

Alamogordo Public Schools

Health Services Department

805 East 12th Street

Building B

Alamogordo, New Mexico 88310

IN A WORLD WHERE
YOU CAN BE ANYTHING

be kind

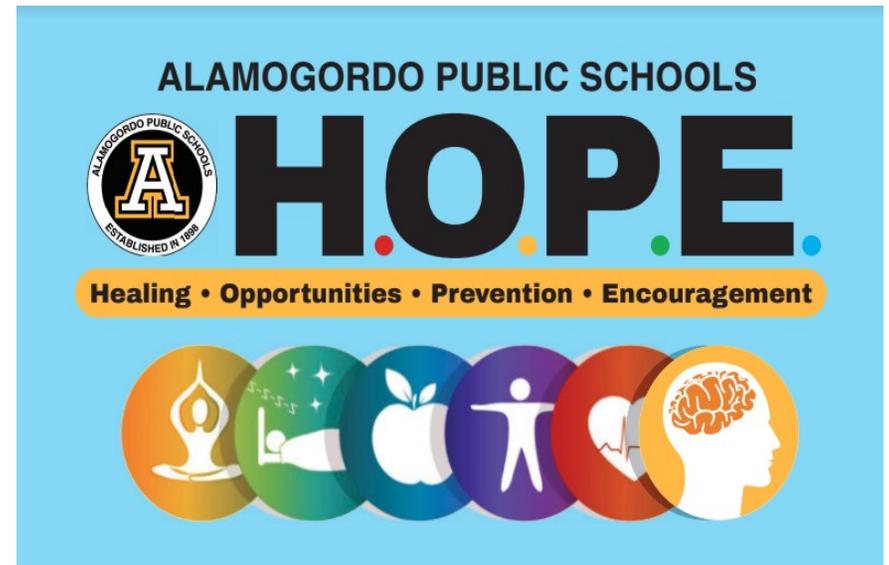
Lisa Patch, Executive Director of Health Services

Office: 575-812-6095 – Fax: 575-812-6099

Email: Lisa.Patch@alamogordoschools.org

Community Mental Health

School Resource Guide



June 2021

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LYDIA WINIECKI, MS, LPCC CLINICAL COUNSELOR

1601 10TH Street, Suite C
Alamogordo, NM 88310

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CONTACT PHONE NUMBER: 575-430-4576

EMAIL: Lydiaw@beyondbb.com

HOURS OF OPERATION: By Appointment only

PAYMENT OPTION: Medicaid (Centennial Care); Tricare; BCBS; Presbyterian; Western Sky; True Health NM; I am NOT credentialed with Medicare

PROGRAM DESCRIPTION: Outpatient Clinical counseling

AGE OF POPULATION SERVED: Children (3-18 years) and adults

Williams Counseling

1213 Michigan Ave.
Alamogordo, NM 88310

CONTACT PERSON: Colleen M. Williams

CONTACT PHONE NUMBER: 575-491-3419

E-MAIL ADDRESS: colleen.m.williams.lpcc@gmail.com

WEBSITE: williamscounselingllc.com

HOURS OF OPERATION: Monday—Friday by appt.
10:00 a.m. to 8:00 p.m.

FEE: \$110

PAYMENT OPTION: Most insurances accepted

PROGRAM DESCRIPTION:

Treatment provided for most diagnoses to include substance addiction. Extensive experience in treating trauma related issues. Spanish speaking therapist available.

AGE OF POPULATION SERVED: 5 to 65 years of age.

