi-day, one-day, and numerous social events to meet other survivors.

Breckenridge Outdoor Education Center

970-453-6422

300 Snowy Ridge Drive
Breckenridge, CO 80424

www.boec.org

The BOEC expands the potential of people with disabilities through meaningful and educational outdoor experiences.

Center Toward Self-Reliance

719-546-1271

901 West 8th Street

Pueblo, CO 81003

www.cfdpueblo.org

Enhancing the independence of people with disabilities.

City of Aurora – Therapeutic Recreation

303-326-8410

800 Telluride Street

Aurora, CO 80011

www.auroragov.org/recreation

Encouraging meaningful recreation opportunities and programs for individuals with disabilities to enhance and expand social, cognitive, affective and physical abilities.

City of Boulder Parks and Recreation

303-413-7269

3170 Broadway

Boulder, CO 80304

www.BoulderColorado.gov/parks-rec

Recreation programs designed for independent adults who have acquired a mild traumatic brain injury.

City of Colorado Springs Therapeutic Recreation Program

719-385-6964

1315 East Pikes Peak Avenue

Colorado Springs, CO 80909

www.coloradosprings.gov/tr

Provides recreation and leisure opportunities for youth and adults with disabilities; including specialized programs and inclusion services.

City of Fort Collins – Adaptive Recreation Opportunities

970-224-6027

215 North Mason St.

Fort Collins, CO 80524

www.fcgov.com/aro

The ARO program offers a variety of specialized recreation and fitness programs for people of all ages and abilities.

Center for Disease Control (CDC)

www.cdc.gov/TraumaticBrainInjury

LITERARY CONTEST: WINNER

PITY

DON'T YOU DARE PITY ME

FOR I LIVE PROUD AND
PITY FREE.

I WOULD DO IT ALL OVER AGAIN
IF NEED BE,

FOR THIS GREAT NATION
'TIS OF THEE.

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

FOR I LIVE AND WILL DIE
PITY FREE

NO MATTER HOW MANGLED MY
BODY IT MAY BE,

THE SCARS AND PAIN ARE SIMPLE
REMINDERS YOU SEE,

THE SACRIFICES MADE FOR THE
LAND OF THE FREE.

THERE ARE MANY MORE WHO
HAVE GIVEN MORE THAN ME,

SO I HONOR THEM BY LIVING
PITY FREE.

I TRULY HAVE LIVED BETTER
LIVING PITY FREE

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

PLEASE DON'T YOU DARE
PITY ME

FOR I LIVE PROUD AND
PITY FREE.

*SFC Brian Mancini, USA Retired
Combat Medic*

*Purple Heart recipient X2
Founder, Honor House.*

*A non-profit organization helping Veterans
transition from military to civilian life.*

City of Lakewood

303-987-4867

1555 Dover Street

Lakewood, CO 80215

www.lakewood.org/RISE

Providing opportunities for inclusive and therapeutic recreation in the Lakewood community.

City of Wheat Ridge Parks & Recreation - Therapeutic Recreation Program

303-231-1300

4005 Kipling Street

Wheat Ridge, CO 80033

www.rootedinfun.com

Recreation and leisure opportunities for individuals with disabilities of all ages and abilities.

Community Sailing of Colorado

303-757-7718

4800 South Payton Street (Cherry Creek Reservoir)

Greenwood Village, CO 80111

www.communitysailing.org

Providing therapeutic recreation through sailing with specialized equipment. Come experience the tranquility of the water.

Denver Parks & Recreation - Adaptive Recreation

720-865-0820

1849 Emerson Street

Denver, CO 80218

www.denvergov.org/adaptiverecreation

Adaptive recreation opportunities throughout the Denver Metro area for people of all ages with disabilities.

Du Myon Martial Arts

719-301-3839

7868 North Academy Boulevard

Colorado Springs, CO 80920

www.dumyonmartialarts.org

Safe traditional martial arts family learning experience for those diagnosed with disabilities or at risk.

Center on Brain Injury Research and Training

<http://cbirt.org>

Easterseals Colorado - Rocky Mountain Village

303-569-2333

2644 Alvarado Road

Georgetown, CO 80444

www.easterseals.com/co/our-programs/play/rocky-mountain-village-camp/

Rocky Mountain Village functions as a fully accessible retreat/rental facility dedicated to supporting people with disabilities.

Fishing Has No Boundaries

719-873-3462

1535 Saratoga Drive

Colorado Springs, CO 80910

www.csfnhb.org

Opportunities for persons with disabilities to have the experience of fishing from a boat.

Flying Pig Farm

Crystal Park Road & Keithley Road

Manitou Springs, CO 80829

www.facebook.com/flyingpigmanitou

Connect and heal – Work with earth! Join in planting, harvesting, work projects and animal care.

National Sports Center for the Disabled (NSCD)

303-633-5803

1801 Mile High Stadium Circle, Suite #1500

Denver, CO 80204

www.NSCD.org

Adaptive sport for all disabilities and ages.

Paradox Sports

720-638-5593

P.O. Box 273

Eldorado Springs, CO 80025

www.paradoxsports.org

Paradox Sports transforms lives and communities through adaptive rock and ice climbing opportunities that defy convention.

Pikes Peak Library District

719-531-6333

5550 North Union Boulevard (other locations throughout El Paso County)

www.ppld.org

Providing resources and opportunities that change individual lives and build community.

South Suburban Parks & Recreation – Buck Center

303-797-8787

2004 West Powers Avenue
Littleton, CO 80120

www.sspr.org

Promote independence, choice, participation, growth and confidence for people with disabilities.

Town of Parker, Recreation Center – Therapeutic Recreation Division

303-841-4500

17301 East Lincoln Avenue
Parker, CO 80134

www.parkerrec.com

Using adapted programming, strive to minimize barriers, increase leisure awareness, promote skill-building and improve well-being.

United States Association of Blind Athletes

719-866-3222

30 Cimino Drive
Colorado Springs, CO 80903

www.usaba.org

Empowers blind and visually impaired Americans through sports, recreation and physical activities.

COMPLEMENTARY & ALTERNATIVE THERAPIES

Acupuncture by Tawnya Salas

719-545-6189

126 West D Street, Suite 100C
Pueblo, CO 81003

www.pointbacktohealth.com

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

Balance Chiropractic

719-265-0115

808 Village Center Drive
Colorado Springs, CO 80919

www.balancecolorado.com

Non-traditional chiropractic focused on helping people with TBIs, whiplash and neck injuries.

Body Brain Connection, LLC

719-338-9103

Serving the Pikes Peak area

Certified Brain Integration Practitioner

RMP, EFTM, BA Social Work

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

Chanda Plan

1-800-766-4255

1630 Carr Street
Lakewood, CO 80214

www.iamtheplan.org

Provides access to integrative therapy to improve health outcomes for persons with physical disabilities.

Chef Stevie

Serving the Colorado Springs Area

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.

Concussion Place, The

719-380-8055

3425 Austin Bluffs Parkway
Colorado Springs, CO 80918

theconcussionplace.com

Accident recovery specialists focusing on vision/balance training, neurocognitive services, chiropractic, and physical therapies. No referral necessary!

INJURY PREVENTION & CONTROL: Traumatic Brain Injury

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

Information provided by the Centers for Disease Control

Corkinect Brain Integration Practitioner
719-660-1720

Serving the Pikes Peak area
Three-dimensional cognitive approach for
reestablishing neuropathways; helps improve daily
function and emotional balance.

Dancing Goose Therapeutics, LLC
719-321-8570

441 Manitou Avenue, Suite 200
Manitou Springs, CO 80829
Dancinggoosetherapy.com / caregiversidekick.com
Get body and mind working together. Experience
body journaling, movement, breath and nature to
reconnect self.

Eastern Sun TCM Acupuncture
719-345-7110

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

Embracing Spirit Yoga
719-661-8802

Serving the Pikes Peak area
www.embracingspityoga.com
Adaptive yoga, stress reduction and meditation:
wellness consult and essential oil education.

Equine Approach, LLC, The
719-347-5811

PO Box 88275
Colorado Springs, CO 80908
www.theequineapproach.com
Therapy, learning and personal growth through
horsemanship, Professional Association of Therapeutic
Horsemanship Member Center.

Freedom Wellness
719-571-0070

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



Helping
Families
care for their
loved ones

Learn how you can be paid
to care for a loved one with
special needs

PASCO

CONTACT US TODAY TO LEARN MORE

☎ (719) 960-4995 🌐 PASCOHH.COM

Healing Touch Craniosacral Therapist**719-210-4634**

1519 East Boulder Street
 Colorado Springs, CO 80909
healingtouchoftherockies.com

A gentle, hands-on method of evaluating, enhancing and improving the function of your body's central nervous system.

Lancaster Chiropractic**719-404-1489**

4736 Eagleridge Circle
 Pueblo, CO 81007

Lancaster Chiropractic is certified in Upledger cranial therapy and gentle effective chiropractic.

Manual Edge Physiotherapy - Physical Therapy**719-694-8342**

6189 Lehman Drive, Suite 202
 Colorado Springs, CO 80918
<https://manualedge.com>

Highly trained hands-on Cranial Physical Therapists to treat your pain, headaches and brain.

Mind Gym**720-513-5092**

8008 East Arapahoe Court, Unit 100
 Centennial, CO 80112

Themindgymco.com

Hope and healing center providing neurofeedback for BI, anxiety, ADHD, PTSD and trauma.

Mountain High Service Dogs, Inc.**719-440-8282**

325 2nd Street
 Monument, CO 80132

www.mtnhighservicedogs.com

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

Porter Cranio Therapies**719-235-7872**

1519 East Boulder Street
 Colorado Springs, CO 80909
portercraniotherapies.com

Biodynamic craniosacral and lymphatic therapies for closed head injuries and inflammation.

**Operation TBI Freedom (OTF)**

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



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



operationtbifreedom.org



(855) 355-6824



facebook.com/operationtbifreedom



OTF@craighospital.org

Positive Note at the Colorado Springs Conservatory

719-577-4556

415 South Sahwatch Street
Colorado Springs, CO 80903

www.coloradospringsconservatory.org

A music-making program empowering young adults with disabilities. Contact Heather Steinman at hsteinman@csconservatory.org.

September Burton – Integrative Nutrition Health Coach

719-422-7238

Serving the Colorado Springs area.

www.septemberburton.com

Nutrition for brain health.

Shorin Center

719-268-9560

955 Garden of the Gods Road, Suite E
Colorado Springs, CO 80907

www.shorinkungfu.com

The Golden Spirit Kung Fu Program is specifically designed for students with special needs. Tai Chi uses gentle movements that can contribute greatly to physical, emotional and mental well-being.

