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## Introduction

El Paso County Public Health aims to address youth suicide and bullying by focusing on prevention and early intervention efforts in the community.

A 2018 report from the Colorado Office of the Attorney General recommends that communities implement strategies to address youth suicide and bullying that focus on reducing factors that contribute to risky or harmful youth behaviors (risk factors) and strengthening factors that improve youth health and safety (protective factors).

Protective factors such as connectedness, resiliency, problem-solving skills, conflict resolution, and non-violent ways of handling disputes, can protect young people from negative health outcomes such as suicide, poor mental health and substance use.

Schools play a critical role in promoting the health and safety of young people and helping them establish lifelong healthy behaviors. However, families often need additional support from community resources outside of structured school time. The youth development programs listed offer youth opportunities to build resiliency and life skills while they build positive connections in the community.

This is a living document. Any agency or service listed here is not necessarily endorsed by El Paso County Public Health, but is provided solely as a resource for the public and community partners. El Paso County Public Health assumes no liability for the use of any service mentioned.

For questions or updates please contact the Maternal Child Health Program at El Paso County Public Health 719-578-3199.

# El Paso County Public Health Resources

1675 W. Garden of the Gods Rd., Colorado Springs, 80907  
(719) 578-3199 or [www.elpasocountyhealth.org](http://www.elpasocountyhealth.org)

**Our mission** is to promote and protect public health and environmental quality across El Paso County through people, prevention and partnerships.

**Our vision** is for all El Paso County residents to live in thriving communities where every person has the opportunity to achieve optimal health.

## Health Services

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El Paso County Public Health provides these services to help youth and families stay healthy.

### Women, Infants and Children (WIC)

Registered dietitians, nurses and community educators provide pregnant women, new mothers, infants and children through age 5 with supplemental food vouchers, education on nutrition topics, and referrals to community resources. There are three WIC locations in El Paso County:

- **Citizens Service Center:** 1675 W. Garden of the Gods Rd., Colorado Springs, 80907
- **Fountain:** 97 Widefield Blvd., Widefield, 80911
- **Southeast Colorado Springs:** 2948 E. Fountain Blvd., Colorado Springs, 80910

### HCP a program for children with special health care needs

HCP works to improve the health, development and well-being of youth up to age 21 who have special health care needs. HCP nurses and coordinators arrange referrals for medical and developmental services, coordinate medical and social support services, and connect families to community resources.

### Healthy Children and Families

Based on referrals of qualifying families from the Department of Human Services, Healthy Children and Families staff conduct home visits, make referrals to community resources, provide physical and mental health assessments, and deliver health education.

### Nurse Family Partnership

Public Health nurses offer services that improve the health, well-being and self-sufficiency of the family to low-income and first-time parents through home visits. Home visits begin with women during pregnancy and continue until the child is 2 years old.

### Family Planning Clinic

Clinical staff provide pregnancy testing and counseling, birth control, health education, exams and treatment for sexually transmitted diseases and pelvic and breast exams for women. Males are also seen for sexual health exams.

## **Immunizations and International Travel Clinic**

Immunizations and travel vaccinations are administered to children and adults to protect against preventable diseases.

## **Youth Advocacy**

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Youth programs at El Paso County Public Health focus on promoting healthy youth behaviors and development to improve lifelong health outcomes.

## **Suicide Prevention**

Public Health convenes the Youth Suicide Prevention Workgroup to facilitate a community discussion and create a countywide action plan for youth mental health and suicide prevention.

## **Tobacco Use Prevention**

The Tobacco Education and Prevention Partnership (TEPP) focuses on community and school based policy level changes to prevent youth from becoming tobacco users, help youth quit tobacco, and decrease secondhand smoke exposure in El Paso County. Tobacco and vaping presentations are available on request.

## **Substance Use Prevention**

Public Health is one of the many agencies statewide utilizing Communities That Care (CTC), a process that uses proven youth development strategies to prevent substance use among youth. Fountain Valley is the first community in El Paso County to implement CTC.

## **Early Childhood Obesity Prevention (ECOP)**

Public Health's early childhood obesity prevention efforts aim to change behaviors and environments to reduce the risk of obesity for children. This is accomplished through early childhood provider education on eating healthy and active living (HEAL) and empowering child care facilities to be breast feeding friendly.

## **Promoting Connectedness, Resiliency, and Life Skills (PCRLS)**

PCRLS efforts aims to enhance community-wide efforts to decrease bullying and suicide rates by focusing on prevention and early intervention for elementary age children through community collaborations, programming, and building community resources.

# El Paso County Community Resources

## Youth Development Programs

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### Big Brothers, Big Sisters

Plaza of the Rockies, 111 S. Tejon St., Suite 302, Colorado Springs, 80903  
719-633-2443 or [www.biglittlecolorado.org](http://www.biglittlecolorado.org)

Children who are facing adversity are connected with strong, enduring, professionally supported one-on-one adult mentoring relationships.

### Boys and Girls Club of the Pikes Peak Region

#### E.A.Tutt Club

1455 S. Chelton Rd., Colorado Springs, 80910  
719-570-6242 or [www.bgcppr.org](http://www.bgcppr.org)

#### El Pomar Club

805 Praderia Ave., Colorado Springs, 80904  
719-473-3490 or [www.bgcppr.org](http://www.bgcppr.org)

Provides programs and services for youth ages 5-18 in the areas of character and leadership development, education and career development, health and life skills, arts sports, fitness and recreation.

### Boys Scouts of America

985 W. Fillmore St., Colorado Springs, 80907 (*Main office*)  
791-634-1584 or [www.pikespeak@scouting.org](mailto:www.pikespeak@scouting.org)  
*Visit the website for various locations.*

Boys and young men can participate in programs to build character, learn the responsibilities of participating citizenship, and develop personal fitness.

### Catamount Institute – Generation Wild Pikes Peak Coalition

740 W. Caramillo St., Colorado Springs, 80907  
719-471-0910 or [www.catamountinstitute.org](http://www.catamountinstitute.org)

Children can participate in outdoor education adventures and experiences that develop ecological stewardship. Scholarships available.

### Colorado State University Extension

17 N. Spruce St., Colorado Springs, 80905  
719-520-7675 or [www.extension.costate.edu](http://www.extension.costate.edu)

Provides programs such as 4-H and STEM (Science, Technology, Engineering and Math) for young people to develop leadership, citizenship and life skills.

## Community Centers

Colorado Springs Community Centers offer an environment for learning, recreation, and personal growth that encourage positive physical and mental health for youth in El Paso County. Each center provides comprehensive programs and services based on the needs of the populations they serve. Examples of programs offered for youth: Kids on Bikes, Spray Ground (only at Deerfield Hills), Food Fridays, community gardens, and after school and teen drop-in programs.

