



PRESS RELEASE

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Peak Vista Expands Behavioral Health Access Through Two Partnerships

Colorado Springs, Colo. – A Peak Vista Community Health Centers (Peak Vista) behavioral health provider is now onsite Fridays from 10 am to 5 pm at Prism Community Collective (711 S. Tejon St., Colorado Springs, CO) and Wednesdays from 9 am to 2 pm at Tri-Lakes Cares (235 Jefferson St., Monument, CO).

Meeting Patients Where They Are

Once a week, a Teresa Guthmiller, LPC, travels to each location in the Peak Vista mobile health services van. Each day is a tossup. She may arrive to a line of people waiting for her to arrive, or she could only see a few patients during her stay onsite.

Appointments are not required to see Guthmiller at these two sites. She has an open calendar to ensure that anyone can see her – removing the stress of having to find a provider, confirming whether they accept your insurance, booking a months-out appointment and spending the interim overthinking what the visit will look like.

During each patient's 30-minute visit, Guthmiller assesses the needs of the patients, begins therapy and figures out next steps – which may include regular appointments with the behavioral health team. The patient is welcome to come back and see her again the following week.

"During one off the most stressful periods of my life, when anxiety was robbing me of sleep and making it hard to function, Teresa provided the steady guidance I needed," said one patient. "Her compassion and expertise helped me find calm, regain balance and be able to make progress again."

The Need Has Only Increased

"Peak Vista, Tri-Lakes Cares, Prism... We all saw a need in the community," said practice manager of community-based practices and programs at Peak Vista, Mayra Apresa. "And we worked to remedy it. That's our job as a community health center – to help bridge the gaps between care. The amazing organizations and partners we have in the area make it easy."

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“Tri-Lakes Cares partnered with Peak Vista to bring behavioral health services onsite after identifying a growing need within our community,” said Molly Stephens, director of programs & services at Tri-Lakes Cares. “In 2024, Tri-Lakes Cares conducted a comprehensive needs assessment that included surveys from our neighbors. From their responses, we identified nine key areas of need, one of which was behavioral health support. In response, we began working to bring additional community resources to the Tri-Lakes area and expand access to care. This partnership is especially meaningful because services are offered right here at Tri-Lakes Cares – a place where our neighbors already feel comfortable and supported – making it easier for them to attend regular sessions and prioritize their mental health.

Peak Vista began its initial partnership with Prism after the hate-motivated shooting at Club Q in 2022. “For too many LGBTQ+ neighbors, the hardest part of getting help is simply getting in the door. Peak Vista’s onsite mental health services at Prism remove so many of those hurdles – cost, stigma and travel – by offering affirming, low-barrier care where people already feel seen. This service is a lifeline that builds trust, celebrates authenticity and makes mental health support truly accessible,” said Stoney Roberts, site director at Prism.

Since the partnerships started in 2024, Peak Vista providers like Guthmiller have seen more than 75 patients at Prism and more than 50 patients at Tri-Lakes Cares.

A Provider with 20+ Years of Experience

Guthmiller is the current provider of this service. She joined Peak Vista in 2025 with more than 20 years of mental health experience and a person-centered approach for care. With expertise in Cognitive Behavioral Therapy (CBT), psychoanalytic techniques and holistic practices, she is a flexible and needs-driven provider.

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About Peak Vista Community Health Centers

Peak Vista Community Health Centers is a nonprofit organization providing exceptional health care to people facing access barriers. Celebrating over 55 years of community health service, Peak Vista offers primary medical, integrated behavioral health and dental care services. The organization proudly serves more than 70,000 patients annually through 20 federally qualified health centers in Colorado’s Pikes Peak and East Central regions. To learn more about Peak Vista, visit PeakVista.org.

Peak Vista Community Health Centers is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) and is a deemed Public Health Service employee under 42 U.S.C. § 233(g)-(n). The contents are those of Peak Vista and do not necessarily represent the official views of, nor an endorsement by, HRSA, HHS or the U.S. Government.

About Prism Community Collective

Prism Community Collective is a survivor- and community-led resource center launched in the wake of the Club Q tragedy. Its mission is to dismantle barriers, increase visibility and build connection to ensure that those impacted by the tragedy, including our greater LGBTQ+ community, can live celebrated and liberated lives. Based in Colorado Springs, Prism offers support, services, resources and opportunities for connection, while also advocating for a more equitable and inclusive community for all.

About Tri-Lakes Cares

Tri-Lakes Cares is a nonprofit in Monument, CO dedicated to making a positive impact on families and individuals in northern El Paso County. At our [no-cost Market](#), neighbors find fresh produce, pantry staples, and household items — all provided with dignity and a warm welcome. Beyond food, eligible neighbors access housing support, medical and transportation assistance and referrals to other resources. We envision a connected and compassionate community where every person has the opportunity to live a healthy, fulfilling, and empowered life. Tri-Lakes Cares will be the trusted hub that connects people, coordinates services, and inspires shared responsibility for the well-being of all.

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