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Kindness is
realizing that
we're all in this
together. ”

– *RAKtivist*

APS Health Services Directory

Lisa Patch.....**Executive Director of Health Services**
Ph: 575-812-6095

Sandra Wilder.....**Mental Health Coordinator**
Ph: Office: 575-812-6097
Cell: 575-430-0191

Joanne Gronewold.....**Health Services/Mentor/
Floater Nurse**
Ph: 575-812-6088

Hayley Blevins.....**Mental Health Counselor**
Ph: 575-491-9030

Denise Narvaez.....**Family Support Specialist**
Ph: 575-430-1986

Erica Garcia.....**Administrative Assistant**
Ph: 575-812-6094



Turquoise Lodge Hospital—DOH

5400 Gibson Blvd SE
Albuquerque, NM 87108

Continued

Social Model Rehabilitation

We provide an inpatient program with counseling support 7 days a week, structured daily programming, and exposure to various recovery opportunities and community supports. A social rehab stay is typically 18-21 days. As you complete your social rehab stay, you and your treatment team will determine your next level of care.

Intensive Outpatient (IOP)

If you live in the greater Albuquerque area and would like some structure and support for relapse prevention on an outpatient basis, contact us to schedule an Evaluation for IOP Services. IOP services meet multiple times weekly and typically last 3-6 months.

Our Commitment to you during hospitalization is to:

- Provide you with a safe and protective environment.
- Help you to resolve your acute symptoms.
- Orient you to new and healthy recovery/coping skills.
- Encourage your participation in a program with a community of peers.

Age of Population Served: 18 years and older

Turquoise Lodge Hospital—DOH

5400 Gibson Blvd SE
Albuquerque, NM 87108

CONTACT PHONE NUMBER: 505-841-8978 #4 (Main number to request treatment)

E-MAIL ADDRESS: alexandra.engelke@state.nm.us

WEBSITE: <https://nmhealth.org/about/ofm/lhcf/tlh>

HOURS OF OPERATION: 24/7 Hospital Hours
Monday—Friday
8:00 a.m. to 5:00 p.m

FEE: Sliding fee scale completed on admission

PAYMENT OPTION: Ability to individualize payment plan options

PROGRAM DESCRIPTION:

Turquoise Lodge Hospital (TLH) provides substance misuse services to adult New Mexico residents 18 years and older in a Tobacco free environment.

Our Clinical Team consists of professionally licensed Medical, Psychiatric, Pharmacy, Nursing and Counseling staff. Our Professional staff have specialized training and expertise in the field of addiction medicine.

Priority patients for services include pregnant and parenting women, injecting drug users, and men & women in the process of regaining custody of their children. Our programs consist of:

Medical Detox

We provide Medical and Nursing care twenty-four hours per day, seven days a week in a hospital setting. A medical detox stay is typically 5-10 days. As you complete detoxification, you and your treatment team will determine your next level of care.

Continued

APS Special Education Directory

Steve Starkovich.....**Director of Special Education**
Ph: 575-812-5975

Francesca Sanchez-Jeter.....**School Psychologist**
Ph: 575-812-5978

Lori Meyers.....**School Psychologist**
Ph: 575-812-5497

Patricia Ledezma.....**School Social Worker/
Homeless Liaison**
Ph: 575-812-5493

Elena Sukup.....**Administrative Assistant**
Ph: 575-812-6048



APS School Nurses Directory

Lori Furr.....**Academy del Sol High School**
Ph: 575-812-5504

Kim Warf.....**Alamogordo High School**
Ph: 575-812-6504

Deborah Graham.....**Buena Vista Elementary**
Ph: 575-812-5104

Joshua Landry.....**Chaparral Middle School**
Ph: 575-812-6304

TBD.....**Desert Star Elementary**
Ph: 575-812-5754

Cathy Krumwiede.....**High Rolls Elementary**
Ph: 575-812-5275

Cathy Krumwiede.....**Stepping Stones Preschool**
Ph: 575-812-5465

Samantha Bruce.....**Holloman Primary** Ph: 575-812-6104
Holloman Middle Ph: 575-812-6204