[www.coloradosprings.gov](http://www.coloradosprings.gov)

*Visit the website for detailed information about programs and services at each location.*

### Deerfield Hills Community Center

4290 Deerfield Hills Rd., Colorado Springs, 80916

719-385-5996 or <https://coloradosprings.gov/deerfield-hills-community-center>

### Hillside Community Center

925 S. Institute St., Colorado Springs, 80903

719-385-7900 or <https://coloradosprings.gov/hillside-community-center>

### Meadows Park Community Center

1943 S. El Paso Ave., Colorado Springs, 80905

719-385-7940 or <https://coloradosprings.gov/meadows-park-community-center>

### Westside Community Center

1628 W. Bijou St., Colorado Springs, 80904

719-385-7920 ext.100 or [www.ourwestside.org](http://www.ourwestside.org)

Operated by the Center for Strategic Ministry, in agreement with City of Colorado Springs.

### Stratmoor Hills Community Center

2027 B. St., Colorado Springs, 80906

## Concrete Couch

214 E. Vermijo Ave., Colorado Springs, 80903

719-641-7760 or [www.concretecouch.org](http://www.concretecouch.org)

Provides free opportunities to connect community members and encourage intergenerational participation in art based projects. An example is the Summer Community Art & Mural Program (SCAMP). SCAMP beautifies parks, creates art benches, paints murals, and much more.

## Fort Carson Directorate of Family, Morale, Welfare & Recreation: Child, Youth & Social Services (CYSS)

5510 Harr Ave., Fort Carson, 80902

719-526-3368 or [www.carson.armymwr.com](http://www.carson.armymwr.com)

Based on their growth and development, a variety of programs are offered for military Mountain Post children ages 6 weeks through 18 years old.

### **Girl Scouts of Colorado**

5353 N. Union Blvd. Suite 101, Colorado Springs, 80918  
719-597-8603 or [www.girlscoutsofcolorado.org](http://www.girlscoutsofcolorado.org)  
(Visit the website for various locations.)

Girls in kindergarten to grade 12 can participate in opportunities including summer camps. Girl Scout series or events, and/or Girl Scout troops.

### **Inside/Out Youth Services**

223 N. Wahsatch Ave., Colorado Springs, 80903  
719-328-1056 or [www.insideoutys.org](http://www.insideoutys.org)

Youth ages 13-22 who are lesbian, gay, bisexual, transgender, intersex and/or questioning, can go to a supervised drop-in recreation center, attend support and discussion groups, and participate in community outings and other opportunities.

### **Junior Achievement of Southern Colorado, Inc.**

611 N. Weber St., Suite 201, Colorado Springs, 80903  
719-636-2474 or [www.juniorachievement.org](http://www.juniorachievement.org)

Young people can attend classes to learn how business works and to understand the economics of life.

### **Kids on Bikes**

1026 S. Tejon St., Colorado Springs, 80903  
719-355-3573 or [www.kidsonbikes.net](http://www.kidsonbikes.net)

Serves kids and families through programs such as Let's Pedal, Bike Libraries, Bike Mobile, bike camps, bike safety, and family rides.

### **KidPower**

10 Boulder Crescent St., Ste 100, Colorado Springs, 80903  
719-520-1311 or [www.kidpowercs.org](http://www.kidpowercs.org)

Offers classes and resources for families that teach children of all ages and abilities protection, positive communication, and personal safety. Prepares children, teens, and adults, including those with special needs, to prevent and stop bullying, abuse, harassment, assault, and other emotional, social, or physical violence.

### **League of United Latin American Citizens (LULAC)**

829 N. Circle Dr., Ste 101, Colorado Springs, 80909  
719-637-0037 or [www.lulac.org](http://www.lulac.org)

Provides educational counseling, scholarships, leadership development, and literacy programs for Hispanic high school students.

## **Parks, Recreation and Cultural Services**

1401 Recreation Way, Colorado Springs, 80905

<https://coloradosprings.gov/parks/page/regional-parks-open-spaces>

Parks, Recreation & Cultural Services cares for approximately 1,000 acres of diverse open space. Abundant opportunities for recreation and observing nature are available. Use the website to access an interactive map to find a spot for a new adventure.

## **Pikes Peak Library District (PPLD)**

[www.ppld.org](http://www.ppld.org) (*Interactive map on website to find locations*)

Libraries are important partners in child development. The Pikes Peak Library District libraries can be accessed by all El Paso County families. There are 14 locations where youth can take advantage of the many free activities and classes that are offered. Some programs offered include Elementary S.A.L.T. (Science, Art, Literature, and Technology), Family Fun, Tween Tech Club, Lego Build, Storytelling-Music and Movement, Study Buddies and PAWS to Read.

## **Pikes Peak Regional Law Enforcement Teen Academy**

705 S. Nevada Ave., Colorado Springs, 80903

719-444-7410 or [www.cspd.coloradosprings.gov/content/law-enforcement-teen-academy](http://www.cspd.coloradosprings.gov/content/law-enforcement-teen-academy)

The Academy provides young adults with a unique opportunity to learn about the operations of regional law enforcement agencies in El Paso County. It is offered in the summer and is hosted by the Colorado Springs Police Department, Fountain Police Department and El Paso County Sheriff's Office.

## **R.P. Lee Youth Center**

Building 1555, 100 Selfridge St., Colorado Springs, 80916

719-556-7220 or [www.21fss.com](http://www.21fss.com)

Eligible military dependent school-age children and teens can participate in a variety of before and after school programs such as Adventure Camp, 4-H, Fun Fridays, and character and leadership development.

## **Salvation Army Red Shield Center (After School Program)**

908 Yuma St., Colorado Springs, 80909

719-884-1041 or [www.coloradosprings.salvationarmy.org](http://www.coloradosprings.salvationarmy.org)

208 Cunningham Drive, Colorado Springs, 80911

719-382-1182 or [www.coloradosprings.salvationarmy.org](http://www.coloradosprings.salvationarmy.org)

The program provides homework assistance in an after school setting for students ages 5-14 or kindergarten-eighth grades. Transportation is provided from many Colorado Springs School District 11 schools. There are no income requirements to attend this program. Colorado Child Care Assistance Program (CCAP) is accepted and financial aid is available for qualifying families.

## Schools in El Paso County

[www.niche.com](http://www.niche.com) or [www.privateschoolreview.com](http://www.privateschoolreview.com)

Schools promote connectedness and resiliency and provide academic and social-emotional learning opportunities, and a safe place for youth. There are 17 public school districts in El Paso County, 26 charter schools, and 54 private schools. Search for schools based on rankings, safety, and diversity of student body, best teachers and location.

## Security Public Library

715 Aspen Dr. Colorado Springs, 80911  
719-391-3191 or <https://www.wsd3.org/Domain/24>

Visit the website to learn about the variety of programs and activities offered through the library for the Security and Widefield areas.

## Soccer Buddies

2450 Canada Dr., Colorado Springs, 80915  
719-330-9642 or [www.coloradosoccerbuddies.com](http://www.coloradosoccerbuddies.com)

Instructional soccer classes for kids ages 10 months – 12 years old. Skilled coaches help youth to develop coordination, agility, team spirit and confidence through the sport of soccer.

## Teens with Promise

5775 Academy Blvd., Colorado Springs, 80918  
(Located inside of Promises Boutique)  
719-266-0106 or [www.teenswithpromise.org](http://www.teenswithpromise.org)

Teenagers are provided with supplies to start and stay in school including clothing, school supplies, sports equipment, medical/dental care, and holiday gifts.

