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
Welcome to the Pikes Peak Region Brain Injury Resource Directory

This directory was created by the Pikes Peak Region Brain Injury Professionals Network. This 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 Roche and Carol Cochran, co-chairs, for their coordination of this effort.

For the first time ever editorial content has been added to the resource because of a grant provided by MINDSOURCE Brain Injury Network, formerly the Colorado Brain Injury Program. Their support enabled us to hire a freelance writer to cover topics of interest to brain injury patients and their caregivers plus increase the distribution to 10,000 copies.

Thanks to MINDSOURCE for helping make the directory a more complete resource!

The art on the cover was created by Art Romero. Kayla Hickman was the runner up. Her artwork is on the inside front cover. Daniel G. Walter was the literary grand prize winner for his poem “Praise,” found on page 2. All are brain injury survivors.

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 than our sponsors: HealthSouth Rehabilitation Hospital, The Law Firm of Jaray and Webster, Penrose- St. Francis Rehabilitation, Brain Injury Alliance of Colorado, Rocky Mountain Brain Care, Operation TBI Freedom and Harmonized Brain Centers. Thanks also to Peak Vista, Amblicab, the Law Offices of J.C. “Pit” Martin and Support for Success.

Experts in Traumatic Brain Injury

- Serving brain injury survivors and their families since 1979
- Compassionate, understanding and knowledgeable about brain injury

It’s About You

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

Millions in Settlements and Jury Awards

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

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www.JarayWebsterLaw.com
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PEAK VISTA COMMUNITY HEALTH CENTER

CALL TODAY TO SCHEDULE AN APPOINTMENT OR FIND A LOCATION NEAR YOU!
OFFERING EXCEPTIONAL MEDICAL, DENTAL AND BEHAVIORAL HEALTH CARE TO PEOPLE OF ALL AGES.
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Praise

Lost in darkness like a well
Covered up but I can’t tell
Is this my body or just my soul?
Can’t find a heartbeat it feels ice cold
Eyes stained by tears mouth covered by screams
Brain wondering why it sees nightmares and no dreams
Wanting awareness fighting to live
Asking for hope but hatred is what it gives
Movement is needed but the body fights
So why not give up and just leave it here
Give in to the darkness and the utter fear
Because grief doesn’t last forever and blood pumps hard
The heart is powerful and its very large
Wake up your insight and give way to strength
Those demons aren’t stronger then the power of praise
Your body and mind have much more to do
And your belief is strong, your belief is true...

By Daniel G. Walter
ADVOCACY

Arc Pikes Peak Region, The
719-471-4800
12 North Meade 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
303-355-9699
1325 South Colorado Boulevard, Suite B300
Denver, CO 80222
www.biacolorado.org
BIAC is the go-to resource for help and services for survivors of an injury to the brain, their families, and providers.

Burg Simpson Eldredge Hersh & Jardine, P.C.
303-792-5595
40 Inverness Drive East
Englewood, CO 80112
www.burgsimpson.com
Representing TBI patients and their families for more than 30 years. Free consultation.

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.

Ecumenical Social Ministries
719-636-1916
201 North Weber Street
Colorado Springs, CO 80903
www.ecusocmin.org
We offer showers, emergency food, commodities food packages, clothing, utility assistance, and unaccompanied women’s shelter.

Equal Justice Foundation, Inc.
719-640-8895
455 Bear Creek Road
Colorado Springs, CO 80906
www.ejfi.org or www.dvmen.org
The defense of human and individual rights as secured by law.

HCP-A Program for Children and Youth with Special Health Care 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 care 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 systems advocacy for people with disabilities.

MINDSOURCE Brain Injury Network
1-800-955-2443
Colorado Department of Human Services
1575 Sherman Street, 4th Floor
Denver, CO 80203
http://tbicolorado.org
With resources from the TBI Trust Fund, MINDSOURCE advances systems and assures case management services for individuals with brain injuries.

Case Management Services provided for eligible children, youth and adults with brain injuries.
Education Consultation also offered to children and youth with brain injuries.
Apply at www.BIAColorado.org.
Technical Assistance, Training, Outreach, Awareness, and Research
Visit on the web at tbicolorado.org or email at cdhs_co_tbiprogram@state.co.us.

Operation TBI Freedom
303-789-8835
24 South Weber Street, Suite 200
Colorado Springs, CO 80903
www.operationtbifreedom.org
Offers case management to post-9/11 Service Members and Veterans with traumatic brain injuries.
Caregivers: What brain injury survivors want you to know

By Ravay Snow-Renner

Being a caregiver for someone who has sustained a brain injury is not always easy. So we interviewed some experts — brain injury survivors — and asked them what they would most like caregivers to know. Here’s a summary of what they said.

Have patience

As much as possible, be patient with the person you’re caring for. Realize that people with head injuries are very challenged, and their lives can be overwhelming in new and strange ways. It’s normal for them (and you) to feel a sense of loss about the injury, but it’s most helpful to them if you can be positive, stable, and accepting while they re-adjust to what one survivor called “the new normal.”

Another survivor said, “I cannot say enough how much it means to have those who love and care about you take a step back while you ‘reboot.’”

Take care of yourself

Be patient with yourself, too. It’s okay to admit that you don’t have all the answers. The healing process may be unpredictable, some days will be harder than others, and you may not always feel appreciated. So it’s important for you to find ways to nurture your own spirit. This could be something as simple as establishing some independent space and time just for yourself, like a weekly coffee meeting or a trip to the park.

Don’t be afraid to ask for help. Caregivers’ support groups, like the one out of Penrose Hospital’s Cancer Center, are there to help. These groups provide a forum for caregivers to communicate and help each other.

Be an assertive advocate

When you’re dealing with all sorts of medical and rehab personnel, you may be treated like you’re just a number. You may not feel your particular concerns are being addressed. But you know the person with the injury better than the medical staff. Remember that, and personalize yourselves to medical and rehab staff, so that they see your unique case and will be more willing to listen to you. And they will see the person you’re caring for more as an individual and less as a number.

Allow your patient to make mistakes, but always work toward improvement

Sometimes it’s tempting to over-help survivors, but you should let them make their own mistakes at first. Don’t correct them initially, but do correct them later, on a gentle, achievable gradient. Remain positive and go forward, and then give them more chances to succeed at different goals. Writing down goals is helpful, too.

Stay strong and optimistic

The brain can make amazing comebacks from an injury. One survivor, who is now a caregiver, finds he is more optimistic about his charge’s progress than her rehab staff, because he has actually been there on the other side of recovery. He knows what is possible.

Know that you are making a tremendous difference in someone’s life

All survivors expressed tremendous appreciation and gratitude for the love and support of their caregivers.
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, senior issues, and more.

Rehab Resources-HCS, LLC
616-690-3134
4164 Austin Bluffs Parkway #313
Colorado Springs, CO 80918
Help applying for Social Security Disability and filing appeals of denials.

Salvation Army, The
719-636-3891
908 Yuma Street
Colorado Springs, CO 80909
www.tsacs.org
Provide shelter, food, community center, family services, and rehabilitation services to those in need.

Support for Success, LLC
719-330-3624
Serving the Pikes Peak area at your home, office, or school.
www.supportforsuccess.org
Information, resources, and assistance navigating community services for brain injury survivors and families.

Wings and Warriors
719-689-3204
11 Del Norte Circle
Florissant, CO 80816
www.wings-and-warriors.org
Provide highly trained service dogs to assist and enhance the quality of life for those afflicted with PTSD and TBI.

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)
www.aa.org
Colorado Springs Area Office
719-573-5020
1353 South 8th Street, Suite 209
Colorado Springs, CO 80905
www.coloradospringssaa.org/
Central Service Office of Southern Colorado
719-546-1173
4035 A Club Manor Drive, Pueblo, CO 81008
A fellowship of men and women who share their experience, strength and hope to help achieve sobriety.

Bridge to Awareness Counseling Centers
Colorado Springs
719-471-2514
129 West Costilla Street
Colorado Springs, CO 80903
Fountain
719-390-462
5698 Highway 85/87, Fountain, CO 80911
A Colorado-licensed Department of Behavioral Health Agency providing DUI, substance abuse, and co-occurring services.

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

Genesis Outpatient
719-632-3510
2565 Airport Road
Colorado Springs, CO 80910
www.genesisoutpatient.com
Individual and group counseling for drug and alcohol education, intervention, and relapse prevention.

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.
Soaring Hope Addiction Recovery  
719-426-9883  
18375 Spruce Road  
Monument, CO 80132  
www.soaringhoperecovery.com  
We provide neurofeedback, neurotransmitter rebalancing and all evidence-based therapies for addiction recovery and traumatic brain injury.

VA Substance Use Disorder (SUD) Programs  
Substance use Disorder (SUD) Programs for military veterans.  
http://www.va.gov/directory/guide/state_SUD.cfm?STATE=CO  
PFC Floyd K. Lindstrom Clinic  
719-327-5660  
3141 Centennial Boulevard  
Colorado Springs, CO 80907  
Pueblo Outpatient Clinic  
719-553-1000  
4776 Eagleridge Circle  
Pueblo, CO 81008

ASSISTIVE TECHNOLOGY

AbleLink Technologies  
719-592-0347  
6050 Stetson Hills Boulevard, Suite 322  
Colorado Springs, CO 80923  
www.ablelinktech.com  
Easy-to-use app software supporting independent living in the areas of scheduling, video modeling, and wayfinding.

Assistive Technology Partners  
303-315-1280  
1224 5th Street, Campus Box 180  
Denver, CO 80204  
www.assistivetechnologypartners.org  
Empowering individuals with disabilities to achieve their highest potential through the use of assistive technology.

Eagle Eye Assistive Technology Services  
719-640-7063  
3070 Doolittle Road  
Monument, CO 80132  
www.eagleev.com  
Helping people with assistive technology needs throughout Colorado and Wyoming.

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  
P.O. Box 753  
Green Mountain Falls, CO 80819  
www.lifewheelson.com  
LWO provides in-home physical therapy wheelchair evaluations and training. Assessment of other home equipment; prn.

