Milestones Resilience Care - Trauma & Resilience Services

Milestones Resilience Care

A Lyda Hill Institute for Human Resilience at UCCS Clinic

4863 North Nevada Avenue, Suite 421
Colorado Springs, CO 80918
Contact Strata Med: 719-428-2202

A Program to Help You Recover From Trauma or Other Life-Altering Events

At Milestones Resilience Care, we understand that healing from trauma, stress, or burnout is a unique and deeply personal journey. Our dedicated team of trauma-trained clinicians recognizes your inner strength and your innate ability to heal with the right guidance and support. Our advanced approach to healing focuses on restoring your physical well-being, emotional balance, purpose, and connection with others. These fundamental aspects work in harmony to cultivate your internal resilience, empowering you to heal from within.

Our Approach to Healing

We maximize the health and well-being of individuals experiencing trauma or other life-altering events.

- Assess Strengths and Client Needs
- ↓
- Create Healing Plan with Guidance from Client
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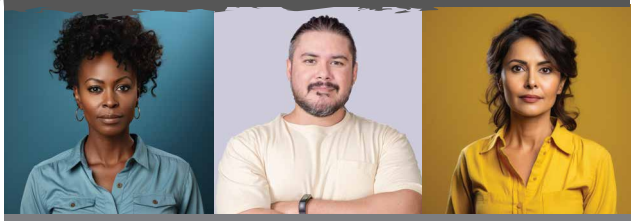
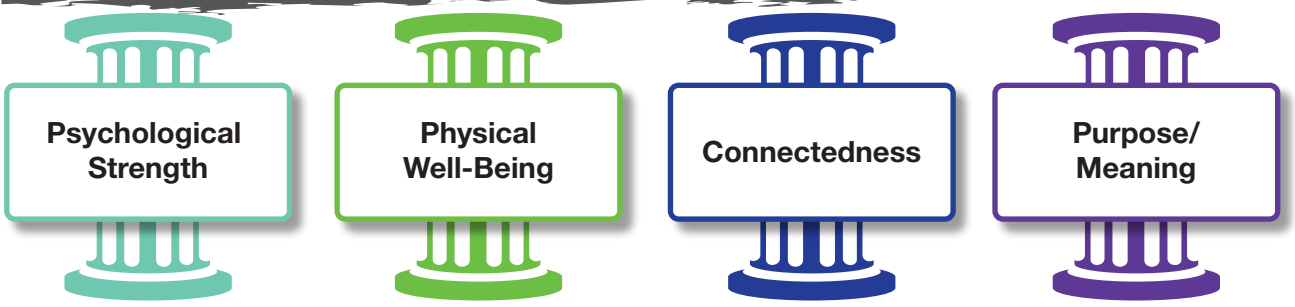
- Implement Healing Plan
- ↓
- Regain Ability to Overcome Adversity Through Resilience Development

Who Will Benefit?



The 4 Pillars of Resilience Recovery



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To Schedule an Appointment with Milestones Resilience Care, You Must First be Seen by a Strata Med Provider: (719) 428-2202

Milestones Resilience Care - Trauma & Resilience Services *(continued)*

A new model of care based on the latest trauma research

Milestones Resilience Care was created with the latest evidence-based trauma and resilience research to empower clients to live the life they imagine for themselves following a serious life event or traumatic experience. Working collectively with a team of trauma-informed providers, clients embark on a healing journey with guidance and support from their team. The client has the power to guide the path and pace of their journey.

Empowering the individual to heal through resilience-development

Through the restoration of physical well-being, emotional balance, purpose & meaning, and connectedness with others, individuals are empowered to develop resilience and overcome the harmful and often debilitating remnants of trauma.

Location

Milestones Resilience Care is located in Colorado Springs, on the western edge of the University of Colorado Colorado Springs (UCCS) campus.

4863 North Nevada Ave.
Suite 421 (4th Floor)
Colorado Springs, CO 80918
milestones.uccs.edu

The location provides breathtaking views of Pikes Peak and the Rocky Mountains.

Directions: From I-25, take Exit 146 (Garden of the Gods Road) and drive east. Turn left onto North Nevada Avenue and travel to 4863 North Nevada Avenue on your right.

Parking: Park in a spot labeled "HealthCircle," or use the designated "Handicap" parking spots if you have the appropriate tag.

Finding the Office: Take the elevator in the lobby to the 4th floor. Upon exiting the elevator, **Milestones Resilience Care (Suite 421)** can be found to the right.

Strength-Focused Services

- **Evidence-Based Psychotherapy**
- **Trauma-Informed Somatic Work:**
  - **Acupuncture**
  - **Massage**
  - **Yoga**
- **Creative Therapies:**
  - **Music**
  - **Writing**
  - **Painting**
- **Outdoor Immersion Programs:**
  - **Deep Listening**
  - **Outdoor Immersion Therapy**
  - **Animal Assisted Therapy**

Our Philosophy

There is no "right way" to heal or a prescription for how we know what is right for you. Everyone is different, and the key to your recovery exists within you.

Our philosophy is that it is our job to walk beside you on your journey and provide the tools you need to continue making progress along the way.

Healing is a dynamic process and progress sometimes comes in stops and starts.

We reject the idea that we have all the answers and instead commit to helping you access your inner guide, empowering you to chart your own course to health and well-being. In contrast to the conventional psychotherapy model, we see you as a complete person, not a set of symptoms to be eliminated.

Before beginning your journey, we will work with you to better understand your inner strengths and the fulfillment in your life, which will help our team of providers with recommendations for your healing options.

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