The Veterans Health & Trauma Clinic

The mission of the Veterans Health and Trauma Clinic (VHTC) is to support the wellness and behavioral health needs in our military and civilian communities with integrated, research informed services.

At the Veterans Health and Trauma Clinic, we are here to provide help to any community member seeking behavioral health services. We offer specialized care for trauma survivors and those who assist them to move forward positively in their lives with a focus on health and wellness. The VHTC is uniquely positioned in the community to offer integrated behavioral healthcare.

- Specialized treatment for combat/deployment stress, sexual assault, physical or psychological trauma, depression, anxiety, eating disorders, Post-Traumatic Stress, and secondary trauma
- Individual, group, and family psychotherapy services
- Ages 16 and older
- Licensed, experienced clinicians

Directions to the Veterans Health and Trauma Clinic:

From the North:
Take I-25 south to the Garden of the Gods Road exit, EXIT 146. Turn left onto Garden of the Gods Road. Turn left onto North Nevada Avenue and travel to 4863 North Nevada Avenue on your right.

From the South:
Take I-25 north to the Garden of the Gods Road exit, EXIT 146. Turn right onto Garden of the Gods Road. Turn left onto North Nevada Avenue and travel to 4863 North Nevada Avenue on your right.

Parking:
Please park in any spot labeled HealthCircle or use the designated Handicap spots, if you have the appropriate tag. If these spots are not available, please see the concierge in the Main Floor Lobby for a pass to place in your vehicle to avoid a UCCS parking ticket.

Finding our offices:
An elevator is located in the Main Floor Lobby. The HealthCircle Veterans Health and Trauma Clinic is located on the third floor and is part of the UCCS Trauma, Health, and Hazards Center. Once you exit the elevator on the third floor, turn right and follow the signs to the Trauma, Health & Hazards Center. Proceed past Psychology/Gerontology all the way down the hallway to our Reception/Waiting area in Room 380.

Evidence-based treatment for finding a balance in day to day life.

4863 North Nevada Avenue
Colorado Springs, CO 80918

Phone: 719-255-8003
Email: VHTC@uccs.edu
Is DBT Right for Me?

Dialectical Behavior Therapy is a research supported treatment to help individuals build a life worth living. DBT therapy works on five primary areas to help individuals create a skill set to deal with different situations:

♦ Learning to live in the moment
♦ Learning to tolerate painful emotions
♦ Learning to manage shifting emotions more effectively
♦ Learning how to maintain healthy relationships with others
♦ Learning to find balance in day to day life

The DBT Program is structured around learning to apply these skills to everyday life. Individuals discuss the skills they have learned, and learn new skills each week. The skills build upon each other and help each person to live a more joyful life while decreasing unwanted suffering.

DBT helps with:

♦ Suicidal thoughts
♦ Self-harming behaviors
♦ Intense and rapidly shifting emotions
♦ Complex trauma symptoms
♦ Depression
♦ Impulsivity
♦ Anger
♦ Problems with relationships
♦ Addictive behaviors

Our Program:
The DBT program at the Veterans Health and Trauma Clinic is designed specifically to help women who have trouble dealing with emotionally charged situations. The program facilitators have over 30 years of combined experience using Dialectical Behavior Therapy.

Structure of the DBT Program:
The 20-week DBT Program at the Veterans Health and Trauma Clinic is intensive, and requires a strong commitment for both weekly group and weekly individual sessions for the duration. The group meets once weekly for 1 1/2 hours. During these sessions, attendees will learn over 30 skills from the five DBT core areas: Mindfulness, Distress Tolerance, Walking the Middle Path, Emotion Regulation, and Interpersonal Effectiveness.