Numotion  
719-520-5577, ext. 63271  
4260 Buckingham Drive, Suite 120  
Colorado Springs, CO 80907  
www.Numotion.com  
Numotion specializes in providing complex mobility solutions.

Pikes Peak Community College  
Computer Access Center (CAC)  
719-502-3333  
Centennial Campus  
5675 South Academy Boulevard, A-130  
Colorado Springs, CO 80906  
www.ppcc.edu/Accessibility  
The CAC offers courses & training in computer assistive technology & use of assistive technology with application software.

U.S. Brain Injury Alliance  
usbia.org
Sign Language Network
719-599-4517
P.O. Box 25102
Colorado Springs, CO 80936
www.signlanguagenetwork.com
Providing qualified professional sign language interpreters.
    North Main Street, Suite 402
    Pueblo, CO 81003
    Heather.slats@gmail.com
Assistive technology evaluations and services for communication, cognition, and activities of daily living.

Speech-Language and Assistive Technology Services, LLC (SLATS)
303-842-6349
Heather Emery-Hendrick, M.S., CC-SLP

Support for Success
719-330-3624
Serving the Pikes Peak area at your home, office or school.
www.supportforsuccess.org
Learn to use your computer, tablet or smart phone to improve your life and compensate for cognitive challenges.

SWAAAC (Statewide Assistive Technology and Augmentative Alternative Communication)
303-315-1278
1201 5th Street, Campus Box 180
Denver, CO 80204
www.swaaac.com
School-based SWAAAC teams provide multi-disciplinary assistive technology services to students with disabilities equal access to curriculum & full participation in their education.

BRAIN INJURY SUPPORT GROUPS

COLORADO SPRINGS BRAIN INJURY SUPPORT GROUPS

BIAC/Colorado Springs Support Group
Coleen Hogie, Amelia Bergmann, and Stacey Myers,
ameliabergmann@centura.org
Third Thursday of month, 5:30 – 7:00 pm (Light dinner)
Penrose Pavilion, 2nd floor, behind coffee bar
Penrose-St. Francis Health Services
2222 North Nevada Avenue
Colorado Springs, CO 80907
Education, support, and socializing for all young adult through older adult brain injury survivors, family members, and friends

BIAC/ HealthSouth Brain Injury Support Group
719-315-4824
First Monday of each month from 11:30 am to 1:30 pm. (Second Monday if the first is a holiday)
HealthSouth Rehabilitation Hospital
325 Parkside Drive
Colorado Springs, CO 80910
Support and education for adult brain injury survivors and caregivers

Caregiver Support Group
All caregivers are welcome.
Michelle Achterhof, 719-630-2313
Every Tuesday, 11:40 am – 12:40 pm
HealthSouth Rehabilitation Hospital
325 Parkside Drive
Colorado Springs, CO 80910

Finding Our Voices Support Group
(a non-profit)
Mary Duefrene, 719-418-3118
Tuesdays at 6:00 pm at Westside Cares
2808 West Colorado Avenue
Colorado Springs, CO 80904
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 Workshops
2nd Saturdays, Noon-3 pm
Cottonwood Center for the Arts
427 East Colorado Avenue
Colorado Springs, CO 80903
Supplies are provided – free!
Head-way Neuro Support Group of Colorado Springs
719-459-0901 or 719-548-9790
CBIS Debbie Carnes, Facilitator
Join us every Wednesday, 11:00 am – 1:00 pm at Fargo’s Pizza
1st and 3rd Wednesdays are activities
2nd and 4th (and 5th periodically) are social get-togethers
2910 East Platte Avenue
Colorado Springs, CO 80909
We offer support, friendship, and stimulating activities for people with brain injuries from any cause.

Independence Center Brain Injury Support Group, The
719-471-8181
Kevin Corrigan, Facilitator
1st and 3rd Tuesdays, 10:00 am – 12:00 noon
The Independence Center
729 South Tejon Street
Colorado Springs, CO 80903
www.theindependencecenter.org
Adult brain injury group to share and talk about the challenges of living with brain injury.

Memorial Hospital Brain Injury Support Group
Colleen, Drew, and Steve, Inpatient Rehab, 719-365-9837
2nd Tuesday of month, 5:00 – 7:30 pm
Pyramid Room of the Cafeteria
1400 East Boulder Street
Colorado Springs, CO 80903
To provide education and support to patients and families of those affected by neuro events such as brain injury, stroke, etc.

Operation TBI Freedom Support Groups
24 South Weber Street, Suite 200
Colorado Springs, CO 80903
www.operationtibifreedom.org

Operation TBI Freedom
303-789-8835
Combat Veteran Peer Support Group
Friday mornings 10:00 am
Any combat veteran is welcome.

Support for Support/S4S
855-355-6824
Caregiver support group
Any caregiver of a veteran with TBI is welcome.

CRIPPLE CREEK BRAIN INJURY SUPPORT GROUPS

Cripple Creek All Vets, All Wars Support Group
Gail Melton, Facilitator, 719-689-0200
2nd Tuesday of month, 10:00 – 11:30 am
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

Cripple Creek Brain Injury Support Group
Michele Chamberlain, IL Specialist for Teller and Park Counties, 719-661-010
Gail Melton, Peer Mentor, 719-689-020
1st and 3rd Tuesday of month, 10:00 am – 11:30 am
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
Gail Melton, Facilitator, 719-689-0200
Last Friday of the month, 10:00 am – 11:30 am
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, and strokes.

MULTIPLE SCLEROSIS SUPPORT GROUPS

Multiple Sclerosis Alliance (MSA) of Southern Colorado Support Groups
719-633-4603
1322 North Academy Boulevard, Suite 119
Colorado Springs, CO 80909
www.msasoco.org

National Stroke Association | www.stroke.org
Men's Support Group  
Thursdays 1:00 pm-2:00pm at the MSA Office

Women's Social Support Group  
Tuesdays 11:00am–12:00 pm at the MSA Office

Women's Facilitated Support Group  
Tuesdays 1:30–2:30 pm at the MSA Office

Caregivers Support Group  
1st and 3rd Tuesday 6:30–7:30 pm at the MSA office

Pueblo Support Group  
1st and 3rd Wednesdays 10:30–11:30 am  
The Center for Disabilities,  
901 West 8th Street, Pueblo, CO 81003

Tri Lakes, Gleneagle, Monument Support Group  
2nd Wednesday 9:00 am-11:00 am at the Village Inn  
315 Colorado Highway 105  
Monument, CO 80132

Woodland Park Educational Support Group  
2nd Thursday 10:30 am– Noon  
Woodland Park Public Library  
219 East Midland Ave  
Woodland Park, CO 80866

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 BI 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

Frontier Home Health and Hospice / Grief Support Group  
719-544-5891  
Andrea Shirley, RN

Monthly grief support. Call for specific time and date  
4718 North Elizabeth, Suite A  
Pueblo, CO 81008

Grief groups provide support for any type of loss

Pueblo Brain Injury Support Group  
Veronica Baros - 719-584-4995  
2nd Wednesday of month 5:30 – 7:30 pm  
Location varies – Call ahead  
Parkview Hospital, Columbine Room  
400 West 17th Street  
Pueblo, CO 81003  
www.pueblobi@hotmail.com  
For adult survivors, caregivers, and others.

Sangre de Cristo Hospice / Grief Support Group  
Crystal Gerlock - 719-542-0032  
1207 Pueblo Boulevard Way  
Pueblo, CO 81005  
www.socohospice.org

STROKE SUPPORT GROUPS

Colorado Springs Senior Center Stroke Support Group  
Disability Services of Colorado  
For Survivors and Caregivers  
Judy Cowan – 719-574-9002  
2nd Wednesday of each month, 10:00 am – 11:30  
Colorado Springs Senior Center  
1514 North Hancock Avenue  
Colorado Springs, CO 80903

Colorado Springs HealthSouth Stroke Support Group  
For stroke survivors, their families and caregivers  
Michelle Achterhof – 719-630-2313  
3rd Thursday, 1:30-2:30 pm  
HealthSouth Rehab Hospital  
325 Parkside Drive  
Colorado Springs, CO 80910

Pueblo Stroke Survivor Support Group  
Veronia Baros – 719-584-4995  
3rd Wednesday of each month, 1:00 pm  
YMCA Campus  
3200 East Spaulding Avenue  
Pueblo, CO 81008
We can help!

HARMONIZED BRAIN CENTERS

(719) 661-6422
harmonizedbraincenters.com

We can help!

HARMONIZED BRAIN CENTERS

(719) 661-6422
harmonizedbraincenters.com

COGNITIVE/ BEHAVIORAL/ MENTAL HEALTH

A Cognitive Connection, LLC
719-233-1199
2147 North Academy Boulevard
Colorado Springs, CO 80909
www.aCognitiveConnection.com
Individualized cognitive and behavioral support and brain integration training. We offer educational tutoring, group support, and parenting classes as well.

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.

Apgar Center
719-442-0415
Susan Gawey-Apgar, M.S., CCC-SLP
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.

Brain and Body Works, LLC
719-243-0499
17675 Charter Pines Drive
Monument, CO 80132
www.brainandbodyworks.com
Brain Integration, neuro-motor, sensory integration, PTSD, emotional trauma release, learning differences, cranial sacral therapy, massage, and body alignment.
CorKinect
719-660-1720
Serving the Pikes Peak Region
3-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 Response Therapy (RRT) for Post Traumatic Stress Disorder (PTSD)

Harmonized Brain Centers
719-661-6422
2149 North Academy Boulevard
Colorado Springs, CO 80909
www.HarmonizedBrainCenters.com
Improve brain function from concussion or TBI using safe, proven, effective, state-of-the-art Neurofeedback, biofeedback, and other modalities.

Colorado Healing Touch – Craniosacral Therapist
719-210-4634
320 Burdette Street, Suite C
Woodland Park, CO 80863
2147 North Academy Blvd.
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.

National Alliance on Mental Illness
719-473-8477
510 East Willamette Avenue
Colorado Springs, CO 80903
www.namicoloradosprings.org
NAMI offers free education and support programs for those who live with mental illness and their families.

