Greetings JCF Partners,

2016 has arrived and, as we welcome in a new year, I would like to take this opportunity to review the 2015 JCF presenters and accomplishments as well as look forward to the year ahead.

January’s JCF meeting was held for the last time at the Douglas County Library and was full of wonderful presenters that included Conifer Mountain Resource Center, Rocky Mountain Crisis Partners, USO, R4Alliance, Rocky Mountain Human Services, PTSD Project Resolution, and Comitis Crisis Center; thank you to all.

With the rapid growth of new participants, JCF’s April meeting was relocated to the Holiday Inn Express in Castle Rock. Presenters were once again splendid and included Post to Parks, Eagle’s Nest Ranch, Conifer Mountain Resource Center, Homeless Veterans Reintegration Program, and Team Red, White & Blue.

JCF’s July meeting presenters included Peak Military Care Network, Military Care Giver Support Initiative, Air Force Recovery Care, Colorow Consulting Inc, VA Home Loans, DU Athletics, and Dell Military.

The last JCF meeting of 2015 was once again stacked with great presenters and programs that included Volunteers of America, Project Wounded Ego-Sled Hockey, Corporate America, Adaptive Adventures, Jefferson Center for Mental Health, Building Camps through Partnerships, and Army OnceSource.

For more information on any of the programs presented in 2015, please visit the JCF website: http://coloradojcf.org.

I would like to extend my gratitude to ENG Lending, Colorado 18th Judicial District Court, Denver Vet Center, Cedar Springs Hospital, TRE, and Support-a-Soldier for your insightful and informational presentations during the January 2016 JCF meeting. Your willingness to share your programs and involvement with JCF is greatly appreciated. Great start to the new year!

Some ideas for potential JCF trainings include the following:

- Care for the Caregiver
- Mental Health First Aid
- PTS identification and reactionary skills
- Suicide Prevention
- Public Speaking
- Grant request writing
- Topic-specific days, i.e., financial readiness, mental health, etc.
- Define our goals to meet objectives
- Website development

Please contact Suzanne Buemi know if you are qualified and willing to teach any of these classes or know someone who is. Also, please feel free to call or email her at any time with suggestions or thoughts to make 2016 JCF the best yet!

Thank you to all the JCF participants and attendees and making last year a success. I look forward to collaborating in 2016!

Henry Hernandez Jr

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**VA Home Loan**—Renee Ambrose (303-704-6289 or bingambrose@yahoo.com) *See page 4

- Provides home loan and credit workshops @ VA centers
- Can assist Soldiers in fixing credit and pre-qualifying for a VA home loan
- 3 simple steps to a VA loan—1) Credit, 2) Monthly Income, 3) Pre-approval
- VA loan = 100% financing (no down payment required), no PMI/MIP, skip first month’s payment
- To buy: 1% earnest money, $250 home inspection, and $450 appraisal
- Free consultations for 100% home-value refinance to VA loan

**18th Judicial District Court**—Todd Kramer, mentor (918-277-3427 or todd.kramer@humanitysteam.org) *See page 5

- Veterans’ Treatment Courts (VTC) offer an alternative to incarceration
- In Arapahoe, Douglas, Elbert, and Lincoln counties, VTC is held every Friday.
- Peer mentors coach, guide, advocate for, and support Veterans, providing the empathy and assistance necessary to guide them through the process.
- Anger treatment, PTSD treatment, and substance abuse treatment are offered to assist Veterans rehabilitate.

**Denver Vet Center**—Jessica LaBudda (303-326-0645 or jessica.labudda@va.gov) *See page 6

- Free counseling, outreach, and referral services available for eligible Veterans (those who have served in a combat zone and earned a military campaign ribbon). Initial appointment is individual but both individual and group services are available.
- Sexual trauma and harassment counseling available to veterans of all genders and eras, even without combat experience.
- Licensed mental health providers (over 50% with combat experience) and peer support available.
- Confidential, even from the VA. Records only released with Veteran’s authorization.
- Flexible hours are available—open at 7am; remains open until 7pm three days/week; open one Saturday/month.
- Can set an appointment or walk in; the walk-in wait time is generally less than an hour.
Cedar Springs Hospital—Carlos Urias (719-310-4402 or www.cedarspringshospital.com) *See page 7

- Mental health, behavioral health, and substance abuse treatment
- Acute inpatient care, women’s services, medical detoxification, psychiatric residential treatment, residential substance use treatment, military-specific programming, and partial hospitalization programs.
- Accept Tricare and most other private insurance.
- Offers a free, comprehensive needs assessment to discuss treatment options, provide confidential crisis intervention, and assist in determining the most appropriate level of care.
- Veterans must be referred from the VA—1) Go to Denver VA hospital and 2) VA hospital will assess and refer to Cedar Springs. A DAV van is available for transportation from Colorado Springs to Denver VA for appointments.

