Introduction

The number of suicides among youth under age 18 in El Paso County has increased in recent years; 7 in 2014, 14 in 2015 and 15 in 2016. El Paso County Public Health aims to address this issue by focusing on prevention and early intervention efforts in the community.

These efforts often focus on promoting protective factors. A protective factor is defined as something that can lower the likelihood of a negative health outcome. Protective factors such as connectedness, resiliency, problem-solving skills, conflict resolution, and non-violent ways of handling disputes, can protect youth from suicidal thoughts and behaviors. This document identifies assets in our community including collaborations, programming and resources that promote protective factors for youth.

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 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.
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About Us

El Paso County Public Health

1675 W. Garden of the Gods Rd., Colorado Springs, CO 80907
(719) 578-3199
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.

Our values are Integrity, Service Excellence, Collaboration, Innovation, Data Driven, and Respect.

First public health agency in Colorado to earn accreditation by the Public Health Accreditation Board. Only 101 health departments among 3,000 are nationally accredited.

Who we serve: El Paso County residents and visitors, including the cities and towns of Colorado Springs, Manitou Springs, Calhan, Fountain, Green Mountain Falls, Monument, Palmer Lake and Ramah.

History: El Paso County Public Health was established in 1872 as a City Health Department, and then became an organized County Health Department in 1939.

Organization: El Paso County Public Health is organized in three major divisions: Disease Prevention and Health Promotion, Health Services, and Environmental Health.

Health Services
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.

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 to low-income and first-time parents through home visits that improve the health, well-being and self-sufficiency of the family. 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, 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 from preventable diseases.

Youth Advocacy
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 a Youth Suicide Prevention Workgroup to address middle and high school youth at risk for suicide. The group is developing a “circle of care” throughout the county, which includes the resources and services that these youth need.

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.

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 is the first community in El Paso County to implement CTC.

Maternal and Child Health (MCH)
Maternal and Child Health works to address the obesity epidemic by increasing healthy eating and active living (HEAL) during early childhood, 0-5 years. The program also aims to enhance community-wide efforts to decrease bullying and suicide rates by focusing on prevention and early intervention for elementary age children. In addition, the program supports youth ages 0-21 with special health care needs and children in foster care.
## El Paso County Statistics

<table>
<thead>
<tr>
<th></th>
<th>EL PASO COUNTY</th>
<th>COLORADO</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Population</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Population estimates (as of July 1, 2016)</td>
<td>688,284</td>
<td>5,540,545</td>
</tr>
<tr>
<td>(as of July 1, 2015)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>People under 5 years</td>
<td>6.9%</td>
<td>6.2%</td>
</tr>
<tr>
<td>People under age 18</td>
<td>24.8%</td>
<td>23.0%</td>
</tr>
<tr>
<td>People 65 years and older</td>
<td>11.8%</td>
<td>13%</td>
</tr>
</tbody>
</table>

| **Race and Origin**  |                |           |
| (as of July 1, 2015) |                |           |
| White                | 83.5%          | 87.5%     |
| White, not Hispanic or Latino | 69.9% | 68.7%     |
| Hispanic or Latino   | 16.6%          | 21.3%     |
| Black or African American | 7.0% | 4.5%     |
| Two or more Races    | 4.7%           | 2.9%      |
| Asian                | 3.0%           | 3.2%      |
| American Indian and Alaska Native | 1.3% | 1.6%     |
| Native Hawaiian and other Pacific Islander | 0.4% | 0.2% |

| **Housing**          |                |           |
| Housing Units (as of July 1, 2016) | 272,568 | 2,339,118 |
| *A housing unit is a house, an apartment, a mobile home, a group of rooms, or a single room that is occupied.* |  |  |
| (2011-2015)          |                |           |
| Owner-occupied housing unit rate | 62.5% | 64.3%      |
| *Owner-occupied – the owner or co-owner lives in the unit, even if it is mortgaged or not fully paid for.* |  |  |
| Median value of owner-occupied housing unit | $218,300 | $247,800 |
| Median gross rent | $976 | $1,002 |

| **Families and Living Arrangements (2011-2015)** |                |           |
| Households | 245,287 | 2,024,468 |
| People per household | 2.60 | 2.55 |
| Living in same house 1 year ago, age 1+ | 77.2% | 80.8% |
| Language other than English spoken at home, age 5+ | 11.8% | 16.9% |

| **Education** (2011-2015) |                |           |
| High school graduate or higher, age 25+ | 93.8% | 90.7% |
| Bachelor’s degree or higher of people 25+ | 35.9% | 38.1% |
Economy (2011-2015)

In civilian labor force, age 16+ | 62.6% | 67.6%
In civilian labor force, female, age 16+ | 59.3% | 62.6%

Income (2011-2015)

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Median household income</td>
<td>$58,206</td>
<td>$60,629</td>
</tr>
<tr>
<td>Per capita income in past 12 months</td>
<td>$29,659</td>
<td>$32,217</td>
</tr>
</tbody>
</table>

Health (2011-2015)

With a disability, under age 65 | 8.9% | 7.2%

(Source: United States Census Bureau)

County Health Data (as of 2017)