Pathfinder Counseling & Neurofeedback Services
719-623-9406
2514 West Colorado Avenue, Suite 200
Colorado Springs, CO 80904
www.pathfindercns.com
Affordable neurofeedback training to improve cognitive and emotional function.

Peak Vista Community Health Centers
719-344-7191
3205 North Academy Boulevard, Suite 130
Colorado Springs, CO 80917
www.peakvista.org
Peak Vista Community Health Centers provide medical, dental, and behavioral health care to people of all ages.

Rocky Mountain Health Care Services, Brain Care
719-520-5656 x411
2502 East Pikes Peak Avenue
Colorado Springs, CO 80909
Individual, group and SA counseling, independent living skills, program training, language classes, comprehensive, dialectical behavior therapy.

Sky Cliff Center
303-814-2863
4600 East Highway 86
Castle Rock, CO 80104
www.skycliff.org
Providing strong support to stroke “victors” and caregivers since 1984.

Support for Success
719-330-3624
Serving the Pikes Peak area at your home, office, or school.
www.SupportforSuccess.org
Strategies and tools to support memory, organization, time management, and focus at home, work or school.
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 offers comprehensive neuropsychological assessments and recommendations regarding treatment.

COMMUNITY RECREATION/LEISURE RESOURCES

A-1 Scuba and Travel Aquatics Center  
303-789-2450  
1603 West Belleview Avenue  
Littleton, CO 80120  
www.a1scuba.com  
A full service scuba and travel center, specializing in adaptive swim, snorkeling and scuba programs.

Adaptive Adventures  
303-679-2770  
1315 Nelson Street, Unit 7  
Lakewood, CO 80215  
www.adaptiveadventures.org  
Providing Outdoor Adventure Experiences: skiing, cycling, climbing, paddlesports, dragon boat racing, waterskiing/wakeboarding.

Are We There Yet Travel  
719-210-0013  
943 Shrider Road  
Colorado Springs, CO 80920  
arewethereytco.com  
Traditional travel services for airfare, vacations, cruises, rental cars, hotels, resorts, extended stays, special needs.

Autism and Asperger Connections  
719-344-5619  
P.O. Box 15852  
Colorado Springs, CO 80935  
www.autismaspergerconnections.org  
Linking individuals and professionals in the Colorado Springs community to autism support, information and resources.

Catholic Charities of Central Colorado  
719-636-2345  
228 North Cascade Avenue  
Colorado Springs, CO 80903  
www.ccharitiescc.org  
Provide a variety of services including a free meal every day, employment and emergency services, etc.

City of Boulder Parks and Recreation  
303-413-7269  
3198 Broadway  
Boulder, CO 80304  
www.boulderparks-rec.org  
Providing affordable fitness, leisure and cultural arts programs for adults with mild traumatic brain injury.

City and County of Broomfield Recreation Services  
303-460-6924  
13201 Lowell Boulevard  
Broomfield, CO 80020  
www.broomfieldrecreation.com  
Community recreation setting.

City of Colorado Springs Therapeutic Recreation Program  
719-385-6855  
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.

Defense and Veterans Brain Injury Center  
www.dvbic.org
City of Fort Collins – Adaptive Recreation Opportunities
970-224-6027
P.O. Box 580
215 North Mason Street
Fort Collins, CO 80522
www.fcgov.com/aro
The ARO program offers a variety of specialized recreation and fitness programs for people of all ages and abilities.

City of Wheat Ridge – Therapeutic Recreation Program
303-231-1317
4005 Kipling Street
Wheat Ridge, CO 80033
www.ci.wheatridge.co.us/parksandrecreation
Recreation and leisure opportunities for individuals with disabilities of all ages and abilities.

Colorado Springs Amateur Hockey Association
P.O. Box 1263
Colorado Springs, CO 80901
www.csaha.com/adaptive-hockey
Sled hockey for youth, adults and veterans of all ages-adapted to fit individual needs.

Colorado Springs Conservatory
719-577-4556
415 Sahwatch Street
Colorado Springs, CO 80903
http://coloradospringsconservatory.org/a-positive-note/
Music program for young adults with disabilities. Empowers participants with joy, self-discovery, belonging and accomplishment.

Community Sailing of Colorado
303-757-7718
P.O. Box 10261
Denver, CO 80250
www.communitysailing.org
Provides therapeutic adaptive sailing outings for individuals with physical and mental disabilities in Denver and Boulder.

Connecting with Community, Inc.
719-634-3121
895 Columbine Avenue

Colorado Springs, CO 80904
www.cscoa.com
The Buddy Bus is our community program that includes volunteering, bowling/pool, YMCA, hiking/walking/field trips & dances/concerts on Friday nights.

SURVIVOR STORIES

Emily
In February, 1994, when Emily was a third-grade student, she sustained a traumatic brain injury in a car accident. She was airlifted to Poudre Valley Hospital, where she underwent emergency brain surgery. Although she was unable to return to school that year, she started the fourth grade the following fall, and had few physical recovery issues. She says that she victimized herself when she was a teen, but admits that this may have just been typical teenage angst and not the result of her brain injury. Through school, she was an honors student in high school, and continued her education through college and graduate school. Currently she works as a social worker in the Denver area and says her functioning is as high as it’s ever been; she’s able to juggle her high-stress work with being a wife and a stepmother to three teenagers, noting that “if anything is going to test one’s abilities and patience, it’s that!”

Emily says that she would not be the same person today without having survived a brain injury. The injury not only impacted her studies in psychology and social services, but also her desire to come around full circle and serve others. A reunion with the doctor who had saved her life was what put things into perspective for her. “It was 20 years since I was released from his care but seeing him again after all that time and hearing … what the usual odds are made me finally get it… that my brain injury and recovery is about more than just me… and I am just so fortunate that I ended up on the positive side of it. I consider myself privileged every day.”

By Ravay Snow-Renner
Denver Parks & Recreation – Adaptive Recreation
720-865-0820
1849 Emerson Street
Denver, CO 80218
www.denvergov.org/recreation
Therapeutic recreation programs for people with disabilities to develop skills to improve quality of life, foster independence and boost self-esteem.

Paradox Sports
720-638-5593
P.O. Box 273
Eldorado Springs, CO 80025
www.paradoxsports.org
Paradox Sports pushes vertical limits in rock and ice climbing for people living with disability.

Pikes Peak Library District
719-531-6333
5550 North Union Boulevard (other locations throughout El Paso County)
Providing resources and opportunities that change individual lives and build community.

Recreation and Inclusion Services for Everyone
303-987-4869
1555 Dover Street
Lakewood, CO 80215
www.lakewood.org/RISE
R.I.S.E. is the therapeutic recreation program for people with disabilities in Lakewood.

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.

South Suburban Parks and Recreation
STAR Program
303-730-4608
2004 West Powers Avenue
Littleton, CO 80120
www.sspr.org
Opportunities for individuals with disabilities to participate in leisure services through inclusion and specially designed programs.

Telluride Adaptive Sports Program
970-728-5010
P.O. Box 2254
Telluride, CO 81435
www.tellurideadaptive.sports.org
Year-round adaptive sports and recreation. Skiing, snowboarding, cycling, and more.

Town of Parker Parks and Recreation Department – Therapeutic Recreation Program
303-805-3208
20120 East Main Street
Parker, CO 80138
www.parkerrec.com
Adapted programming designed to enhance the quality of life for individuals with disabilities.

COMPLEMENTARY & ALTERNATIVE THERAPIES

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

Begin Again Ranch Support Group
720-467-4143
Begin Again Ranch
3316 Christy Ridge Road
Sedalia, CO 80135
www.BeginAgainRanch.com
Partnering with horses to help brain injury survivors rebuild confidence and tackle new challenges.

National Resource Ctr. for Traumatic Brain Injury
www.tbinrc.com
Body Brain Connection LLC
719-338-9103
Tammy Tinsley
Bioenergetic Therapist
Certified Brain Integration Therapist
RMP, EFTM, BA Social Work
Serving the Pikes Peak Area
bodybrainconnection@gmail.com
Holistic approach utilizing targeted modalities
releasing emotional & energetic impact of trauma, stress and fight/flight or freeze.

Brain and Body Works LLC
719-243-0499
17675 Charter Pines Drive
Monument, CO 80132
www.brainandbodyworks.com
Brain Integration, Neuro-motor-sensory Integration, PTSD, Emotional Trauma Release, Learning difference, Cranial-Sacral Therapy, Massage, Body Alignment.

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, Healthy Chef and Holistic Health Practitioner providing nutrition and health counseling/education.

Comfort Me Weighted Blankets
513-405-1478
Serving the Pikes Peak Area
comfortmeweightedblankets@gmail.com
Organic Weighted Sensory Blankets providing comfort for adults and children with or without sensory disorders.

Concussion Place, The
719-380-8055
3425 Austin Bluffs Parkway
Colorado Springs, Co 80918
Theconcussionplace.com
Concussion treatment specialists: psychological care, vision therapy, balance therapy, cold laser, neurofeedback, chiropractic.

Corlea Keeney: Brain Integration Therapy
719-660-1720
Serving the Pikes Peak Area
3-dimensional cognitive approach for reestablishing neuropathways; helps improve daily function and emotional balance.

Embracing Spirit Yoga
719-661-8802
Stacie Wyatt
906 Ellston Court
Colorado Springs, CO 80907
www.embracingspirityoga.com
Adaptive yoga, stress reduction and meditation: wellness consult and essential oil education.

Equine Approach LLC, The
719-347-5811
Post Office 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, massage, cranial sacral therapy, advanced lab testing.

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
Harmonized Brain Centers
719-661-6422
2149 North Academy Boulevard
Colorado Springs, CO 80909
www.HarmonizedBrainCenters.com
Improve brain function from concussion and TBI using safe, proven effective state-of-the-art Neurofeedback, biofeedback and other modalities.

Healing Touch - Craniosacral Therapist
719-210-4634
320 Burdette Street, Suite C
Woodland Park, CO 80863
2147 North Academy Boulevard
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.

Massage Life
719-235-6569
835 East Platte Avenue
Colorado Springs, CO 80903
www.massagelife.com
Massage therapy at affordable prices! Open 7 days a week, we are here for you!

