



HIGHROOTS WELLNESS & CONSULTING



2026

NAVIGATING
COMMUNITIES
TOWARDS
WELLNESS

IMPACT AND STRATEGY
REPORT

SEEDED IN COMMUNITY TO GROW SUCCESS



The launch of Highroots Wellness & Consulting in October 2023 has led to high-impact projects that are transforming community health in Colorado Springs.

We have **engaged hundreds of participants** through community health education programming, including **partner collaborations**, our monthly **Rooted in Wellness Workshops**, and our annual **Community Symposium on Holistic Growth**.

We have served as a **host site for internships and fellowships for eight students** from local colleges, including UCCS, Colorado College, and CU Anschutz Medical Campus.

In September 2024, our organization completed the **Peak Education Community Health Needs Assessment**, which helped them **secure \$300,000 in funding**.

We began planning the **Youth Health Ambassador Program** in partnership with Peak Education, largely funded by the Windy Pines Foundation. We currently have **16 students in the youth advisory council** and a **10-member community advisory council**.

In March 2026, we completed the **RISE Southeast Community Health Needs Assessment** in partnership with the Colorado Springs Pioneers Museum and their upcoming summer exhibit, ***Freedom to Thrive: An American Experiment in Colorado Springs***.



STRATEGY TO THRIVE



Highroots Wellness & Consulting is a community care hub that bridges gaps between healthcare, social support services, and the community.

Our Mission

We improve community health by listening to personal experiences and connecting what we hear with data, research, and resources to create meaningful solutions with people.

Our Vision

Our neighbors will thrive in a transparent and supportive environment, leading in decisions that affect their economic stability, education, healthcare, neighborhoods, and social support systems.

The Landscape

Our main focus from 2026 to 2030 is to **improve the autonomy and metabolic resilience of individuals with chronic health conditions**, especially cancer, heart disease, and mental health.

ELEMENTS OF CARE



Community Health Needs Assessments

We create a “whole picture” with community assessments that help us identify the assets and needs in our neighborhoods. We look at the numbers and deeply listen to what people have to say.

Health Education Programs

We build health and wellness programs that enhance skills and provide support for communities. We co-create and evaluate the programs with individuals, community-based organizations, and government entities.

Wellness Navigation

We guide and support community members through society’s systems to improve health autonomy. We equip our partners with streamlined billing through the platform Pear Suite, connecting community-based care with sustainable healthcare reimbursement models.

Workforce and Policy Support

We connect community health workers with resources and training to improve community well-being. Supporting health policies and legislation builds a resilient local care economy through organizational, local, state, and federal sustainability policies.

ROOTED IN WELLNESS WORKSHOPS

Our monthly workshops include interactive sessions on diverse health topics. Since their launch in November 2024, **more than 60 individuals have participated across 11 workshops**. We currently have **a dozen facilitators who have applied to lead** the workshops in 2026 and 2027.

“It was a really informative and positive event, and I am glad I attended!” -Workshop participant



COMMUNITY SYMPOSIUM ON HOLISTIC GROWTH

Our annual symposium brings professionals from across sectors to participate in workshops and **access innovative solutions for individual, community, and professional development and well-being**. The first symposium in **2024 had 16 participants**, and our **2025 symposium had 24 participants**. We are excited to continue this momentum for our upcoming September 2026 event.

“This was such a great training! I've made many meaningful connections and encouraged me to continue the good work. The time went by so fast, had lots of fun!” -Symposium attendee

SPROUTING INITIATIVES



DISTINGUISHED LEADERSHIP JENNAYA COLÓN, EXECUTIVE DIRECTOR

2025 Women of Influence

Colorado Springs Business Journal

2025 Emerging Leader of the Year

Southern Colorado Women's Chamber of Commerce

- In June 2025, Highroots Wellness obtained our first **office space at the Peak Education College and Career Readiness Center**
- We hired **two new staff members** at the end of 2025
 - Brittney Lantzer, Community Health Navigator
 - Adrienne Frisbee, Lead Program Evaluator
- We have initiated a **scholarship program for aspiring community health workers** to build the next generation of leaders

Upcoming Events

Freedom to Thrive: The American Experience in Colorado Springs Exhibit- July 2026

World Builders: Youth Health Ambassadorship Program launch- August 2026

Community Asset Map Building Meetings- August 2026

(co-created with Colorado College Bonner Fellows)

Black Aging Summit- February 2027

CULTIVATING CONNECTIONS

Highroots Wellness & Consulting has formed partnerships with 20+ organizations, shaping access-oriented, research-informed programming

Partners:

AAHGSCS · AAYLC · Aging While Black · Beyond October Foundation
Boss Babes Academy · Colorado Cancer Coalition · Colorado Center on Aging
Colorado College Bonner Fellowship · Colorado Springs Pioneers Museum
Ebon Business Services · Educating Children of Color · Girls' Breast Friend
In-Balance Dance · KKTV Channel 11 · NAMI · Peak Education
Pear Suite · Ponderosa Media · RISE Southeast · SoulHAVEN Collective ·
Stompin' Groundz · Trailhead Institute · Transcendent Femme ·
UCCS Center for Active Living · UCCS Center on Aging · Unity Project ·
We Fortify · Widefield Parks and Recreation · Windy Pines Foundation

Highroots Wellness would like to extend gratitude to all past and future Rooted in Wellness Workshop and Community Symposium facilitators, panelists, and presenters for sharing their time and expertise with the community.

We also want to thank the individuals helping to bring the Youth Health Ambassador Program to life. We are grateful to Social Worker Ayan Musse, BSW, and Nurse Laura Howard, BSN, RN, for infusing our curriculum with their knowledge. The Community Advisory Council consists of school districts, higher education, professionals, and neighbors to guide the program successfully. Finally, we want to extend a special thank you to the Youth Advisory Council, the soul and bones of this program!

At the end of 2025, we began our annual awards to show our appreciation to the community members and organizations that fuel our organization:

Felicia Embry **Embodied Taproot Recognition**
Windy Pines Foundation **Cultivated Values Recognition**

Finally, we would not be able to exist without the funders that have provided the foundation needed for us to grow, including our private donors and respectable entities such as the El Pomar Foundation, Joseph Henry Edmundson Foundation, **the Windy Pines Foundation**, and The Colorado Trust.