Niki Johnson.....**La Luz Elementary**
Ph: 575-812-5304

Brenda Guin.....**Mt. View Middle**
Ph: 575-812-6404

Diane Mireles.....**North Elementary**
Ph: 575-812-5404

Jennifer Miller.....**Sierra Elementary**
Ph: 575-812-5804

Valerie Ham.....**Sunset Hills Elementary**
Ph: 575-812-5604

Heather Pollard.....**Yucca Elementary**
Ph: 575-812-5904

SANE of Otero/Lincoln Counties

NAME OF CONTACT PERSON: Dawn Vanarnam

CONTACT PHONE NUMBER: 575-430-9485

E-MAIL ADDRESS: sane.alamogordo@gmail.com

WEBSITE: www.oterolincolnsane.org

HOURS OF OPERATION: 24-hour Hot line 575-430-9485

FEE: NO CHARGE

PAYMENT OPTION: NO CHARGE

PROGRAM DESCRIPTION: SANE of Otero & Lincoln Counties provide compassionate and comprehensive medical examination and forensic evaluation for victims of sexual assault. SANEs are RNs who have embraced the challenge to be technically skilled evidence collectors and who display sensitivity and acknowledge the patient's dignity during every step of the examination. The SANE response may include a head-to-toe physical assessment (referrals will be made for serious injuries), a urine test for pregnancy, medications for emergency contraception and prevention of sexually transmitted diseases (limited exam), documentation of injuries including photographs and collection of forensic evidence (full exam). The SANE needs informed consent from the sexual assault patient. The patient must be able to understand, agree to, and sign for each part of the exam. The only exceptions to this are in the case of child abuse, mentally challenged patients, or elder abuse. SANE nurses are on-call. They are not physically on-site. To dispatch a SANE nurse, call the SANE cell phone 575-430-9485, the Gerald Champion Regional Medical Center (GCRMC) Emergency Department 575-443-7901 in Alamogordo New Mexico, or a member of the Sexual Assault Response Team (SART): Victim Advocate on call emergency line 575-430-4433, 24-Hour Rape Crisis Line 575-430-9485, Holloman SARC 24 hour line 575-572-6789. An immediate sexual assault exam should be done within 5 days of the assault for a 13 year old and older, or within 3 days of the assault for a 12 year old or younger. Generally, the sooner the exam is done, the better. An adult sexual assault patient does not need to file a police report to receive SANE services. If you need to speak with the Program

RIO VISTA BEHAVIORAL HEALTH

1390 Northwestern Dr.
El Paso, TX 79912

CONTACT PERSON: Caroline Moncloa Ramirez

CONTACT PHONE NUMBER: (833) 925-2484

E-MAIL ADDRESS:

Caroline.MoncloaRamirez@riovistabh.com

WEBSITE: www.riovistabehavioral.com

HOURS OF OPERATION:

PAYMENT OPTION: Accepts most major forms of insurance, the following are among the many insurance companies that we have worked with in the past: Medicare, TX Medicaid, and Tricare. Please note that this is only a partial list of the many insurers who have covered their members' care at Rio Vista Behavioral Health. If your insurance provider is not listed above, your care may still be covered.

PROGRAM DESCRIPTION: Comprehensive care for men, women, and adolescents who are struggling with mental health and substance abuse concerns. Rio Vista Behavioral Health helps patients begin their journey to healing. At Rio Vista Behavioral Health, we believe in creating programming that reflects the unique aspects of each individual's journey to recovery. Rather than a one-size-fits-all approach, we conduct thorough assessments that give us precise insights into our patients' needs. From there, we tailor the planning process based on the presenting concerns and innate strengths of each person who heals with us. The compassionate, experienced professionals on our staff are truly committed to delivering patient-centered care that helps each individual meet their goals for recovery. Our mission is to be a beacon of hope, positivity, and compassion for the individuals and families we serve.