Tension & Trauma Release Exercises (TRE)-Stephen West (303-518-8290 or stephen@purnamwellness.com) *See page 8

- Somatic therapy exercises for self-care to address a variety of issues including heightened stress responses, chronic pain, depression, and PTSD.
- Adaptable exercises to initiate a tremoring process that can discharge tension build-up.
- www.traumaprevention.com or Facebook—TRE Boulder

Support-a-Soldier—Dan Reid & Barb VanHorn (303-768-0463 or infosoldier@aol.com) *See page 9

- Provide US military men and women with non-lethal military equipment and other necessities, improving their safety, readiness, comfort, and/or efficiency in areas of combat operations.
- Provides a tangible, legitimate way for the American people to directly support the military.
- Volunteer organization, so 96% of donations provide gear and equipment.
- No funds spent on advertising; word-of-mouth only.
- Process: 1) Receive request, 2) Committee review, 3) Approved requests purchased directly or provided by individual sponsors, 4) Items sent directly to APO.
- No weapons or food can be sent.
- Examples of approved items include the following: glasses, helmets, GPS watches, gloves, boots, headlamps, kneepads, sleeping bags, clothing, medical kits.
- www.supportasoldier.us
VA Home Loan

VETERANS ~ Please join us for a
FREE HOME LOAN CREDIT WORKSHOP

Find out how to:

- Buy a home for ZERO money down using your VA Eligibility
- Lower your current mortgage payment or consolidate your credit card debt and save $$$ monthly
- Improve your credit scores and get a FREE mortgage / credit consultation

FUN ~ SIMPLE ~ EASY

DON’T MISS IT !!!

Wed. Jan. 27th ~ 1pm – 2pm Golden VAMC
Thurs. Jan. 28th ~ 3pm – 4pm Denver VAMC
Thurs. Feb. 11th ~ 1pm – 2pm Denver VAMC
Colorado Springs Workshops ~ TBD

Space is Limited ~ Reserve your spot today!!!
Call Renee at 303-704-6289 ~ Sr. Loan Officer ~ Bank of England
rambrose@boemortgage.com
Do you honestly believe NO Veteran should be left behind?
Have you personally experienced the struggles Veterans face?
Do you have 2 to 4 hours a month to volunteer?

The State of Colorado 18th Judicial District Court, (Arapahoe, Douglas, Elbert and Lincoln counties), is looking for volunteer Veteran Peer Mentors to assist justice involved Veterans who are navigating through the Veteran Trauma/Treatment Court system (VTC).

Your role as a Peer Mentor is that of a coach, a guide, a role model, an advocate and supporter of the Veteran you will be working with. Your empathy is your greatest tool in a time when the Veteran may feel alone in a way that only another Veteran can understand.

VTC is held every Friday and 2-4 hours a month is all you need to make a difference in a struggling Veteran's life.

VTC is located at the 18th Judicial Court complex, 7325 South Potomac Street, Centennial CO 80112. For more information please contact Todd Kramer @ 918.277.3427, todd.kramer@humanitysteam.org

If you or someone you know are a Veteran currently in the criminal court system, 18th Judicial District, (Arapahoe, Douglas, Elbert and Lincoln counties), you may be eligible for VTC in exchange for incarceration.
For more information contact Amanda Myers @ 303.550.6403, amanda.myers@judicial.state.co.us


### Denver Vet Center

**Denver Vet Center**

**Readjustment Counseling Service**

**“Keeping the Promise”**

303.326.0645  
vetcenver.va.gov

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**What We Offer**

- Individual & Group Readjustment Counseling
- Military Sexual Trauma Counseling
- Marital and Family Counseling
- Bereavement Counseling
- Liaison with VA & Community Resources
- Benefits Assistance Referral
- Community Education and Outreach