<table>
<thead>
<tr>
<th>Quality of Life</th>
<th>EL PASO COUNTY</th>
<th>COLORADO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor or fair health</td>
<td>13%</td>
<td>14%</td>
</tr>
<tr>
<td>Poor physical health days</td>
<td>3-5</td>
<td>3-5</td>
</tr>
<tr>
<td>Poor mental health days</td>
<td>3-4</td>
<td>3-5</td>
</tr>
<tr>
<td>Low birth weight</td>
<td>9%</td>
<td>9%</td>
</tr>
</tbody>
</table>

Health Factors and Behaviors

| Adult smoking                                      | 16%            | 16%      |
| Adult obesity                                      | 22%            | 20%      |
| Physical inactivity                                | 15%            | 14%      |
| Access to exercise opportunities                   | 94%            | 91%      |
| Excessive drinking                                 | 18%            | 19%      |
| Alcohol-impaired driving deaths                    | 40%            | 35%      |
| Sexually transmitted infections                    | 383.5          | 415      |
| Teen births                                        | 30             | 30       |

Clinical Care

| Uninsured                                          | 10%            | 12%      |
| Primary care physicians ratio                       | 1,720:1        | 1,240:1  |
| Dentists ratio                                     | 1,020:1        | 1,340:1  |
| Mental health providers ratio                       | 390:1          | 350:1    |

Social and Economic Factors

| Unemployment                                       | 4.6%           | 3.9%     |
| Children in poverty                                | 15%            | 15%      |
| Income inequality                                  | 4.3            | 4.5      |
| Children in single parent households               | 29%            | 28%      |
| Social associations                                | 9.0            | 8.8      |
| Violent crime                                      | 380            | 309      |
| Injury deaths                                      | 75             | 72       |

(Source: Robert Wood Johnson Foundation)
Call to Action

The 2012 National Strategy for Suicide Prevention, spearheaded by the Surgeon General of the United States, has called for a public health-based approach to suicide prevention which includes application of a broad range of interventions, programs and policies that promote protective factors in the community.

The following charts and graphs illustrate the importance of addressing the Surgeon General's call to action in El Paso County. Since 2005, the age-adjusted suicide rate for all ages in El Paso County has consistently remained higher than that of Colorado and the United States. In 2015, the suicide rate for all ages was the sixth leading cause of death in El Paso County and the seventh leading cause of death in Colorado. According to the El Paso County Child Fatality Review Team, suicide accounted for 45% of all child fatalities among youth under age 18 in El Paso County in 2015.

Age-Adjusted Suicide Rates (1999-2015)

(Colorado Health Information Dataset (CoHID), United States age-adjusted suicide rate data for 2015 is not yet available)
Suicide Rate by Year, for 10-19 year olds, El Paso County (2005-2015)

Number of Suicide Deaths by Year and Age Group, El Paso County (2005-2015)

(Colorado Health Information Dataset (CoHID), nationwide data for 2015 is not available)

(El Paso County Mortality Data, 2005-2014, CO and US from CDC Wonder)
Colorado Healthy Kids Survey Results (2015)

Now more than ever, it is critically important to hear from students about what they are thinking and feeling related to behavioral health, as the number of suicides among youth has increased in recent years. The purpose of the Colorado Healthy Kids 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 when working with youth to create programs that promote academic and social/emotional success.

www.healthykidscolo.org
Visit the website for detailed information.

High School Data

<table>
<thead>
<tr>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>% of students who had been bullied on school property in the past 12 months</td>
</tr>
<tr>
<td>% of students who had been electronically bullied during the past 12 months</td>
</tr>
<tr>
<td>% of students teased or name called because of race or ethnic background in the past 12 months</td>
</tr>
<tr>
<td>% of students teased or name called because of perceived sexual orientation in past 12 months</td>
</tr>
<tr>
<td>% of students who report their sexual orientation as LGB</td>
</tr>
<tr>
<td>% of students who carried a weapon 1 or more times in the past 30 days</td>
</tr>
<tr>
<td>% of students who carried a weapon on school property 1 or more times in past 30 days</td>
</tr>
<tr>
<td>% of students who have been threatened or injured with a weapon on school property 1 or more times in the past 12 months</td>
</tr>
<tr>
<td>% of students who were in a physical fight 1 or more times during the past 12 months</td>
</tr>
<tr>
<td>% of students who reported their mental health as &quot;not good&quot; 1 or more days in past 30 days</td>
</tr>
<tr>
<td>% 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</td>
</tr>
<tr>
<td>Statistic</td>
</tr>
<tr>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>% of students who purposefully hurt themselves without wanting to die in past 12 months</td>
</tr>
<tr>
<td>% of students who seriously considered attempting suicide during the past 12 months</td>
</tr>
<tr>
<td>% of students who make a plan about how they would attempt suicide during the past 12 months</td>
</tr>
<tr>
<td>% of students who actually attempted suicide 1 or more times during the past 12 months</td>
</tr>
<tr>
<td>% of students whose suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse</td>
</tr>
<tr>
<td>% of students who have an adult to go to for help with a serious problem</td>
</tr>
<tr>
<td>% of students who would most likely talk to a parent, teacher, or other adults when feeling sad</td>
</tr>
<tr>
<td>% of students who feel safe at school</td>
</tr>
<tr>
<td>% 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</td>
</tr>
<tr>
<td>% of obese students</td>
</tr>
<tr>
<td>% of overweight students</td>
</tr>
<tr>
<td>% of students who went hungry in last 30 days, sometimes, most of the time, or always because of lack of food at home</td>
</tr>
</tbody>
</table>