AGE OF POPULATION SERVED: 11 to 17, 18 and up

APS School Counselors Directory

TBD.....**Academy del Sol High School**
Ph: 575-812-5512

Erica Gray, Tiffany Grimes
and Katie Hayman.....**Alamogordo High School**
Ph: 575-812-6500

Christina Estrada.....**Student Success Advisor**
PH: 575-812-6500

TBD.....**Buena Vista Elementary**
Ph: 575-812-5116

Jeremy Patton.....**Chaparral Middle**
Ph: 575-812-6317

Jana Lawrence..... Ph: 575-812-6318

Regina Davis.....**Desert Star Elementary**
Ph: 575-812-5754

Tena Spitsberg.....**High Rolls Elementary**
La Luz Elementary
Ph: 575-812-5316

Jasmine Landry..... **Holloman Primary** Ph: 575-812-6106

Katie Walker..... **Holloman Middle** Ph: 575-812-6215

Jesus Suarez.....**Mt. View Middle**
Ph: 575-812-6417

Teresa Hopkin..... Ph: 575-812-6418

Jennifer PARRAZ-SUMMERS.....**North Elementary**
Stepping Stones Preschool
Ph: 575-812-5416

TBD.....**Sierra Elementary**
575-812-5816

TBD.....**Sunset Hills Elementary**
PH: 575-812-6039

TBD.....**Yucca Elementary**
Ph: 575-812-5913

Hotline Numbers

- NM CRISIS & ACCESS LINE**.....1-855-NMCRISIS (662-7474)
- NATIONAL DOMESTIC VIOLENCE**.....1-800-799-7233
- DA/VICTIM ADVOCATE ON CALL**.....575-430-4433
- SANE 24 HR RAPE CRISIS LINE**575-430-9485
- HOLLOMAN SARC 24 HR LINE**.....575-572-6789
- LGBTQ CRISIS INTERVENTION/
SUICIDE PREVENTION**.....1-866-488-7386
- CYFD/SCI (Child Abuse/Neglect)**.....1-855-333-7233
or #SAFE
- NATIONAL SUICIDE PREVENTION**.....1-800-273-TALK
1-800-SUICIDE
- NATIONAL HUMAN TRAFFICKING**.....1-888-373-7888
or text "HELP" to
233733
- SHARE NEW MEXICO**.....<https://sharenm.org>
Largest, most up-to-date and comprehensive community information web-
site.



Presbyterian Medical Services Behavioral Health

1900 E. Tenth St.
Alamogordo, NM 88310

CONTACT PERSON: Ernesto Gutierrez, Administrator

CONTACT PHONE NUMBER: 575-437-7404

E-MAIL ADDRESS: Ernesto.Gutierrez@pmsnm.org

WEBSITE: www.pmsnm.org

HOURS OF OPERATION: Monday—Friday
8:00 a.m. to 5:00 p.m.
After hours Crisis Services

FEE: Sliding Scale; Medicaid, Medicare; Most Insurance Ac-
cepted

PAYMENT OPTION: Payment Plans Available

PROGRAM DESCRIPTION:

As a non-profit community health center, our behavioral health office offers flexible interventions to address mental health, substance abuse, and crisis treatment. Those seeking services will benefit from the integration of mental health and medical services for comprehensive care.

- * Counseling/Outpatient Therapy (individual, family and group)
- * Behavioral Health Assessments
- * Psychiatric Evaluations
- * Medication Management
- * Comprehensive Community Support Services (CCSS)
- * Psychosocial Rehabilitation (PSR)
- * Crisis Intervention

AGE OF POPULATION SERVED: All ages

Pregnancy Help Center

1222 N. White Sands Boulevard
Alamogordo, NM 88310

Alamogordo PD Mobile Crisis Response Team

700 Virginia Ave.
Alamogordo, NM 88310

CONTACT PERSON: Jane Richardson

CONTACT PHONE NUMBER: 575-434-5525

E-MAIL ADDRESS: janer@phcalamo.org

WEBSITE: phcalamo.org

HOURS OF OPERATION: Monday, Wednesday & Thursday
9:00 a.m. to 4:00 p.m.
Tuesday, 11:00 a.m. to 6:00 p.m.

FEE: Free

PAYMENT OPTION:

PROGRAM DESCRIPTION:

The pregnancy Help Center provides free pregnancy testing, limited first trimester ultrasounds, and classes for moms and dads to prepare them for parenthood. They can earn “bucks” to purchase items needed for their baby.