Mountain High Service Dogs Inc.
719-440-8282
Post Office Box 0721
Palmer Lake, CO 80133
www.mtnhighservicedogs.com
Providing “Life Enhancing Canines” for people of all ages.

Positive Note at the Colorado Springs Conservatory
719-577-4556
415 S. Sahwacht Street
Colorado Springs, CO 80903
Coloradospringsconservatory.org
Music-making program for young adults with disabilities. Contact Shane Groothof at sgroothof@csconservatory.org.

Rock Solid Chiropractic
719-799-6565
11605 Meridian Market View, Suite 142
Falcon, CO 80831
www.Rocksolidchiropractic.com
Through chiropractic care spinal adjustments remove nerve interference allowing the body to heal itself.

September Burton – Integrative Nutrition Health Coach
719-432-9286
Serving the Colorado Springs Area
September@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.

Turning Point Medical Group
719-266-0438
6140 Tutt Boulevard, #120
Colorado Springs, CO 80923
Neurofeedback, functional brain mapping, brain rehabilitation

Valkyrie Ranch
719-323-9225
13360 Trail Boss Court
Peyton, CO 80831
https://Valkyrie-Ranch.org
Valkyrie uses animals to offer sensory therapy to children with disabilities and veterans.

DAYS PROGRAMS

Rocky Mountain Health Care Services, BrainCare
719-520-5656
2502 E. Pikes Peak Avenue
Colorado Springs, CO 80909
www.rmhcare.org
The Neuropathways Center provides living skills training, community integration and professional behavioral health services.
Connecting with Community, Inc.
719-634-3121
895 Columbine Avenue
Colorado Springs, CO 80904
www.cscoa.com
Club of Arts Learning Center is our innovative day program, dedicated to individual enrichment, community development, and creative empowerment.

Mosaic
719-380-0451
888 Garden of the Gods Road, Suite 100
Colorado Springs, CO 80907
www.mosaicincoloradosprings.org
Providing a life of possibilities for people with intellectual disability through supported employment, host home and a community based day program.

Discover Goodwill
719-352-1373
1460 Garden of the Gods Road
Colorado Springs, CO 80907
discovermygoodwill.org
Voyages offers community outings, C.N.A. care, a multitude of activities and more.

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

Special Kids Special Families
719-447-8983
424 West Pikes Peak Avenue
Colorado Springs, CO 80905
www.sksfcolorado.org

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*

Community and Center based programs offering recreation, fitness, volunteer crafts, cooking and social studies education.

**EDUCATION: BIRTH TO AGE 21**

Academy School District 20
719-234-8006
1110 Chapel Hills Drive
Colorado Springs, CO 80920
www.asd20.org
Provides educational programming for students with Brain Injury. Contact Kristianne Goff at Kristianne.goff@asd20.org.

Adult & Family Education – School District 11
719-328-3001
2115 Afton Way
Colorado Springs, CO 80909
http://adulted.d11.org/Pages/default.aspx
Classes available to pass your GED/High School Equivalency test or improve college/job opportunities.

Brain Injury Alliance of Colorado
303-562-3196
1325 South Colorado Boulevard, Suite B300
Denver, CO 80210
https://biacolorado.org/case-management
Provides education consultation for families and schools following a brain injury.

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

Colorado Department of Education
303-866-6739
201 East Colfax Avenue
Denver, CO 80203
www.brainsteps.net
CDE trains BrainSTEPS teams and school personnel to assist students with brain injury.
How to work effectively with the schools if your child sustains a brain injury

By Ravay Snow-Renner

There is no one-size-fits-all approach. How you work with the schools depends on the extent of your child’s injury and how quickly it’s diagnosed. Many players are involved in creating the optimal learning environment for an injured student, and that means adapting programs and targeting resources appropriately. Good communication among everyone – doctors, therapists, educational personnel, and parents – is key.

If you suspect a brain injury, the first step is to get a doctor’s examination and diagnosis. In cases of severe injuries or concussions sustained at a school event, medical staff will be involved immediately. But sometimes brain injuries occur that are not readily apparent. Some symptoms of a brain injury are mood changes, difficulty concentrating, trouble speaking, headaches, ringing in the ears, memory issues, nausea, fatigue, impaired motor skills, dizziness, and weakness. Brain injuries can be traumatic (caused by an external force), or non-traumatic (strokes, brain tumors, and infections). If you see these types of changes in your child, call your physician’s attention to it.

After a brain injury, several resources may be available to help your child return to school and continue learning. In some school districts, groups of educators, called BrainSTEP teams, have been trained in how to help students with brain injuries. These are not in every Colorado district yet, but the Colorado Department of Education (CDE) has trained teams in 14 districts, including Academy School District 20, Falcon School District 49, Fountain-Fort Carson School District 8, Pueblo District 70 and 3 BOCES, including the Pikes Peak BOCES. If your district does not yet have a BrainSTEPS team, be sure to find out who from your school district will assume the lead role in your child’s case, and work with them. The Youth Education Liaison at the Brain Injury Alliance of Colorado (BIAC) is another resource.

If your child has missed school, BrainSTEP members may work with you and your doctors to handle school re-entry.

With doctor input, BrainSTEP teams may develop learning plans geared for your child’s particular needs. If the injury is severe they might develop a Section 504 plan (for students with disabilities) or an IEP (Individualized Education Plan), both of which help to adjust instruction as needed. Adjustments will vary on a case-by-case basis. (Some examples of adjustments include taping lessons, or allowing extra time for test-taking.) Your child may stay in a regular classroom or go into a self-contained classroom. Similar classroom adjustments happen if your child has sustained a milder brain injury, like a concussion, although they are expected to be shorter-term than for more severe injuries.

Teams will also monitor how your child does over time. Learning plans are subject to revision and will be changed if new learning issues arise or if the student no longer needs particular adjustments. As a parent, you will have important observations about your child and communicating them clearly with doctors and education personnel will help facilitate the healing and learning process.
DuMyon Martial Arts
719-301-3839
6660 Delmonico Drive, Suite D127
Colorado Springs, CO 80919
www.dumyonmartialarts.org
DuMyon is martial arts training intended for those who meet the guidelines of certain medical conditions.

Falcon School District 49
719-494-8944
10850 East Woodmen Road
Colorado Springs, CO 80831
www.d49.org
D-49 provides support and consultation within the educational setting for students with traumatic brain injury.

Fountain Fort Carson School District 8
719-382-1458
10665 Jimmy Camp Road
Fountain, CO 80817
www.ffc8.org
Provides educational programming and support for students with Brain Injury. Contact Shanda Vaira at svaira@fc8.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
611 North Weber Street, Suite 200
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 BOCES
719-570-7474
2883 South Circle Drive
Colorado Springs, CO 80906
www.ppboces.org
Works collaboratively with school districts to ensure brain injured students are identified and supported.

Pueblo District 70
719-542-0220
24951 Highway 50 East
Pueblo, CO 81006
www.district70.org
Serve as brain injury consultants to help students with school re-entry and educational planning.

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

EDUCATION: ADULT

Adult & Family Education –School District 11
719-328-3001
2115 Afton Way
Colorado Springs, CO 80909
http://adulted.d11.org/Pages/default.aspx
Classes available to pass your GED/High School Equivalency test or to improve college/job opportunities.

American Stroke Association
719-635-7688
1586 South 21st Street, Suite 10
Colorado Springs, CO 80904
www.strokeassociation.org
Stroke is largely preventable, treatable and beatable.

Colorado Springs Senior Center
719-955-3400
1514 North Hancock Avenue
Colorado Springs, Colorado 80903
www.seniorcenter.com
An education + recreational center for those 55 and older. Providing a social outlet for seniors in our community

Colorado Kids with Brain Injury
cokidswithbraininjury.com
Colorado Talking Book Library
800-685-2136
180 Sheridan Boulevard
Denver, CO 80226
www.mycbl.org
Free service to all Coloradans unable to read standard print due to visual, physical or learning disabilities.

Eastern New Mexico University at Roswell
515-624-7286
P.O. Box 6000
Roswell, New Mexico 88202
www.roswell.enmu.edu
Specialized occupational training for students with disabilities including independent living skills training (CO in-state).

Job Corps
719-596-6850
320 North Academy Boulevard
Colorado Springs, CO 80909
www.jobcorps.gov
Youth ages 16-24 earn high school diploma in addition to gaining free vocational training.

The Rocky Mountain ADA Center
800-949-4232
3630 Sinton Road, Suite 103
Colorado Springs, CO 80907
www.adainformation.org
Providing information, guidance and education on the Americans with Disabilities Act.

Parenting Matters of El Paso County/Alliance for Kids
719-466-0099
Dana Scarbrough, Parenting Matters Specialist
2340 Robinson Street
Colorado Springs, CO 80904
Parentingmatter-epc.org
Coordinating and organizing community parent education and resources to help families raise healthy, happy children.
Pikes Peak Library District
719-531-6333
5550 North Union Boulevard
Colorado Springs, CO 80918
http://library.ppld.org/classes
Classes include – computers, photography, tai chi, business employment, ESL, reading help, learn English, reading English.

Pueblo Community College
719-594-3446
900 West Orman Avenue
Pueblo, CO 81004
Disability Resources Center
TTY: 719-549-3396
Academic Building Room 120

PPCC Office of Accommodative Services and Instructional Support (OASIS)
719-502-3333
5675 South Academy Boulevard, Suite C-21
Colorado Springs, CO 80906
www.ppcc.edu/oasis
We help to provide equal access to academic programs at the higher education level.

Support for Success LLC
719-330-3624
Serving the Pikes Peak area at your home, office, or school.
Supportforsuccess.org
Teaching and coaching customized strategies and technology tools for brain support at home, work, or school.

UCCS Disability Services
719-255-3354
1420 Austin Bluffs Parkway, Main Hall, # 105
Colorado Springs, CO 80933
www.uccs.edu
Provides students with disabilities reasonable accommodations and support services to participate fully in the academic environment.