**Middle School Data**

<table>
<thead>
<tr>
<th>Statistic</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>% of students who had ever been bullied on school property</td>
<td>47.5%</td>
</tr>
<tr>
<td>% of students who had ever been electronically bullied</td>
<td>24.7%</td>
</tr>
<tr>
<td>% of students who had been teased or name called because of perceived sexual orientation in the past 12 months</td>
<td>17.8%</td>
</tr>
<tr>
<td>% of students who ever carried a weapon such as a gun</td>
<td>32.3%</td>
</tr>
<tr>
<td>% of students who have ever been in a physical fight</td>
<td>32.6%</td>
</tr>
<tr>
<td>Statistical Measure</td>
<td>Percentage</td>
</tr>
<tr>
<td>------------------------------------------------------------------------------------</td>
<td>------------</td>
</tr>
<tr>
<td>% 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</td>
<td>27.2%</td>
</tr>
<tr>
<td>% of students who ever seriously thought about killing themselves</td>
<td>17.3%</td>
</tr>
<tr>
<td>% of students who ever tried to kill themselves</td>
<td>6.4%</td>
</tr>
<tr>
<td>% of students who would most likely talk to a parent, teacher, or another adult when feeling sad, empty, hopeless, angry or anxious</td>
<td>42.1%</td>
</tr>
<tr>
<td>% of students who have an adult to go to help with a serious problem</td>
<td>78%</td>
</tr>
<tr>
<td>% of students who describe themselves as slightly or very overweight</td>
<td>22%</td>
</tr>
</tbody>
</table>
El Paso County Community Resources

Youth Development Programs

The youth development programs listed offer youth opportunities to make connections, build resiliency, and learn life skills as they engage in community activities and programs.

Big Brothers, Big Sisters
Plaza of the Rockies, 111 S. Tejon St., Ste 302, Colorado Springs, CO 80903
719-633-2443
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, CO 80910
  719-570-6242
- El Pomar Club
  805 Praderia Ave., Colorado Springs, CO 80904
  719-473-3490
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, CO 80907 (Main office)
791-634-1584
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
740 W. Caramillo St., Colorado Springs, CO 80907
719-471-0910
www.catamountinstitute.org
Children can participate in outdoor education adventures and experiences that develop ecological stewardship.

Colorado State University Extension
17 N. Spruce St., Colorado Springs, CO 80905
719-520-7675
www.extension.colostate.edu
Provides programs such as 4-H and STEM (Science, Technology, Engineering and Math) for young people to develop leadership, citizenship and life skills.
Concrete Couch
214 E. Vermijo Ave., Colorado Springs, CO 80903
719-641-7760
www.concretecouch.org
Provides free opportunities to connect community members and encourages intergenerational participation in fun 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, CO 80902
719-526-3368
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
3535 Parkmoor Village Dr., Colorado Springs, CO 80917
719-597-8603
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 St., Colorado Springs, CO 80903
719-328-1056
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.
419 W. Bijou St., Colorado Springs, CO 80905
719-636-2474
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, CO 80903
719-355-3573
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, CO 80903
719-520-1311
www.kidpowercs.org
Offers classes and resources for families that teach child protection, positive communication, and personal safety for all ages and abilities. 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.

Pikes Peak Regional Law Enforcement Teen Academy
705 S. Nevada Ave., Colorado Springs, CO 80903
719-444-7410 (Contact: Officer Bernie Banuelos)
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.

League of United Latin American Citizens (LULAC)
829 N. Circle Dr., Ste 101, Colorado Springs, CO 80909
719-637-0037
www.lulac.org
Provides educational counseling, scholarships, leadership development, and literacy programs for Hispanic high school students.

R.P. Lee Youth Center
Building 1555, 100 Selfridge St., Colorado Springs, CO 80916
719-556-7220
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.

Southeast Springs Soccer Initiative (SESSI)
4198-B Center Park Dr., Colorado Springs, CO 80916 (Main office)
www.sessi.org
Visit the website for various locations.
Youth can attend free soccer summer trainings, year-round clinics, pick-up games, 3v3 events, and tournaments throughout the southeast Colorado Springs community that build positive relationships.

Salvation Army Red Shield After School Program
908 Yuma St., Colorado Springs, CO 80909
719-884-1038
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.
Teens with Promise
3540 N. Academy Blvd., Colorado Springs, CO 80917
(Located inside of Promises Boutique)
719-266-0106
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.

Women’s Resource Agency
The Citadel, 750 Citadel Dr., E #3128, Colorado Springs, CO 80909
719-471-3170
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, CO 80903
719-471-9790
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

Safe, stable and nurturing relationships are essential for healthy child development and lifelong well-being. These relationships will support children to grow up to become responsible adults and productive citizens. The organizations listed provide needed resources to support families and caregivers.