StableStrides

719-495-3908

13620 Halleluiah Trail
Elbert, CO 80106

www.stablestrides.org

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

UCHealth

719-365-7130

1625 Medical Center Point
Colorado Springs, CO 80907

Manage complications of brain injury, spasticity, via therapy, Botox injections and baclofen pumps.

DAY PROGRAMS

Challenge Aspen

970-923-0578

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

www.challengeaspen.org

Day, week or month-long programs, year-round, all ages, Roaring Fork Valley.

Connecting with Community, Inc.

719-634-3121

895 Columbine Avenue
Colorado Springs, CO 80904

www.cscsa.com

Club of Arts Learning Center is our innovative day program, dedicated to individual enrichment, community development, and creative empowerment.

Goodwill of Colorado

719-635-4483

1460 Garden of the Gods Road
Colorado Springs, CO 80907

communications@discovermygoodwill.org

Offering community integration, CNA care, supported employment, variety of activities, transportation, and more.

Donna Atwell's House, LLC

719-232-9872

7705 Eastwood Road
Colorado Springs, CO 80919

We're a mother/daughter team providing day program and respite services for individuals with developmental disabilities.

Mosaic

719-380-0451

4775 Centennial Boulevard, Suite 150
Colorado Springs, CO 80919

www.mosaicinfo.org

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

Our House Inc.

719-477-0109

1609 South Wahsatch Avenue
Colorado Springs, CO 80905

www.ourhouse.org

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

National Resource Ctr. for Traumatic Brain Injury
www.tbincrc.com

Sky Cliff Center**303-814-2863**4600 East Highway 86
Castle Rock, CO 80104www.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 80907www.sksfcolorado.org

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

EDUCATION: BIRTH TO AGE 21

Adult + Family Education, School District 11**719-328-3001**Roy J. Wasson Academic Campus
2115 Afton Way
Colorado Springs, CO 80909
d11.org/adulted

Provides educational experiences that equip students 17-and-older for success as parents, citizens, and workers.

BIAC Education Consultation**800-955-2443**1325 South Colorado Boulevard
Building B, Suite 300
Denver, Colorado 80222biacolorado.org/education-consultation

Youth Education Liaison specialist provides free statewide consultation/support services to children/youth ages 0-21 with documented brain injury.

BrainSTEPS Coloradobrainsteps.net/co/default.aspxBrain Injury School Re-Entry Consulting Program.
Parents can make a student referral via this website.**College Living Experience****303-825-2533 x110**1391 Speer Boulevard, Suite 400
Denver, CO 80204<https://experiencecle.com/denver-colorado/>

CLE is post-secondary and supports college or career goals, teaches independent living and social skills.

Colorado School Safety Resource Center—"Concussion & Traumatic Brain Injury"colorado.gov/pacific/cssrc/concussion-traumatic-brain-injury

Colorado Department of Education's Resource Center for Concussion & TBI. Packed with resources for parents and educators.

Colorado Kids with Brain Injury WebsiteMaintained by Colorado Department of Education
cokidswithbraininjury.com

Website serves as tool for families, educators, and professionals to help support our kids with brain injuries.

Du Myon Martial Arts**719-301-3839**7868 North Academy Boulevard
Colorado Springs, CO 80920<https://www.dumyonmartialarts.org>

Safe traditional martial arts family learning experience for those diagnosed with disabilities or at risk.

IN! Colorado Initiative for Inclusive Higher Education**720-629-0196**6500 South Quebec Street, Suite 300
Englewood, CO 80111inclusivehighered.org

Creating fully inclusive college opportunities for students with intellectual disabilities to foster academic growth, social development, and career advancement.

"Inclusive Higher Education Act" Senate Bill 16-196<https://inclusivehighered.org>

This bill established pilot funding for inclusive higher education programs in Colorado – UNC, UCCS, Arapahoe Community College.

Sports Concussionswww.sportsconcussions.org

Parent to Parent of Colorado

877-472-7201

801 Yosemite Street

Denver, CO 80230

www.p2p-co.org

Connecting parents of sons and daughters with disabilities to information and emotional support across Colorado.

Peak Parent Center

719-531-9400

917 East Moreno Avenue

Colorado Springs, CO 80903

<http://www.peakparent.org>

PEAK equips parents/professionals with skills they need to educate students with disabilities and abilities.

Pikes Peak Library District

719-531-6333

Library locations listed on website

ppld.org

Programs/classes for babies, toddlers, children, and teens. See calendar of events on each library's website.

REAP Manual

<https://reapconcussion.com>

A community-based concussion management approach that includes Family Team, Medical Team, and School Teams.

Summit Psychological Assessment & Consultation LLC

719-235-7104

7710 North Union Boulevard, Suite 100A

Colorado Springs, CO 80920

<http://summitpac.net>

Summit provides neuro-educational assessments, individual support plans, and strategies for success.

Colorado Kids with Brain Injury
cokidswithbraininjury.com

EDUCATION: ADULT

Adult and Family Education

719-328-3001

Roy J. Wasson Academic Campus

2115 Afton Way

Colorado Springs, CO 80909

d11.org/adulted

Provides quality educational experiences that equip all students for success as parents, citizens and workers.

Brain Injury Alliance of Colorado

303-355-9969

1325 South Colorado Boulevard, Suite B-300

Denver, Colorado 80222

biacolorado.org/education-consultation

We offer a variety of classes and workshops to survivors of brain injury and caregivers throughout Colorado.

College Living Experience (CLE)

303-825-2533

1391 Speer Boulevard, Suite 400

Denver, Colorado 80204

<https://experiencecle.com/denver-colorado/>

CLE is post-secondary. It supports college or career goals and teaches independent living and social skills.

Colorado Springs Fine Arts Center/ Bemis School of Art at Colorado College

719-634-5581

Military Artistic Healing Program for Veterans and Military Families

30 West Dale Street

Colorado Springs, CO 80903

<https://fac.coloradocollege.edu/art-school/>

Learn to utilize artistic and creative exercise through therapeutic processes to heal past traumas.

Colorado Springs Senior Center

719-955-3400

1514 North Hancock Avenue

Colorado Springs, CO 80903

ppymca.org/Colorado-springs-senior-center/about-us
Education and recreation center for those 55 and older.

Providing social outlets for seniors in our community.

Colorado Talking Book Library**303-727-9277, 800-685-2136**

180 Sheridan Boulevard

Denver, CO 80226-8101

<https://myctbl.cde.state.co.us>

Provides free audio, Braille and large print books to Coloradans with visual, physical or learning disabilities.

Colorado Workforce Diploma Programwww.coloradodiploma.com

Colorado residents 21 or older can earn a high school diploma online at NO COST.

Eastern New Mexico University-Roswell / Special Services Program**800-243-6687**

52 University Boulevard

Roswell, New Mexico 88203

roswell.enmu.edu/special-services

Specialized occupational training for students with disabilities including living skills training. In-state tuition for Coloradans.

Independence Center, The**719-471-8181 x135**

729 South Tejon Street

Colorado Springs, CO 80903

www.theindependencecenter.org

Supports people with disabilities in learning the skills necessary to living independently in their home.

Job Corps**719-596-6850**

320 North Academy Boulevard

Colorado Springs, CO 80909

www.jobcorps.gov

Residential career training program for ages 16-24. Earn high school diploma, train for a career, obtain employment.

Pikes Peak Community College / Office of Accessibility Services**719-502-3333**

5675 South Academy Boulevard

Colorado Springs, CO 80906

ppcc.edu/accessibility-services

Assists students with disabilities to self-advocate for accommodations, interpreters, assistive technology, etc.

Pikes Peak Library District**719-531-6333**

Pikes Peak Library locations listed on website

ppld.org/classes

Classes include: computers, photography, tai chi, business employment, ESL, reading help, learn English and more.

Pueblo Community College Disability Resource Center**719-549-3446**

900 West Orman Avenue, Academic Building Room 120

Pueblo, CO 81004

pueblocc.edu/disability-resources

Accommodations, assistive technology equipment and courses, student rights and notice of non-discrimination.

Rocky Mountain ADA Center**719-444-0268**

3630 Sinton Road, Suite 103

Colorado Springs, CO 80907

rockyada.org

Providing information, guidance and education on the Americans with Disability Act for individuals, businesses and institutions.

UCCS Disability Services**719-255-3354**

1420 Austin Bluffs Parkway, Main Hall, #105

Colorado Springs, CO 80918

uccs.edu/disability

Provides students with disabilities accommodations and support services such as alternate books, test appointments, peer notes, etc.