## Widefield Parks and Recreation

705 Aspen Dr., Colorado Springs, 80911  
719-391-3515 or <https://www.wsd3.org/Domain/25>

The Widefield School District 3 Parks and Recreation offer programs, activities and facilities that positively impact the quality of life for youth and all segments of the community.

## Women's Resource Agency

The Citadel, 750 Citadel Dr., E #3128, Colorado Springs, 80909  
719-471-3170 or [www.wrainc.org](http://www.wrainc.org)

Teenage girls learn how to be financially independent, achieve employment success, make healthy life choices, and attain educational goals.

## YMCA of the Pikes Peak Region

(Association Office) 316 N. Tejon St., Colorado Springs, 80903  
719-471-9790 or [www.ppymca.org](http://www.ppymca.org) Visit the website for various locations.

Provides programs and services for children such as summer sports camps, summer day camps, youth sports, youth art and dance, Camp Shady Brook, and Child Watch child care.

## Family and Caregiver Resources

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Safe, stable and nurturing relationships are essential for healthy child development and lifelong well-being. The organizations listed provide needed resources to support families and caregivers.

### Alliance for Kids

2340 Robinson St., Colorado Springs, 80904  
719-634-8045 or [www.allianceforkids.org](http://www.allianceforkids.org)

Oversees a variety of programs, participates in community partnerships, and provides professional training and coaching to parents (FamilySPEAK) and early childhood.

### Catholic Charities

228 North Cascade Ave., Colorado Springs, 80903  
(719) 636-2345 or [www.ccharitiescc.org](http://www.ccharitiescc.org)

Catholic Charities offers a premier Family Resource Campus where families can access numerous essential through comprehensive case management and family life coaching, enrichment and education.

### Center on Fathering

325 North El Paso St., Colorado Springs, 80903  
719-634-7797 or <https://humanservices.elpasoco.com/center-on-fathering/>

A community based program to help dads understand and fulfill their essential role through community based classes, support group meetings and other materials to strengthen families. They offer a class to assist incarcerated fathers in preparing to resume or begin a positive path of fatherhood once they are released from jail or prison.

### Colorado 2-1-1 (Pikes Peak United Way)

Dial 2-1-1 or [www.211colorado.communityos.org/cms/](http://www.211colorado.communityos.org/cms/)

Colorado 2-1-1 is a simple and easy number and website that people can access when they need help. Operators will give information about emergency food and shelter assistance, child-care for low and middle-income families, after school programs and more. Spanish translation is available.

## **Community Partnership for Child Development (CPCD)**

2330 Robinson St., Colorado Springs, 80904  
719-635-1536 or [www.cpcdheadstart.org](http://www.cpcdheadstart.org)

CPCD provides children living in poverty or challenged by special circumstances, with an early childhood education through Head Start, Early Head Start, and the Colorado Preschool Program. Services are for pregnant women and children birth to age 5. Access to dental and family support services are also provided.

## **Community Outreach Center**

328 10<sup>th</sup> St., Calhan, 80808 (*On the El Paso County Fairgrounds*)  
719-347-7638 or [www.coccenter.org](http://www.coccenter.org)

*Visit the website for detailed information about participating agencies and hours.*

Serves as a “hub” for services and resources to provide education and promote self-sufficiency for the residents of the rural plains of eastern El Paso County.

## **Cooking Matters**

2605 Preamble Point, Colorado Springs, 80915  
719-528-1247 or [www.careandshare.org](http://www.careandshare.org) or [Taylor@careandshare.org](mailto:Taylor@careandshare.org)

As part of the national No Kid Hungry campaign, Cooking Matters classes empower families at risk of hunger to shop for and prepare healthy, affordable meals. Visit the website to find classes in El Paso County.

## **El Paso County Department of Human Services (DHS)**

1675 W Garden of the Gods Rd., Colorado Springs, 80907 (*Main office*)  
719-636-0000 or [www.dhs.elpasoco.com](http://www.dhs.elpasoco.com)

DHS provides access to services provided by local, state and federal governments including SNAP/Food Assistance, Health First Colorado (Medicaid), Colorado Child Care Assistance Program (CCCAP), and Temporary Assistance for Needy Families (TANF).

## **FamilySPEAK (formerly Parenting Matters)**

2335 Robinson, Colorado Springs, 80904  
719-466-0099 or [www.familyspeak.org](http://www.familyspeak.org)

Organizes parenting education and resources countywide to enhance parenting practices and promote the health and development of children and youth.

## **Kingdom Builders Family Life Center**

411 Lakewood Cir Suite c-209-6-b, Colorado Springs, 80910  
719- 247-8190 or [info@kingdonbuildersfamilylifecenter.org](mailto:info@kingdonbuildersfamilylifecenter.org)

Kingdom Builders offers educational programs and mentorships as well as, supports families through outreach services, training and programming.

## **Lutheran Family Services – KPC Respite Center**

315 N Weber Street, Colorado Springs, 80903  
719-227-8899 or [www.lfsrm.org/programs-and-services/refugees/colorado-springs/](http://www.lfsrm.org/programs-and-services/refugees/colorado-springs/)

Provides temporary crisis and planned childcare for infants and young children at no cost to parents or guardians if they are struggling to make critical appointments or need care for a child when there is no other safe choice.

## **National Parent Helpline**

1-855-427-2736

Provides a national telephone number where an advocate will listen and help parents' problem-solve. Operated by Parents Anonymous.

## **Reach Pikes Peak**

31 N. Tejon Street, Suite 310, Colorado Springs, 80903  
719-358-8396 or [www.reachpikespeaklorg](http://www.reachpikespeaklorg)

501 E Iowa Avenue, Fountain, 80817  
719-382-8515 or [www.reachpikespeak.org](http://www.reachpikespeak.org)

701 4<sup>th</sup> Street, Calhan, 80808  
719-347-2976 or [www.reachpikespeak.org](http://www.reachpikespeak.org)

Provides supportive services designed to enhance quality of life for the lower-income population of the Pikes Peak Region. Self-sufficiency programs, emergency services, a long-term case intensive job skills/educational enhancement program, and a matched savings program.

## **TESSA**

435 Gold Pass Heights, Colorado Springs, 80906  
719-633-3819 or [www.tessacs.org](http://www.tessacs.org)

TESSA offers confidential support and services for victims of domestic violence and sexual assault and the children.

## **Children with Special Needs**

### **Child Find**

Colorado Department of Education, 201 E. Colfax Ave., Denver, 80203  
303-866-6600 or <http://www.cde.state.co.us/early/childfind>

For children from birth to 3 years of age, Child Find teams partner with local early intervention programs who provide service coordination and eligibility determination.

## **Peak Parent Center**

917 E. Moreno Ave., Suite 140, Colorado Springs, 80903  
719-531-9400 or [www.PEAKparent.org](http://www.PEAKparent.org)

Services at no or low cost to families of children with disabilities. Offers guidance and help to access education and community services.

## **Colorado PEAK**

[www.coloradopeak.secure.force.com](http://www.coloradopeak.secure.force.com)

A fast and easy way to access benefits information. PEAK is an online service for Coloradans to screen and apply for medical, food, cash and early childhood assistance programs.

