Hello and thank you for considering AspenPointe as your health care provider of choice. Getting started is quick and easy! Just call our Contact Center at (719) 572-6100 to begin enrollment, Monday through Friday, from 7 a.m. to 7 p.m., and Saturday from 8 a.m. to 4:30 p.m. Our Contact Center’s Patient Access Specialists will conduct a quick phone screening to evaluate needs for services.

### Two Assessment Options
We will schedule your initial assessment with a clinician within seven days or direct you to one of our same-day assessment locations. In emergency situations, you can visit one of our walk-in crisis centers (details below).

Please bring the following:
- Photo ID
- Insurance
- Proof of Income
- A list of medications you are taking (if applicable)
- Your primary care provider information

If you are bringing a minor, please ensure you have proof of guardianship.

### Existing Patient?
Simply call 572-6100 to set up an appointment or ask about other services.

### Hours of Operations
- **Walk-in Crisis Center at 115 S. Parkside Drive**
  - Open 24 hours, 7 days a week, 365 days a year
- **Walk-in Crisis Center at 6071 E. Woodmen, Ste. 135**
  - Monday - Friday (8 a.m. to 8 p.m.)
  - Saturday - Sunday (9 a.m. - 5 p.m.)
- **AspenPointe Contact Center**
  - Monday - Friday (7 a.m. to 7 p.m.)
  - Saturday (8 a.m. to 4:30 p.m.)
  - (719) 572-6100
- **Outpatient Services in Colorado Springs**
  - 8 a.m. to 5 p.m.
  - (Call contact center for more detailed information based on clinician and facility)
- **Rural Services**
  - Call contact center for specific times.

AspenPointe traces its roots back 144 years, when we were called the Springs Relief Society. That organization, which delivered coal, lumber and clothing to the community’s most vulnerable, was the genesis of what today is the largest behavioral health care provider in the El Paso, Park and Teller counties.

Our continuum of care, which spans the delivery spectrum from peer services to psychiatric care, guarantees the ability to provide the right level of care in the right setting at the right time.

Within our health care service delivery continuum, we provide services where we can have the greatest impact on patients. Traditional, clinic-based services include an on-mental health and SUD assessments and treatment (individual, family and group therapy), psychiatric evaluations and medication management, case management, psycho-social rehabilitation, psycho-education, and an on-site pharmacy. Our continuum includes crisis and inpatient care as well as intensive outpatient services.

Many of our services are defined as best-practice and provide evidence-based (proven to be effective) treatment protocols. These include:

- Dialectical Behavioral Therapy (DBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Assertive Community Treatment (ACT)
- BrainWise Intensive Outpatient (BIOP)
- HeartMath
- Incredible Years
- Cognitive Behavior Therapy (CBT)
- Brief Solution-Focused Therapy
- Play Therapy
- Filial Play Therapy
- Parent Child Interaction Therapy (PCIT)
- Trauma Systems Therapy (TST)
- Alternatives for Families – Cognitive Behavioral Therapy
- 7 Challenges
- Wraparound Services
We provide client-focused, goal-driven and evidence-based treatment designed to achieve immediate results and long-term recovery. We offer a full complement of support services to assist with transition and readjustment, both individually and through a comprehensive family care model.

**Individual Therapy**
Individual therapy is the work that occurs between an individual and a qualified therapist who assists with developing and implementing a plan of care that meets clients’ specific mental health needs. We provide care across the life span for children and adults with mental illnesses and substance abuse problems. Specialized treatment is available for schizophrenia, bipolar disorder, depression, anxiety, trauma and adjustment disorders.

**Group Therapy**
We provide a number of specialized, evidence-based groups; including groups for mood disorders, social skills development, anger management, Dialectical Behavior Therapy (DBT), behavioral difficulties, and many more.

**Family Therapy**
Family therapy is the delivery of culturally competent therapy in the context of the family unit, while embracing an integrated approach to the systems of care in which the family may be involved.

**Psychiatric Services & Medication Management**
Clients seeking a psychiatric evaluation and medical services by a medical prescriber must initially be evaluated by an AspenPointe Clinician.

**Case Management**
Case management is the supportive and intensive coordination of service delivery and assurance of continuity and integration of services. Case management services are introduced to reduce the need for higher levels of care and are typically provided adjunctive to other treatment interventions. A case manager assists clients by helping them navigate the AspenPointe system and connect with resources in the community including assistance with transportation, utilities, housing, food and other essential needs.

**Walk-in Crisis Center**
Many people struggling with a mental illness can be treated in the center and returned to the community without the need for inpatient treatment. The more quickly someone receives treatment, the less likely his or her condition is to worsen.

AspenPointe’s Walk-in Crisis Center on Parkside Drive is open 24 hours a day, seven days a week and is available for all ages, regardless of ability to pay. Crisis patients have immediate access to licensed professional counselors, peer specialists and care coordinators, and referral assistance for a broad range of community services.