SPEAKERS / PRESENTATIONS

Brain Injury Alliance of Colorado**303-355-2443**

1325 South Colorado Boulevard

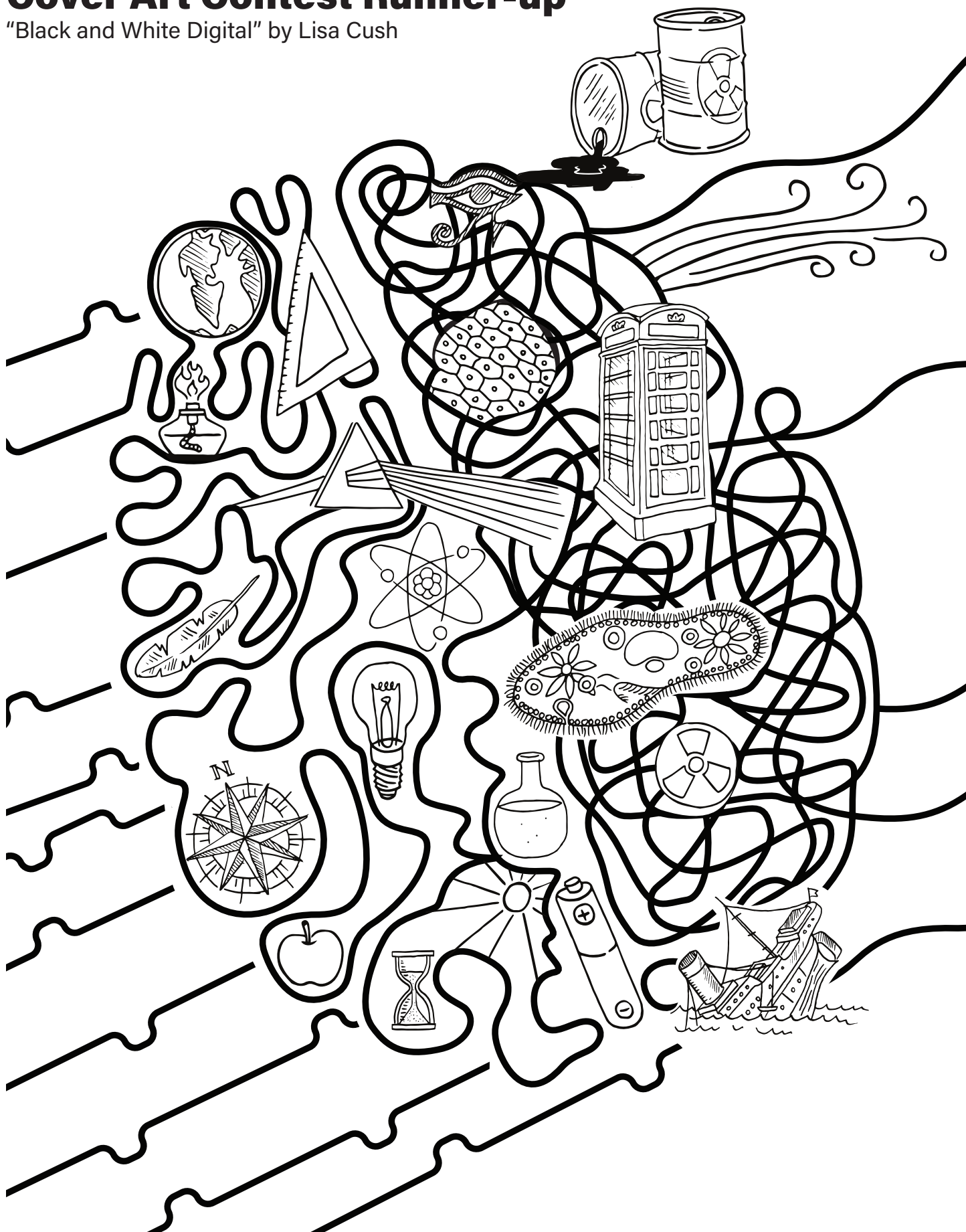
Denver, CO 80222

biacolorado.org

BIAC is the go-to resource for help and services for survivors of a brain injury, their families, and providers.

Cover Art Contest Runner-up

"Black and White Digital" by Lisa Cush



Holistic Herbal Health

303-249-7742

17538 East Pondlilly Drive

Parker, CO 80134

www.RootedInHealth.com

Informative, sought-after speaker/educator, Dr. Zeph delights her audiences with vital, alternative and integrative medicine therapies.

I CARE

719-338-9103

Barbara Jeanne, B.S. and Tamara Tinsley, B.A.

National Speakers/Trainers empowering and uniting resources. Mastermind and Mastery groups available.

You Inspire Me! Speakers Bureau – 941-661-5935

Motivational, inspirational speakers who have triumphed over tragedy and who share their stories of brain injury.

You Inspire Me! Speakers Bureau

941-661-5935

Motivational, inspirational speakers who have triumphed over tragedy and who share their stories of brain injury.

INJURY PREVENTION & CONTROL:

Traumatic Brain Injury

Children aged **0-4 years**, older

adolescents aged **15 to 19 years**,

and adults aged **65 years and**

older are most likely to sustain a TBI

Information provided by the Centers for Disease Control

EMPLOYMENT

Are We There Yet Travel

719-210-0013

Colorado Springs, CO 80920

arewethereyetco.com

Work from home opportunities in the travel and tourism as a travel agent/consultant.

Colorado Division of Vocational Rehabilitation

www.colorado.gov/pacific/dvr/contact-us-90

Employment services for eligible individuals with disabilities to help them reach their employment goals.

Cañon City - 719-275-7408

3224 Independence Road

Cañon City, CO 81212

Colorado Springs - 719-635-3585

1365 Garden of the Gods Road, Suite 250

Colorado Springs, CO 80907

Pueblo - 719-544-1406

720 North Main, Suite 320

Pueblo, CO 81003

Common Roots

719-578-1227

805 South Tejon Street

Colorado Springs, CO 80903

We provide individualized services to help people get and keep jobs in their community.

Goodwill of Colorado

719-635-4483

1460 Garden of the Gods Road

Colorado Springs, CO 80907

communications@discovermygoodwill.org

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

Independence Center, The

719-471-8181

729 South Tejon Street

Colorado Springs, CO 80903

www.theindependencecenter.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.

PaICE (Professional and Internship Community Experience)

719-276-6173

1313 College Avenue

Cañon City, CO 81212

Cañoncitieschools.org

A work and internship program for Cañon City and Florence Jr/Sr High School students to gain real-world experience while earning school credit.

Workforce Centers

www.colorado.gov/cdle/wfc

State agency offering job search and training opportunities for eligible workers including those with disabilities.

Cañon City – 719-275-7408

3224 Independence Road

Cañon City, CO 81212

Colorado Springs/Pikes Peak Workforce Center

– 719-667-3700

1675 Garden of the Gods Road

Colorado Springs, CO 80907

Pueblo – 719-562-3731

212 West 3rd Street

Pueblo, CO 81003

FINANCIAL / BENEFITS

Beneficent

719-645-8350

665 Southpointe Court, Suite 100

Colorado Springs, CO 80906

www.Doinggoodforothers.com

Help get these services paid for: In-Home Care, Assisted Living, Full Skilled Care while preserving assets.

Sports Concussions | www.sportsconcussions.org

CFPD – Colorado Fund for People with Disabilities

303-733-2867

1355 South Colorado Boulevard, Suite 920

Denver, CO 80222

www.cfpdtrust.org

Special needs trusts, conservatorship, rep payee, ABLE account and advisory services.

Colorado Community Health Alliance (CCHA)

719-598-1540

P.O. Box 13406

Denver, CO 80202

www.cchacares.com

Health First Colorado's regional organization that helps administer physical and behavioral health benefits and coordinate care and services for Medicaid members.

Community Assistance Program

866-889-1662

5001 Centennial Boulevard, Suite 50956

Colorado Springs, CO 80919

www.usmedsavings.org

Free prescription medication savings and brand-name international mail-order medications.

Colorado Department of Revenue

303-205-5901

2447 North Union Boulevard

Colorado Springs, CO 80909

<https://www.colorado.gov/revenue>

Includes enforcement, lottery division, division of motor vehicles, and taxation division.

Department of Health Care Policy and Financing

303-866-2993

1570 Grant Street

Denver, CO 80203

www.colorado.gov/hcpf

Administers Brain Injury Waiver for people with brain injury who need extra support in their communities.

Brain Injury Association of America

www.biausa.org

Department of Human Services

Food assistance, adult medical programs, Aid to the Needy and Disabled program which provides a state assistance payment once a month for disabled individuals who have low or no income.

El Paso County - 719-636-0000

1675 Garden of the Gods Road
Colorado Springs, CO 80907

Pueblo County - 719-583-6110

2631 East 4th Street
Pueblo, Colorado 81001

Friends of Man

303-798-2342

P.O. Box 937

Littleton, CO 80160

www.friendsofman.org

Provides charitable assistance. Only referring professionals may request an application. Details on website.

Independence Center, The

719-471-8181

729 South Tejon Street

Colorado Springs, CO 80903

www.theindependencecenter.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

Professional fiduciary services for people with disabilities, conservatorships, trusts and estates.

Pikes Peak United Way

2-1-1 / 719-632-1543

518 North Nevada Avenue

Colorado Springs, CO 80903

<http://ppunitedway.org/211>

Help line that connects people to basic human needs and health services in our community.

Project COPE

719-668-3836

A program of Colorado Springs Utilities Foundation

P.O. Box 1103, MC 950

Colorado Springs, CO 80947-0950

Year round Utilities Assistance program for CSU customers facing challenges that impose temporary financial hardship.

Social Security Administration

800-772-1213

www.ssa.gov

SSDI-Social Security Disability Insurance

www.ssa.gov/disability

Pays monthly benefits to people who are no longer able to work due to a disability.

SSI- Supplemental Security Income

www.ssa.gov/ssi

A Federal income supplement program to help aged, blind and disabled people with little or no income.

Colorado Springs - 888-880-0688

2306 East Pikes Peak Avenue

Colorado Springs, CO 80909

Pueblo - 719-545-9248

3769 Parker Boulevard

Pueblo, CO 81008

Cañon City - 719-275-7848

115 North 10th Street

Cañon City, CO 81212

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

LITERARY CONTEST: RUNNER-UP

YOU ARE NOT ALONE

By TBI Survivor Cat Anthony

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

Tax Help Colorado

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

The Resource Exchange

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

ID 4 the Web | <http://id4theweb.com/appreviews>

Thrivent Financial

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

Tri-Lakes Cares

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

Unemployment Benefits

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

Victim Compensation, El Paso/Teller counties

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

Westside Cares

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

INJURY PREVENTION & CONTROL: Traumatic Brain Injury

In every age group, TBI rates are **higher** for
males than females

Information provided by the Centers for Disease Control

HOUSING: HOUSING ASSISTANCE

Access to Freedom, Inc.

719-260-7687

PO Box 63507

Colorado Springs, CO 80962

www.accesstofreedom.com

Colorado Springs leading installer of ramps, grab bars, stair lifts, remodels at affordable prices.

Accessible Systems

We offer free in-home evaluations

www.AccessibleMed.com

Helping people in all ages and abilities live happily in their home: stair lifts, bathroom safety, wheelchair ramps and lifts.

Colorado Springs - 719-387-0675

Servicing: Colorado Springs, Pueblo, Woodland Park, Monument, Peyton

Denver - 303-693-7787

Servicing: Denver, Aurora, Thornton, Castle Rock, Boulder, Westminster

Northern Colorado - 970-475-1880

Servicing: Greeley, Fort Collins, Cheyenne, Loveland, Lyons

Brothers Redevelopment -Emergency Repair Program

719-666-7181

2762 Janitell Road

Colorado Springs, CO 80906

www.brothersredevelopment.org

Provides assistance for critical housing repairs. Must meet income guidelines. Application on website.

Colorado Housing Authority

The Colorado Housing Authority offers several housing assistance programs.

Calhan Housing Authority

719-347-2616

406 Cheyenne Street

Calhan, CO 80808

Colorado Springs Housing Authority/

El Paso County Housing Authority

719-387-6700

831 South Nevada Avenue, Suite 2

Colorado Springs, CO 80903

www.csha.gov

Fountain Housing Authority

719-382-5639

501 East Iowa Avenue

Fountain, CO 80817

Pueblo Housing Authority

719-544-6230

1414 North Santa Fe Avenue, Suite 10

Pueblo, CO 81003

www.hapueblo.org

Colorado Housing Search

www.coloradohousingsearch.com

Colorado's official free housing locator service. Also, state of Colorado's "disaster housing locator and resource."

Colorado Property Tax/Rent/Heat Credit (PTC) Rebate

www.colorado.gov (enter PTC into search box)

State rebate program for Colorado residents who are disabled or age 65+.

Crawford House

719-477-1639

415 South Weber Street

Colorado Springs, CO 80903

www.cvrforvets.org

We provide emergency housing for veterans who are homeless and receiving care by Veteran's Affairs.