## **The ARC Pikes Peak Region**

12 N. Meade Ave., Colorado Springs, 80909  
719-471-4800 or [www.thearcppr.org](http://www.thearcppr.org)

People with intellectual and developmental disabilities and their families are connected to community resources and government services.

## **The Resource Exchange**

6385 Corporate Dr., Suite 301, Colorado Springs, 80919  
719-380-1100 or [www.tre.org](http://www.tre.org)

Provides advocacy, referral and coordination of supports to families of children age 3 years old and older who have a developmental delay or disability. TRE provides Break Time respite sessions on Friday nights and Saturday afternoons throughout the year.

## **Military Families**

### **A Family Harbor**

1330 Quail Lake Loop, Suite 200, Colorado Springs, 80906  
719-465-5000 or [www.afamilyharbor.org](http://www.afamilyharbor.org)

Veterans and their children are provided with an online resource portal to find counseling and mental health services.

## **Mt. Carmel Center of Excellence**

530 Communication Circle, Colorado Springs, 80905  
719-772-7000 or [www.mtcarmelveterans.org](http://www.mtcarmelveterans.org)

Individual and group wellness programs and behavioral health services are offered for veterans and their families.

## **Peak Military Care Network**

1257 Lake Plaza Dr., Suite 220, Colorado Springs, 80906  
719-577-7417 or [www.peakmilitarycarenet.org](http://www.peakmilitarycarenet.org)

Connecting military service members, veterans, and their families to the highest quality resources provided by trusted community partners.

## **Hispanic Families**

### **Centro De La Familia**

1287 Lake Plaza Dr., Suite 109, Colorado Springs, 80906  
719-227-9170 or [www.centro.ws](http://www.centro.ws)

Provides culturally competent counseling, advocacy, victim support, and parenting education services to Hispanic/Latino population.

### **Su Familia National Hispanic Family Health Helpline**

1-866-783-2645 or [www.hispanichealth.org](http://www.hispanichealth.org)

Provides Hispanic consumers free, reliable and confidential information to help navigate the health system.

## **Safety Resources**

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An important protective factor for youth is that they feel safe. Listed are programs and services that can provide this safety.

### **Below The Surface**

Text Talk to **38255**  
**1-844-493-8255** or <http://need2text.com>

The Crisis Text Line is sponsored by the Colorado Crisis Services. It is an avenue for youth to access mental health services by texting a free, confidential text line to connect to trained counselors 24/7. The Text Line is for anyone facing a situation that, in the moment, feels like a crisis.

### **FIREFACTOR: Preventing Youth Misuse of Fire**

375 Printers Pkwy, Colorado Springs, 80910  
719-385-7337 or [www.csfdev.coloradosprings.gov](http://www.csfdev.coloradosprings.gov)

The Colorado Springs Fire Department delivers FIREFACTOR to second and sixth graders in the Colorado Springs metro area. A FIREFACTOR intervention class is also offered for youth from Colorado Springs and other El Paso County cities.

## Safe2Tell Colorado

1300 Broadway St., Denver, 80202  
1-877-542-7233 or [www.safe2tell.org](http://www.safe2tell.org)

Safe2Tell Colorado provides an anonymous way for students, parents, school staff, and community members to report concerns regarding their safety or the safety of others. A Safe2Tell mobile app is available.

## Basic Needs Resources

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Youth are at their best physically and mentally, when they regularly have warm clothes to wear, safe housing and have nutritious food. It is known that healthy nutrition helps develop babies' brains and bodies, gives kids the energy to excel in and out of school, and reduces the risk of chronic diseases as they grow. When El Paso County families do not have these basic necessities, listings in this section can provide temporary resources.

### Clothing

#### CrossFire Ministries, Inc.

2120 E. LaSalle St., Colorado Springs, 80909  
719-447-1806 or [www.crossfireministries.com](http://www.crossfireministries.com)

Hours: Tue., 10 a.m. - 7 p.m. and Wed. - Thu., 10 a.m. - 4 p.m.

#### Ecumenical Social Ministries

201 N. Weber St., Colorado Springs, 80903  
719-636-1916 or [www.ecusocmin.org](http://www.ecusocmin.org)

Provides emergency clothing assistance for families as needed.  
Hours: Mon. - Fri., 9 - 11:30 a.m. and 12:30 - 3 p.m.

#### Springs Rescue Mission

111 W. Las Vegas St., Colorado Springs, 80903  
719-632-1822 or [www.springsrescuemission.org](http://www.springsrescuemission.org)  
Hours: Mon. and Wed., 11a.m. - 3 p.m., Tue. and Thur. 1-3 p.m.

### Soup Kitchens

#### Marian House Soup Kitchen

14 W. Bijou St., Colorado Springs, 80903  
719-475-7314

Emergency and transitional meals to low-income families, the working poor, seniors on a fixed income, veterans, people who are homeless, and anyone in need.  
Hours: Mon. - Sat., 10:30 a.m. - 1 p.m. and Sun., 8:45 - 10 a.m.

#### Samaritan's Kitchen – Springs Rescue Mission

5 W. Las Vegas St., Colorado Springs, 80903  
719-632-1822  
Free, hot and nutritious meal six days a week for any man, woman or child.  
Hours Every Day: Breakfast 5:45 – 7:45 a.m. and dinner 4, 4:30 and 5:30 p.m.

### **Abundant Hope Church**

41 N. Iowa St., Colorado Springs, 80909  
719-201-3881

Provides meals for anyone on the second and fourth Wednesday of the month from 5:30 - 7:30 p.m.

### **Salvation Army Soup Run Feeding Service**

908 Yuma St., Colorado Springs, 80909  
719-636-3891 or [www.salvationarmy.org](http://www.salvationarmy.org)

901 S. Sante Fe Ave., Fountain, 80817  
719-328-9230 or [www.salvationarmy.org](http://www.salvationarmy.org)

The Salvation Army's mobile kitchen provides a warm dinner to the men, women and children in need at America the Beautiful Park each Monday to Friday evening.

### **Food Pantries**

#### **B Street Food Pantry – Stratmoor Hills Community Food Pantry**

2027 B Street, Colorado Springs, 80902  
719-502-7096 or [www.stratmoorhillsumc.org](http://www.stratmoorhillsumc.org)

Offers food to residents in the 80905 and 80906 areas and any active duty military.  
Hours: Wednesdays, 1 - 3 p.m.

#### **Black Forest Cares**

12455 Black Forest Rd., Black Forest, 80908  
719-495-2221 or [www.bflchurch.org](http://www.bflchurch.org)  
Provides food assistance to families in the 80908 zip code area.  
Hours: (most) Fridays, 1 - 3 p.m.

#### **Care and Share Food Bank for Southern Colorado**

2605 Preamble Pt., Colorado Springs, 80915  
719-528-6767 or [www.careandshare.org](http://www.careandshare.org) *Visit website for detailed information.*  
Offers a personalized "Pantry Locator" list of food banks for individuals and families.

#### **Connections 4 Life Center Food Pantry**

6436 S. Hwy 85, Fountain, 80817  
719-387-9919 or [www.connections4lifecenter.org](http://www.connections4lifecenter.org)  
Provides food and life skills classes for families (to help overcome the issues that brought them to the Pantry).  
Hours: Thursdays, 5:30 - 7:30 p.m.

