

A graphic element above the text, consisting of three curved, brush-stroke-like lines in purple, yellow, and green.

ASPEN POINTE

Empowering Clients. Enriching Lives. Embracing Purpose.

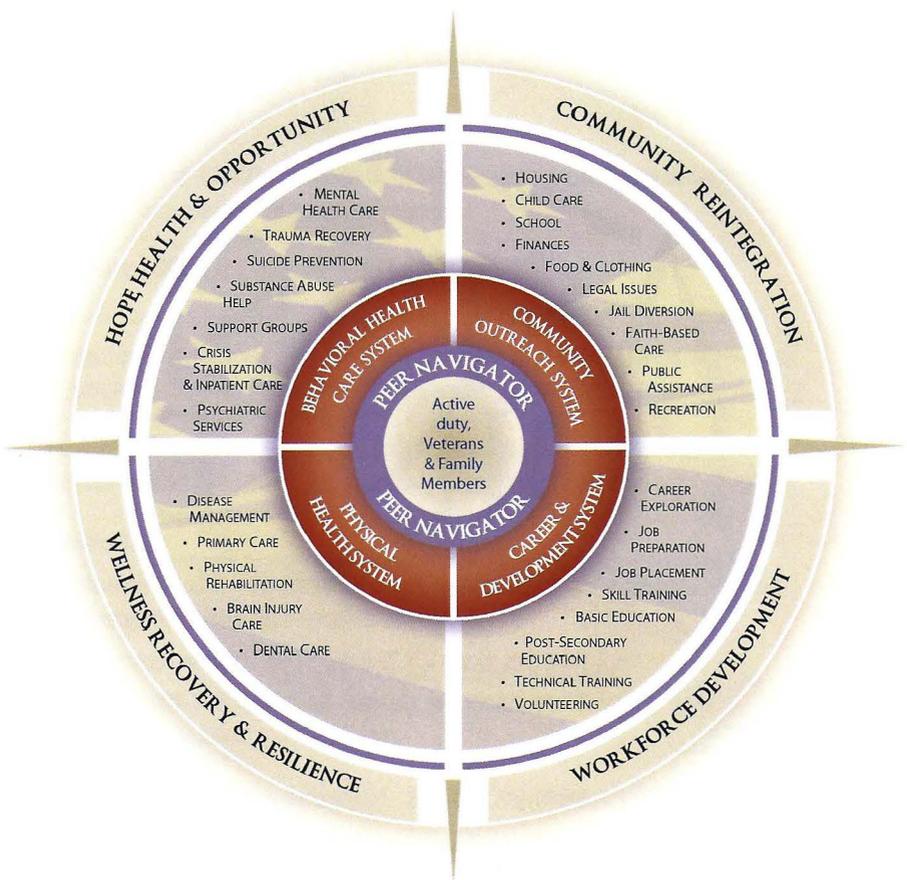
MILITARY SERVICES

(719) 572-6100 | (800) 285-1204 | WWW.ASPENPOINTE.ORG

24-HOUR CRISIS LINE (719) 635-7000

PEER NAVIGATOR

Our military men and women have heroically performed their duties. It is now our duty to provide the care and support they and their families need as they return home. At AspenPointe, we have created a unique approach: an individual peer navigator who creates hope for active duty soldiers, veterans and their families through employment, mentoring, training, and community transition services at no cost to the military recipient. The Peer Navigator is a veteran or military family member with a deep understanding of the military culture who is able to establish a personal individualized connection and act as a personal guide through complex systems of care such as those presented below.



INPATIENT ACUTE TREATMENT & DUAL DIAGNOSIS STABILIZATION FOR SUBSTANCE ABUSE AND MENTAL HEALTH

Lighthouse offers two secured 24-hour treatment units for adults 18 and older. Our Acute Treatment Unit (ATU) is focused on short-term stabilization for those who are experiencing problems with trauma, anxiety, depression and/or suicidal thoughts that need immediate and intensive treatment. Our Dual Diagnosis Unit (DDX) is designed to treat individuals where drugs and/or alcohol are significant problems that may require a detox or drug taper; with or without a co-occurring mental health diagnosis. All clients receive individualized treatment comprised of specialized individual and group modalities. After completing the acute stay on either treatment unit, an appropriate and seamless handoff is then made to On-Post Providers to determine the appropriate level of care.