SPEAKERS/PRESENTATIONS:

Brain Injury Alliance of Colorado
303-355-9969
1325 South Colorado Boulevard, Suite B 300
Denver, CO 80333
Liz Gerdeman – liz@biacolorado.org

Holistic Herbal Health
303-249-7742
155330 East Bronco’s Parkway, Suite 320
Centennial, CO 80112
www.RootedInHealth.com
Informative & sought after speaker/educator, Dr. Zeph delights her audiences with vital, alternative and integrative medicine therapies.

I CARE - Integrative Complementary Alternative Resource Experts
719-338-9103
Barbara Jeanne, B.S.
Tamara Tinsley, B.A.
National Speakers/Trainers uniting resources in the Complementary and Alternative Health field. Exclusive Mastermind Groups developing.

Pikes Peak Region Brain Injury Professionals Network
303-562-3298
Liz Gerdeman
liz@biacolorado.org
BIAC coordinates/facilitates trainings on brain injury. Contact Liz for further details.

The Finish Line is Our Starting Point
505-469-2576
MicheleElys Runyan
micheleelys@msn.com
micheleelys.wordpress.com
TBI training, recovery specialist, inspirational life storyteller, author/blogger, change your thinking change your life.

You Inspire Me! Speakers Bureau
941-661-5935
Ashepard03@yahoo.com
www.mybumponthehead.com
Motivational and inspirational speakers who have triumphed over tragedy and who share their stories.
EMPILOYMENT

Are We There Yet Travel
719-210-0013
943 Shrider Road
Colorado Springs, CO 80920
arewethereyetco.com

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

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

Colorado Springs
719-635-3585
1365 Garden of the Gods Road, Suite 250
Colorado Springs, CO 80907

Canon City
719-275-7408
3224 Independence Road
Canon City, CO 81212

Pueblo
719-544-1406
720 North Main, Suite 320
Pueblo, CO 81003

Community Outreach, Inc.
719-578-1227
805 South Tejon Street
Colorado Springs, CO 80903
www.communityoutreachcos.com
We provide individualized services to help people get and keep jobs in the community.

Independence Center, The
719-471-8181, ext. 176
729 South Tejon Street
Colorado Springs, CO 80817
www.theindependencecenter.org
Employment services for people with disabilities including resume writing, interview preparation and employment application.

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

ID 4 the Web | http://id4theweb.com/appreviews
ReHire Colorado
303-636-3765
10375 East Harvard Avenue, Suite 400
Denver, CO 80231
www.rmhumanservices.org/ves

Provides funding for employment assistance to veterans who are unemployed or under employed.

School to Work Alliance Program (SWAP)
Colorado Department of Education
http://www.cde.state.co.us/cdesped/ff-swap
Helps individuals ages 16-25 with mild to moderate disabilities find and maintain employment.

- **Colorado Springs**
  - 719-328-3092
- **Canon City**
  - 719-276-6173
- **Pikes Peak BOCES**
  - 719-380-6256

Workforce Centers
www.ppwfc.org

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

- **Colorado Springs**
  - 719-667-3700
  - Pikes Peak Workforce Center
  - 1675 Garden of the Gods Road
  - Colorado Springs, CO 80907
- **Canon City**
  - 719-275-8024
  - CO Workforce Center
  - 3224 Independence Road
  - Canon City, CO 81212
- **Pueblo**
  - 719-562-3720
  - Pueblo Workforce Center
  - 212 West 3rd Street
  - Pueblo, CO 81003

Get up. Go. And get back in the saddle.

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

- Fitness to Drive Driving Rehabilitation
- Seating and Positioning Clinic
- Vestibular Program
- Vision Therapy
- ImPACT Testing/Evaluation by Dr. Mike Nunley, neuropsychologist

Plus, we are part of Centura Health, the region’s leading health care network.

Penrose-St. Francis Rehabilitation
2222 N. Nevada Ave.
Colorado Springs, CO 80907
719-776-5200
penrosetfrancis.org

Centura Health does not discriminate against any person on the basis of race, color, national origin, disability, age, sex, religion, creed, ancestry, sexual orientation, and marital status in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy contact Centura Health’s Office of the General Counsel at 1-303-673-8560 (TTY: 711). Copyright © Centura Health, 2017.

FINANCIAL / BENEFITS

Aid to the Needy Disabled (AND)
719-636-0000
El Paso County Department of Human Services
1675 Garden of the Gods Road
Colorado Springs, CO 80907
Provides a state assistance payment once a month for disabled individuals who have low or no income.

AV Hunter Trust
303-399-5450
650 South Cherry Street, Suite 535
Glendale, CO 80246
avhuntertrust.org
Organization and individual grants (durable medical equipment and certain dental procedures) for seniors, youth, disabled, and indigent. Applications must be submitted on-line by a referring agency.

Burg Simpson Eldredge Hersh & Jardine, P.C.
303-792-5595
40 Inverness Drive East
Englewood, CO 80112
www.burgsimpson.com
Representing TBI patients and their families, with more than 30 years’ experience. Free consultation.

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 Accounts, Advisory Services.

Colorado Department of Revenue
303-205-5901
Colorado Springs Service Center
2447 North Union Boulevard
Colorado Springs, CO 80909
https://www.colorado.gov/revenue
Includes Lottery Division, Division of Motor Vehicles and Taxation Division.

Colorado Springs Vet Center
719-471-9992
Department of Veterans Affairs
602 South Nevada Avenue
Colorado Springs, CO 80903
www.vetcenter.va.gov
Benefits and services offering financial and other forms of assistance to Veterans, dependents, and survivors.

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

Department of Human Services
Food assistance, Aid to Needy Disabled, Home and Community Based services, Adult Medical Programs

El Paso County Department of Human Services
719-636-0000
1675 W. Garden of Gods Road
Colorado Springs, CO 80907
http://dhs.elpasoco.com

Pueblo County Department of Human Services
719-583-6110
2631 East 4th Street
Pueblo, Colorado 81001

El Paso County Veterans Service Office
719-520-7750
5850 Championship View, Suite 130
Colorado Springs, CO 80922
http://adm.elpasoco.com/VeteranServices/Pages/default.aspx
Assists veterans and their dependents and survivors with VA benefits and dealings with government agencies

Friends of Man
303-798-2342
PO 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, ext. 176**  
729 South Tejon Street  
Colorado Springs, CO 80817  
www.theindependencecenter.org  
Specialists assist with applications and work incentives leading to career, improved services for maximum independence.

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

**MEDICAID**  
**877-267-2323**  
See Department of Human Services listing to apply.  
https://www.medicaid.gov  
State and federal healthcare program 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 65+ or people with qualifying permanent disabilities.

Morgan Stanley Wealth Management  
**719-288-1305**  
115 East Riverwalk, 3rd Floor  
Pueblo, CO 81003  
www.morganstanleyfa.com/craig.eliot  
Craig Eliot Cisney is a Financial Advisor and former Brain Injury Alliance of CO Board Member.

NeedyMeds.org  
**800-503-6897**  
PO Box 219  
Gloucester, MA 01930  
www.needymeds.org  
NeedyMeds educates and empowers those seeking affordable healthcare.

Pikes Peak United Way 2-1-1  
**719-632-1543**  
518 North Nevada Avenue  
Colorado Springs, CO 80903  
http://ppunitedway.org/211database.html  
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)  
PO Box 1103, MC 950  
Colorado Springs, CO 80947-0950  
Year round Utilities Assistance Program for CSU customers facing challenges that impose temporary financial hardship.

Reach Pikes Peak  
www.reachpikespeak.org  
Services Provided – family stabilization, transition to independence, individual development account, and youth education savings.  
Reach Pikes Peak, Calhan Office  
719-347-2976  
701 4th Street  
Calhan, CO 80808  
Reach Pikes Peak, Colorado Springs Office  
719-358-8396  
312 South Weber Street, Suite A  
Colorado Springs, CO 80903  
Reach Pikes Peak, Fountain Office  
719-382-8515  
501 East Iowa  
Fountain, CO 80817

Rocky Mountain Options for Long Term Care  
**719-457-0660**  
2812 East Bijou Street  
Colorado Springs, CO 80909  
www.rmhcare.org  
El Paso & Teller Counties case management agency, serving older adults and other individuals with disabilities. Medicaid based programs.

Center on Brain Injury Research and Training  
[http://cbirt.org](http://cbirt.org)
Social Security Administration
800-772-1213
www.ssa.gov
Administers SSI and SSDI. Information about disability benefits can be found at www.ssa.gov

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

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

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

SSDI – Social Security Disability Insurance
800-772-1213
See “Social Security Administration” listing for offices www.ssa.gov/disability
Pays monthly benefits to people who are no longer able to work due to disability.

SSI - Supplemental Security Income
800-772-1213
See “Social Security Administration” listing for offices www.ssa.gov/ssi
A Federal income supplement program to help aged, blind, and disabled people with little or no income.

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

Thrivent Financial
719-896-4204
1365 Garden of the Gods Road, Suite 120
Colorado Springs, CO 80907
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
https://tri-lakescares.org
TLC is a community resource agency offering emergency, relief, and self-sufficiency services.

Unemployment Benefits
1-800-388-5515
Colorado Department of Labor & Employment
633 17th Street, Suite 201
Denver, CO 80202-3660
https://myui.coworkforce.com/LogIn
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/victimwitnes3.aspx
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.

HOUSING: HOUSING ASSISTANCE

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

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
Architectural Barrier Removal
719-385-5912
City of Colorado Springs, Housing Programs
https://coloradosprings.gov/community-development/page/housing-programs
Provides assistance for home modifications for physically disabled persons. Must meet income guidelines. Apply on website.

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
Colorado Department of Revenue, Division of Taxation
www.colorado.gov, enter PTC into search box
State rebate program for Colorado residents who are disabled or age 65+

Emergency Repair Program
719-385-5912
City of Colorado Springs, Housing Programs
https://coloradosprings.gov/community-development/page/housing-programs
Provides assistance for critical housing repairs. Must meet income guidelines. Application on website.

Energy Outreach Colorado via BIAC
303-355-9969
1325 South Colorado Boulevard, B300
Denver, CO 80222
https://biacolorado.org
Energy Outreach CO assists individuals with overdue utility bills. Apply through Brain Injury Alliance of Colorado.