#### **CrossFire Ministries**

2120 E. LaSalle St., Colorado Springs, 80909  
719-447-1806 or [www.crossfireministries.com](http://www.crossfireministries.com)  
Hours: Tue., 10 a.m. - 7 p.m. and Wed - Thu., 10 a.m.- 4 p.m.

### **Eastern Plains Community Pantry**

701 4<sup>th</sup> St., Calhan, 80808

719-347-2976 or [www.easternplainscommunitypantry.org](http://www.easternplainscommunitypantry.org)

Provides food for eastern El Paso County residents.

Hours: Mon. - Wed., 9 a.m. - 5 p.m. and Thu. - Fri., 9 a.m. - 2 p.m.

Mobile food pantry on the third Friday of each month from 11 a.m. - 4 p.m.

### **Ecumenical Social Ministries**

201 N. Weber St., Colorado Springs, 80903

719-636-1916 or [www.ecusocmin.org](http://www.ecusocmin.org)

Provides emergency food assistance to low-income and homeless children and adults.

Hours: Mon.-Fri., 9 a.m. - 3 p.m.

### **Good News Foundation**

125 N. Parkside Dr. #105, Colorado Springs, 80909

719-638-8985

Hours: Tue. and Thu., 10 a.m. - 2 p.m.

### **Fresh Start Center (Formerly High Plains Helping Hands)**

7375 Adventure Way, Colorado Springs, 80923

719-495-3123

Hours: Tue. and Thu., 10 a.m. - 4 p.m. and every 3<sup>rd</sup> Saturday of the month.

23355 E. Hwy 94, Ellicott, 80808

719-683-4724

Hours: Tuesdays 9 a.m. – 12 p.m.

### **Mercy's Gate**

4360 Montebello Dr., Suite 300, Colorado Springs, 80918

719-277-7470 or [www.mercysgatecs.org](http://www.mercysgatecs.org)

Families receive a four-day emergency supply of food up to three times each year.

Hours: Mon., 4 - 7 p.m.; Wed., 9 a.m. - noon; Thu., 9 a.m. – noon and 1 - 4 p.m.

### **Salvation Army Food Pantry**

908 Yuma St., Colorado Springs, 80909

719-636-3891 or [www.coloradosprings2.salvationarmy.org](http://www.coloradosprings2.salvationarmy.org)

Provides food box for meal supplementation to those in need.

Hours: Tue. – Fri., 9 a.m. - 3 p.m. Closed noon - 1 p.m. daily.

### **Springs Rescue Mission Food Pantry**

111 W. Las Vegas St., Colorado Springs, 80903

719-632-1822 or [www.springsrescuemission.org](http://www.springsrescuemission.org)

Hours: Tue. and Thu., 1 - 3 p.m.

### **Tri-Lakes Cares**

235 N. Jefferson St., Monument, 80132

719-481-4864 or [www.tri-lakescares.org](http://www.tri-lakescares.org)

Provides the food programs Help Yourself and Supplemental Groceries, for families in need. Hours: Mon. and Thu. noon - 3 p.m.

## Westside Cares

2808 W. Colorado Ave., Colorado Springs, 80904

719-389-0759 or [www.westsidecares.org](http://www.westsidecares.org)

Provides vouchers for food pantries.

Hours: Mon. - Thu. 8:30 am - 12:30 p.m. and Thu., 4:30 - 6:30 p.m.

## **Housing and Shelter**

### Family Promise of Colorado Springs

519 N. Tejon St., Colorado Springs, 80903

719-329-1244 or <https://www.ihn-cos.org/>

Provides transitional housing for low-income and homeless families with minor children.

Office and intake hours: Mon. - Fri., 9 a.m. - 5 p.m.

### Greccio Housing

1015 E. Pikes Peak Ave., Suite 110, Colorado Springs, 80903

719-475-1422 or [www.greccio.org](http://www.greccio.org)

Affordable rental housing is available to income-qualified individuals, families, seniors and veterans. Hours: Mon. - Fri., 8:30 a.m. - 4:30 p.m. and Tue., 8:30 a.m. - 6 p.m.

### Partners in Housing

455 Gold Pass Heights St., Colorado Springs, 80906

719-473-8890 or [www.partnersinhousing.org](http://www.partnersinhousing.org) .

Homeless families with children can apply for up to one-year transitional housing and supportive case management.

### Rocky Mountain Community Land Trust

1212 W. Colorado Ave., Colorado Springs, 80904

719-447-9300 or [www.rmclt.org](http://www.rmclt.org)

Provides permanent, quality affordable housing opportunities to limited income families.

### RJ Montgomery Center –Salvation Army Shelter

709 S. Sierra Madre St., Colorado Springs, 80907

719-578-9190 or [www.salvationarmy.org](http://www.salvationarmy.org)

A 24/7 homeless shelter is available which includes nutritious meals and case management for men, women and families with children. In addition, the Center also provides education and individualized care for children.

### Springs Rescue Mission

5 W. Las Vegas St., Colorado Springs, 80903

719-632-1822 or [www.springsrescuemission.org](http://www.springsrescuemission.org)

A year-round shelter is available for homeless men and women.

Hours: Doors open at 5 p.m., seven nights a week.

## Urban Peak Emergency Shelter

423 E. Cucharras St., Colorado Springs, 80903  
719-630-3223 or [www.urbanpeak.org](http://www.urbanpeak.org)

Youth ages 15-20, can find shelter, food, case management, health services, and education and employment support at this facility. Open every day of the year.

## Transportation

When families do not own reliable means of transportation, they have limited access to needed resources for positive physical and mental health. Alternative transportation options are listed.

### Amblicab

5640 N. Academy Blvd., Colorado Springs, CO 80918  
719-633-4601 (*Main office*) 719-633-4677 (*To request a ride*) or [www.amblicab.org](http://www.amblicab.org)

Supports independent living for persons with disabilities, the elderly and low-income citizens in the Pikes Peak region.

### BUSTANG

719-385-RIDE (7433) [www.ridebustang.com](http://www.ridebustang.com) and [www.codot.gov/travel/bustng](http://www.codot.gov/travel/bustng)  
*Visit websites for detailed information about fares and schedules.*

Bustang is the Colorado Department of Transportation's (CDOT) interregional express bus service that connects transit entities along the I-25 and I-70 corridors. The South Line provides the Colorado Springs to Denver connection.

### Mountain Metro Transit (MMT)

1015 Transit Drive, Colorado Springs, 80903 (Administrative Office)  
719-385-RIDE (7433) or <https://coloradosprings.gov/mountain-metro>  
*Visit the website for detailed information.*

MMT provides the public with clean, safe and economical public bus services in the Pikes Peak region. Bus routes include service into Manitou Springs, north to Chapel Hills Mall and south into the Widefield area.

Other services provided:

**Mountain Metro Mobility:** A complementary ADA paratransit services for individuals with mobility needs that prevent them from using the fixed-route bus system.

**Mountain Metro Rides:** Offers alternative transportation options by encouraging people to commute by carpool, vanpool, bicycling or walking.