Energy Outreach Colorado via BIAC

303-355-9969

1325 South Colorado Boulevard, Suite B300

Denver, CO 80222

www.biacolorado.org

Energy Outreach CO assists with overdue utility bills.

Apply through Brain Injury Alliance of Colorado.

Center on Brain Injury Research and Training

<http://cbirt.org>



AHOD Services, LLC

For an All Hands on Deck approach to:

- Transition coordination
- Life skills training
- Peer mentorship
- Transition home set up

Call 833-937-2463 or
email MFlemings@ahodservices.com

Energy Resource Center

719-591-0772

114 West Rio Grande Street
Colorado Springs, CO 80903

www.erc-co.org

Making homes energy efficient to help lower utility cost and save energy. Free for those who qualify.

Family Promise / IHN

719-329-1244

519 North Tejon Street
Colorado Springs, CO 80903

www.ihn-cos.org

Short term transitional housing program. One family member must be willing and able to work.

Greccio Housing

719-475-1422

1015 East Pikes Peak, Suite 110
Colorado Springs, CO 80903

www.greccio.org

Affordable housing provider. See website for details.

Housing First Pikes Peak

719-473-5557

2010 East Bijou Street
Colorado Springs, CO 80909

www.homewardpp.org

Homeward Pikes Peak works with individuals to achieve housing and recovery services.

Partners in Housing

719-473-8890

455 Gold Pass Heights
Colorado Springs, CO 80906

www.partnersinhousing.org

Transitional housing for families.

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



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

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

Penrose Outpatient Rehabilitation

 Centura Health.

2222 N. Nevada Ave.
Colorado Springs, CO 80907
719.776.5200
penrovestfrancis.org

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INJURY PREVENTION & CONTROL:

Traumatic Brain Injury

An estimated **1.7 million** people sustain a TBI annually

Information provided by the Centers for Disease Control

Rocky Mountain Community Land Trust**719-447-9300**1212 West Colorado Avenue
Colorado Springs, CO 80904www.rmclt.org

RMCLT partners with low-income families in home ownership.

HOUSING: RESIDENTIAL / RESPITE

A Wildflower Assisted Living**720-628-9092**

Several locations in the Denver metro area

www.awildflowerassistedliving.com

Specializing in a supportive living program for people with traumatic or acquired brain injury in a residential setting.

Access to Freedom, Inc.**719-260-7687**

PO Box 63507

Colorado Springs, CO 80962

www.accesstofreedom.com

Affordable stair lifts, wheelchair ramps, grab bars, bathroom and kitchen remodels for disabled.

Accessible Systems

We offer free in-home evaluations

www.AccessibleMed.com

Modify the home to work for you and your caregiver; stair lifts, ramps, railing. Lift and transfer, bathroom safety.

Colorado Springs - 719-387-0675

Servicing: Colorado Springs, Pueblo, Woodland Park, Monument, Peyton

Denver - 303-693-7787

Servicing: Denver, Aurora, Thornton, Castle Rock, Boulder, Westminster

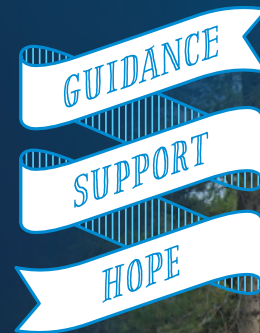
Northern Colorado - 970-475-1880

Servicing: Greeley, Fort Collins, Cheyenne, Loveland, Lyons

Defense Centers of Excellence Outreach Center | resources@dcoeoutreach.org**Brain Injury
Alliance**
C O L O R A D O

The Brain Injury Alliance of Colorado
is the go-to resource for help and services for survivors
of an injury to the brain, their families and providers

- PUBLIC POLICY
- SURVIVOR FOCUSED WORKSHOPS AND PROFESSIONAL CONFERENCES
- PROVIDER OUTREACH AND TRAINING
- REGULAR EMAIL NEWSLETTERS
- EMERGENCY UTILITY BILL ASSISTANCE
- PIKES PEAK CHALLENGE FUNDRAISER
- RECREATION PROGRAMS
- PROFESSIONAL NETWORKING GROUPS
- SUPPORT GROUPS
- ONLINE RESOURCE DIRECTORY
- EDUCATION ABOUT BRAIN INJURY AND WHAT TO EXPECT
- REFERRALS TO PROVIDERS
- ON-GOING CLIENT FOLLOW UP
- CASE MANAGEMENT

**BIAColorado.org**

OFFICE 303.355.9969 TOLL FREE 800.955.2443



ARA

303-877-7965

Several locations in the Front Range area

www.auroraservices.com

Supportive services in residential settings for individuals with brain injuries. Focus on independence and quality of life.

BrainCare, LLC

719-217-8850

6243 Soaring Drive

Colorado Springs, CO 80918

<https://braincarellc.com/>

Brain Care provides supported living in housing with a rehabilitation focus to individuals with brain injuries.

Brothers Redevelopment

719-666-7181

2762 Janitell Road

Colorado Springs, CO 80906

www.brothersredevelopment.org

Provides assistance for home modifications. Must meet income guidelines. Application on website.

Flourish Supportive Living

303-803-6977

2150 West 29th Avenue, Suite 520

Denver, CO 80211

www.flourishsupportiveliving.com

Residential assisted living services for individuals with brain injury. Our program promotes health and socialization.

Greeley Center for Independence/ Stephens Brain Injury Campus

970-506-0008

2774 West Reservoir Road

Greeley, CO 80634

www.gciinc.org

We are a Supportive Living Program under the Colorado Medicaid Brain Injury Waiver.

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

Hilltop Life Adjustment Program

970-245-3952

1405 Wellington Avenue

Grand Junction, CO 81501

www.htop.org

Offering residential and day program. Accepts Medicaid (HCBS-EBD and BI SLP Provider), Worker's Compensation and private pay.

Mosaic

719-380-0451

4775 Centennial Boulevard, Suite 150

Colorado Springs, CO 80919

www.mosaicinfo.org/locations/colorado/colorado-springs/

Supported employment, host home and community-based day program for people with intellectual disabilities.

Rocky Mountain Care and Consulting (RMCC)

720-412-5730

Various locations throughout the Denver metro area
Denver, CO 80134

Long term community-based residential services for individuals diagnosed with brain injury.

Supportive Living Program (SLP)

720-551-8230

Various locations throughout the south Denver metro area

Info@slpcolorado.com

www.slpcolorado.com

Long-term community-based residential services for individuals diagnosed with brain injury. BI Waiver and private pay accepted.

IN-HOME & FAMILY CAREGIVING

A Caring Heart Home Health

719-505-1010

2140 Hollow Brook Drive, Suite 200

Colorado Springs, CO 80913

<https://acaringhearthomehealth.com/>

We provide medical/non-medical services and telehealth. Insurance accepted: Medicare, Medicaid, VA, TriWest and self-pay.

About Kids and Adults Too Home Health Care

719-387-7775

2790 North Academy Boulevard, Suite 238

Colorado Springs, CO 80917

<https://aboutkids.com>

We offer RN, LPN, CNA, Parent CNA, OT, PT and ST services.

Accessible Systems

We offer free in-home evaluations.

www.accessiblemed.com

In-home safety evaluations from design to install: stair lifts, ramps, railing, bathroom modification and elevators.

Colorado Springs - 719-387-0675

Servicing: Colorado Springs, Pueblo, Woodland Park, Monument, Peyton

Denver - 303-693-7787

Servicing: Denver, Aurora, Thornton, Castle Rock, Boulder, Westminster

Northern Colorado - 970-475-1880

Servicing: Greeley, Fort Collins, Cheyenne, Loveland, Lyons

AHOD Services

833-937-2463

2641 East Uintah Street / Box 9632

Colorado Springs, CO 80909

www.AHODServices.com

We provide transitional services for individuals who wish to move from nursing homes into independent living.

Argus Home Health Care

Providing Independent Living Skills Training to survivors of brain injuries.

www.Argushomehealthcare.com

Cañon City - 719-275-1101

501 Main Street

Cañon City, CO 81212

Denver - 303-322-4100

720 South Colorado Boulevard, Suite 600N

Glendale, CO 80246

La Junta - 719-383-0450

421 West 3rd Street

La Junta, CO 81050

Pueblo - 719-543-2634

821 Desert Flower Boulevard

Pueblo, CO 81001

NOTES

BrightStar Care

719-264 8800

3730 Sinton Road, Suite 200

Colorado Springs, CO 80907

www.Brightstar.com/Coloradosprings

From Companion Care, Personal Care to Higher Standard Skilled Nursing in the home, 1-24 hours, 7/365.

Envida

719-633-4601

5660 North Academy Boulevard
Colorado Springs, CO 80918

Home care and transportation for those with brain injuries and disabilities, low income individuals and older adults.

Frontier Home Health and Hospice

719-544-5891

4718 North Elizabeth Street, Suite A
Pueblo, CO 81008

www.frontiercares.com

Our care providers are highly skilled and experienced in home health, non-medical, and hospice.

Heartfelt Care at Home

719-362-0094

1755 Telstar Drive, Suite 300
Colorado Springs, CO 80920

www.heartfeltcareathome.com

Heartfelt Care at Home – Your top local, reliable, personal home care option...100% satisfaction guaranteed!

Independence Center, The

719-471-8181

729 South Tejon Street

Colorado Springs, CO 80903

www.theindependencecenter.org

Skilled and unskilled home health long-term services and supports in your home.

Interim HealthCare and Hospice

Offering skilled nursing and therapy along with non-medical homecare services. Hospice and palliative care is also available.

Colorado Springs - 719-632-9900

1901 North Union Boulevard, Suite 100
Colorado Springs, CO 80909

www.interimhealthcare.com/coloradosprings

Pueblo - 719-545-1184

720 North Main Street, Suite 400
Pueblo, CO 81003

www.interimhealthcare.com/pueblo

Kindred at Home

719-531-9585

5755 Mark Dabling Boulevard, Suite 325
Colorado Springs, CO 80919

www.kindredatheart.com

We provide nursing, OT, PT and speech therapy.

Maxim Healthcare Services

719-538-5600

7150 Campus Drive, Suite 160
Colorado Springs, CO 80920

www.maximhealthcare.com

In-home skilled visit and Private Duty Nursing.

MGA Home Healthcare

719-476-0200

1355 Garden of the Gods Road, Suite 130
Colorado Springs, CO 80907

www.mgahomecare.com

MGA provides pediatric in-home Private Duty Nursing, CNA, Skilled Nursing, PT, OT and Speech Therapy.

PASCO

719-960-4995

El Paso County

www.Pascohhs.com

Helping Families care for their loved ones with the paid family caregiver program.