Colorado 2-1-1 (Pikes Peak United Way)
Dial 2-1-1
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, childcare for low and middle-income families, after school programs and more.

Alliance for Kids
2340 Robinson St., Colorado Springs, CO 80904
719-634-8045
www.allianceforkids.org
Oversees a variety of programs, participates in community partnerships, and provides professional training and coaching to parents and early childhood educators.

Cooking Matters
1824 Lincoln St., Denver, CO 80203
303-892-8480
www.co.cookingmatters.org
Visit the website for classes offered in El Paso County.
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.

Community Partnership for Child Development (CPCD)
2330 Robinson St., Colorado Springs, CO 80904
719-635-1536
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 10th St., Calhan, CO 80808 (On the El Paso County Fairgrounds)
719-347-7638
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.
El Paso County Department of Human Services (DHS)
1675 W Garden of the Gods Rd., Colorado Springs, CO 80907 (Main office)
719-636-0000
www.dhs.elpasoco.com
Visit the website for details about multiple locations and hours.
DHS strives to protect the most vulnerable citizens and low-income families of El Paso County by providing efficient access to services provided by local, state and federal governments. Some services provided are SNAP/Food Assistance, Health First Colorado (Medicaid), Colorado Child Care Assistance Program (CCCAP), and Temporary Assistance for Needy Families (TANF).

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.

Parenting Matters
2340 Robinson St., Colorado Springs, CO 80904
719-466-0099
www.parentingmatters-epc.org
Visit the website for classes offered in El Paso County.
In collaboration with community agencies and organizations, parenting classes are offered for families in El Paso County.

Colorado PEAK
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.

Children with Special Needs
Child Find
Colorado Department of Education, 201 E. Colfax Ave., Denver, CO 80203
303-866-6600
www.cde.state.co.us
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
611 N. Weber St., Colorado Springs, CO 80903
719-531-9400
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.

The ARC Pikes Peak Region
12 N. Meade Ave., Colorado Springs, CO 80909
719-471-4800
www.thearcppr.org
People with intellectual and developmental disabilities and their families are connected to community resources and government services.
The Resource Exchange
418 S. Weber St., Colorado Springs, CO 80903
719-380-1100
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.

Military Families
Peak Military Care Network
1257 Lake Plaza Dr., Ste 220, Colorado Springs, CO 80906
719-955-0742
www.peakmilitarycarenet.org
A central source for information, navigation and integrated services for military service members, veterans, and their families.

A Family Harbor
1330 Quail Lake Loop, Ste 200, Colorado Springs, CO 80906
719-465-5000
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, CO 80905
719-309-4714
www.mtcarmelveterans.org
Individual and group wellness programs and behavioral health services are offered for veterans and their families.

Hispanic Families
Centro de Familia
122 E. Lass Animas St., Colorado Springs, CO 80903
719-227-9170
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
www.hispanichealth.org
Provides Hispanic consumers free, reliable and confidential information to help navigate the health system.
Safety Resources
An important protective factor for youth is that they feel safe. Listed are programs and services that can provide this safety.

FIREFACTOR: Preventing Youth Misuse of Fire
375 Printers Pkwy, Colorado Springs, CO 80910
719-385-7337 (Contact: Sunny Smaldino)
www.csfd.dev.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, CO 80202
1-877-542-7233
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.
Physical Health Resources
When children are not feeling physically well and need medical care, Urgent Care centers and hospitals are available in El Paso County. Information is also listed for Health First Colorado (Medicaid) and Presumptive Eligibility (PE) programs.

Urgent Care Centers
Urgent Care is often considered the bridge between traditional physicians and emergency rooms. When a regular physician is not available but a patient doesn’t need emergency care, an urgent care center is a good choice. To choose a location, consider the type of care needed and the services offered at the location.

www.urgentcarelocations.com/co/colorado-springs
Visit the website to find detailed information about Urgent Care center locations and hours.

Hospitals
Evans Army Community Hospital
Fort Carson, 1650 Cochrane Cir., Ft. Carson, CO 80913
719-526-7000
www.evans.amedd.army.mil
Provides a full range of services for military service members, family members and retirees in the Front Range.

UC Health Memorial
www.uchealth.org
Comprehensive inpatient and outpatient services. UC Health Memorial has seven emergency rooms (ERs) that are located throughout the area. Visit this site to find detailed information about each ER: www.uchealthemergencyroom.com.
- **Central**
  1400 E. Boulder St., Colorado Springs, CO 80913
  719-364-5000
- **North**
  4050 Briargate Pkwy., Colorado Springs, CO 80920
  719-364-5000

Penrose St. Francis Health Services
719-776-5000
www.penrosequintfrancis.org
Comprehensive inpatient and outpatient services with a family-centered approach that includes a dedicated pediatric emergency room.
- **Penrose Hospital**
  2222 N. Nevada Ave., Colorado Springs, CO 80907
- **St. Francis Medical Center**
  6001 E. Woodmen Rd., Colorado Springs, CO 80923
**Health First Colorado (Colorado’s Medicaid Program)**
Health First Colorado was formerly known as Medicaid. It is public health insurance for Coloradans who qualify. After enrolling, participants can be connected to doctors, dentists, clinics, and pharmacies.