**Bike-n-Bus Program:** Passengers can use their bicycles for part of the trip and the bus for the rest by using the mounted bike racks on the front of each MM bus.

**Schoolpool:** Mountain Metro Rides' Schoolpool Program provides a FREE matching service for parents of children who attend the same school in the Pikes Peak region. This includes all schools in the following districts: Calhan District 1, Harrison District 2, Widefield District 3, Fountain-Fort Carson District 8, Colorado Springs District 11, Cheyenne Mtn. District 12, Manitou Springs District 14, Academy District 20, Ellicott District 22, Peyton District 23, Lewis Palmer district 38, Falcon District 49, and Edison District 54.

**Vanpool:** Commuters who live and work near each other can share the ride and pay a low monthly fare for a minivan seating up to 8 or a full-size van seating up to 12 people. All fuel, maintenance, and insurance are included.

### **Manitou Springs Free Shuttle**

354 Manitou Ave., Manitou Springs, 80829  
719-685-5089 or [www.manitousprings.org](http://www.manitousprings.org)

Operates in Manitou Springs all year long. Serves the Incline and Pikes Peak COG Railway, as well as Manitou Ave.

### **City of Fountain Municipal Transit**

116 S Main St., Fountain, 80817  
719-392-3500 or [www.fountaincolorado.org](http://www.fountaincolorado.org)

Provides bus transportation to public, elderly and disabled riders. Offers a deviated fixed route.

# Responding to Behavioral Health Concerns

Behavioral health needs may range from mild concerns to suicidal ideation. This section is provided to assist in determining what type of resource is needed when addressing behavioral health needs.

## Life Threatening Emergency

### 9-1-1 Emergency Services

For persons with an immediate life threatening emergency, contact 911 for services.

## Crisis Services

These crisis services provide confidential and immediate support 24/7.

### Colorado Crisis Services

**1-844-493-8255, or text “TALK” to 38255**

This hotline will connect you to a crisis counselor or trained professional. The staffer will assess risk and determine if a mobile response is necessary.

- If a **Mobile Crisis Response Team** is deemed necessary, they will strive to arrive within one hour in Colorado Springs and within two hours outside of Colorado Springs.
- If the **Mobile Crisis Response Team** is not deemed necessary, callers within the city limits of Colorado Springs may request the **Community Response Team**. The Community Response Team is staffed with members of the Fire Department, Police Department and AspenPointe. Response hours are limited.

### AspenPointe Crisis Stabilization Units

719-572-6100 or [www.aspenpointe.org](http://www.aspenpointe.org)

There are two walk-in crisis stabilization units in Colorado Springs where individuals may seek immediate help. Check the website for hours of operation.

- 115 S. Parkside Drive, Colorado Springs, 80909
- 6071 E. Woodmen Road, Suite 135, Colorado Springs, 80923

### Peak View Behavioral Health

7353 Sisters Grove, Colorado Springs, 80923  
719-444-8484 or [www.peakviewbh.com](http://www.peakviewbh.com)

Peak View offers complimentary assessments 24/7 for individuals of all ages seeking help and support for mental health and/or substance abuse.

### Cedar Springs Hospital

2135 Southgate Rd., Colorado Springs, 80906  
719-633-4114 or [www.cedarspringsbhs.com](http://www.cedarspringsbhs.com)

Cedar Springs offers 24/7 referrals and assessments by phone or online for individuals of all ages who suffer from psychiatric disorders, substance abuse or co-occurring conditions.

## **Non-Crisis Options**

If an individual is not in immediate danger and does not require crisis services, there are many ways to connect them to behavioral health services.

- If an individual is already connected to behavioral health services, encourage them to reach out to their care team if symptoms are worsening.
- If an individual is not already in care, they may contact their insurance company to get a list of providers in their area.
- Medicaid provider directory: <https://www.cchacares.com/for-members/find-a-provider/>
- Individuals may also contact their primary care provider to discuss concerns and determine appropriate follow up.

## **Support Services**

### **Depression and Bipolar Support Alliance (DBSA)**

2132 E. Bijou St., Colorado Springs, 80909

719-477-1515 or [www.dbsacoloradosprings.org](http://www.dbsacoloradosprings.org)

DBSA offers programs and services, including free self-help support groups for people with mood disorders, their families and friends.

### **HEARTBEAT**

2015 Devon St., Colorado Springs, 80909

719-596-2575 or [www.heartbeatsurvivorsaftersuicide.org](http://www.heartbeatsurvivorsaftersuicide.org)

HEARTBEAT is peer support offering empathy, encouragement, and direction following the suicide of a loved one.

### **National Alliance on Mental Health Illness (NAMI), Colorado Springs**

510 E. Willamette Ave., Colorado Springs, CO 80903

719-473-8477 or [www.namicoloradosprings.org](http://www.namicoloradosprings.org)

NAMI provides peer-taught education programs and support groups for families, parents of school-aged children, and individuals living with mental illness.

### **Pikes Peak Suicide Prevention**

704 N. Tejon St., Colorado Springs, 80903

719-573-7447 or [www.pikespeaksuicideprevention.org](http://www.pikespeaksuicideprevention.org)

Hosts support groups for suicide attempters, families of suicide attempters, and children left behind by suicide.

## **Trainings**

### **Question, Persuade, Refer (QPR)**

719-545-2746 or [www.health.solutions](http://www.health.solutions)

[heatherp@health.solutions](mailto:heatherp@health.solutions)

Offered by Health Solutions this free 90 minute training provides instruction on asking someone about suicidal thoughts, persuading them to get help and referring them to community resources. Classes are scheduled upon request.

## **Applied Suicide Intervention Skills Training (ASIST)**

[www.livingworks.net/programs/asist/](http://www.livingworks.net/programs/asist/)

Interactive training on suicide first aid for anyone 16 and older, regardless of prior experience. Visit website for training schedule.