Pikes Peak Respite Services

719-659-6344

PO Box 38455

Colorado Springs, CO 80937

<https://pikespeakrespiteservices.com>

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

Sages Elder Care

719-393-3580

6584 Bull Hill Court

Colorado Springs, CO 80919

www.Sageseldercare.com

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

Team Select Home Care

www.teamselecthh.com

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

Anderson Injury Law Firm

719-473-3040

217 East Fillmore Street

Colorado Springs, CO 80907

www.lawrja.com

Personal injury attorney helping accident victims obtain fair compensation for their injuries.

Chalat Hatten & Banker PC

303-861-1042

1600 Broadway, Suite 1920

Denver, CO 80202

www.chalatlaw.com

Contact Chalath Law to speak with an experienced attorney who understands details, costs and impact of Traumatic Brain Injury.

Diane K. Bross, P.C.

719-634-7734

2139 Chuckwagon Road, Suite 305

Colorado Springs, CO 80919

www.dianebrisslaw.com

Social security, disability and bankruptcy.

Disability Consultants

719-596-5898

4740 Flintridge Drive, Suite 210

Colorado Springs, CO 80918

We advocate for and represent people with disabilities through all levels of the social security process.

INJURY PREVENTION & CONTROL: Traumatic Brain Injury

An estimated **1.7 million** people sustain a TBI annually

Information provided by the Centers for Disease Control

Disability Law Colorado

<https://disabilitylawco.org>

We offer legal representation, information and referrals to people with disabilities, older people and their families.

Denver Office - 303-722-0300

455 Sherman Street, Suite 130

Denver, CO 80203

Grand Junction Office - 970-241-6371

322 North 8th Street

Grand Junction, CO 81501

Equal Justice Foundation, Inc.

719-520-1089

455 Bear Creek Road

Colorado Springs, CO 80906

www.ejfi.org / dymen.org

The defense of human and individual rights as secured by law.

Fuicelli and Lee, P.C.

www.Coloradoinjurylaw.com

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

Denver Office – 303-355-7202

1731 Gilpin Street

Denver, CO 80218

Pueblo Office - 719-755-4000

503 North Main Street, Suite 202

Pueblo, CO 81003

Gaddis, Herd, Craw and Adams, P.C.

719-471-3848 / fax: 719-471-0317

15 West Cimarron Street, Suite 300

Colorado Springs, CO 80903

Personal injury, medical malpractice, insurance bad faith, estate planning, wills and trusts, probate, real estate and more.

Law Firm of Ted Bills

719-444-1000

501 North Nevada Avenue

Colorado Springs, CO 80903

www.springsattorney.com

Your personal injury attorney.

U.S. Brain Injury Alliance
usbia.org

Law Office of Frederick Newall

719-633-5211

730 North Weber, Suite 101
Colorado Springs, CO 80903
www.fnewall.com

Since 1980, Mr. Newall has been faithfully representing clients involving SSI, SSDI, personal injury, etc.

Law Offices of Allison Tyler

719-520-5690

985 Pico Point
Colorado Springs, CO 80905
www.allisontylerlaw.com
Social security disability.

Ogborn Mihm, LLP

303-592-5900

1700 Lincoln Street, Suite 2700
Denver, CO 80203
www.omtrial.com

Highly skilled and compassionate representation for brain injury survivors.

Purvis Gray Thomson, LLP

303-442-3366

4410 Arapahoe Avenue, Suite 200
Boulder, CO 80303
www.Purvisgray.net

Our brain injury attorneys have represented many victims of serious head and brain injuries.

Rector Law Firm

719-578-1106

131 South Weber Street
Colorado Springs, CO 80903
www.rectorlawfirm.com

Personal injury, auto accidents, motorcycle accidents, criminal defense, bad faith insurance, wrongful death.

Rocky Mountain ADA Center

719-444-0268

3630 Sinton Road, Suite 103
Colorado Springs, CO 80907
www.Rockymountainada.org

Providing information, guidance and training on the Americans with Disability Act.

Webster Law Firm, LLC, The

719-633-6620

985 Pico Point
Colorado Springs, CO 80905
www.websterlawfirmllc.com

Helping survivors of traumatic brain injuries and their families since 2007.

Winegar Law

719-634-2336

101 North Cascade Avenue, Suite 420
Colorado Springs, CO 80903
www.winegarlaw.com

Personal injury, contract disputes and criminal defense.

Wm. Andrew Wills II, P.C.

719-633-8500

121 South Tejon Street, Suite 900
Colorado Springs, CO 80903
www.Willslawpc.net

Over 35 years of success in litigation of personal injury claims including Traumatic Brain Injury. Free initial consultation provided upon request.

MILITARY

AFW2 (Air Force Wounded Warrior Program)

800-581-9437

Joint Base San Antonio
Randolph, TX 78150
woundedwarrior.af.mil

AFW2 provides well-coordinated and personalized support to wounded, ill or injured Total Force recovering service members (RSMs).

AW2 (U.S. Army Wounded Warrior Program)

703-571-2662

Arlington, VA 22202
www.wtc.army.mil

Helping soldiers transition through the Wounded Warrior Lifecycle, while fostering their independence.

Balance Chiropractic**719-265-0115**

808 Village Center Drive
 Colorado Springs, CO 80919
balancecolorado.com

Non-traditional chiropractic focused on helping people with TBI's, whiplash and neck injuries.

Bruce McCandless State Veterans Nursing Home**719-784-6331**

903 Moore Drive
 Florence, CO 81226
<https://www.colorado.gov/pacific/cdhs/bruce-mccandless-veterans-community-living-center-florence>

Offering veterans Long-Term-Care, short-term rehab, special programs, and other amenities.

Challenge Aspen**970-923-0578**

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

Colorado Springs Vet Center**719-471-9992**

www.va.gov
 602 South Nevada Avenue
 Colorado Springs, CO 80903

Defense and Veterans Brain Injury Center**800-870-9244**

Fort Carson, CO 80913
Dvbic.dcoe.mil
 DVBIC provides TBI educational tools and resources to the military and civilian populations.

DHA Connected Health (formerly T2 Health)**253-968-1914**

JBLM
 Washington 98431
<https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Operations/Clinical-Support-Division/Connected-Health>
 Leveraging technology to optimize health care across the Department of Defense (DoD)

El Paso County Veterans Service Office**719-520-7750**

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

Healing Warriors Program**970-776-8387**

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

Home Front Military Care Network**719-577-7417**

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

Homes for All Veterans**719-323-2600**

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

INJURY PREVENTION & CONTROL: Traumatic Brain Injury

About **75%** of TBIs that occur each year are
 concussions or other forms of mild TBI

Information provided by the Centers for Disease Control

Independence Center, The

719-471-8181

729 South Tejon Street

Colorado Springs, CO 80903

Veteran Directed Care (VA funded) allows Veterans to remain in their homes/communities with appropriate services/supports.

inTransition

800-424-7877

Falls Church, VA 22041

www.health.mil/inTransition

inTransition is a free, confidential program offering assistance for all service members, veterans and retirees needing access to mental health care.

Military & Family Life Counselors (MFLC)

719-338-7216

Army Community Services Building #1526

Fort Carson, CO 80913

<https://carson.armymwr.com/promos/military-family-life-counselors>

Brief, solution focused, and problem solving confidential counseling for Service Members and their families.

Military One Source

800-342-9647

<https://www.militaryonesource.mil>

Military One Source is your 24/7 connection to information, answers and support.

Operation TBI Freedom

855-355-6824

565 Communication Circle

Colorado Springs, CO 80905

<https://craighospital.org/programs/operation-tbi-freedom>

Offers case management to post 9/11 service members and veterans with traumatic brain injury.

Pueblo Vet Center

719-583-4058

1515 Fortino Boulevard, Suite 130

Pueblo, CO 81008

Real Warriors

866-966-1020

www.realwarriors.net

Real Warriors encourages help-seeking behavior among service members, veterans and military families coping with invisible wounds.

Team River Runner

719-232-4395

www.teamriverrunner.org

Warrior transition battalions / Fort Carson, and local veterans adaptive paddling and recreational physical therapy.

VA Eastern Colorado Health System Care System

Colorado Springs - 719-327-5660

PFC Floyd K. Lindstrom Department of Veterans Affairs Clinic

3141 Centennial Boulevard

Colorado Springs, CO 80907

<https://www.denver.va.gov/locations/ColoradoSprings.asp>

Aurora – 303-399-8020 or 866-966-1020

VA Eastern Colorado Health System

1700 North Wheeling Street

Aurora, CO 80045

www.denevr.va.gov

Warriors in Recovery and Structure for Wounded Warriors

719-271-7931

2137 North Academy Boulevard

Colorado Springs, CO 80909

warriorsinrecovery.org

Helping wounded warriors and veterans heal from physical, mental and emotional injury through alternative methods of care.

Warrior Recovery Center

719-526-4911

Building 7488

Fort Carson, CO 80913

Army.mil/Locations

State-of-the-science outpatient TBI care for military service members and retirees.

Rhea Pedler successfully rebuilds life template after brain injury

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

After four days in a coma, two weeks in an intensive care unit, and months spent both inpatient and outpatient at Craig Hospital; this International Baccalaureate student still thought she would be able to play Division 1 soccer at a California university.

"When I woke up, I was in an incredibly happy, childlike state. I had no understanding of what was going on. As my time in the hospital went on, I thought I'd figured out that the ticket back to my old life was just getting out of the hospital. My only goal was to get out of the hospital as fast as possible," she said. That meant that rather than take the time necessary to fully reflect and understand the injury, Rhea spent her time prioritizing things she thought clinicians wanted to hear.

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

Over time Rhea has been in physical therapy, occupational therapy, cognitive therapy, speech therapy and counseling. She acknowledges she will

likely be in some sort of treatment for the rest of her life because "my brain is constantly changing and some of the accommodations I've had to make will continue to change with it."

Since 2014, Rhea has been very successful at rebuilding her life template despite the constant challenges. She graduated from college with degrees in psychology and sociology. She works full time for the Brain Injury Alliance of Colorado as a Brain Injury Advisor and is enrolled in the UCCS graduate school master track in clinical psychology with a trauma specification. At BIAAC she operates the self-management program for the Southern region of Colorado. She uses her

experience and education to help patients with life skills and life management after their injury. She also works in a research lab for the University of Texas at Austin that is looking explicitly at language changes and patterns in brain injury survivors, and how the internalization of trauma is processed.

Looking back, Rhea said, "My brain injury changed my life, the way I prioritize things, and how I want to operate in society. I look normal, but I can't do things the same way from before,

nor can I think like everyone remembers." Her goal is to change the conversation around brain injury. "My recovery was impacted because of how my doctors, family and friends treated me." She also feels schooling has been the best thing for her cognitive recovery.