**Colorado Department of Health Care Policy & Financing**
1570 Grant St., Denver, CO 80203
303-866-2993
[www.colorado.gov/hcpf](http://www.colorado.gov/hcpf)
A state government agency that administers Health First Colorado, Child Health Plan Plus and other health care programs.

**Community Health Partnership- Regional Care Collaborative Organization (RCCO)**
6005 Delmonico Dr., Ste 225, Colorado Springs, CO 80919
719-314-2560
[www.mycommunitycare.org](http://www.mycommunitycare.org)
Connects members to providers accepting Health First Colorado (including medical, behavioral health, and pharmacies). Also provides coordinated care for Health First Colorado clients in Region 7 which includes Elbert, El Paso, Park and Teller counties.

**DentaQuest**
855-225-1729
[www.dentaquest.com](http://www.dentaquest.com)
DentaQuest administers the dental benefits for Health First Colorado (Colorado’s Medicaid Program). If you enrolled in Health First Colorado, you have a dental benefit through DentaQuest.

**Peak Vista Community Health Centers**
410 Gold Pass Hts., Colorado Springs, CO 80906 *(Main office)*
(719) 632-5700
[www.peakvista.org](http://www.peakvista.org)
Visit the website for more information about each location.
27 Outpatient Centers in Colorado’s Pikes Peak and East Central regions. Provides medical, dental, and behavioral health care services for children and adults who qualify for Health First Colorado.
**Presumptive Eligibility (PE)**
Presumptive Eligibility (PE) is a Health First Colorado and Child Health Plan Plus (CHP+) program that provides immediate temporary medical coverage for children under 19 years old and pregnant women. Applications for PE may be done online or in person at a PE site.

**Colorado PEAK**
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.

Call to make an appointment at one of the following PE sites:

**Healthy Communities Memorial Hospital**
1400 E. Boulder St., Colorado Springs, CO 80909
719-365-9386

4050 Briargate Pkwy., Colorado Springs, CO 80920
719-365-9386

**Peak Vista Community Health Centers**
3207 N. Academy, Ste 1500, Colorado Springs, CO 80917
719-632-5700

340 Printers Pkwy., Colorado Springs, CO 80910
719-344-6430

**A Mother’s Choice**
2130 Academy Circle, Ste D, Colorado Springs, CO 80909
719-425-2631
School Districts

Schools can provide positive adult connections, activities that promote resiliency, academic and social-emotional learning opportunities, and a safe place for youth. There are 17 school districts in El Paso County.

Visit the listed website to find detailed information about a specific school district.
Harrison School District 2
1060 Harrison Rd., Colorado Springs, CO 80905
719-579-2000
www.hsd2.org

Widfield School District 3
1820 Main St., Colorado Springs, CO 80911
719-391-3000
www.wsd3.org

Fountain-Fort Carson School District 8
10665 Jimmy Camp Rd., Fountain, CO 80817
719-382-1300
www.ffc8.org

Colorado Springs School District 11
1115 N. El Paso St., Colorado Springs, 80903
719-520-2000
www.d11.org

Cheyenne Mountain School District 12
1775 Laclede St., Colorado Springs, CO 80905
719-475-6100
www.cmsd.k12.co.us

Manitou Springs School District 14
405 El Monte Pl., Manitou Springs, CO 80829
719-685-2024
www.mssd14.org

Academy School District 20
1110 Chapel Hills Dr., Colorado Springs, CO 80920
719-234-1200
www.asd20.org

Ellicott School District 22
322 S. Ellicott Hwy., Ellicott, CO 80808
719-683-2700
www.ellicottschools.org

Peyton School District 23
18230 Main St., Peyton, CO 80831
719-749-2330
www.peyton.k12.co.us

Hanover School District 28
17050 S. Peyton Hwy., Colorado Springs, CO 80928
719-683-2247
www.hanoverhornets.org
Lewis-Palmer School District 38  
146 Jefferson St., Monument, CO 80132  
719-488-4700  
www.lewispalmer.org

Fremont RE-2 School District 39  
403 West 5th St., Florence, CO 81226  
719-784-6312  
www.re-2.org

Falcon District 49  
10850 E. Woodmen Rd., Peyton, CO 80831  
719-495-1100  
www.d49.org

Edison School District 54JT  
14550 Edison Rd., Yoder, CO 80864  
www.edison54jt.schoolfusion.us

Miami-Yoder School District JT-60  
420 S. Rush Rd., Rush, CO 80833  
719-478-2186  
www.miamiyoder.com

Calhan School District RJ-1  
780 8th St., Calhan, CO 80808  
719-347-2766  
www.calhanschool.org

Big Sandy Schools 100J  
18091 Cr 125, P.O. Box 68, Simla, CO 80835  
719-541-2291  
www.bigsandy100j.com
Pikes Peak Library District (PPLD)

Libraries are important partners in child development. Through library collections, programs and physical spaces, children learn to share, be engaged in their communities, participate in the arts, and explore their immediate world and the world at large. 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.

www.ppld.org
Visit the website for detailed information about hours and programs at each location.