## **Mental Health First Aid – Adult and Youth**

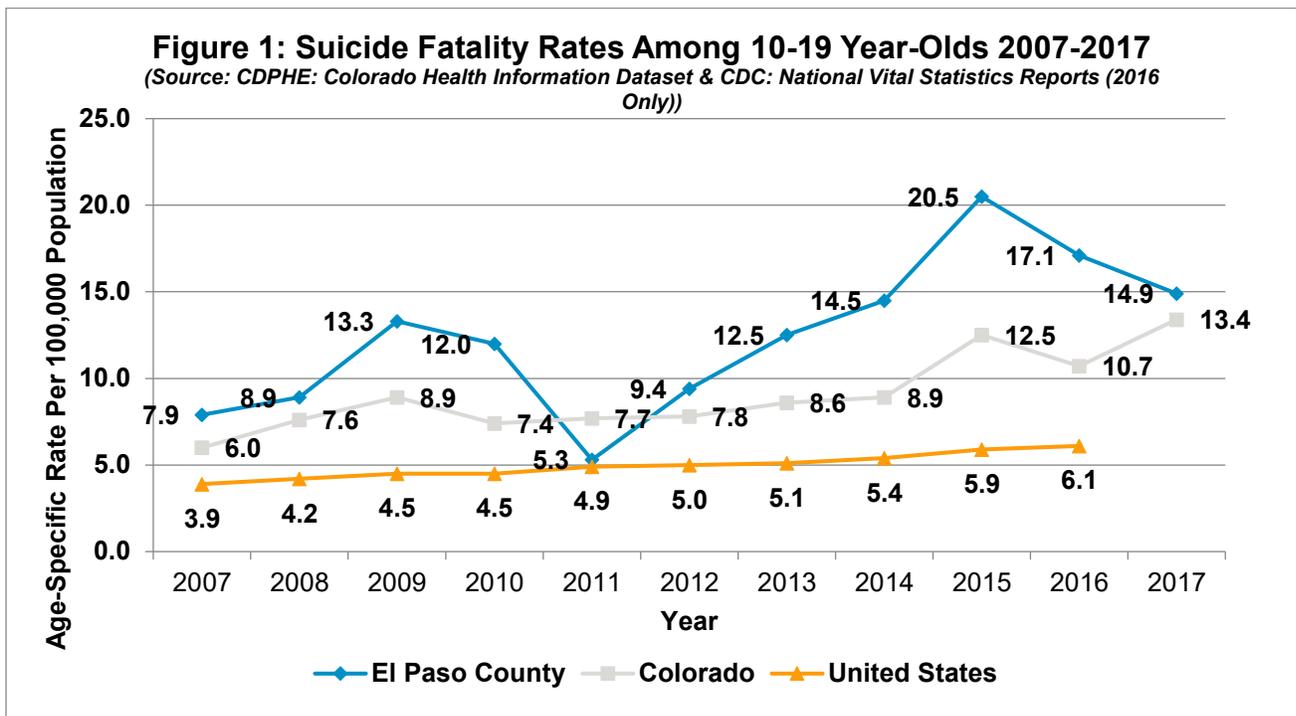
1675 W. Garden of the Gods Rd., Colorado Springs, CO 80907  
719-352-1471 or [www.mhfaco.org](http://www.mhfaco.org)

Training program that teaches individuals to identify, understand and respond to those in mental health and substance abuse crises. Check the website for date and location of adult classes. Youth classes provided on request.

# El Paso County Data on Youth Bullying, Violence and Suicide

## Youth Suicide Rates in El Paso County

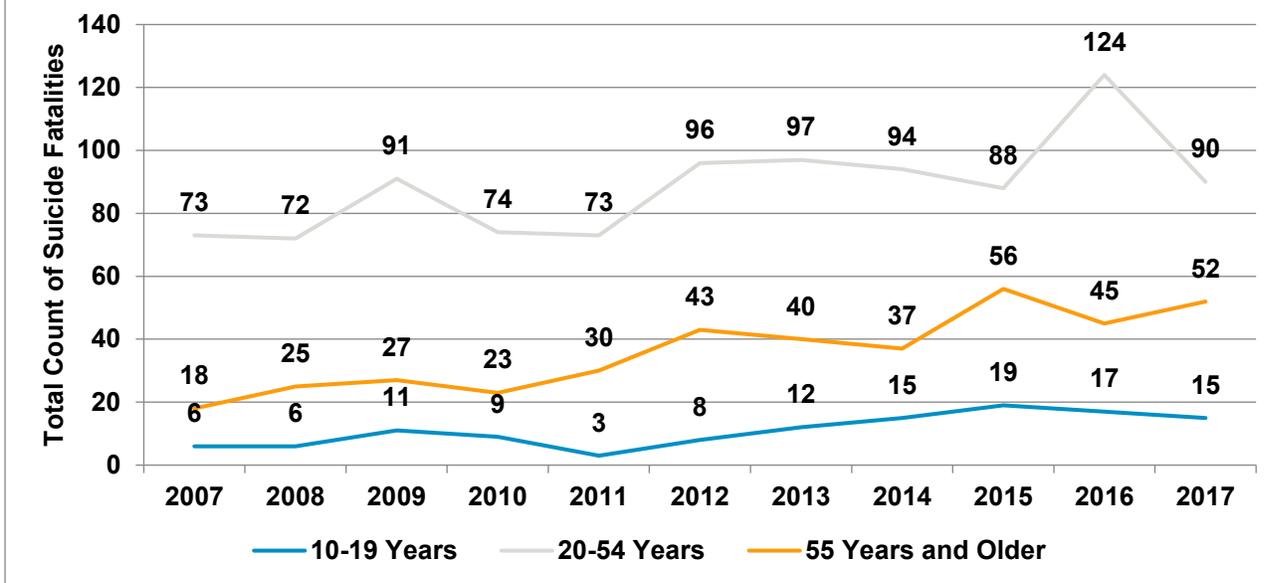
The suicide rate among youth ages 10-19 years old in El Paso County has consistently remained higher than in both Colorado and the United States (See: Figure 1). The El Paso County Youth Suicide Prevention Work Group and Promoting Connectedness, Resiliency, and Life Skills program at El Paso County Public Health aim to address this issue by focusing on prevention and intervention efforts in the community.



Suicide death in El Paso County is not only troubling among youth. Suicide fatalities remain highest among those ages 20-54 years old, and those ages 55 years and older are also at high risk (See: Figure 2)

**Figure 2: Suicide Fatalities By Age Group El Paso County 2007-2017**

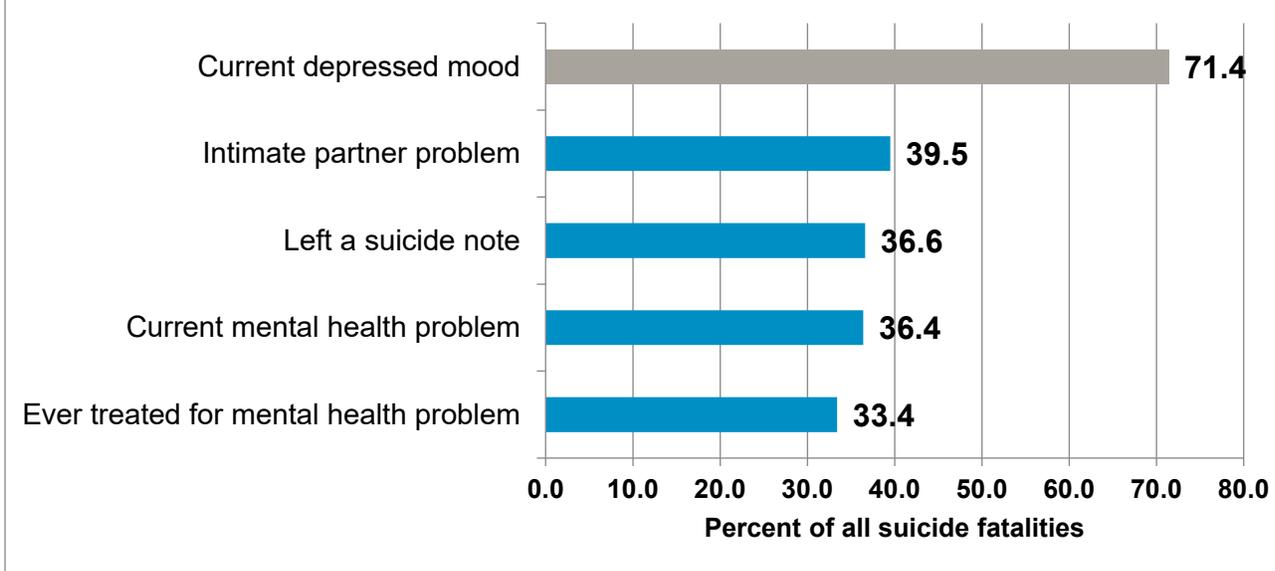
(Source: Colorado Violent Death Reporting System)



Understanding the circumstances surrounding suicide fatalities in El Paso County is critical to intentional intervention to halt the rising trend, and reverse it. Between 2004 and 2016, more than 71 percent of suicide fatalities were known to be depressed (See: Figure 3 and 4).