---

**Colorado Vet Center Locations**

**Denver Vet Center**

7465 E. 1st Ave. Suite B  
Denver, CO 80230  
303.326.0645

**Boulder Vet Center**

4999 Pearl E. Circle, Suite 106  
Boulder, CO 80301  
303.440.7306

**Fort Collins Vet Center**

702 W. Drake, Building C  
Fort Collins, CO 80526  
970.221.5176

**Colorado Springs Vet Center**

602 S. Nevada Ave.  
Colorado Springs, CO 80903  
719.471.9992

**Pueblo Vet Center**

1515 Fortino Blvd. Suite 130  
Pueblo, CO 81008  
719.583.4058

**Grand Junction Vet Center**

2472 Patterson Rd. Unit 16  
Grand Junction, CO  
970.245.4156
HOSPITAL SERVICES

Cedar Springs offers a full range of services for patients from across the country:

• Acute Inpatient Psychiatric Treatment for Children, Adolescents and Adults
• Women’s Services
• Medical Detoxification
• Psychiatric Residential Treatment for Children and Adolescents
• Residential Substance Use Treatment for Adults
• Military-Specific Programming
• Partial Hospitalization Program for Adults & Children/Pre-Adolescents

We accept most major insurance, including TRICARE®, Aetna, Blue Cross Blue Shield, Cigna, UBH, Value Options and most other private insurances.

Cedar Springs Hospital Representatives work closely with managed care companies and are experienced in resolving funding issues.

ADMISSIONS & EVALUATIONS

We have qualified, mental health professional’s available 24 hours a day, 7 days a week to: Facilitate free, comprehensive needs mental health assessments, discuss treatment options, provide confidential crisis intervention, and assist in determining the most appropriate level of care and/or referral confidential assessments are free of charge.

Please call (719) 633-4114 or access our website at www.cedarspringshospital.com To learn more about program-specific admissions criteria, please visit our website.
Tension & Trauma Release Exercises
A Powerful Method to Restore Wellness

Over a million people worldwide have been taught these exercises to address a wide variety of issues, ranging from heightened stress responses, chronic pain, depression and PTSD.

TRE provides anyone a safe, self-care, somatic tool to dramatically improve one’s own relationship to tension, stress, or trauma.

Experience TRE for the first time or deepen your practice

Drop-in Group: 1st & 3rd Friday, 5:30–7pm
Pine St. Church (enter from alley, up the west ramp, downstairs in huge room under sanctuary).
1237 Pine St. Boulder, Co.

Like us on Facebook: https://www.facebook.com/TREBoulder

$10–30 Donation. Not a requirement or a limit.

TRE was created by David Berceli: www.traumaprevention.com

The drop-in group is facilitated by TRE Level II practitioners:

Jeff Jones, 720-314-3543  
sjeffjones@me.com

Stephen West, 303-518-8290  
stephenwest8@gmail.com

Paul Darby, 303-906-6467  
paulmichaeldarby@aol.com

Individual sessions available upon request.

~Email Jeff to be put on the reminder email list~

Bring a friend, children or significant other.

Suggestion: Wear loose clothing. Bring a yoga mat.
YOU CAN MAKE A DIFFERENCE!

SaS relies entirely upon charitable contributions to fill the needs of our soldiers. All donations go directly to meet soldier’s requests or for expenses directly related to raising more funds for our cause. SaS is supported 100% by volunteers.

Your financial support, regardless of size, is meaningful and will be put to good use. While our troops are concentrating on duty, honor and country, SaS is thinking of their sacrifice and patriotism, and is dedicated to providing some comfort and much needed equipment to help bring them home safely.

SUPPORT - A - SOLDIER
PO Box 371571
Denver, Colorado 80237
(303) 768-0463
InfoSoldier@aol.com

Supporting the needs of those who serve, my contribution is $

__________________________
Individual Name or Company Name

__________________________
Business Contact

__________________________
Address

__________________________
City          State          Zip

__________________________
Phone

__________________________
Email

RECOGNITION (OPTIONAL): [ ] In Honor of: [ ] In Memory of:

__________________________
Name

DONOR RECOGNITION
[ ] Anonymous
[ ] Acknowledge my gift under the following name:

__________________________
[ ] My company has a gift matching program

__________________________
Company Name / Contact

__________________________
[ ] Please contact me regarding a future donation

__________________________
[ ] My check is enclosed

__________________________
[ ] Charge to my: [ ] Visa  [ ] M/C  [ ] Amex  [ ] Discover

__________________________
Card Number         Expiration Date

SUGGESTED GIVING LEVELS

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<td>Sergeant</td>
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Joining Community Forces

Upcoming Events

COLORADO HOMES FOR HEROES

Veterans and Active Military WITH THE DENVER NUGGETS
Denver Nuggets vs Boston Celtics
Sunday February 21st, 2016 • 3:00pm • Pepsi Center

NUGGETS VS TICKETS
Upper Level: $15  (Regularly $20+ fees)
Lower Level: $45  (Regularly $55+ fees)

www.nuggestix.com/chfh022116

DENVER FISHER HOUSE NIGHT WITH THE DENVER NUGGETS!
Denver Nuggets vs New York Knicks
Tuesday, March 8th, 2016 • 7:00pm • Pepsi Center

NUGGETS VS

SPECIALY PRICED TICKETS
Lower Level: $60 each (normally up to $75+ fees)
Upper Level: $25 each (normally up to $30+ fees)

www.nuggestix.com/denverfisherhouse

“BECOMING A PRINCESS OF KINDNESS”
Saturday April 23, 2016
SOUTHEAST ARMED SERVICES YMCA
Community Room A & B
9:30 a.m. - 1:00 p.m.

Register online at ppmca.org/register
2016 Military Mother & Daughter Tea
January 1 thru April 22

MINUTEMAN SCHOLARSHIP

The Colorado Army National Guard will nominate 6 candidates to be awarded up to a 4-year ROTC scholarship for the 2017/2018 school year.

Completed application packets are due by March 15, 2016 to MAJ Holly Peterson at holly.l.petersen2.mil@mail.mil.

Please call 720-250-1350 for more information.
**Upcoming Events**

**Prescription Costs, Effective February 1, 2016**

**Military pharmacy (up to 90-day supply)**
- No copayment for up to a 90-cay supply of most medications.
- Not all medications are available at military pharmacies. Call to check availability.
- Non-formulary medications are not usually filled at military pharmacies.

**Network retail pharmacy (up to 30-day supply)**
- Generic formulary medications: $10
- Brand-name formulary medications: $24
- Non-formulary medications, unless you establish medical necessity: $50

**TRICARE Home Delivery (up to 90-day supply)**
- Generic formulary medication: $0
- Brand-name formulary medications: $20
- Non-formulary medications, unless you establish medical necessity: $50
NOTE: Cannot be used with other health insurance. Not available in Germany.

**Non-network retail pharmacy (up to 30-day supply)**
- Active-duty service members will receive a full reimbursement after they file a claim.
- Prime pay 50% cost share / Standard = 24 or 20% of total cost, whichever is greater, after deductible is met
- Non-formulary: $50 or 20%
NOTE: Beneficiaries may submit claims to Express Scripts, Inc. for reimbursement of prescription cost

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**Feeling the weight of tax season?**
**Let someone give you a hand!**

**Free tax assistance is available for Service Members through various channels:**

- **Military OneSource**
  
  Visit www.militaryonesource.mil
  Must log in to MOS to follow the link for free preparation
  With questions, call 800-342-9647

- **Fort Carson Tax Center**
  Building 1358 Berkeley Ave
  01Feb16-15Apr16, Monday-Friday 0900-1600
  Facebook—https://www.facebook.com/carson-tax/?fref=ts
  Call 719-524-1012 to schedule an appointment
  Call 719-524-1013 for more information and directions

- **Buckley AFB Tax Center**
  Rocky Mountain Lodge
  Appointments available 08Feb16-08Apr16
  Monday, Wednesday, and Friday 1300-1600 & Thursday 0900-1200
  Available for E-5 and below and O-1 & O-2
  To schedule an appointment, please email both Capt Ross Brennan, ross.brennan.1@us.af.mil, and SSGt Cora Applen, cora.applen@us.af.mil. Indicate in the email: (1) your unit, (2) your desired time for an appointment, (3) how many family members you have, and (4) what tax documents you anticipate having, if known (e.g., W-2 for you and/or spouse, 1099-INT, etc.). Providing this information at the outset will assist in scheduling an appropriate appointment time.