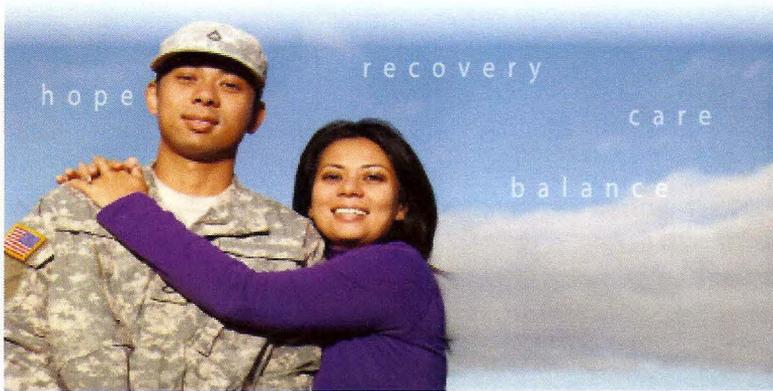
Access to care on either unit is coordinated with our crisis evaluation team available 24/7, 365 days a year at (719) 635-7000



OUTPATIENT COUNSELING SERVICES

AspenPointe Counseling has been serving the military and their families since 1992.

Through a comprehensive continuum of care, we are committed to supporting clients and their families in dealing with life issues through client-focused, goal-driven and evidence-based treatment designed to achieve immediate results and long-term recovery. We offer a full complement of support services to assist both the individual and the family through a comprehensive family care model. We offer specialized expertise in Cognitive Processing Therapy, Cognitive Behavioral Therapy, EMDR (Eye Movement Desensitization and Reprocessing) designed for trauma resolution and DBT (Dialectical Behavioral Therapy) to balance acceptance and change and focus on active problem solving skills.



SINCE 1875...

AspenPointe is the new name for 12 organizations that empower clients, enrich lives and embrace purpose through individual and family services in: mental health, substance abuse, employment & career development, education, housing, jail diversion/reintegration, telephonic wellness and provider network services.

FACTS

About 20 percent or 300,000 of Iraq and Afghanistan service members and veterans suffer from trauma spectrum disorders and depression.

Military-related trauma and TBI pose significant clinical challenges:

- These conditions are commonly misdiagnosed and can be difficult to differentiate.
- Inadequate treatment of these conditions contributes to continued distress, suffering and serious consequences such as drug abuse, marital problems, unemployment and suicide.

*"Invisible Wounds of War: Psychological and Cognitive Injuries, Their Consequences, and Services to Assist Recovery," Center for Military Health Policy Research, Rand Corporation.

ABOUT US

- We are a 501(c)(3) nonprofit funded largely by Medicaid, state and federal grants, local government contracts, and donations.
- We provide behavioral health care to 27,000 clients each year.
- We help more than 3,000 clients, annually, with vocational skills training, GED testing, job placement and jail diversion.

(719) 572-6100 | (800) 285-1204 | WWW.ASPENPOINTE.ORG

24-HOUR CRISIS LINE (719) 635-7000

ASPEN POINTE

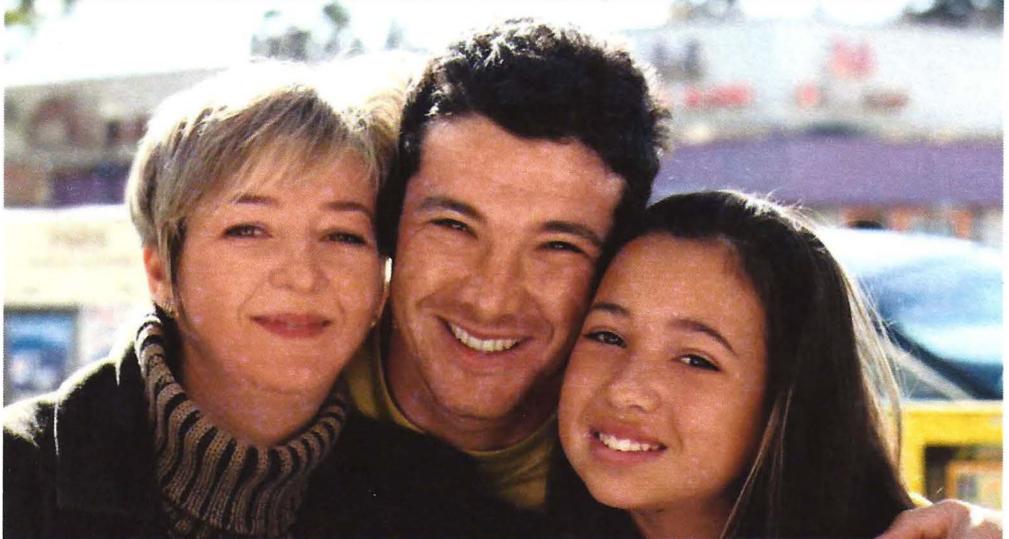
Empowering Clients. Enriching Lives. Embracing Purpose.