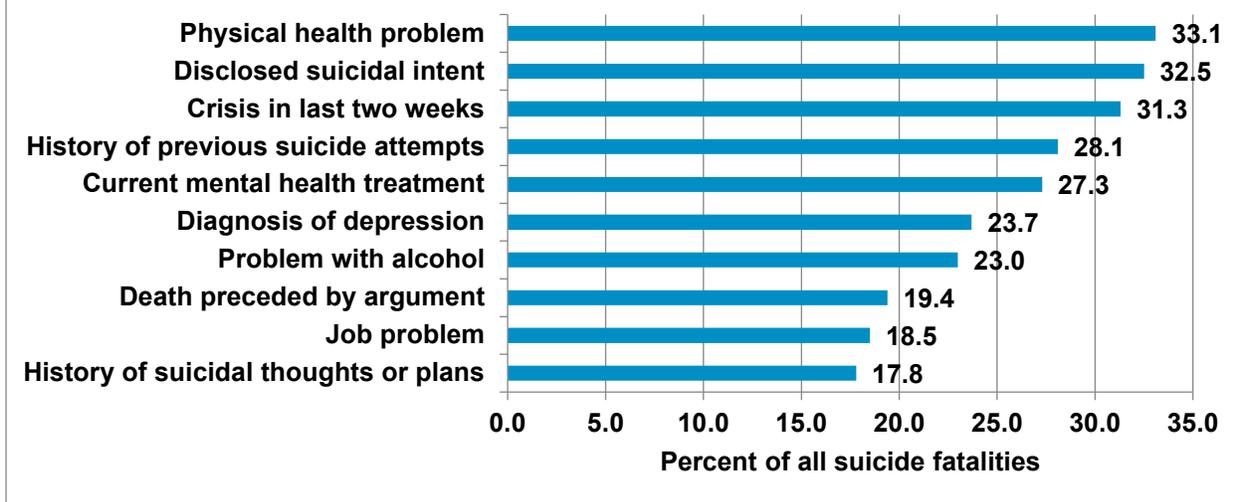
**Figure 3: Top Five Circumstances of Suicide Fatalities El Paso County 2004-2016**

(Source: Colorado Violent Death Reporting System)



**Figure 4: Additional Circumstances of Suicide Fatalities El Paso County 2004-2016**

(Source: Colorado Violent Death Reporting System)



## Healthy Kids Colorado Survey 2017

Now more than ever, it is critical to hear from students about what they are thinking and feeling related to behavioral health, as the number of suicides among youth had increased in previous years. The purpose of the Healthy Kids Colorado Survey is to better understand youth health and what factors support youth to make healthy choices. This comprehensive survey provides the data needed to address the Surgeon General's call to action. The data is used by Colorado communities to create programs that promote academic and social/emotional success for youth. Below is data specific to bullying or violence and suicide from ideation to attempting.

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

Visit the website for complete and detailed information.

High School Data	El Paso County	Colorado
% of students who had ever been bullied on school property in the past 12 months	18.6%	18.6%
% of students who had been electronically bullied during the past 12 months	15.0%	14.9%
% of students teased or name called because of race or ethnic background in the past 12 months	9.9%	9.7%
% of students teased or name called because of perceived sexual orientation in past 12 months	5.6%	4.9%
% of students who have been a victim of teasing or name calling because of their actual or perceived gender identity	1.9%	2.3%

% of students who have been threatened or injured with a weapon such as a gun, knife or club on school property 1 or more times in the past 12 months	6.7%	6.5%
% of students who were in a physical fight 1 or more times during the past 12 months	17.0%	17.9%
% of students who felt sad or hopeless almost every day for two weeks in a row they stopped doing some usual activities during the past 12 months	36.1%	31.4%
% of students who purposefully hurt themselves without wanting to die in past 12 months	20.3%	17.8%
% of students who seriously considered attempting suicide during the past 12 months	20.7%	17.0%
% of students who make a plan about how they would attempt suicide during the past 12 months	15.6%	13.1%
% of students who attempted suicide 1 more times during the past 12 months	8.6%	7.0%
% of students who have someone to talk to when feeling sad, empty, hopeless, angry or anxious	81.9%	83.4%
% of students who have an adult to go to for help with a serious problem	71.2%	73.6%
% of student who had ever been physically forced to have sexual intercourse when they did not want to	8.0%	6.4%
% of students who feel safe at school	86.8%	90%
% of students who did not go to school 1 or more times in past 30 days because they felt it would be unsafe at school or on the way to and from school	6.3%	5.8%
% of students who were overweight or obese	26.8%	21.9
% of students who went hungry in last 30 days sometimes, most of the time, or always because of lack of food at home	15.8%	14.1%

**Middle School Data (Colorado only- El Paso County data is not available)**

% of students who had ever been bullied on school property	44.0%
% of students who had ever been electronically bullied	19.7%
% of students who had been teased or name called because	15.8%

of perceived sexual orientation in the past 12 months	
% of students who ever carried a weapon such as a gun or knife or club on school property	4.9%
% of students who have ever been in a physical fight	35.7%
% of students who felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing usual activities during the past 12 months	24.3%
% of students who ever seriously thought about killing themselves	18.8%
% of students who ever tried to kill themselves	6.7%
% of students who ever made a plan about how they would kill themselves	12.5%
% of students who have someone to talk to when feeling sad, empty, hopeless, angry or anxious	83.0%
% of students who have an adult to go to help with a serious problem	73.4%

### **Smart Source**

Smart Source is a streamlined tool available in Colorado that allows all K-12 public schools to assess their health efforts to help ensure students are healthy and ready to learn. Smart Source will be administered with the Healthy Kids Colorado Survey (HKCS) to help schools capture a complete picture of school health. (<https://www.colorado.gov/pacific/cdphe/smart-source>)

### **Thriving Colorado Dashboard** (<http://thrivingcolorado.com/>)

The Thriving Colorado Dashboard is a statewide community health data dashboard that provides an online gateway to data, information, and strategies for communities. El Paso County's dashboard helps community partners track progress in key priority areas including mental health and substance use and healthy eating, active living.

This is a living document. Any agency or service listed here is not necessarily endorsed by El Paso County Public Health, but is provided solely as a resource for the public and community partners. El Paso County Public Health assumes no liability for the use of any service mentioned.

For questions or updates please contact the Maternal Child Health Program at El Paso County Public Health 719-578-3199.