- **Additional tax concerns?**
  Visit www.irs.gov or call 800-829-1040

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**VETS Helping VETS INC.**

**MEETINGS:**
1st Tuesday of each month at 5:00 pm (except July)
11061 Irma Drive, Northglenn, CO 80233
American Legion Post #22

We assist Vets in getting benefits and disability from the Veteran’s Administration.

CALL US: We can help you, one on one!!
George Horgan 303.287.6010  Jr. Amaya 303.458.5403
# JCF Attendance Roster

Thank you to all who attended the January JCF Meeting!

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michelle Abarca, 140th Wing</td>
<td>720-847-9116</td>
<td><a href="mailto:michelle.j.abarca.civ@mail.mil">michelle.j.abarca.civ@mail.mil</a></td>
</tr>
<tr>
<td>Izzy Abbass, United Veterans Committee of CO</td>
<td>303-522-3943</td>
<td><a href="mailto:iabbass@hangar30.com">iabbass@hangar30.com</a></td>
</tr>
<tr>
<td>JR Amaya, Vets Helping Vets</td>
<td>303-458-5403</td>
<td></td>
</tr>
<tr>
<td>Renee Ambrose, Credit and Home Loan Workshops</td>
<td>303-704-6289</td>
<td><a href="mailto:bingambrose@yahoo.com">bingambrose@yahoo.com</a></td>
</tr>
<tr>
<td>Christy Ault, Bank of England</td>
<td>720-880-2503</td>
<td><a href="mailto:cault@englending.com">cault@englending.com</a></td>
</tr>
<tr>
<td>Michelle Bonkoski, Operation TBI Freedom</td>
<td>719-322-4405</td>
<td><a href="mailto:mbonkoski@rmhumanservices.org">mbonkoski@rmhumanservices.org</a></td>
</tr>
<tr>
<td>Stacey Burns, BBB Southern CO</td>
<td>719-651-9118</td>
<td><a href="mailto:staceyb@bbbsc.org">staceyb@bbbsc.org</a></td>
</tr>
<tr>
<td>Hannah Button, BBB Northern CO</td>
<td>970-488-2035</td>
<td><a href="mailto:hbutton@wynco.bbb.org">hbutton@wynco.bbb.org</a></td>
</tr>
<tr>
<td>Kasey Campbell, Ask Cme Inv.</td>
<td>303-875-2374</td>
<td><a href="mailto:askcis@msn.com">askcis@msn.com</a></td>
</tr>
<tr>
<td>Rachel Chaparro, VA Economic Initiative</td>
<td>719-393-5172</td>
<td><a href="mailto:rachel.chaparro@calibresys.com">rachel.chaparro@calibresys.com</a></td>
</tr>
<tr>
<td>Justin Churchill, CO Springs Military Support</td>
<td></td>
<td><a href="mailto:justinchurchillvets@gmail.com">justinchurchillvets@gmail.com</a></td>
</tr>
<tr>
<td>Tami Clark, DVBIC</td>
<td>719-526-1327</td>
<td><a href="mailto:tamara.m.clark5.ctr@mail.mil">tamara.m.clark5.ctr@mail.mil</a></td>
</tr>
<tr>
<td>Randy Cubero, Springs Rescue Mission</td>
<td>719-930-0864</td>
<td><a href="mailto:rcubero7100@msn.com">rcubero7100@msn.com</a></td>
</tr>
<tr>
<td>Amy Cutler, The Home Front Cares</td>
<td>719-964-8247</td>
<td><a href="mailto:amy.cutler@thehomefrontcares.org">amy.cutler@thehomefrontcares.org</a></td>
</tr>
<tr>
<td>Sonja Dahmer, RMHS/HAV</td>
<td>303-828-6396</td>
<td><a href="mailto:sdahmer@rmhumanservices.org">sdahmer@rmhumanservices.org</a></td>
</tr>
<tr>
<td>Laine Dennison, Marketing FPO</td>
<td>720-250-1193</td>
<td><a href="mailto:laine.a.dennison.ctr@mail.mil">laine.a.dennison.ctr@mail.mil</a></td>