Cheyenne Mountain Library
1785 S. 8th St., Suite 100, Colorado Springs, CO 80905
719-633-6278

East Library
5550 N. Union Blvd., Colorado Springs, CO 80918
719-531-6333

Fountain Library
230 S. Main St., Fountain, CO 80817
719-382-5347

High Prairie Library
7035 Old Meridian Rd., Peyton, CO 80831
719-260-3650

Library 21 C
1175 Chapel Hills Dr., Colorado Springs, CO 80920
719-884-9800

Manitou Springs Library
701 Manitou Ave., Manitou Springs, CO 80829
719-685-5206

Monument Library
1706 Lake Woodmoor Dr., Monument, CO 80132
719-488-2370

Old Colorado City Library
2418 W. Pikes Peak Ave., Colorado Springs, CO 80904
719-634-1698

Palmer Lake Library
66 Lower Glenway, Palmer Lake, CO 80133
719-481-2587

Penrose Library
20 N. Cascade Ave., Colorado Springs, CO 80903
719-531-6333

Rockrimmon Library
832 Village Center Dr., Colorado Springs, CO 80919
719-593-8000

Ruth Holley Library
685 N. Murray Blvd., Colorado Springs, CO 80915
719-597-5377
Sand Creek Library
1821 S. Academy Blvd., Colorado Springs, CO 80916
719-597-7070

Ute Pass Library
8010 Severy Rd., Cascade, CO 80809
719-684-9342

Library Express
(Unmanned location with a vending machine for library materials)
3337 Cinema Point, Colorado Springs, CO 80922

Mobile Library Services
Mobile Library Staff: 719-6333 x2313
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
Visit the website for detailed information about programs and services at each location.

Deerfield Hills Community Center
4290 Deerfield Hills Rd., Colorado Springs, CO 80916
719-385-5996

Hillside Community Center
925 S. Institute St., Colorado Springs, CO 80903
719-385-7900

Meadows Park Community Center
1943 S. El Paso Ave., Colorado Springs, CO 80905
719-385-7940

Westside Community Center
1628 W. Bijou St., Colorado Springs, CO 80904
719-385-7920 ext.100
www.ourwestside.org
Operated by the Center for Strategic Ministry, in agreement with City of Colorado Springs.
Parks and Green Spaces

Use of the many parks, recreation areas, trails, open spaces, and nature centers in El Paso County can improve the health of youth and adults in several ways. It can promote increased physical activity, improve mental health and provide community interaction. The El Paso County Park Operations offer programs and services in safe, clean, and green facilities for children, families, the elderly and people with special needs.

County Park Headquarters
2002 Creek Crossing, Colorado Springs, CO 80905
719-520-6375
www.ElPasoCountyParks.com
Visit the website for detailed information about programs and services at each location.
Regional Parks

Bear Creek Regional Park
- Bear Creek East
  21st and West Rio Grand Ave., Colorado Springs, CO 80906
- Bear Creek Terrace
  21st and Argus Rd., Colorado Springs, CO 80906
Facilities: picnic pavilions, playfields, tennis courts, playgrounds, archery range, horseshoe pit, volleyball, and basketball courts.

Black Forest Regional Park
4800 Shoup Rd., Colorado Springs, CO 80909
Facilities: turf playfields, tennis courts, playground, and picnic pavilions.

Clear Spring Ranch
Loren Lane, Fountain, CO 80817
Facilities: pavilion, and picnic tables.

Fountain Creek Regional Park/ Willow Springs Ponds
2010 Duckwood Rd., Fountain, Co 80817
Facilities: ponds (fishing allowed), play area, multi-purpose fields, picnic shelter, and playground.

Fox Run Regional Park
2110 Stella Dr., Colorado Springs, Co 80921
Facilities: pavilions, playground, and gazebo on the lake.

Homestead Ranch Regional Park
16444 Gollihar Rd., Peyton, CO 80831
Facilities: playground, picnic pavilions, and playfield.

Paint Mines Interpretive Park
29950 Paint Mines Rd., Calhan, CO 80808
Facilities: picnic tables.

Stratmoor Hills Community Park
413 Sinton Ave., Colorado Springs, CO 80906
Facilities: play areas, playground, picnic pavilion, basketball court, and individual picnic facilities.

Stratmoor Valley Park
1213 Forest Rd., Colorado Springs, CO 80906
Facilities: basketball court, picnic shelter, multi-use field, and playground.

Widefield Community Park
Drury Lane at Fontaine Blvd., Colorado Springs, CO 80911
Facilities: playground, basketball court, baseball backstop, 18-hole disc golf course, and memorial sitting area.
Recreation Areas

**Palmer Lake Recreation Area**
199 County Line Rd., Palmer Lake, CO 80133

**Rainbow Falls Recreational Area**
Serpentine Drive, Manitou Springs, CO 80829

**Trails**

**Crews Gulch Regional Trail**
Trailhead location and directions: The trailhead can be reached from Highway 85 south to Fontaine Blvd. Turn east on Fontaine Blvd. to Drury Lane.