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

"You are not alone in this, and you are not JUST your brain injury. You were someone before your injury and you will be someone after."

Continued

Pedler Cont.

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

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

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

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

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

Western Colorado Veterans Health Care System

970-242-0231

www.grandjunction.va.gov

2121 North Avenue

Grand Junction, CO 81501

Wings and Warriors

719-648-4412

P.O. Box 203

Woodland Park, CO 80866

www.wings-and-warriors.com

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

Wish for Our Heroes - Rocky Mountain Chapter

www.wishforourheroes.org/chapters/colorado/

Helping veterans and their families one wish at a time.

Contact via email at: kwooten@wishforourheroes.org

Colorado Kids with Brain Injury |
cokidswithbraininjury.com

PHYSICAL MEDICINE

DRIVING PROGRAMS

Health Promotion Partners - Fitness to Drive Program

719-231-6657

2924 Beacon Street, Suite D

Colorado Springs, CO 80907

www.HealthPromotionsPartners.com

Occupational therapy driver evaluation and training program.

HOSPICE, RESPITE AND COMMUNITY MEDICAL RESOURCES

Ascending to Health Respite Care and SOAR

719-633-2800

1902 East Boulder Street

Colorado Springs, CO 80909

www.athrc.com

Low or no cost care servicing homeless persons with medical respite, temporary housing and recuperative care.

Mission Medical Center**719-219-3402**

2125 East La Salle Street

Colorado Springs, CO 80909

www.missionmedicalclinic.org

Medical, dental, vision, behavioral health and independent living for low income, uninsured and underinsured.

Peak Vista Community Health Centers**719-632-5700**

3205 North Academy Boulevard, Suite 130

Colorado Springs, CO 80917

www.peakvista.org

Please visit website for complete list of locations for all outpatient centers throughout the Pikes Peak Region and East Central Plains.

NEURO OPTOMETRY**Bettner Vision Brain Injury and Vision Therapy Center****719-282-0400**

9205 North Union Boulevard, Suite 110

Colorado Springs, CO 80920

www.bettnervision.com

Comprehensive eye care, neuro-optometric rehabilitation and vision therapy services for patients of all ages.

Blair Vision Carewww.blairvisioncare.com

Allow the brain to rehabilitate from concussion and other trauma by recovering vision and spatial awareness.

Cañon City office - 719-431-6434

700 Main

Cañon City, CO 81212

Colorado Springs office - 719-999-8404

3958 North Academy, Suite 108

Colorado Springs, CO 80917

Pine Creek Vision Clinic**719-594-2020**

9475 Briar Village Point, Suite 200

Colorado Springs, CO 80920

Pinecreekvision.com

Specializing in the rehabilitation of stroke and head injury.

MEDICAL DOCTORS**Colorado Rehabilitation Physicians, PC****719-571-8010**

Dr. J. Glen House, MD and Dr. Pio Guerrero, Jr., MD

6011 E. Woodmen Road, Suite 115

Colorado Springs, CO 80923

Colorado Springs Neurological Associates**719-473-3272**

2312 North Nevada Avenue, Suite 100

Colorado Springs, CO 80907

www.csneuro.com

Proudly serving Colorado Springs for 60 years, providing neurology, neurosurgery and pain management.

Physical Medicine & Rehabilitation Clinic - Colorado Springs**719-365-6300**

1725 Boulder Street, Suite 101

Colorado Springs, CO 80909

UCHealth Sports Medicine - Printers Park Medical Plaza**719-633-5515**

175 South Union Boulevard, Suite 350

Colorado Springs, CO 80910

Sports medicine physician who specializes in brain injury care across cognitive, physical and emotional domains.

UCHealth Brain and Spine Clinic - Colorado Springs**719-365-6300**

1725 Boulder Street, Suite 101

Colorado Springs, CO 80909

UCHealth Neurology Clinic - Chapel Hills**719-365-7300**

595 Chapel Hills Drive, Suite 325

Colorado Springs, CO 80920

UCHealth Neurology Clinic - Memorial Hospital Central**719-365-7300**

1400 East Boulder Street, Suite 700

Colorado Springs, CO 80909

REHABILITATION AND HOSPITALS

Accelerated Recovery Specialists

719-636-3333

5731 Silverstone Terrace, Suite 100

Colorado Springs, CO 80919

www.acceleratedrs.com

Specializing in musculoskeletal and electro diagnostic medicine including interventional procedures.

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 Chiropractic

719-265-0115

808 Village Center Drive

Colorado Springs, CO 80919

www.balancecolorado.com

Non-traditional chiropractic focused on helping people with TBIs, whiplash and neck injuries.

Balance Point Vestibular Rehabilitation

719-667-0666

7606 North Union Boulevard Rehabilitation, Suite F

Colorado Springs, CO 80920

www.balancepointrehab.com

Physical therapy specializing in vestibular disorders (balance and dizziness).

Child Development Center of Colorado

719-574-8300

3090 North Academy Boulevard

Colorado Springs, CO 80917

www.edcrehab.com

Physical, occupational, and speech therapy for children.

Chiropractic of Black Forest

719-574-8300

11590 Black Forest Road, Suite 20

Colorado Springs, CO 80908

Chiropractor

Colorado Pain and Rehabilitation Center

719-471-3058

1755 South 8th Street, Suite D1

Colorado Springs, CO 80905

www.coloradopainandrehab.com

Physical medicine and rehabilitation, chiropractic and massage therapy for Workers' Compensation cases only.

Craig Hospital

303-789-8000

3425 South Clarkson Street

Englewood, CO 80113

www.craighospital.org

Specialty Brain Injury and Spinal Cord Injury Hospital. National Center of Excellence.

Encompass Health Rehabilitation Hospital

719-630-8000

325 South Parkside Drive

Colorado Springs, CO 80910

www.Encompasshealth.com/coloradospringsrehab

64-bed inpatient rehabilitation hospital designed to return patients to leading active, independent lives.

Lancaster Chiropractic

719-404-1489

4736 Eagleridge Circle

Pueblo, CO 81008

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.

NeuroAthlete

719-225-4949

77 3rd Street

Monument, CO 80132

www.neuroathlete.com

NeuroAthlete uses multi-disciplinary approaches to provide empowering and individualized treatment for concussion and brain injury.

Orthopedic Rehabilitation Associates / The NeuroRehab Project

719-265-6601

3605 Austin Bluffs Parkway

Colorado Springs, CO 80918

www.oraclinic.com

Providing skilled, personalized physical and speech therapy services to individuals with neurological impairments.

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

PAM Specialty Hospital of Denver 303-264-6900

1690 North Meade Street

Denver, CO 80204

www.postacutemedical.com

A dynamic extended acute care hospital, specializing in the medical management of patients with complex needs.

Penrose Hospital Rehabilitation 719-776-5200

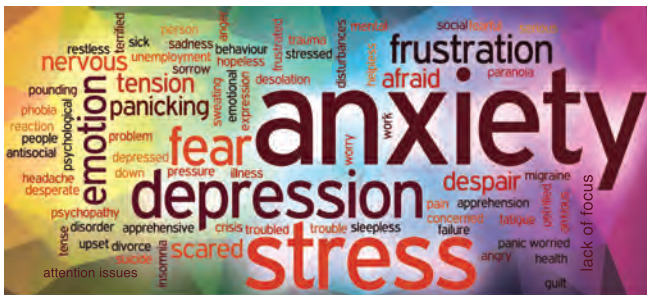
2222 North Nevada Avenue

Colorado Springs, CO 80907

www.penrosetfrancis.org/psf/specialties/rehabilitation-services/

Our services span the spectrum from acute intervention through outpatient support and reintegration into home, work and community settings.

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



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LENS Neurofeedback has an 85% success rate and:

- Uses no drugs • Is non-invasive
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- No side effects • Suitable for all ages
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Colorado Springs, CO 80909

harmonizedbraincenters.com

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Do you need supportive services?

At envida we know staying in your own home is vital to your health and peace of mind. Trained, bonded, and insured attendants, who may be family members or friends, provide personal care or homemaker services.

envida is a nonprofit, licensed Medicaid provider of both homecare and transportation. Private pay homecare also accepted.



 **envida**

envidacares.org / 719.301.6870

Pikes Peak Hyperbaric Medicine

719-219-9819

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

Rezac and Associates Physical Therapy

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.

Springs Rehabilitation PC

719-634-7246

6005 Delmonico Drive, Suite 130
Colorado Springs, CO 80919
www.springsrehab.net
Specializing in pain medicine, rehabilitation and pain management.

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

719-365-3600

1220 Lake Plaza, Suite 150
Colorado Springs, CO 80906
Sports Medicine Physician who specializes in brain injury care across cognitive, physical and emotional domains.

UCHealth Physical Therapy and Rehabilitation Clinic - Woodmen

719-365-2821

4150 East Woodman Road
Colorado Springs, CO 80920

UCHealth Physical Therapy and Rehabilitation Clinic - Woodland Park

719-686-5860

16422 West Highway 24, Suite 110
Woodland Park, CO 80863

UCHealth Hospital - Central

719-365-5000

1400 East Boulder Street
Colorado Springs, CO 80909

UCHealth Hospital - North

719-365-5000

4050 Briargate Parkway
Colorado Springs, CO 80920

UCHealth - Powers Rehabilitation Clinic

719-365-5842

2999 New Center Point
Colorado Springs, CO 80917

UCHealth - Printers Park Rehabilitation Clinic

719-365-5642

175 South Union Boulevard, Suite 245
Colorado Springs, CO 80909

UCHealth - Scarborough Rehabilitation Clinic

719-365-5842

8540 Scarborough Dr., Suite 190
Colorado Springs, CO 80922

UCHealth - Rockrimmon Rehabilitation Clinic

719-365-6871

415 West Woodmen Rd.
Colorado Springs, CO 80919

UCHealth - Monument Rehabilitation Clinic

719-364-9940

15854 Jackson Creek Parkway, Suite 120
Monument, CO 80132

SUPPORT GROUPS

Brain Injury Alliance of Colorado (BIAC)

303-355-9969

1325 South Colorado Boulevard, B300

Denver, CO 80222

www.biacolorado.org

BIAC is the go-to resource for help and services for survivors of an injury to the brain, their families and providers.

COLORADO SPRINGS SUPPORT GROUPS

Balance Chiropractic

719-265-0115

Fourth Monday 6:30 - 8:00 p.m. / Note: the doors are locked at 6:45 p.m.

808 Village Center Drive

Colorado Springs, CO 80919

Monthly meditation specifically for TBI survivors.

Encompass Brain Injury Support Group

719-315-4824 Carol Cochran, Facilitator

First Tuesday each month from 11:30 a.m. - 1:30 p.m.

