



The El Paso County Method

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GRIT

**PROMOTING
GREATER RESILIENCE
IN EL PASO COUNTY
AND BEYOND**

GRIT.UCCS.EDU



In an August survey of 2,275 Coloradans:

- 53 percent reported increased mental health strain (depression, anxiety, loneliness) due to COVID-19;
- 63 percent with annual household incomes under \$30,000 reported increased mental health strain;
- and 55 percent said mental health is a “very serious” or “extremely serious” issue facing Colorado.





GRIT

Greater Resilience Information Toolkit

The GRIT program strengthens individual resiliency and equips trainees to “coach” others in their social groups. More than 1,100 people have signed up — half coming from El Paso County.

GRIT is grounded in the science of empowerment — but is not meant to replace professional help.

1

Emotional
support

2

Resilience,
encouragement
& motivation

3

Reassurance

4

Resources



El Paso County Method

GRIT coaches learn about **FREE** resources from community mental health partners, and share with those who need them.

AspenPointe: COVID-19-specific crisis support, including remote individual and group counseling

NAMI: Education programs and support groups for people and families navigating mental illness

The logo for the National Institute for Human Resilience (UCCS) features the letters "UCCS" in a bold, white, outlined font.

NATIONAL INSTITUTE FOR
HUMAN RESILIENCE

The logo for El Paso County, CO Public Health features a white mountain range silhouette above the text "El Paso County, CO" and "Public Health" in a stylized font.The logo for the National Alliance on Mental Illness (NAMI) Colorado Springs features a white circular icon with three curved lines, followed by the text "nami" in a bold, lowercase font, and "National Alliance on Mental Illness" and "Colorado Springs" in a smaller font below.The logo for Aspen Pointe features a white mountain range silhouette above the text "ASPEN" and "POINTE" in a large, serif font.

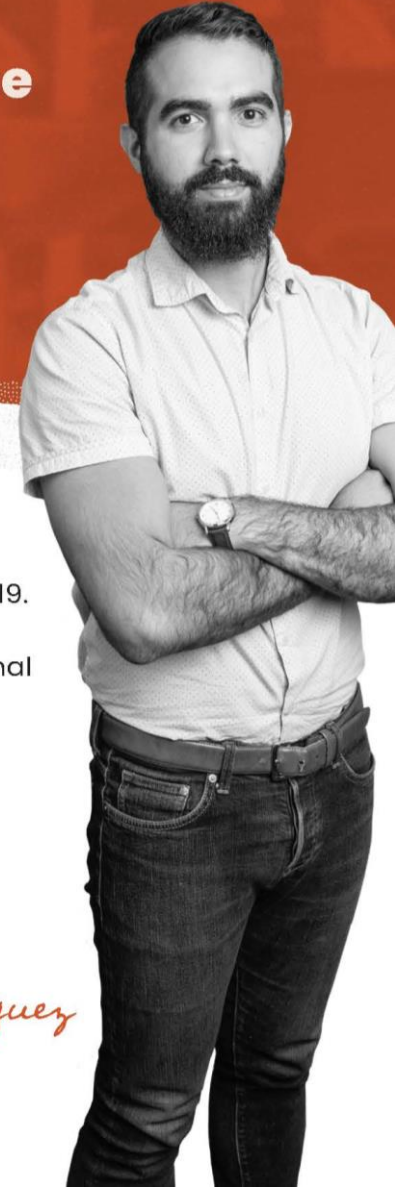


Desired Outcomes

- Enhanced connection to community services
- New skills & no-cost training opportunities for the community
- Anticipated reduction in higher-level crisis needs
- Community-wide, strengths-based language around mental wellness
- Lessened stigma
- Responsive infrastructure in place for the next crisis/disaster

GRIT

**FREE, online
resiliency
training**



We're all feeling the pressures of COVID-19. GRIT helps you tap into your own personal strength, so you can actively support your friends, family, colleagues and neighbors.