**Fountain Creek Regional Trail**
Trailhead location and directions: The north end of the trail is located at the southern border of the El Pomar Youth Sports Park, south of Circle Drive and east of Interstate 25 in Colorado Springs. The south end of the trail is located along Bandley Drive, 2.5 miles south of Highway 16 in Fountain.

**New Santa Fe Regional Trail**
Trailhead location and directions: Palmer Lake, 3rd St. in the town of Monument, at Baptist Rd., Highway 105 in Monument and Northgate Rd., and Ice Lake at the Air Force Academy.

**Rock Island Regional Trail**
Trailhead location and directions: From Highway 24, east to Falcon, turn left on Meridian Rd. The trail runs parallel to US Hwy 24 between the towns of Falcon and Peyton.

**Ute Pass Regional Trail**
Trailhead location and directions: From Highway 24, take Green Mountain Falls exit. Trailhead is located off Chipita Park Rd., at the southeast boundary of Green Mountain Falls.

Open Spaces

**Black Forest – Section 16**
Location: 8510 Burgess Rd., Colorado Springs, CO 80908

**Drake Lake Open Space**
Location: 7502 Mallard Dr., Peyton, CO 80931

Nature Centers

**Bear Creek Nature Center**
245 Bear Creek Rd., Colorado Springs, CO 80906
719-520-6387
Provides educational programs during field trips, special events, guided and self-guided tours and media presentations. Trails are open for hiking, horseback riding and pets on a leash.

**Fountain Creek Nature Center**
320 Pepper Grass Lane, Fountain, CO 80817
719-520-6745
Provides educational programs during field trips, special events, group tours, environmental education programs, and discovery experiences.
Basic Needs
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.

Free Clothing
Catholic Charities of Central Colorado
14 W. Bijou St., Colorado Springs, CO 80903
719-866-6421
www.ccharitiescc.org
Hours: Mon. - Fri., 8 a.m. - 5 p.m.

CrossFire Ministries, Inc.
2120 E. LaSalle St., Colorado Springs, CO 80909
719-447-1806
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, CO 80903
719-636-1916
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
1 W. Las Vegas St., Colorado Springs, CO 80903
719-632-1822
www.springsrescuemission.org
Hours: Mon. - Wed., 1 - 3 p.m.

Stratmoor Community Center
2027 B Street, Colorado Springs, CO 80902
719-502-7096
www.stratmoorhillsumc.org
Provides clothing to residents in the 80905 and 80906 areas and any active duty military.
Hours: Wednesdays., 1 - 3 p.m.

Soup Kitchens
Marian House Soup Kitchen
14 W. Bijou St., Colorado Springs, CO 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
5 W. Las Vegas St., Colorado Springs, CO 80903
719-632-1822
Free, hot and nutritious meal six days a week for any man, woman or child.
Hours: Meals served Mon. - Sat., 4 p.m. and 4:35 p.m.

Abundant Hope Church
41 N. Iowa St., Colorado Springs, CO 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
Main office: 908 Yuma St., Colorado Springs, CO 80909
719-636-3891
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
2027 B Street, Colorado Springs, CO 80902
719-502-7096
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, CO 80908
719-495-2221
www.bfichurch.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, CO 80915
719-528-6767
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, CO 80817
719-387-9919
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, Inc  
2120 E. LaSalle St., Colorado Springs, CO 80909  
719-447-1806  
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 4th St., Calhan, CO 80808  
719-347-2976  
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, CO 80903  
719-636-1916  
www.ecusocmin.org  
Provides emergency food assistance to low-income and homeless children and adults.  
Hours: Mon.-Fri., 9 - 11:30 a.m. and 12:30 - 3 p.m.

Good News Foundation  
125 N. Parkside St., Suite 105, Colorado Springs, CO 80909  
719-638-8985  
Hours: Tue. and Thu., 10 a.m. - 2 p.m.

High Plains Helping Hands  
7375 Adventure Way St., Colorado Springs, CO 80923  
719-495-3123  
Hours: Tue. and Thu., 10 a.m. - 4 p.m. and the 3rd Saturday of each month 10 a.m. - 1 p.m.  
23355 E. Hwy 94, Ellicott, CO 80808  
719-683-3404  
Hours: Tuesdays, 9 a.m. - 12 p.m.

www.hphh.org  
Visit website for detailed information about each location.

Mercy’s Gate  
4360 Montebello Dr., Suite 300, Colorado Springs, CO 80918  
719-277-7470  
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.
REACH Pikes Peak
312 S. Weber St., Suite A, Colorado Springs, CO 80903
719-358-8396

701 4th St., Calhan, CO 80808
719-347-2976

501 E. Iowa Ave., Fountain, CO 80817
719-382-8515

www.reachpikespeak.org
Visit website for detailed information and hours for each location.

Salvation Army Food Pantry
908 Yuma St., Colorado Springs, CO 80909
719-636-3891
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
1 W. Las Vegas St., Colorado Springs, CO 80903
719-632-1822
www.springsrescuemission.org
Hours: Tue. and Thu., 1 - 3 p.m.