Energy Resource Center
719-591-0772
114 West Rio Grande Street
Colorado Springs, CO 80903
erc-co.org
Making homes energy efficient to help lower utility costs and save energy. Free for those who qualify.

Survivor Stories

Dennis
In 2004, at age 58, Dennis suffered a brain injury when a sinus infection spread into his brain. After two surgeries to clear out the infection, he temporarily lost the use of his left side. He started on therapy while still in the ICU, regaining his handwriting (he is left-handed) and full mobility despite several health setbacks. Since his injury, Dennis retired from his job, and has become deeply involved with the brain injury community in the Colorado Springs area. Currently he provides care for his wife, who more recently suffered her own brain injury. According to him, “The devil threw me back, and the angels weren’t ready for her.” Since his injury, Dennis has climbed Pikes Peak a total of 6 times, 5 times as part of the Pikes Peak Challenge. He also volunteers extensively in the community; he is a “rehab buddy” to newly injured patients at Penrose Hospital, and for many years, he helped lead a support group for brain injured. He also participates in a Caregivers Support Group through Penrose Cancer Center. He believes strongly that he is here for a reason, and giving back to the community has been part of his purpose. He says, “We are in places by design. It’s up to us to recognize we have a job to do. When you volunteer, you try to give, but you end up receiving more than you expect.”

By Ravay Snow-Renner
Family Promise / IHN
719-329-1244
519 North Tejon Street
Colorado Springs, CO 80903
www.ihn-cos.org
Short term (3 month limit) transitional housing program. One family member must be willing and able to work.

Housing Authority
The Housing Authority offers several housing assistance programs.

Calhan Housing Authority
719-347-2616
406 Cheyenne Street
Calhan, CO 80808
Pueblo Housing Authority
719-544-6230
1414 North Santa Fe Avenue, #10
Pueblo, CO 81003
http://www.hapueblo.org
Colorado Springs Housing Authority
719-387-6700
831 South Nevada Avenue, #2
Colorado Springs, CO 80903
www.csha.gov

El Paso County Housing Authority
719-387-6700
831 South Nevada Avenue, #2
Colorado Springs, CO 80903

Fountain Housing Authority
719-382-5639
501 East Iowa Avenue
Fountain, CO 80817

Housing First Pikes Peak
719-375-8794
610 South Tejon Street
Colorado Springs, CO 80903
www.homewardpp.org
Housing and intensive case management for the chronically homeless with dual diagnosis or the disabled homeless veterans.

Lights & Locks for Seniors
719-385-5912
City of Colorado Springs – Housing Programs
https://coloradosprings.gov/community-development/page/housing-programs
Provides grant assistance to seniors to improve the security of their homes. Must meet income guidelines. Application on website.

Operation TBI Freedom (OTF) is a program of Craig Hospital that provides support for Veterans and active duty military personnel with traumatic brain injuries.

BrainCare helps people thrive after brain injury.

BrainCare offers residential options, day programming through the Neuropathways Center, behavioral health support and transportation.

If any of the following apply to you or a loved one, BrainCare may be right for you:

• Difficulty getting to all the necessary health care appointments—physical therapy, speech therapy, occupational therapy or physician appointments

• Inability to work or do other daily living tasks that you formerly were able to do

• Inability to fully care for yourself or a loved one around the clock

• Inability taking care of family members who rely on your support

• A doctor has recommended 24-hour supervision

BrainCare
2502 East Pikes Peak Ave.
Colorado Springs, CO 80909
rmhc.org | 719-520-5656
Owner Occupant Rehab Grant or Loan Program
719-385-5912
City of Colorado Springs – Housing Programs
Email – housingdevelopment@springsgov.com
https://coloradosprings.gov/community-development/page/housing-programs
Provides grant or loan for eligible homeowners to make necessary improvements to their home. Application on website.

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

Single Family Housing Rehabilitation Program
303-685-4225
El Paso County outside of CS city limits
Brothers Redevelopment
www.brothersredevelopment.org
Barrier removal and emergency health and safety rehabilitation. Grants and loans depending upon income level.

HOUSING:
RESIDENTIAL/RESPITE

A Wildflower Assisted Living
720-628-9092
9423 West 64th Avenue
Arvada, CO 80004
www.awildflowerassistedliving.com
Specializing in the supportive care of those with traumatic and acquired brain injury in a residential setting

Access to Freedom, Inc.
719-260-7687
P.O. Box 63507
Colorado Springs, CO 80962
www.accessrofreedom.com
Affordable stair lifts, wheelchairs ramps, grab bars, bathroom and kitchen remodels for disabled.

ARA
715-235-1839
7822 Windwood Way
Parker, CO 80134
www.auroraservices.com
We offer supportive services in a residential setting for individuals who have sustained a brain injury.

Catharine’s Quality of Life Homes
303-670-7748
27678 Whirlaway Trail
Evergreen, CO 80439
www.ColoradoSupportiveLiving.com
Serving persons with brain injuries for 25 years in the Denver area.

Discover Goodwill
719-635-4483
1460 Garden of the Gods Road
Colorado Springs, CO 80907
discovermygoodwill.org
Discover Goodwill’s residential program assists developmentally disabled individuals with independent living.

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

Hilltop Life Adjustment Program
970-245-3952
1405 Wellington Avenue
Grand Junction, CO 81504
www.htop.org
Provides residential and day program treatment services and community reintegration. Accepts Medicaid (HCBS-BI SLP Provider). Worker’s Compensation, and private pay.

Center on Brain Injury Research and Training
http://cbirt.org
Mosaic
719-380-0451
888 Garden of the Gods Road, Suite 100
Colorado Springs, CO 80907
www.mosaicincoloradosprings.org
Providing a life of possibilities for people with intellectual disability through supported employment, host home and a community based day program.

Pikes Peak Respite Services
719-659-6344
4845 Old Brook Circle
Colorado Springs, CO 80917
Pikes Peak Respite Services on Facebook
PPRS provides Respite, Personal Care, Homemaker and Community Connector services 24/7!
Call 1-719-659-6344 for more information.

Rocky Mountain Community Land Trust
719-447-9300
1212 West Colorado Avenue
Colorado Springs, CO 80904
www.rmclt.org
RMCLT partners with low-income families in home ownership

Rocky Mountain Health Care Services, BrainCare
719-520-5656
2502 East Pikes Peak Avenue
Colorado Springs, CO 80909
www.rmhcare.org
Residential options include: licensed assisted living and residential home options.

LEGAL

Anderson Injury Law Firm
719-473-3040
217 East Fillmore Street
Colorado Springs, CO 80907
lawrja.com
Personal injury attorney helping injured people obtain fair compensation for their injuries.

Burg Simpson Eldredge Hersh & Jardine, P.C.
303-792-5595
40 Inverness Drive East
Englewood, CO 80112
www.burgsimpson.com
Free consultation for TBI, personal injury, workers’ compensation, dangerous drugs/devices, and medical malpractice cases.

Daniel Stageman, P.C.
719-527-4790
660 Southpointe Court, Suite 303
Colorado Springs, CO 80906
www.stagemanlaw.com
Personal injury, wrongful death, and auto accidents

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

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

Equal Justice Foundation Inc.
719-640-8895
455 Bear Creek Road
Colorado Springs, CO 80906
www.ejfi.org
The defense of human and individual rights as secured by law.
Fleishman & Shapiro P.C.
303-861-1000
2000 South Colorado Boulevard
Tower One, Suite 9000
Denver, CO 80222
www.colorado-law.net
Highly skilled and compassionate representation for brain injury survivors. Free consultations.

Gaddis, Kin, Herd, & Craw, P.C.
719-471-3848
15 West Cimarron Street, Suite 300
Colorado Springs, CO 80903
www.gaddiskinherd.com
Personal injury, medical malpractice, insurance bad faith, estate planning, wills and trusts, probate, real estate and more.

Kinnaird & Kinnaird, P.C.
719-520-0003
415 West Bijou Street
Colorado Springs, CO 80905
www.kcklaw.com
Bankruptcy, personal injury, family, and criminal law

Law Firm of Jaray & Webster, LLC
719-633-6620
985 Pico Point
Colorado Springs, CO 80905
www.jaraywebsterlaw.com
Give us a call. There is no charge for the initial consultation.

Law Firm of Ted Bills
719-359-9000
1755 Telstar Drive, Suite 300
Colorado Springs, CO 80920
www.springsattorney.com
Your personal injury attorney.

Law Offices of Allison Tyler
719-520-5690
985 Pico Point
Colorado Springs, CO 80905
www.allisontylerlaw.com
Social security disability

Law Offices of J. C. “Pit” Martin
719-578-5455
723 South Cascade Avenue
Colorado Springs, CO 80903
www.pit-law.com
Personal injury. Member of Brain Injury Alliance. Thirty-three years of experience helping people with brain injuries.

Melat, Pressman & Higbie, LLP
719-457-0304
711 South Tejon Street
Colorado Springs, CO 80903
www.springslaw.com
Auto accidents, insurance, personal injury, serious injury, slip and fall, and wrongful death

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.

Shakeshaft & Gorman Law Firm, LLP
719-635-5886
1932 Jamboree Drive, #202
Colorado Springs, CO 80920
Traumatic Brain Injury – We work to protect you throughout the legal process. Call Now.

Travis Law Group
719-520-5011
121 East Vermijo Avenue, Suite 100
Colorado Springs, CO 80903
www.travislawgroup.com
An injury is life-altering. Our personal approach and extensive litigation experience helps you receive fair compensation.

Waters, Kubik & Cassens, LLC
719-633-6303
707 South Tejon Street, Suite 200
Colorado Springs, CO 80903
www.lawfirmwkc.com
Personal injury and social security disability.

Weddell and Haller, P.C.
719-387-9866
722 North Weber Street
Colorado Springs, CO 80903
www.weddellandhaller.com
Workers’ compensation and social security disability.
Winegar Law, L.L.C.
719-634-2336
303 South Cascade Avenue, Suite 101
Colorado Springs, CO 80903
www.winegarlaw.com
Personal injury, corporate and business litigation, and criminal defense.

Wm Andrew Wills II, P.C.
719-633-8500
121 South Tejon Street, Suite 900
Colorado Springs, CO 80903
willslawpc.net
Over 30 years of success in litigation of personal injury claims including traumatic brain injury.