Adrian Rodriguez

Donor Care Manager
Springs Rescue Mission

Mental Health Resources

Communities & Neighborhoods



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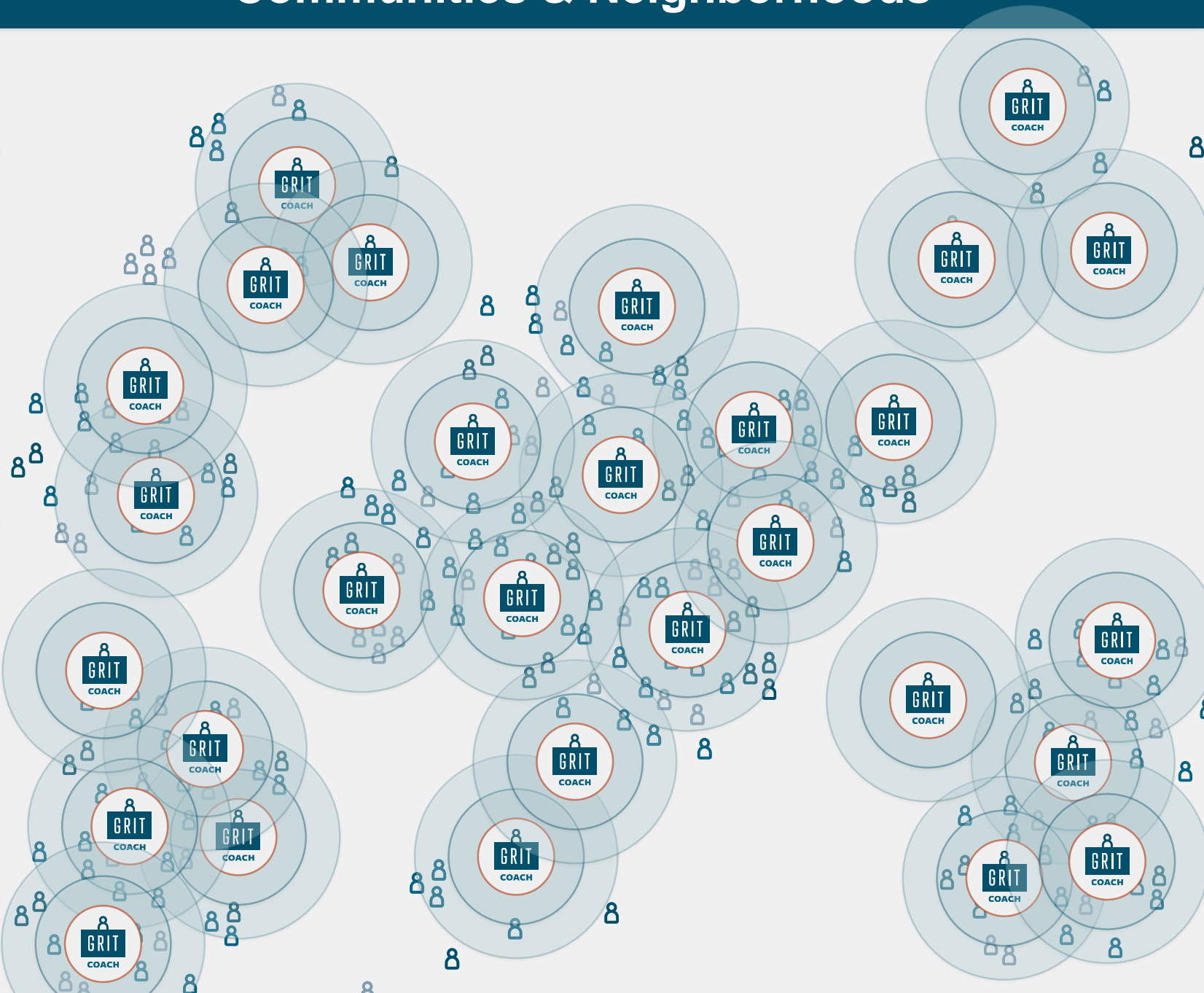
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Coach Resources



Coach Support



Learn more and sign up at letstalkgrit.com.

THANK YOU!