Our Walk-in Crisis Centers offer a less-restrictive alternative to hospitalization and provide timely de-escalation, early intervention and patient stabilization to prevent the need for higher levels of care.

The Walk-in Crisis Centers’ community living rooms provide safe environments where staff and patients can build a relationship, form support networks, and connect to community resources.

Crisis respite is available on a limited basis for children and adults (including Substance Use and Dual Diagnosis) as clinically indicated. Walk-in Crisis Center Staff will connect patients to appropriate resources.

Services include:
- Mental health evaluation
- Skills coaching
- Biofeedback
- Education on psychiatric and addiction disorders
- Education on professional and self-help alternatives
- Referral for continuing care following crisis resolution
- Referral to other community services as needed

**Acute Treatment Unit - 24-Hour**
The Acute Treatment Unit (ATU) at the Lighthouse Facility offers secured 24-hour, short-term stabilization care. Our ATU treats adults, age 18 and over, who are experiencing problems with psychiatric illnesses and/or emotional disorders.

Treatment at the ATU differs from primary care hospitalization. The personal care at the ATU is ideal for those seeking care for a shorter length of time than that of a hospital stay. The average time spent at the ATU is less than five days. The smaller environment also creates less anxiety and offers more comfort.

AspenPointe welcomes family members to participate in patient care upon patient approval.
Substance Misuse Treatment

Adult Substance Misuse Program
Recovery is about learning new skills to meet the challenges of life, and discovering the freedom of living without substances. AspenPointe’s Adult Substance Misuse Program helps individuals break the chains of addiction and offers hope and a new beginning.

The five-month program consists of:
- six weeks of Enhanced Outpatient (EOP) Group, three times weekly, followed by
- six weeks of Outpatient (OP) Group two times weekly, followed by
- eight weeks of Recovery Maintenance Group once weekly.

Graduates of the program are eligible to apply to become volunteer peer facilitators. Day and evening groups are available. A women-only group is available once a week.

Teen Substance Misuse Program
AspenPointe’s Teen Substance Use Program is available for teenagers who have substance use issues as well as co-occurring substance use and mental illness. We accept voluntary and involuntary (court-ordered, probation, DHS clients) referrals. Clinicians can also initiate services with a medical prescriber as needed.

Services include:
- Individual, Group and Family Therapy
- Drug and Alcohol Screening; Medically Aligned Services

The program is designed for youth, 12-18 years old, and is available at multiple times and locations. Youth will attend one to six hours of weekly contact (group therapy, individual and family) for 16 weeks, and can be enrolled at any time during the course.

Teen Substance Misuse Groups:
- Substance Use Education Groups focus on the health effects of drugs and alcohol (fulfills court requirements for drug and alcohol class).
- The Substance Misuse Group provides information and tools to overcome addiction.
- The Marijuana Education Group is an education group about marijuana health effects.
- The Education for Parents Group gives parents the tools they need to speak with their children about drugs and help them overcome addiction.

Medication-Assisted Treatment (MAT)
The Medication-Assisted Treatment (MAT) Program for opioid dependence is a comprehensive program that includes education and substance misuse counseling as well as other measures that focus on the behavioral aspects of addiction.

Online Therapy
Eligible patients visit with a clinician through a secure, HIPAA-compliant website called Ieso Digital Health. The typed-conversation therapy delivered is rooted in Cognitive Behavioral Therapy, and has demonstrated effectiveness in treating anxiety, depression, fears, panic attacks, obsessive compulsive disorder and social anxiety.

Homeless Outreach
Outreach and mental health services are provided in the community through collaborations with the Catholic Charities Marion House, The Springs Rescue Mission, and Urban Peak.

First Episode Psychosis
An early intervention program that provides an increased level of care for clients with recent onset of psychosis. This program provides individual therapy, family therapy, multi-family group, employment support, case management, peer support, medication management and family education services.
After School Tutoring, Youth Literacy
Available for students grades K-12. Youth are assessed to determine their needs and are given the support imperative to succeed in school. These services are also beneficial for youth who are homeschooled or enrolled in online school.

Adult Literacy Program
This course focuses on reading fluency, reading phonics and reading comprehension. Small class sizes offer individual attention and the student’s progress is measured throughout their time in the program.

GED Preparation Classes
Self-paced, individualized services to enhance an individual’s ability to obtain their GED (available for adults only).

Post-Secondary Tutoring
Short-term, small-group tutoring to help individuals increase skills in various subjects. These groups are designed for high school graduates who want to improve in a specific area in order to start college, obtain employment, or increase independence.