MILITARY

MILITARY GOVERNMENT CONTACTS
In Crisis? Call the Military Crisis Line: 800-273-8255 and Press 1

AW2 (U.S. Army Wounded Warrior Program)
719-526-3819
U.S. Army Warrior Care and Transition
www.wtc.army.mil/AW2
WTB, Building 7494, Room 126
1665 Cochrane Circle
Fort Carson, CO 80913

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
www.dvbic.dcoe.mil
Defense and Veterans Injury Center (DVIC) assists the DoD and VA in optimizing care of service members and veterans with traumatic brain injuries at home and in the deployed setting, through state-of-the-art clinical care, innovative research, care coordination, and educational tools and resources. Watch people tell their stories of recovery and hope at: dvbic.dcoe.mil/aheadforthefuture. A Head for the Future is looking for testimonials of TBI champions—service members, veterans and members of military families who have experienced traumatic brain injury (TBI). We will feature your personal story in print materials, videos, articles, blogs and social media posts to raise awareness about TBI and to encourage others to seek help.

Defense Centers of Excellence (DCoE)
866-966-1020 (toll free)
www.Dcoe.mil
For Psychological Health & Traumatic Brain Injury. Trained health resource consultants provide free, customized information 24 hours a day, seven days a week via phone, e-mail or online chat.

Grand Junction Veterans Health Care System
970-242-0731
www.grandjunction.va.gov
2121 North Avenue
Grand Junction, CO 81501

inTransition
800-424-7877
www.health.mil/inTransition
A voluntary and confidential program to support service members and family members moving between health care systems or providers. A personal coach, along with resources and tools, will help you during this transitional period to make your transition a success.

Military & Family Life Counselors (MFLC)
719-338-7216
Mflc.carson@gmail.com
www.mhngs.com
Brief, solution focused, problem solving counseling-confidential

Bruce McCandless State Veterans Nursing Home
719-784-6331
https://sites.google.com/a/state.co.us/cdhs-vclc/our-homes
903 Moore Drive
Florence, CO 81226
Military One Source
800-342-9647
Someone you can turn to no matter what: marital & family counseling, spiritual guidance, life issues, crisis intervention, etc. A confidential, caring & listening ear.

National Center for Telehealth & Technology
253-968-1914
www.t2health.org

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

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

Real Warriors
866-966-1020
www.realwarriors.net
To request materials, partner with the public awareness campaign, share your story, or for general inquiries.

VA Eastern Colorado Health System
888-336-8262 or 303-399-8020
www.denver.va.gov
1055 Clermont Street
Denver, CO 80220

Veteran Service Office
719-520-7750
www.adm.elpasoco.com/veteranservices
5850 Champion View, Suite 130
Colorado Springs, CO 80922

Websites:
Brainline.org
Preventing, treating, and living with Traumatic Brain Injury
Find brain injury services in every state:
www.brainline.org
BrainLineMilitary.org
Visit to find resources about traumatic brain injury for service members, veterans, National Guard, reserves, and family members.
www.BrainlineMilitary.org

MILITARY NON-GOVERNMENT ORGANIZATIONS

Healing Warriors Program
970-776-VETS (8387)
(Pop Up Clinics along Front Range)
6525 Gunpark Drive, Suite 370-195
Boulder, CO 80301
www.HealingWarriorsProgram.org
Non-narcotic therapy for pain, PTS, TBI, sleep. Free monthly local clinic, check website.

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

Home Front Cares, The
719-434-1501
P. O. Box 38516
Colorado Springs, CO 80937
www.thehomefrontcares.org
The Home Front Cares offers one-time emergency financial assistance with urgent necessity needs such as rent/utilities.

Independence Center, The
719-471-8181
729 South Tejon Street
Colorado Springs, CO 80903
www.theindependencecenter.org
VIC – Veteran support services to enable veterans to live at home as long as possible.

Operation TBI Freedom
855-355-6824
24 South Weber Street
Colorado Springs, CO 80903
www.operationt bifreedom.org
Offers case management to post 9/11 service members and veterans with traumatic brain injury.
Peak Military Care Network  
719-577-7417  
1257 Lake Plaza Drive, Suite #220  
Colorado Springs, CO 80906  
www.pmcn.org  
Connects military service members, veterans and their families to high quality resources provided by community partners.

Rocky Mountain Healthcare Service, Brain Care  
719-520-5656, x 411  
www.rmhcare.org  
2502 East Pikes Peak Avenue  
Colorado Springs, CO 80909  
Serves veterans and their families through single case agreements. Call for more information.

Wings and Warriors  
719-689-3204  
11 Del Norte Circle  
Florissant, CO 80816  
www.wingsandwarriors.org  
Provide service dogs for veterans with PTSD and TBI.

Wish for Our Heroes – Rocky Mountain Chapter  
PO Box 140837  
Lakewood, CO 80214  
www.wishforourheroes.org  
Helping veterans and their families, one wish at a time.

PHYSICAL MEDICINE

DRIVING PROGRAMS

Driver Safety Consultants  
719-277-0001  
4327 North Academy Boulevard  
Colorado Springs, CO 80918  
www.drivesafer.info  
Driving skills assessment and skills for confidence and safety.

Fitness to Drive  
719-776-5200  
2222 North Nevada Avenue  
Colorado Springs, CO 80907  
https://www.penrosettfrancis.org/psf/specialties/rehabilitation-services/fitness-to-drive-driving-rehabilitation-program/  
A driving rehabilitation program for those who need to develop or improve their current driving capacities due to injury, disability, or age-related changes.

HOSPICE, RESPITE, HOME HEALTH, AND COMMUNITY MEDICAL RESOURCES

Amblicab  
719-301-6870  
5640 North Academy Boulevard  
Colorado Springs, CO 80918  
www.amblicab.org  
In Home Support Caregiver Services - helping people stay in their homes safely, with appropriate care.

Ascending to Health Respite Care and SOAR  
719-633-2800  
123 West Rio Grande Street  
Colorado Springs, CO 80903  
www.ascendingtohealthrespitecare.org  
Low or no cost care servicing homeless persons with medical respite, temporary housing, and recuperative care.

Discover Goodwill  
719-352-1373  
1460 Garden of the Gods Road  
Colorado Springs, CO 80907  
discovermygoodwill.org  
Medical and non-medical care services in your home. Assistance with housekeeping, meal preparation, medications and more.

Frontier Home Health and Hospice  
719-544-5891  
4718 North Elizabeth Street, Suite A  
Pueblo, CO 81008  
www.frontierhospiceco.com  
Our care providers are highly skilled and experienced in hospice and home health care.

Center for Disease Control (CDC)  
www.cdc.gov/TraumaticBrainInjury
Interim HealthCare and Hospice
Offering skilled nursing and therapy along with non-medical homecare services. Hospice and palliative care is also available.

Colorado Springs Office
719-632-9900
1901 North Union Boulevard, Suite 100
Colorado Springs, CO 80909
www.interimhealthcare.com/coloradosprings

Pueblo Office
719-545-1184
720 North Main Street, Suite 400
Pueblo, CO 81003
www.interimhealthcare.com/pueblo

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 uninsured and underinsured.

Peak Vista Community Health Centers
719-344-7191
3205 North Academy Boulevard, Suite 130
Colorado Springs, CO 80917
www.peakvista.org
Peak Vista Community Health Centers provide medical, dental, and behavioral health care to people of all ages.

NEURO OPTOMETRY

Academy Vision Science Clinic, PC
719-598-6000
James T Van Camp, OD, FABD, Diplom
5955 Lehman Drive
Colorado Springs, CO 80918
www.academyvision.com
Providing essential eyecare services including advanced diagnosis, treatment, and rehabilitation services for TBI patients.

Impact Vision Therapy
719-302-8922
Dr. Joshua Watt, OD
1710 Jet Stream Drive, Suite 215
Colorado Springs, CO 80921
www.impactvisiontherapy.com
Training exercises enhance recovery of brain function by stimulating and strengthening visual connections in the brain.

Gleneagle Vision Center
719-884-8480
Dr. Michael Saxerud, OD and Dr. Gail Saxerud, OD
15435 Gleneagle Drive #100
Colorado Springs, CO 80921
glomeraglevision.com
Functional neuro-optometry including prism therapy.

Pine Creek Vision Clinic
719-594-2020
Dr. Thomas Wilson, OD, FCOVD
9475 Briar Village Point, Suite 200
Colorado Springs, CO 80920
www.pinecreekvision.com
Visual rehabilitation of persons with stroke or brain injury.

MEDICAL DOCTORS

Centura Health Physicians Group, Broadmoor Drive
719-776-3300
Dr. Nick Piantanida, MD
1263 Lake Plaza Drive, Suite 230
Colorado Springs, CO 80907
www.penrosestfrancis.org/PSF/Specialties/Primary-Care/Primary-Care-Providers/
Dr. Piantanida is board certified in Family Medicine and holds a Certificate of Additional Qualification in Sports Medicine/Concussion.

Colorado Rehabilitation Physicians, PC
719-776-5960
Dr. Glen House, MD, and Dr. Pio Guerrero, MD
2222 North Nevada Avenue, Suite 5020
Colorado Springs, CO 80907

Peak Neurology
719-445-9902
5770 Flintridge Drive, Suite 100
Colorado Springs, CO 80918
www.peakneurocos.com
Peak Neurology’s mission is to provide personalized, high quality neurology care on an as-needed or preventative basis.
REHABILITATION AND HOSPITALS

Accelerated Recovery Specialists
719-636-3333
5731 Silverstone Terrace, Suite 100
Colorado Springs, CO 80919
www.accelerateddrs.com
Specializing in musculoskeletal and electrodiagnostic medicine. Treating injuries related to and including motor vehicle accidents and workers' compensation.

Alliance Health Partners
719-632-4754
155 Printers Parkway, Suite 200
Colorado Springs, CO 80910
www.alliancehealthpartners.com
Chiropractic, physical therapy, massage therapy, and rehabilitation.