</tr>
<tr>
<td>Ryan Downs, USO Denver</td>
<td>303-513-4127</td>
<td><a href="mailto:rdowns@uso.org">rdowns@uso.org</a></td>
</tr>
<tr>
<td>Paul Dunbar, Army OneSource</td>
<td>719-331-6253</td>
<td><a href="mailto:pdunbar@afsc.com">pdunbar@afsc.com</a></td>
</tr>
<tr>
<td>Tammy Fogall, MSCC</td>
<td>719-210-3312</td>
<td><a href="mailto:tammy.fogall@csrng.com">tammy.fogall@csrng.com</a></td>
</tr>
<tr>
<td>Timothy Frazier, Military OneSource</td>
<td>720-670-7339</td>
<td><a href="mailto:timothy.frazier@militaryonesource.com">timothy.frazier@militaryonesource.com</a></td>
</tr>
<tr>
<td>Brad Gallup, ESGR</td>
<td>720-560-1793</td>
<td><a href="mailto:bhgallup75@gmail.com">bhgallup75@gmail.com</a></td>
</tr>
<tr>
<td>Nena Gardner, FRSA COARNG</td>
<td>720-250-2772</td>
<td></td>
</tr>
<tr>
<td>Denise Harris, Family Assistance Buckley AFB</td>
<td>720-250-1963</td>
<td><a href="mailto:denise.r.harris10.ctr@mail.mil">denise.r.harris10.ctr@mail.mil</a></td>
</tr>
<tr>
<td>Henry Hernandez, Family Assistance RSP</td>
<td>720-250-2773</td>
<td><a href="mailto:henry.hernandez108.ctr@mail.mil">henry.hernandez108.ctr@mail.mil</a></td>
</tr>
<tr>
<td>Shawn M Huff, Springs Mission</td>
<td>719-310-6795</td>
<td><a href="mailto:sja4life.sh@gmail.com">sja4life.sh@gmail.com</a></td>
</tr>
<tr>
<td>Joy Jenkins, Mt Carmel Center of Excellence</td>
<td>719-309-4716</td>
<td><a href="mailto:jjenkins@mctcarmelcenter.org">jjenkins@mctcarmelcenter.org</a></td>
</tr>
<tr>
<td>Michelle Kaye, Project Sanctuary</td>
<td>303-506-9920</td>
<td><a href="mailto:kaye.michelle@gmail.com">kaye.michelle@gmail.com</a></td>
</tr>
<tr>
<td>Jamie Kennedy, Vets Helping Vets</td>
<td>360-250-5719</td>
<td>lilpaytons <a href="mailto:mommy@gmail.com">mommy@gmail.com</a></td>
</tr>
<tr>
<td>Todd Kramer, Vet Court</td>
<td>918-277-3427</td>
<td><a href="mailto:todd.kramer@humanitysteam.org">todd.kramer@humanitysteam.org</a></td>
</tr>
<tr>
<td>Jessica LaBudda, Denver Vet Center</td>
<td>303-326-0645</td>
<td><a href="mailto:jessica.labudda@va.gov">jessica.labudda@va.gov</a></td>
</tr>
<tr>
<td>Wayne Lacey, American Red Cross</td>
<td>719-785-2734</td>
<td><a href="mailto:wayne.lacey@redcross.org">wayne.lacey@redcross.org</a></td>
</tr>
<tr>
<td>Name</td>
<td>Phone</td>
<td>Email</td>
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</tr>
<tr>
<td>Carl Lofaro</td>
<td>303-432-5054</td>
<td><a href="mailto:carll@jcmh.org">carll@jcmh.org</a></td>
</tr>
<tr>
<td>Marissa Long</td>
<td>720-219-0749</td>
<td><a href="mailto:marissa.j.long.ctr@mail.mil">marissa.j.long.ctr@mail.mil</a></td>
</tr>
<tr>
<td>Ben Mestas</td>
<td>303-284-6077</td>
<td><a href="mailto:reuben.mestas@dmva.state.co.us">reuben.mestas@dmva.state.co.us</a></td>
</tr>
<tr>
<td>Catherine McNaughton</td>
<td>719-636-5076</td>
<td><a href="mailto:catherinem@bbbsc.org">catherinem@bbbsc.org</a></td>
</tr>
<tr>
<td>Holly Miller</td>
<td>720-508-6225</td>
