

El Paso County Employee Health Centers — Medical Provider Staff



Pamela Deberghes, MD received her medical degree from Dartmouth Medical School, and she attended St. Mary's Family Practice Residency in Grand Junction, CO. Dr. Deberghes has over 20 years of experience providing medical care in a variety of settings. Dr. Deberghes is Board Certified in Family Medicine, and has been Medical Director for El Paso County Employee Health Centers since 2011. She was born in Rhode Island and grew up in New England. Dr. Deberghes enjoys getting to know her patients and offers a preventive medicine approach. She treats the whole person and seeks to help her patients make informed decisions. When she is not busy seeing patients, Dr. Deberghes enjoys jogging, hiking, and traveling.



Phillip Shriver, MD received his medical degree at Texas Tech University School of Medicine in Lubbock, Texas, and completed Family Medicine Residency Training at Texas Tech University Health Science Center in Amarillo, Texas. Dr. Shriver completed his undergraduate education at Angelo State University in San Angelo, Texas, and attended UT Southwestern School of Allied Health in Dallas, Texas. Dr. Shriver is Board Certified in Family Medicine and has experience in multiple settings (Family Practice, Hospital, ICU, ER, & Urgent Care). In addition, Dr. Shriver previously served as Associate Professor at both Texas A&M and Texas Tech (teaching medical students and residents). Dr. Shriver joined the team in 2014, and loves practicing medicine and taking care of his patients. He loves living and working in Colorado, enjoys spending time with his wife and four children, and enjoys various hobbies including hiking, playing tennis, jogging/exercising, fishing, and reading.



Ann Thurston, FNP-C received her Masters of Science degree in Nursing with an emphasis in Family Practice at Bethel College of Nursing at the University of Colorado, Colorado Springs. She received her Bachelor of Science in Nursing at San Jose State University in California. Ann joined the team in 2016, and is excited to be working in a family practice setting where she can build relationships with her patients. In her spare time, she enjoys hiking, gardening, and spending time with family.



Carrie Claar, FNP-C received her Bachelor of Science degree in Nursing at Excelsior College in Albany, New York. She received her Master's Degree in Nursing at the University of Colorado in Colorado Springs. Carrie is an AANP Certified Family Nurse Practitioner. She is a dedicated, passionate Family Nurse Practitioner who is committed to high-quality, collaborative care of all ages. She is skilled in caring for patients with both acute and chronic conditions. She is very excited to join the El Paso County Employee Health Center team in 2020, and enjoys providing care to all ages. In her spare time, she enjoys hiking, reading, and playing the piano.



Liz Johnson, Ph.D. is a Licensed Psychologist who has been practicing for over 20 years. She received her doctorate in Clinical Psychology from Southern Illinois University Carbondale and completed a postdoctoral fellowship in mental health at the University of Rochester in Rochester, NY. She specializes in psychotherapy that addresses the overall wellbeing of the individuals she works with, and has honed skills in assessment and coordination of care as well. She joined the team in 2021. Dr. Johnson has enjoyed living in Colorado since 1999, and in her free time likes to take full advantage of the outdoor beauty Colorado has to offer. She enjoys hiking as much as possible and also loves cooking and music.

El Paso County Employee Health Centers — RN Staff



Debbie Clark, RN received her nursing degree from Mesa State College in Grand Junction, Colorado. Debbie has over 30 years of nursing experience in various areas of medicine and patient care, including hospital nursing, emergency room, home health, family medicine, and pediatrics. Debbie is a Colorado native and has lived all over the United States and in Germany. She has been the Lead Health Center Manager for the El Paso County Employee Health Centers since 2009.



Rob Spallone, RN received his nursing degree from Colorado Technical University and his bachelor's degree from Colorado Christian University. He is currently enrolled in a master's degree program at Grand Canyon University for Healthcare Administration. Rob has been in the medical field since 2010. Working as an RN, Rob has specialized in PICC/IV, Correctional Care, Urgent Care, and ER. In 2017, Rob stepped into a leadership role and has been in management ever since. Rob joined the El Paso County Employee Health Centers as our CSC Health Center Manager in 2024. After being stationed in Colorado Springs in 1994 with the US Air Force, Rob fell in love with the mountains and never left. Now he, his wife, and kids love camping, trail running, paddleboarding, and anything to do with being outside.



Sara Andryshak, RN received her associate in nursing at New Mexico State University and her bachelor's degree in nursing through Capella University. She has almost 20 years of nursing experience, specializing in care management, population health management, and clinical quality excellence. Sara Andryshak joined the El Paso County Employee Health Centers as Care Manager / Coach in 2024. She has a passion for education and helping people live their fullest and healthiest lives. Sara was born in Virginia, but relocated to Colorado when she was very young, and considers this her home. She enjoys traveling, hiking, trying new foods, and watching her son play baseball. She also has an adult daughter, an 18-month-old granddaughter, and a significant other who will soon be her husband.