English as a Second Language (ESL)
This is for clients who are just learning English and need a better understanding in order to read and write (primarily Spanish speakers). Our curriculum takes the learner from basic letter and phonics skills - for better understanding and reading comprehension - to understanding slang and common phrases. The classes and curriculum are designed to introduce the ESL learner to better adapt to language, reading and daily life in the United States.

High School Equivalency Test (HiSET) Training
We offer training for The HiSET, a High School Equivalency Test, which enables individuals without a high school diploma to demonstrate knowledge equivalent to that of a high school graduate. Successfully passing the exam earns the test-taker a High School Equivalency Diploma (HSED). This exam is another form of the GED and is recognized by the Colorado Department of Education.

Community Living Skills
Our Community Living Program teaches youth and young adults hands-on training in money management, career exploration, living independently, community service, responsibility, accountability, and more.

HeartMath
HeartMath research shows that different patterns of heart activity have distinct effects on cognitive and emotional function. This science-based technology helps adults and children reduce stress and anxiety by increasing inner balance and self-security.

Relationship Skills Training
This individual or group skills training promotes healthy dating relationships and personal improvement by focusing on communication, boundaries, problem solving, and more.

Youth Barista
Learn skills on customer service, safety and sanitation, how to operate a manual and automatic espresso machine, create coffee and specialty drinks and gain real-life experience in a café environment.

Physical Wellbeing Groups
Individuals participate in physical training sessions that include: cardiovascular conditioning, healthy eating, strength training and/or aerobic exercise. They will learn goal setting skills, build self-esteem and learn how to work out with a partner for accountability and safety.
Career Development

Career Services Evaluation
An individualized process that develops employment goals and objectives with individuals based on work history and career interests.

Work Site Assessment
A hands-on assessment that determines an individual’s career strengths and barriers.

Application & Job Searching Skills
Individuals will learn how to highlight specific skills and strengths, complete industry specific applications, and how complete and submit applications.

Resume Writing & Interviewing Skills
Teaches individuals how to prepare different types of resumes (functional, chronological, professional, etc.) depending on individual’s work history, level of education, strength, skills and career interests.

Career Goals/Exploration
Individuals are assisted with developing career goals. Community-based and hands-on activities are provided in order to assist individuals in exploring careers.

Job Placement/Coaching/On-the-Job Training
These services help an individual obtain employment consistent with their strengths, interests, abilities and desired career path. We also provide support on the job, partnering with the employer to ensure a positive working relationship.

Culinary
At our AspenPointe Cafe, we instruct students who are committed to a career in the culinary arts; helping them achieve their potential with individualized instruction from a professional staff with years of experience in restaurants, catering and dining facilities.

Barista
Learn skills in customer service, safety, sanitation, operating an espresso machine, create coffee/specialty drinks and gain experience in a café environment.

Unity House Clubhouse
Unity House is a member-driven organization based on volunteer work, peer support, and employment opportunities. Members can participate in the kitchen or the business unit, in addition to engaging in social outings in the community.
Call the Contact Center at (719) 572-6100, unless otherwise noted. For the most up-to-date list, please visit aspenpointe.org/locations.

**Colorado Springs**

**Acute Services (Lighthouse)**
115 S. Parkside Dr.
Colorado Springs, CO 80910

**Administration**
665 & 675 Southpointe Ct.
Colorado Springs, CO 80906

**Adult & Rural Services**
875 W. Moreno Ave.
Colorado Springs, CO 80905

**Café at Citizens Service Center**
1675 Garden of the Gods Rd.
Colorado Springs, CO 80907
Ph: (719) 444-5238

**Child & Family Services**
179 S. Parkside Dr.
Colorado Springs, CO 80910

**Garden**
230 Ruskin Dr.
Colorado Springs, CO 80910

**Innovation Center**
2150 Executive Cir.
Colorado Springs, CO 80906

**Jet Wing - Services**
1795 Jet Wing Dr.
Colorado Springs, CO 80916

**Lehman - Services**
6208 N. Lehman Dr., Ste 317
Colorado Springs, CO 80918

**Ruskin - Services**
220 Ruskin Dr.
Colorado Springs, CO 80910

**Woodmen - Services**
6071 E. Woodmen Rd. Ste 135
Colorado Springs, CO 80923

**Rural Services**

**Bailey**
460 County Road 43a
Bailey, CO 80421
Ph: (303) 838-5013

**Calhan**
Community Outreach Center
328 10th St.
Calhan, CO 80808

**Cripple Creek**
Aspen Mine Center
166 E. Bennett Ave.
Cripple Creek, CO 80813
Ph: (855) 277-3678

**Fairplay**
970 Castello Ave.
Fairplay, CO 80440
Ph: (719) 836-9087

**Fountain**
350 Lyckman Dr.
Fountain, CO 80817

**Woodland Park**
18401 Highway 24, Ste. 119
Woodland Park, CO 80863
Ph: (719) 357-4880

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