ASPENPOINTE is a family of organizations that empower clients, enrich lives and embrace purpose through individual and family services in: mental health, substance abuse, employment & career development, education, housing, jail diversion/reintegration, telephonic wellness and provider network services.

We offer a comprehensive and integrated system of care that addresses the overall wellness of each client through a multidisciplinary approach which draws from the following services:

- Individual & Group Therapy
- Psychiatric Consultation & Therapy
- Advocacy & Case Management
- GED Preparation & Testing
- Job Training
- Art Therapy
- Crisis Services
- Peer Supports

For a complete menu of services please visit us at www.ASPENPOINTE.org/services



QUICK FACTS

An estimated 20 percent of adults have a diagnosable mental disorder.

5-9 percent of children have a serious emotional disturbance.

Drug abuse costs the American economy \$180.9 billion per year.

25 percent of the country's inmates have chronic mental illness.

OUR REGION'S UNIQUE PROBLEMS & OPPORTUNITIES

- *Colorado Springs has one of the highest suicide rates among the nation's largest cities.*
- *The city ranks third-highest in the nation for alcohol abuse. (Men's Health)*
- *El Paso County is home to 16,000 Army soldiers; 18 percent of its residents are military veterans*
- *An estimated 20 percent of returning Iraq/Afghanistan veterans suffer from Post Traumatic Stress Disorder and severe substance abuse problems.*



JOIN US ON TOUR!

ASPENPOINTE'S Community Tour, Wellness Wheels, is hitting the streets every third Thursday, touring facilities that highlight programs and services designed to treat the whole-person.



For a complete menu of services please visit us at www.ASPENPOINTE.org/services or call (719) 572-6100.

ASPEN POINTE

Empowering Clients. Enriching Lives. Embracing Purpose.