(second Tuesday if the first is a holiday)

Encompass Health Rehabilitation Hospital

325 Parkside Drive

Colorado Springs, CO 80910

Support and education for adult brain injury survivors and caregivers.

Encompass Health Neuro Support Group

719-630-8000 Dr. Ott, Facilitator

First Wednesday of each month at 1:30 p.m.

2nd floor in the Fay Brown Room

Encompass Rehabilitation Hospital

325 Parkside Drive

Colorado Springs, CO 80910

Support and education for survivors of any type of neuro event (injury, stroke, etc.).

Encompass Health Caregiver Support Group

719-630-8000 Dr. Ott, Facilitator

Every Monday 9:00- 10:00 a.m.

2nd floor in the Fay Brown Room

Encompass Rehabilitation Hospital

325 Parkside Drive

Colorado Springs, CO 80910

All caregivers are welcome.

Finding Our Voices Support Group (a non-profit)

719-650-3624 Joyce Aubrey, Coordinator

427 East Colorado Avenue, Suite 239

Colorado Springs, CO 80903

fovartshow@gmail.com

A peer facilitated support group for adult women who have experienced sexual assault (the assault often causes a brain injury).

Finding Our Voices Healing Art Workshop

2nd Saturdays, Noon-3:00 p.m.

Cottonwood Center for the Arts

427 East Colorado Avenue

Colorado Springs, CO 80903

Supplies are provided for free.

Freedom Hunters

303-884-0059 or email info@freedomhunters.org

P O Box 600

Elizabeth, CO 80107

Takes active duty, wounded, Gold Star and families of deployed soldiers on outdoor adventures.

Headway Neuro Support Group of Colorado Springs

719-459-0901 or 719-548-9790 CBIS Debbie

Carnes, Facilitator

Every Wednesday 11:30am – 1:30 pm

Fargo's Pizza

2910 East Platte Avenue

Colorado Springs, CO 80909

We offer support, friendship, and stimulating activities for people with brain injuries from any cause.

INJURY PREVENTION & CONTROL: Traumatic Brain Injury

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

Information provided by the Centers for Disease Control

Impact Vision Therapy - Support group 719-302-8922

Held the third week of each month. Call for specific dates and times.

1710 Jet Stream Drive, Suite 100

Colorado Springs, CO 80921

This group provides education and support for all with brain injuries, their family members, friends, and care givers.

Independence Center Brain Injury Support Group, The

719-471-8181 Kevin Corrigan, Facilitator

2nd and 4th Wednesdays 1:30 -3:00 p.m.

The Independence Center

729 South Tejon Street

Colorado Springs, CO 80903

www.theindependencecenter.org

Brain injury group to share and to talk about the challenges of living with a brain injury.

MULTIPLE SCLEROSIS ALLIANCE (MSA) of Southern Colorado Support Groups

719-633-4603

7011 Campus Drive

Colorado Springs, CO 80920

www.msasoco.org

Men's Facilitated Support Group

Mondays 11:00 a.m.- 12:00 p.m. at the MSA Office

Co-ed Adaptive Yoga Group

Tuesdays 12:15 – 1:15 p.m. at the MSA Office

Women's Social Support Group

Tuesdays 11:00am – 12:00 p.m. at the MSA Office

Women's Facilitated Support Group

Tuesdays 11:00 a.m. – 12:00 p.m. at the MSA Office

Pueblo Support Group

Mondays 12:30 – 1:30 p.m. Adaptive yoga class immediately followed by 1:30 – 2:30 p.m. Support group at Center Towards Self Reliance, 901 West 8th Street, Pueblo, CO 81003

Woodland Park Co-ed Support Groups

1st and 3rd Wednesdays 12:00 – 1:00 p.m. Co-ed facilitated support group 1:15-- 2:15 p.m. Co-ed adaptive yoga Woodland Park Public Library, 218 East Midland Ave, Woodland Park, CO 80863

Operation TBI Freedom - A Military Program of Craig Hospital

303-789-8835

565 Communication Circle, Suite 100

Colorado Springs, CO 80905

www.operationtbifreedom.org

Combat Veteran Peer Support Group

303-789-8835 Frederick Hinton, SFC

(Retired), contact person

Fridays from 10 a.m. to 12 p.m.

Any combat veteran is welcome. Must show proof of DD 214.

Penrose Hospital Brain Injury Support Group

719-571-6661

Third Thursday of month, 5:30 – 7:00 p.m.

Penrose Pavilion, 2nd floor, behind the former coffee bar

Penrose-St. Francis Health Services

2222 North Nevada

Colorado Springs, CO 80907

Support and education for brain injury and stroke survivors, caregivers, family members, friends and healthcare professionals.

UCHealth Caregiver Support Group

**719-365-2305 Rochelle Bruhn, M. Div, MCM,
BCC**

Every other Thursday 3:00- 4:15 p.m.

Memorial Central Cancer Center

1400 East Boulder Street

Colorado Springs, CO 80909

Caregivers come to this group to encourage, lift and strengthen one another.

UCHealth Neuro Support Group

719-365-9837

2nd Tuesday of the month – the time varies, so call

1400 East Boulder Street

Colorado Springs, CO 80909

To provide education and support to patients and families of those affected by neuro events – brain injury, stroke, aneurysm, etc.

CHAFFEE, FREMONT & OTERO COUNTIES SUPPORT GROUPS

Fremont County Brain Injury Support Group

719-315-4824 Carol Cochran, Facilitator

1st Tuesday each month 1:00-2:00 pm

Cañon City Public Library

516 Macon Avenue

Cañon City, CO 81212

Support and education for brain injury survivors and caregivers.

Heart of the Rockies Home Health and Hospice

719-539-7638 Stacie Reitingner

301 Oak Street, Unit E

Salida, CO 81201

info@heartoftherockieshhh.com

OTERO COUNTY Brain Injury Group

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

719-254-7631 George Pfaff, NCH

Serving eight counties in Southeast Colorado

Day and time vary, call to confirm. Rocky Ford Library
/ Conference Room

400 South 10th Street

Rocky Ford, CO 81067

All brain injury & stroke survivors, their family members and friends in Eastern Pueblo, Otero, Crowley, Bent, Baca Las Animas, Lincoln and Prowers Counties are welcome. Please contact the leaders before attending due to group members' multiple chemical sensitivities and airborne allergies. Drop Ins NOT allowed.

CRIPPLE CREEK SUPPORT GROUPS

Cripple Creek Brain Injury Support Group

719-510-2547 Michele Chamberlain, IL

Specialist for Teller and Park Counties

719-689-0200 Gail Melton, Peer Mentor

1st and 3rd Tuesday of month, 10:00 – 11:30 a.m.

Aspen Mine Center, 2nd floor conference room

166 East Bennett Avenue

Cripple Creek, CO 80813

We offer support, friendship and activities for all brain injury survivors, family members and friends.

Cripple Creek Cross Disabilities Group

719-689-0200 Gail Melton, Facilitator

Last Friday of the month, 10:00 – 11:30 a.m.

Aspen Mine Center, 2nd floor conference room

166 East Bennett Avenue

Cripple Creek, CO 80813

We cover everyone and everything, e.g. amputations, hearing loss, loss of sight, brain injury, strokes, etc.

Cripple Creek Veteran's Support Group

719-689-0200 Gail Melton, Facilitator

2nd Tuesday of month, 10:00 – 11:30 a.m.

Aspen Mine Center, 2nd floor conference room

166 East Bennett Avenue

Cripple Creek, CO 80813

We offer support for any veteran with a brain injury, PTSD, and more.

ONLINE BRAIN INJURY SUPPORT GROUPS

Brain injury Alliance of Colorado (BIAC)

<https://groups.google.com/forum/#!forum/colorado-brain-injury-support>

Online support group for survivors and caregivers to share the journey and give mutual support.

BIAC online support group for caregivers and loved ones of a brain injury survivor

<https://groups.google.com/forum/?hl=en#!forum/biac-caregivers>

A safe place for caregivers to connect with others and say whatever is on their mind without fear of offending someone with a brain injury.

PUEBLO SUPPORT GROUPS

Pueblo Brain Injury, LLC

719-387-7093

pueblobraininjuryllc.com

Our mission is to connect survivors of all brain injuries in Colorado's Southeast Region with resources and activities in Pueblo County that will strengthen their physical, educational, vocational and recreational abilities.

Center Toward Self-Reliance Brain Injury Support Group

719-387-7093 or 719-546-1271

4th Friday of every month 12:00 -2:00 p.m.

901 West 8th Street

Pueblo, CO 81003

Enhancing the independence of people with disabilities.

**Friendly Harbor Community Center
Brain Injury Support Group**

719-387-7093 Maria, or 719-545-2564 Thad G.

3rd Thursday every month 3:00 – 5:00 p.m.

2713 North Grand Avenue

Pueblo, CO 81003

**Frontier Home Health and Hospice/
Grief Support Group**

719-544-5891 Andrea Shirley, RN

Monthly grief support- call for specific times and dates

4718 North Elizabeth, Suite A

Pueblo, CO 81008

Grief groups provide support for any type of loss.

**Pueblo Parkview Brain Injury Support
Group**

719-387-7093 Maria M.

2nd Wednesday of month 5:30 – 7:00 p.m.

Parkview Medical Center

Patterson Building Room D

1128 North Santa Fe

Pueblo, CO 81003

www.pueblobi@hotmail.com

For adult survivors, caregivers, and others.

Parkview Caregiver Support Group

719-387-7093 Maria M.

Meets quarterly. Call for more information.

Pueblo Community College

**Pueblo Community College Brain Injury
Support Group**

719-387-7093 Maria M.

1st Monday of every month 2:00 – 4:00 p.m.

Academic Building, Room 120

900 West Orman Avenue

Pueblo, CO 81004

**Sangre de Cristo Community Care (Grief
Support Group)**

719-542-0032 Crystal Gerlock

1920 Valley Drive

Pueblo, CO 81005

www.socohospice.org

STROKE SUPPORT GROUPS

**Disability Services of Colorado (DSC
Stroke group)**

719-574-9002

2nd and 4th Wednesday of the month 1:30 – 3:00 p.m.

The DCS Stroke Group which formerly met at the Colorado Springs Senior Center, now meets with the

TBI peer support group at The Independence Center

729 South Tejon Street

Colorado Springs, CO 80903

www.dscolorado.org

For stroke survivors and their caregivers.

**Encompass Health Stroke Support
Group**

719-630-8000 Dr. Ott, Facilitator

Third Monday of month 10:00 – 11:00 a.m.

2nd floor in the Fay Brown Room

Encompass Rehabilitation Hospital

325 Parkside Drive

Colorado Springs, CO 80910

Stroke education for all stroke survivors and their caregivers.

