A TRAIN RIDE OFFERS MORE THAN A RIDE FROM POINT A TO POINT B. IT OFFERS THE TRAVELER A NEW OUTLOOK. IT EXPANDS THE HORIZON AND EXPOSES THE TRAVELER TO SIGHTS AND EXPERIENCES THAT ARE BEAUTIFUL AND SERENE AND MIGHT HAVE OTHERWISE GONE UNOBEREKT. DURING THE 2015-16 FISCAL YEAR, ASPENPOINTE EXPERIENCED A SERIES OF THOSE DIFFERENT VIEWS AND EXPERIENCES THAT WE STROWE TO IMPROVE THE OUTLOOK AND THE LIVES OF OUR PATIENTS.

Dr. Mich Patterson
President

Our nation and state achieved great strides in mental health care in the last year. AspenPointe has taken many steps to remain nimble while in this fluid environment.

Yet our health care will continue to evolve and take shape in our community, state and country. The deconstructed agility of our organization in the past year will be even more critical in the future.

Relationships and partnerships will continue to be paramount as we pivot to be in the right place at the right time in support of our patients. The strength of AspenPointe's alliances will position us to become an even more efficient and effective service provider to our community.

In the meantime, we must continue providing immediate care to our patients with quality outcomes. A model of whole-person and integral solutions for our patients will continue to remain a core component of our services.

And, we must continue to take the lead on community-wide issues such as youth suicides in El Paso County. AspenPointe's response of being there and helping to parents, families, friends, and individuals will and must continue to evolve. We must also continue to work together on prevention efforts related to suicide.

One in four Americans lives with a mental illness. Together, we can take that number down. Thank you, Debbie Sagen.
I could do this on my own,” said Tim. “Together we can do something about it. And there’s no way AspenPointe, inspiring others with his story.

He gives back by being a Peer Facilitator at his job and attends a 12-step program daily. "What was the big thing: What do I think helped focus it. What do I do? What do I think you thought you’d never cross.”

In 2006, Tim moved to Colorado Springs. After a few months, he was over-dosed on heroin six times.

He moved into a sober-living group home and took a job in a grocery store.

"I didn’t have any confidence to do anything.” In 2012, Ishala’s life took another devastating turn when she had a stroke.

Ishala spent the rest of her teens in foster care, because she was being molested at home.

Ishala. “So, we went to Boulder and I ran — beat my best friend.” "Ishala had success at school. In junior high, she was a promising track athlete and wanted to compete at the Junior Olympics.

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In 2004, she went back to school and got her GED. "I attempted suicide. I didn’t have coping skills. Doing track, that was my coping,” said Ishala.

In 2015, Sonny went to jail for a DUI. After his release, he found himself more challenging. From transportation, to reading labels, to filling out forms. For AspenPointe clients coping with illiteracy, common activities are reading magazines and books. And it’s something they’re learning to do in as part of the AspenPointe Literacy Program.

"I want to read magazines and books. And now, I can. But before, I didn’t have the ability to read. And it’s something they’ve learned to do in a positive way. "I want to read magazines and books. And now, I can. But before, I didn’t have the ability to read. And it’s something they’ve learned to do in a positive way.

With the help of a counselor, Sonny engages in activities that help him gain a sense of control over his life. He received medical services and started individual therapy.

"Sonny moved into his own apartment. Today, Sonny’s physical and mental health have improved. He’s more engaged in his community and is able to return to his hometown.

"He received medical services and started individual therapy. He moved into a sober-living group home and took a job in a grocery store.

"AspenPointe saved my life.”

Ishala grew up in Colorado Springs. The youngest of six children, she was a talented runner and athlete.

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"Childhood was great. It was just a good place to grow up. It was safe, and the people were good to me. Ishala grew up in Colorado Springs. The youngest of six children, she was a talented runner and athlete.

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