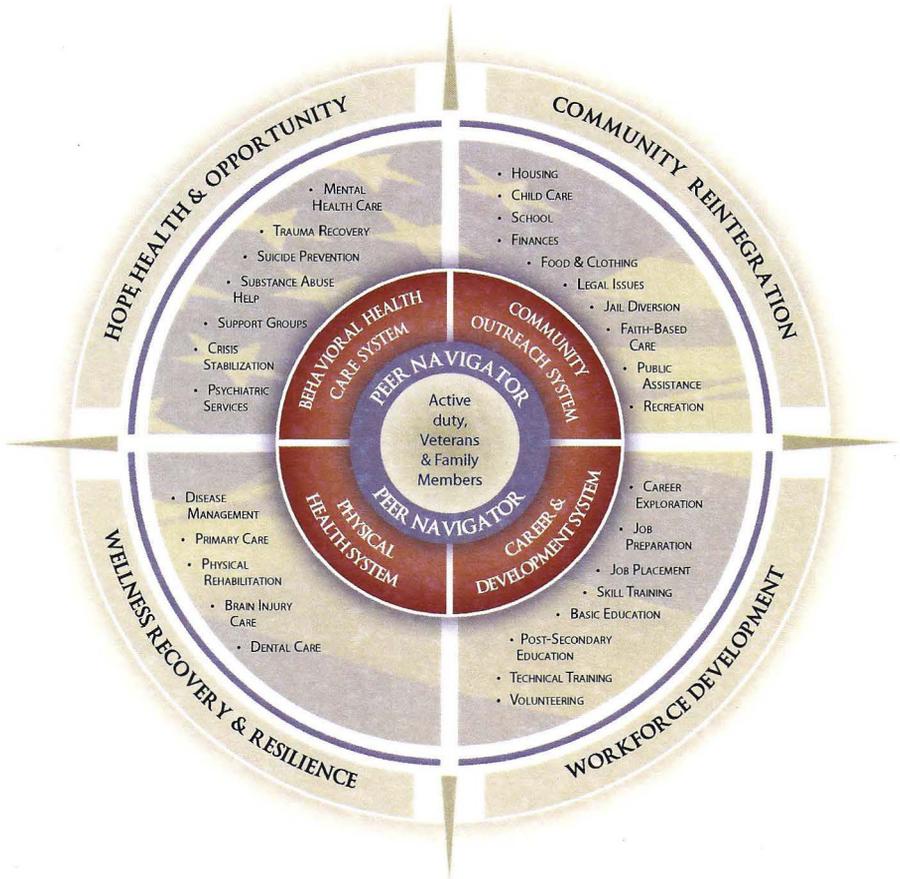


PEER NAVIGATOR



Serving Those Who Have Served Us

Our military men and women have heroically performed their duties. It is now our duty to provide the care and support they and their families need as they return home. At ASPENPOINTE, we have created a unique approach — an individual peer navigator who creates hope for active duty soldiers, veterans and their families through employment, mentoring, training, and community transition services at no cost to the military recipient. The Peer Navigator is a veteran or military family member with a deep understanding of the military culture who is able to establish a personal individualized connection and act as a personal guide through complex systems of care such as those presented below.



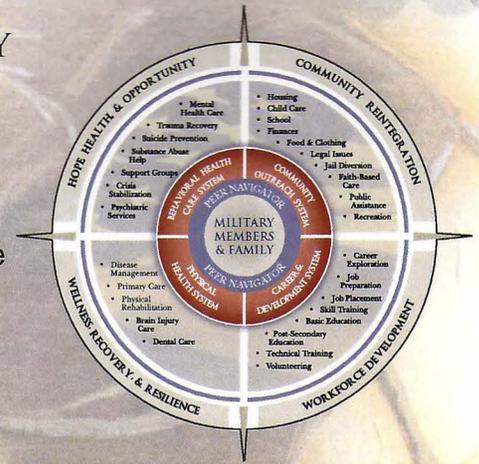
Support available 24 hours a day

(719) 440-3387



PEER NAVIGATOR MODEL SERVING MILITARY MEMBERS, VETERANS, AND THEIR FAMILIES

- Personal one-on-one connection
- Veterans, military member / family navigators
- Navigators guide through complex systems of care
 - Behavioral Health Care System
 - Physical Health Care System
 - Career and Development System
 - Community Outreach System



IMPLEMENTATION AND TRAINING MANUAL

- Step-by-step implementation procedures
- Job descriptions, case management process, intake / clinical forms, benchmarks, metric standards
- Substance Abuse and Mental Health Administration (SAMHSA)
 - Service to Science Evaluation for exemplary implementation of "Evidenced-based" service



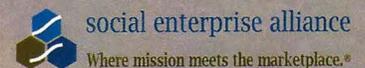
DEMONSTRATED OUTCOMES

- Over 2,921 military / families served (3 years)
- Over 500 military / families navigated (3 years)
- 65 incarcerated Veterans placed in jobs (1.5 years)
- Case study (3-6 month follow-up with 97 individuals)
 - 78% - want career and development / community outreach
 - \$6,893,607 - annual cost to community without Peer Navigator Program (\$71,068.11 per person)
 - \$220,418 annual cost of Peer Navigator Program results in 85% reduction in cost
 - \$5,825,097.92 - annual savings to community with Peer Navigator Program (\$60,052.56 per person)



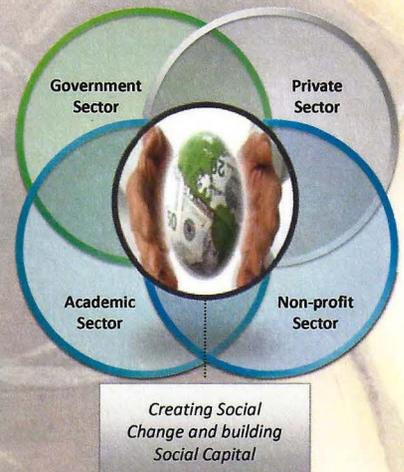
COLLABORATIVE PARTNERSHIPS

- Veteran's Trauma Court (VTC), DHS
- Incarcerated Veteran's Transition Program (IVTP), DOL
- Wounded Warrior Mentor Program, USO
- State of Colorado, Governor Hickenlooper
- Colorado State University