Parkview Stroke Survivor Group

719-584-4995 Veronica Baros

3rd Wednesday 1:00 -2:00 p.m.

YMCA Community Meeting Room

3200 Spaulding Avenue

Pueblo, CO 81008

**INJURY PREVENTION & CONTROL:
Traumatic Brain Injury**

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

Information provided by the Centers for Disease Control

Rocky Mountain Stroke Center**303-730-8800**www.strokecolorado.org

Resource/ Helpline

Young and Young at Heart Stroke Support Group**602-317-8095**

Coming summer 2020. 3rd Thursdays 6 – 7:30 p.m.

Location to be determined

For survivors who seek support as they navigate working (or returning to work), parenting and relationships after experiencing a stroke.

TRANSPORTATION

Along Came Carol Concierge Services, LLC**719-661-1476**www.acccarol.com

Offering transportation options in the Tri-Lakes area and Northern Colorado Springs. Advance ride arrangements required.

BEO Mobility**719-362-8000**

5055 Mark Dabbling Boulevard

Colorado Springs, CO 80918

www.beopersonalcare.com/mobility

Reliable door-to-door non-emergency wheelchair transportation available 24 hours a day, 7 days a week.

Blue Skies Transportation LTD**720-357-9070**Blueskiestransportation.com

Non-emergency medical transportation for Medicaid eligible clients. Serves El Paso County + transportation to Denver, Castle Rock, Pueblo, Cañon City.

Bustang Express Bus Service**800-900-3011**

Colorado Department of Transportation

www.ridebustang.com

Express bus service connecting commuters along I-25 Front Range and I-70 Mountain Corridors. Download mobile App.

Coach Transportation**719-391-4444**

1900 East Pikes Peak Avenue

Colorado Springs, CO 80909

mycoachtransportation.com

Wheelchair transportation, non-medical transportation, non-emergency medical transportation, Coach ambulance services. Accepts Medicaid, Medicare, Private pay.

Colorado Division of Motor Vehicles<https://www.colorado.gov/dmv>

Licenses, registrations, permits and locations.

Davey Coach Sales**800-873-1856**

7182 Reynolds Drive

Sedalia, CO 80135

daveycoach.com

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

Delta Transport**720-338-8398**

Non-emergency medical transportation serving El Paso County. Accepts Medicaid only.

Discount Bus ID Cards

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

Goodwill of Colorado, Goodwheels Transportation**719-442-2077**

1460 Garden of Gods Road

Colorado Springs, CO 80907

discovermygoodwill.org/services/community-transportation

Medical appointment transportation for Medicaid recipients. Booking 24 hours out. Colorado Springs, Peyton, Divide, Security Widefield, Woodland Park.

Health Promotion Partners - Fitness to Drive Program

719-231-6657

2924 Beacon Street, Suite D

Colorado Springs, CO 80907

www.HealthPromotionPartners.com

Occupational therapy, driver evaluations and training as well as individualized transportation planning services.

Kador Ground Transportation

719-470-0227

Kadormanusa.com

Community based service providing ground transportation to/from medical/dental appointments. Wheelchair accessible. El Paso, Pueblo, and surrounding counties.

Miracle Flights

800-359-1711

5740 South Eastern Avenue, Suite 240

Las Vegas, NV, 89119

www.miracleflights.org

Provides free commercial flights for adults, kids, and families to distant medical care and second opinions.

Mountain Metro | Colorado Springs - 719-385-7433

1015 Transit Drive

Colorado Springs, CO 80903

<https://coloradosprings.gov/mountain-metro>

Local public transportation with fixed-route bus (half fare teens, seniors, disabled) and ADA paratransit.

Non-Emergent Medical Transportation (NEMT)

1-855-489-4999

gointelliride.com/Colorado

Available when Health First Colorado member has no other means of transportation to Health First providers.

One-Ride

719-663-7433

1015 Transit Drive

Colorado Springs, CO 80903

coloradosprings.gov/mountain-metro/page/one-ride

Collaboration between multiple agencies to develop one-stop call center and transportation solution.

Teller Cab

719-687-8222

tellercab.com

Operates 24/7. Takes qualified Medicaid. Serves Teller County only. Locally owned and operated.

Teller Senior Coalition

719-687-0256

www.tellerseniorcoalition.org

Transportation for seniors and the general public in Teller County

Transit to Care

719-644-6005

2860 South Circle Drive, Suite G65

Colorado Springs, CO 80906

transit2care.com

Non-Emergency medical transportation provider.

Medicaid and private pay. We cover all of Colorado.

United Access

719-590-1400

6285 Corporate Drive

Colorado Springs, CO 80919

www.unitedaccess.com

Accessible vehicles, mobility equipment rental, installation and repair.

Wheelchair Getaways of Colorado

800-238-6920

P.O. Box 621429

Littleton, CO 80162

www.wheelchairgetaways.com

Accessible van rentals. Hand controls available. Full size and mini available. Delivery available throughout Colorado.

zTrip

719-766-4567

www.ztrip.com

Reliable service day or night, including wheelchair accessible Mobility Plus Fleet.

Brain Teasers

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

Count the 'F' s in this sentence:

“Finished files are the result of years of scientific study combined with the experience of years.”

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

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

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

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

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

Answers on the next page.

Brain Teasers Answers

1. Answer: 6

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

2. Answer: envelope

3. Answer: a candle

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

5. Answer: Meat

6. Answer- S,O,N

The sequence is the first letter of the months of the year. September, October, November are the next in the sequence.

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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.

Helpful Brain Injury Websites

Brain Injury Alliance of Colorado - www.biaincolorado.org

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

Brain Injury Association of America - www.biausa.org

Promotes awareness, understanding, and prevention of brain injury.

BrainLine - www.brainline.org/

Preventing, treating, living with TBI

Brainline for Military - www.brainlinemilitary.org/

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

Brain Trauma Foundation - www.braintrauma.org

Improving the outcome of TBI patients.

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

Research and training to improve the lives of children and adults with TBI.

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

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

Colorado Kids with Brain Injury - cokidswithbraininjury.com

Traumatic brain injury networking team resource network.

Craig Hospital Brain Injury Education Information -

www.craighospital.org/brain-injury-resource-library

Defense and Veterans Brain Injury Center - www.dvbic.org

Defense Centers of Excellence Outreach Center -

resources@dcoeoutreach.org

Free, fast, accurate information and assistance.

Get Schooled On Concussions - getschooledonconcussions.com

Lash and Associates Publishing/Training, Inc. -

www.lapublishing.com

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

National Resource Center for Traumatic Brain Injury -

www.tbinc.com

Practical information for professionals, persons with brain injury, and family members.

National Stroke Association - www.stroke.org

Packed with stroke information

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 tbicolorado.org for more information.

What is a brain injury?

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

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

Concussion Warning Signs

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

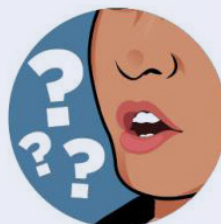
F.A.S.T. is:



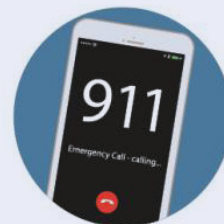
Face Drooping — Does one side of the face droop or is it numb? Ask the person to smile.



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

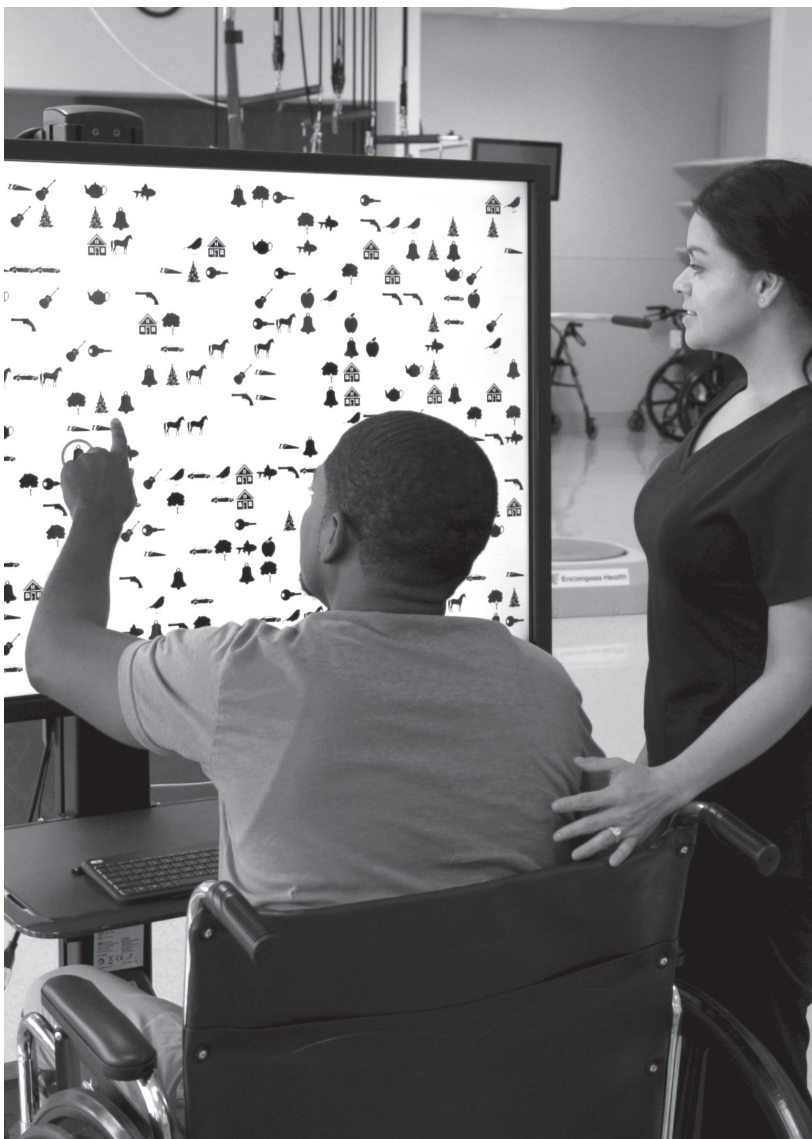
Having a Traumatic Brain Injury (TBI) can make everyday tasks seem very daunting. Assistive Technology (AT) can ease that fear with simple, easy-to-use devices that can make performing those tasks even easier. People that have a TBI often have difficulty with vision, memory and cognition, mobility, and 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.



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

Learn more at
ehc.rehab/coloradorehab



The Joint Commission Disease-Specific
Care Certification in Stroke Rehabilitation



**Encompass
Health**

Rehabilitation Hospital
of **Colorado Springs**

325 Parkside Drive
Colorado Springs, CO 80910
719.630.8000

Brain injury rehabilitation –
Life-changing results