<td><a href="mailto:holly.m.miller@state.co.us">holly.m.miller@state.co.us</a></td>
</tr>
<tr>
<td>Jenny Morgan</td>
<td>720-250-4885</td>
<td><a href="mailto:jenny.e.morgan.ctr@mail.mil">jenny.e.morgan.ctr@mail.mil</a></td>
</tr>
<tr>
<td>Amanda Myers</td>
<td>303-550-6403</td>
<td><a href="mailto:amanda.myers@judicial.state.co.us">amanda.myers@judicial.state.co.us</a></td>
</tr>
<tr>
<td>Dana Niemela</td>
<td>720-944-3502</td>
<td><a href="mailto:dana.niemela@denvergov.org">dana.niemela@denvergov.org</a></td>
</tr>
<tr>
<td>Ari Oinm</td>
<td></td>
<td><a href="mailto:ari.oim@du.edu">ari.oim@du.edu</a></td>
</tr>
<tr>
<td>Shelley Poland</td>
<td>303-522-6113</td>
<td><a href="mailto:spoland@healingwarriorsprogram.org">spoland@healingwarriorsprogram.org</a></td>
</tr>
<tr>
<td>Mark Quint</td>
<td>580-919-8088</td>
<td><a href="mailto:mark.s.quint.mil@mail.mil">mark.s.quint.mil@mail.mil</a></td>
</tr>
<tr>
<td>Dan Reid</td>
<td>303-887-1117</td>
<td><a href="mailto:director@paladininternational.com">director@paladininternational.com</a></td>
</tr>
<tr>
<td>Connie Roy</td>
<td>719-526-0423</td>
<td><a href="mailto:connie.s.roy.civ@mail.mil">connie.s.roy.civ@mail.mil</a></td>
</tr>
<tr>
<td>James Sidany</td>
<td>720-508-6224</td>
<td><a href="mailto:james.sidany@state.co.us">james.sidany@state.co.us</a></td>
</tr>
<tr>
<td>Kasha Swiatkowski</td>
<td>719-342-0852</td>
<td><a href="mailto:kasha.swiatkowski@judicial.state.co.us">kasha.swiatkowski@judicial.state.co.us</a></td>
</tr>
<tr>
<td>Constance Tatro</td>
<td>720-481-8916</td>
<td><a href="mailto:constance.tatro@denvergov.org">constance.tatro@denvergov.org</a></td>
</tr>
<tr>
<td>Jen Tobey</td>
<td>303-503-6717</td>
<td><a href="mailto:jennifer.a.tobey.ctr@mail.mil">jennifer.a.tobey.ctr@mail.mil</a></td>
</tr>
<tr>
<td>Melissa Uglanska</td>
<td>719-955-0743</td>
<td><a href="mailto:melissa.u@ppunitedway.com">melissa.u@ppunitedway.com</a></td>
</tr>
<tr>
<td>Peter Uson</td>
<td>719-567-7393</td>
<td><a href="mailto:peterjason.uson@us.af.mil">peterjason.uson@us.af.mil</a></td>
</tr>
<tr>
<td>Barb Van Horn</td>
<td>303-522-1824</td>
<td><a href="mailto:infosoldier@aol.com">infosoldier@aol.com</a></td>
</tr>
<tr>
<td>Phil Vigil</td>
<td>719-391-9975</td>
<td><a href="mailto:askcis@msn.com">askcis@msn.com</a></td>
</tr>
<tr>
<td>Stephen West</td>
<td>303-518-8290</td>
<td><a href="mailto:stephenwest8@gmail.com">stephenwest8@gmail.com</a></td>
</tr>
<tr>
<td>Christine White</td>
<td>719-529-0915</td>
<td><a href="mailto:christine.white@operationhomefront.net">christine.white@operationhomefront.net</a></td>
</tr>
<tr>
<td>Ken Williams</td>
<td>719-602-9410</td>
<td><a href="mailto:ken_williams@uhc.com">ken_williams@uhc.com</a></td>
</tr>
<tr>
<td>Leah Young</td>
<td>303-636-5886</td>
<td><a href="mailto:lyoung@rmhumanservices.org">lyoung@rmhumanservices.org</a></td>
</tr>
<tr>
<td>Jennie Zambo</td>
<td>720-250-2771</td>
<td><a href="mailto:jennie.zambo.ctr@mail.mil">jennie.zambo.ctr@mail.mil</a></td>
</tr>
</tbody>
</table>