Tri-Lakes Cares
235 N. Jefferson St., Monument, CO 80132
719-481-4864
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, CO 80904
719-389-0759
www.westsidecares.org
Provides vouchers for food pantries.
Hours: Mon. - Thu., 9:30 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, CO 80903
719-329-1244
www.familypromise.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, CO 80903
719-475-1422
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.

Interfaith Hospitality Network of Colorado Springs
519 N. Tejon St., Colorado Springs, CO 80903
719-329-1244
www.ihn-cos.org
Short-term transitional shelter is available for homeless families with children. 
Visit website for detailed information and hours.

Partners in Housing
455 Gold Pass Heights St., Colorado Springs, CO 80906
719-473-8890
www.partnersinhousing.org
Homeless families with children can apply for up to one-year transitional housing and supportive case management.
Visit website for detailed information and hours.

Rocky Mountain Community Land Trust
1212 W. Colorado Ave., Colorado Springs, CO 80904
719-447-9300
www.rmclt.org
Provides permanent, quality affordable housing opportunities to limited income families.
Visit website for detailed information and hours.

RJ Montgomery Center – Salvation Army Shelter
709 S. Sierra Madre St., Colorado Springs, CO 80907
719-578-9190
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, CO 80903
719-632-1822
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, CO 80903
719-630-3223
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)
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
www.ridebustang.com
*Visit website 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, CO 80903 (Administrative Office)
719-385-RIDE
www.transit.coloradosprings.gov
*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, CO 80829  
719-685-5089  
[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, CO 80817  
719-392-3500  
[www.fountaincolorado.org](http://www.fountaincolorado.org)  
Provides bus transportation to public, elderly and disabled riders. Offers a deviated fixed route.  
*Visit website for more detailed information.*
Responding to Behavioral Health Concerns: A Guide

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**

Crisis Services provide confidential and immediate support 24/7.

**Colorado Crisis Services Hotline**

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

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

- If a **Mobile Crisis Response Team** is deemed necessary, they will 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.

**Crisis Stabilization Units**

Crisis line: 719-635-7000 | Non-crisis line: 719-572-6100

There are two walk-in crisis stabilization units in Colorado Springs where individuals may seek immediate help 24 hours per day/7 days per week.

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

**National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

Provides 24/7, free and confidential support for people in distress, and prevention and crisis resources.

**Non-Crisis Options**

If an individual is not in immediate danger and does not require crisis services, there are a variety of ways to assist them in connecting 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.
- Individuals may also contact their primary care provider to discuss concerns and determine appropriate follow up.
Behavioral Health Resources

Youth in El Paso County have access to many resources in the community when behavioral health concerns arise. Listed are agencies that can provide services and/or refer out to other agencies as needed.

Providers
**AspenPointe**
115 S. Parkside Dr., Colorado Springs, CO 80910
844-493-8255 *(Main office)*
- **AspenPointe Crisis Line**
  719-635-7000
- **AspenPointe Non-Crisis Contact Center**
  719-572-6100

[www.aspenpointe.org](http://www.aspenpointe.org)
Visit the website for services at each location.
Treatment, counseling and therapy services for children and adults are available at nine locations.

**Cedar Springs Hospital**
2135 Southgate Rd., Colorado Springs, CO 80906
719-633-4114
[www.cedarspringshospital.com](http://www.cedarspringshospital.com)
Offers services for children and adults with mental health, behavioral health, and substance abuse issues.

**Peak View Behavioral Health**
7353 Sisters Grove, Colorado Springs, CO 80923
719-444-8484
[www.peakviewbh.com](http://www.peakviewbh.com)
Provides inpatient and outpatient treatment for children and adults who are struggling with crisis and non-crisis situations.

Support Services
**Depression and Bipolar Support Alliance (DBSA)**
2132 E. Bijou St., Colorado Springs, CO 80909
719-477-1515
[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, CO 80909
719-596-2575 *(Contact: LaRita Archibald)*
[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  
www.namicoloradosprings.com  
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, CO 80903  
719-573-7447  
www.pikespeaksuicideprevention.org  
Hosts support groups for suicide attempters, families of suicide attempters, and children left behind by suicide.

**Trainings**

**Mental Health First Aid (MHFA) – Adult and Youth**  
C/O Behavioral Healthcare Council  
1580 Logan St., Suite 400, Denver, CO 80203  
303-832-7594  
www.mhfaco.org  
*Visit the website for class dates, times, and registration information.*  
Mental Health First Aid (MHFA) is an internationally recognized, evidence-based training program committed to empowering individuals to identify, understand and respond to those in mental health and substance abuse crises. Classes are open to the public and offered once a month at the Citizens Service Center. Registration is required.

**Applied Suicide Prevention Skills Training (ASIST)**  
Offered by Pikes Peak Suicide Prevention  
704 N. Tejon St., Colorado Springs, CO 80903  
719-573-7447  
www.livingworks.net  
Applied Suicide Intervention Skills Training (ASIST) is a two-day training for everyone 16 or older, regardless of prior experience, who want to be able to provide suicide first aid.
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.