Apex Physical Medicine and Rehabilitation
719-635-3764
3910 South Carefree Circle, Suite F
Colorado Springs, CO 80917

Balance Point Vestibular Rehabilitation
719-667-0666
7606 North Union Boulevard, Suite F
Colorado Springs, CO 80920
www.balancepointrehab.com
Physical therapy specializing in vestibular disorders (balance and dizziness).

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

Chiropractic of Black Forest
719-494-0900
11590 Black Forest Road #20
Colorado Springs, CO 80908
Chiropractor

Colorado Acute Long Term Hospital
303-264-6800
1690 North Meade Street
Denver, CO 80204
www.ColoradoAcuteHospital.com
A dynamic extended acute care hospital, specializing in the medical management of patients with complex needs.

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

Craig Hospital
303-789-8490
3425 South Clarkson Street
Englewood, CO 80113
www.craighospital.org

Dr. Mike Nunley
719-776-5200
2222 North Nevada Avenue
Colorado Springs, CO 80907
www.penrosestfrancis.org/psf/specialties/rehabilitation-services/
Neuropsychologist helping clients adjust to their injury and illness. Over a decade of focus on sports-related concussion care.

HealthSouth Rehabilitation Hospital of Colorado Springs
719-630-8000
325 Parkside Drive
Colorado Springs, CO 80910
www.healthsouthcoloradosprings.com
64-bed inpatient rehabilitation hospital designed to return patients to leading active, independent lives.

Human Performance and Rehabilitation
719-287-7377
Colorado Springs Center
402 West Garden of the Gods Road
Colorado Springs, CO 80907
www.cshpr.com
HPR uses multi-disciplinary approaches to provide empowering and individualized treatment for concussion and brain injury.
Lancaster Chiropractic  
719-404-1489  
4736 Eagleridge Circle  
Pueblo, CO 81008

Orthopedic Rehabilitation Associates  
719-265-6601  
The NeuroRehab Project  
3605 Austin Bluffs Parkway  
Colorado Springs, CO  
www.oraclinic.com  
Providing skilled, personalized physical and speech therapy services to individuals with neurological impairments.

Penrose Hospital Rehabilitation  
719-776-5200  
2222 North Nevada Avenue  
Colorado Springs, CO 80907  
www.penrosestfrancis.org/rehabilitation  
Our goal is to optimize patient functionality, producing value to their daily lives regardless of their diagnoses.

Pikes Peak Therapeutic Riding Center  
719-465-3908  
13620 Halleluiah Trail  
Elbert, CO 80106  
www.pptrc.org  
Equine-assisted activities and therapy help reach individual and group mental and physical needs.

Rezac & Associates Physical Therapy  
719-465-1502  
855 Citadel Drive East  
Colorado Springs, CO 80909  
www.rezacpt.com  
Neurological, orthopedic & vestibular PT for children and adults. Specializing & treating patients with brain injuries and multiple trauma.

Select Physical Therapy  
719-749-7302  
6980 Mesa Ridge Parkway  
Fountain, CO 80817  
St. Francis Medical Center Outpatient Rehabilitation  
719-571-1000

6601 East Woodmen Road  
Colorado Springs, CO 80923  
www.penrosestfrancis.org/rehabilitation  
Our services span the spectrum from acute intervention through outpatient support and reintegration into home, work and community settings.

Shandy Clinic  
Outpatient pediatric clinic providing speech, OT and PT. Five locations in Colorado Springs and Pueblo.  
North Clinic  
719-597-0822, ext. 100  
8540 Scarborough Drive  
Colorado Springs, CO 80920  
South Clinic  
719-597-0822, ext. 300  
830 Tenderfoot Hill Road  
Colorado Springs, CO 80906  
Central Clinic  
719-597-0822, ext. 200  
3625 Citadel Drive South  
Colorado Springs, CO 80909  
Thrive Clinic  
719-597-0822, ext. 400  
155 Printer’s Parkway  
Colorado Springs, CO 80910  
Pueblo Clinic  
719-597-0822, ext. 500  
1301 Fortino Boulevard  
Pueblo, CO 81008

Spectrum Rehabilitation  
719-444-0381  
810 Arcturus Drive  
Colorado Springs, CO 80905  
http://spectrumrehab.net  
Our mission is to provide the highest quality accessible care to our patients.

Springs Rehabilitation PC  
719-634-7246  
6005 Delmonico Drive, Suite 130  
Colorado Springs, CO 80919  
www.springsrehab.net

Brain Trauma Foundation  
www.braintrauma.org
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

Turning Point Medical Group  
719-266-0438  
6140 Tutt Boulevard, #120  
Colorado Springs, CO 80923  
www.turningpointmedicalgroup.com  
Physical Therapy – Brain and Vestibular Rehabilitation  
– Gyrostim Therapy

University of Colorado Health Memorial Hospitals and Rehabilitation Centers in Southern Colorado  
www.uchealth.org/southerncolorado  
We offer a full range of Memorial's outpatient physical rehabilitation program and are committed to providing the highest quality rehabilitative care in the Pikes Peak region. To schedule a new evaluation appointment call: 719-364-4444.

UC Health – Memorial Hospital Central  
719-365-5000  
1400 East Boulder Street  
Colorado Springs, CO 80909

UC Health – Memorial Hospital North  
719-365-5000  
4050 Briargate Parkway  
Colorado Springs, CO 80920

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

Scarborough Rehabilitation Clinic  
719-365-5742  
8540 Scarborough Drive, Suite 190  
Colorado Springs, CO 80920

Powers Rehabilitation Clinic  
719-365-5842  
2999 New Center Point  
Colorado Springs, CO 80922-2806

Rockrimmon Rehabilitation Clinic  
719-365-6871  
415 Rockrimmon Boulevard, Suite 300  
Colorado Springs, CO 80919-1773

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

SLEEP CENTER

Dream Sleep Center  
719-546-6300  
44 Briargate Terrace  
Pueblo, CO 81001  
www.dreamsleepcenter.org  
Dr. Bradley Smith, D.O. Residential sleep study center in Pueblo for children and adults.

TRANSPORTATION

Amblicab  
(719) 633-4677  
5640 North Academy Boulevard  
Colorado Springs, CO 80918  
www.amblicab.org  
Safe, reliable, accessible transportation services – doctor appointments, work, day programs. Here to help!

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

Bustang Express Bus Service  
800-900-3011  
Colorado Department of Transportation  
www.ridebustang.com  
Interregional express bus service connecting major populations along the I-25 and I-70 corridors. Download mobile App.

Davey Coach Sales  
800-873-1856  
7182 Reynolds Drive  
Sedalia, CO 80135  
www.daveycoach.com  
Offering MV-1 vehicles, specifically for individuals with special needs and mobility challenges. Customizable wheelchair options and lifts.
Discount Bus Cards
Call The Independence Center – 471-8181
729 South Tejon Street
Colorado Springs, CO 80903
Provides 50% reduced Metro Bus Passes for persons with disabilities. No income requirements. Must present proof of disability.

MEDICAID Transportation
- Transportation to/from covered non-emergency medical appointments or services.
- Go to The Colorado Springs Independence Center (see listing under Advocacy) to set up services with transport company.
- The transport company then bills Medicaid for medical travel.

Miracle Flights
(702) 261-0494
5740 South Eastern Avenue, Suite 240
Las Vegas, NV 89119
www.miracleflights.org
Provides free commercial flights for families traveling to distant specialized care and valuable second opinions.

Motor Vehicle Department
Titles, registrations, and permits for motor vehicles.
Locations on websites.

El Paso County
719-520-6240
Citizens Service Center
1675 West Garden of the Gods Road
Colorado Springs, CO 80907
Car.epasoco.com/MotorVehicle/Pages/default.aspx

Pueblo County
719-583-6507
215 West 10th Street
Pueblo, CO 81003
http://county.pueblo.org/government/county/department/clerk-recorder/motor-vehicle

Mountain Metropolitan Transit
(719) 385-7433
1015 Transit Drive
Colorado Springs, CO 80903
www.transitinfo@springsgov.com
Local public transportation with fixed-route bus (1/2 fare teens, seniors, disabled) and ADA paratransit service.

Rocky Mountain Health Care Services, HealthRide
(719) 623-1170
310 South 14th Street
Colorado Springs, CO 80904
www.rmhc.org
Transportation services available to participants enrolled in the BrainCare program.

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

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

zTrip / Yellow Cab
719-777-7777
4625 Town Center Drive
Colorado Springs, CO 80916
www.yccos.com
Reliable service day or night, including our wheelchair-accessible Mobility Plus fleet.

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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, DUl, 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 bicolorado.org for more information.

What is a brain injury?

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

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

Concussion Warning Signs

<table>
<thead>
<tr>
<th>Thinking/Remembering</th>
<th>Physical</th>
<th>Emotional/Mood</th>
<th>Sleep</th>
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<tbody>
<tr>
<td>Difficulty thinking clearly</td>
<td>Headache</td>
<td>Irritability</td>
<td>Sleeping more than usual</td>
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<tr>
<td>Fuzzy or blurry vision</td>
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<td></td>
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<tr>
<td>Feeling slowed down</td>
<td>Nausea or vomiting (early on)</td>
<td>Sadness</td>
<td>Sleep less than usual</td>
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<tr>
<td>Dizziness</td>
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<td></td>
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<tr>
<td>Difficulty concentrating</td>
<td>Sensitivity to noise or light Balance problems</td>
<td>More emotional</td>
<td>Trouble falling asleep</td>
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<tr>
<td>Difficulty remembering new information</td>
<td>Feeling tired, having no energy</td>
<td>Nervousness or anxiety</td>
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<table>
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When it comes to stroke and brain injury rehabilitation, there is hope. HealthSouth Rehabilitation Hospital of Colorado Springs offers comprehensive stroke and brain injury programs tailored to each patient’s needs and desired outcome. Our inpatient acute rehabilitation program offers the latest technologies and experienced rehabilitation experts focusing on one goal—getting our patients back home. Plus, our full continuum of outpatient rehabilitation and home health services keeps patients moving toward healthy independent lives.

Let HealthSouth take you on your journey to recovery after a stroke or brain injury. For more information or to arrange a tour, call our admissions office at 719 630-2308.