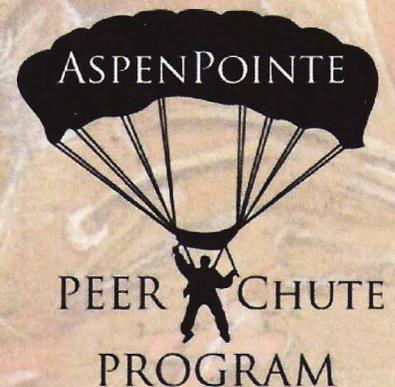
☼ SOCIAL INNOVATION MODEL

- **Government Sector** - allows them to harness the power of collective impact and leverage a diverse set of stakeholders to find innovative solutions to create meaningful social change
- **Private Sector** - allows them a way to contribute to important social issues using talent, ingenuity, and resources of the business environment
- **Non-profit Sector** - allows them to reduce their dependence on donations / grants and serve as a vehicle for social change
- **Academic Sector** - allows them to leverage research to validate social innovation initiatives



☼ SUSTAINABILITY OPPORTUNITY

- Core Business Concept
 - Creates new jobs
 - Creates small business growth
 - Veteran-owned franchises
- “Green” Business Concept
 - Re-purpose military parachutes
 - Generates sustainable revenue for Peer Navigator Program
 - Reduces impact on environment (landfill)
- Product “Innovation” Potential
 - Multiple product capability
- National Impact
 - Wounded Warriors and Veteran Issues
 - Homelessness
 - Disabled / disadvantaged populations
 - Joblessness



☼ JOINT BUSINESS VENTURE OPPORTUNITY

- Material acquisition (Defense Logistics Agency, Ft. Carson, DoD)
- Product development (Colorado State University)
 - Market research / product design / production specifications / product prototype
- Business plan implementation

ASPEN
POINTE

Empowering Clients. Enriching Lives. Embracing Purpose.

Colorado
State
University

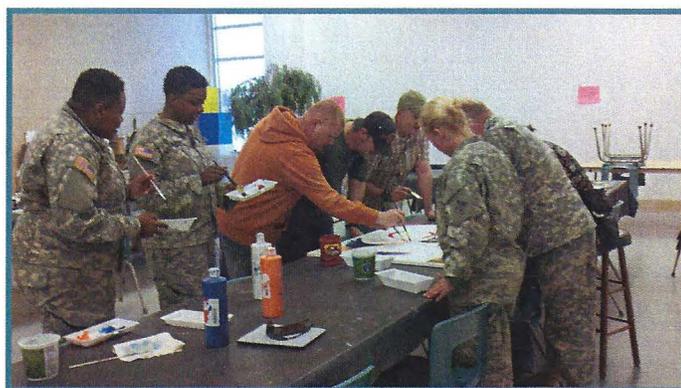




A collaboration of
Fine Arts Center
COLORADO SPRINGS

Military Creative Expression

What: Join us for 15 weeks to discover how to use creative expressions as tools for stress management and coping skills. This course is specifically designed for men and women who are active and/or in the WTB (Wounded Transition Battalion) needing skills and support to take care of themselves and move on with life. The instructor, Kim Nguyen will use art and therapeutic processes to teach creative coping skills, and is joined by a licensed professional counselor for any additional support needs. Together, all participants will learn from shared experiences on this path of personal growth.



WHEN: Every Tuesday
1:30 p. m. - 3:30 p.m.

WHERE: Bemis School of Arts
818 Pelham Place
Colorado Springs, Co 80903

For more information, call Kim Nguyen at 719.492.2524 or email kim.nguyen@aspenpointe.org; Bemis School of Arts at 719.475.2444 or email bemis@csfineartscenter.org.

Ten Tips for Supporting Children of Deployed Soldiers –

(Hardaway, February 2003 BAMC)



1. Talk as a family before deployment
2. Bestow, rather than “dump” responsibilities on remaining family members.
3. Make plans for the family to continue to progress together and include the deployed parent in ongoing projects.
4. Continue family traditions and develop new ones.
5. Help children understand the finite nature of deployment by devising developmentally appropriate timelines.
6. To children, no news is worse than bad news.
7. Listen to a child’s worries about the deployed parent and answer questions as truthfully as possible.
8. Maintain firm routine and discipline in the home.
9. Initiate and maintain close relationships with the school and teacher
10. As the remaining parent, make sure you take care of yourself.



ASPEN POINTE



Contact Information – AspenPointe Call Center

(719) 572-6100 or (800) 285-1204

www.aspenpointe.org

AspenPointe Child and Family Services Early Childhood Specialist
AspenPointe Counseling
AspenPointe Lighthouse Acute and Dual-Diagnosis Units
Peer Navigator Model

