

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



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 in 2024, and serves as our CSC Group Health Center Manager. 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.



Jared Massey, RN received his nursing degree from Southeast Missouri State University. Jared has 10+ years of nursing experience in various areas, including hospital nursing, hospice, and dialysis. Jared stepped into a leadership role in 2020 and spent the past five years building strong healthcare teams to serve Colorado Springs and surrounding communities. Jared joined the El Paso County Employee Health Centers as our RDC Health Center Manager in 2025. Jared was born and raised in southeast Missouri and relocated to Colorado in 2020. He enjoys cooking, cycling, hiking, and attending concerts.



Debi Asselta, RN received her Nursing degree and Bachelor's degree at Stockton College in New Jersey. She also earned a Master's degree in Human Services at Springfield College in Massachusetts. Debi has over 20 years of nursing experience, specializing in health and wellness programs at various public health sites. She is trained in a variety of specialties, including women's health, tobacco cessation, weight management, and heart health. She has a passion for education and desires to help transform patient health through partnership and empowerment. Debi was born, raised, and educated in New Jersey, and relocated to Colorado in 2013 to begin her role as the Health Risk and Condition Management RN / Wellness Coach for Premise Health at El Paso County. Debi enjoys cooking, entertaining, traveling, and hiking. She and her husband, Carl, reside in Colorado Springs with their two dogs, Jersey and Cody.