AGE OF POPULATION SERVED: 13-50 years old

CONTACT PERSON: Jeanette Borunda, LCSW, CIT Clinical Director

CONTACT PHONE NUMBER: (575) 439-4300

EMAIL ADDRESS: jborunda@ci.alamogordo.nm.us

WEBSITE: [https://ci.alamogordo.nm.us/712/Mobile-Crisis Response-Team](https://ci.alamogordo.nm.us/712/Mobile-Crisis-Response-Team)

PROGRAM DESCRIPTION: The MCRT provides professional intervention for children, youth & adults who are experiencing a mental health crisis. MCRT Units primarily respond to in-progress calls to support Patrol and conduct outreach with individuals experiencing mental illness or mental health crisis. MCRT Units are able to respond at the request of the incident commander, to critical incidents that involve subjects who are in extreme states of behavioral crisis. The MCRT provides short-term on-site crisis assessment and intervention for children, youth, and adults experiencing a mental health crisis. The main objective and goal of the MCRT is to de-escalate a situation safely and resolve the mental health crisis for all individuals involved when reasonable, practical, and consistent with established safety priorities. This is a completely grant-funded program through the Alamogordo Police Department. Officers now have this amazing resource to call upon when they see a crisis that needs more than just a patrol officer on the scene. The MCRT is comprised of a Clinical Director (an independently licensed social worker), a certified CIT Alamogordo Police Officer, and Peer Support Specialists. MCRT is a dedicated team that supports the Alamogordo Police Department and Crisis Intervention Team (CIT) officers along with the citizens of Alamogordo who are having a mental health crisis.

Airman & Family Readiness Center

749 New Mexico Ave., Bldg. 788
Holloman AFB, NM 88330

CONTACT PHONE NUMBER: 575-572-7754

E-MAIL ADDRESS: 49FSS.afrc.services@us.af.mil

WEBSITE: hollomanfss.com

(select community & family then click Airman & Family Readiness Center)

HOURS OF OPERATION: Monday—Friday
8:00 a.m. to 4:00 p.m.

FEE: None, free to eligible Department of Defense ID card holders.

PAYMENT OPTION: N/A

PROGRAM DESCRIPTION:

The Airman & Family Readiness Center (A&FRC) provides individuals and families with activities and services which strengthen our community and promote self-sufficiency, mission readiness, and adaptation to the Air Force way of life. The A&FRC welcomes active duty, retired military members, civilian DoD employees, and their family members.

AGE OF POPULATION SERVED: no age restrictions

Pets and Helping Dogs, LLC

715 Dooley St
Alamogordo, NM 88310

CONTACT PERSON: Nathaniel Lukas

CONTACT PHONE NUMBER: 505-331-4429

E-MAIL ADDRESS:

Nathaniel.lukas@petsandhelpingdogs.com

WEBSITE: petsandhelpingdogs.com

HOURS OF OPERATION: Variable

FEE: See website for descriptions of services and rates

PAYMENT OPTION: Credit card, PayPal, Check, Cash

PROGRAM DESCRIPTION:

Guided training programs for Service Dogs, Emotional Support Dogs and Therapy Dogs as well as pet dog training and canine behavioral rehabilitation. Coming soon: Animal-Assisted Therapy.

AGE OF POPULATION SERVED: all ages

Peak Behavioral Health Services, LLC

5045 McNutt
Santa Teresa, NM 88008

CONTACT PHONE NUMBER: 575-589-3000

WEBSITE: www.peakbehavioral.com

HOURS OF OPERATION: 24 Hours a Day - 7 Days a Week

PAYMENT OPTION: We offer multiple payment plans ranging from short term interest free payment plans to long term loans through a private lending company.

PROGRAM DESCRIPTION: We believe in an inter-disciplinary team approach to treatment. This includes our internal team of psychiatrists, Family Practice Doctors, nurse practitioners, therapists, nurses and mental health technicians. We believe outcomes and measuring our programs effectively with our patients is important to the individuals we serve, family members, providers, referents and insurers. That's why we measure our performance with our Clinical Outcomes in Routine Evaluation or CORE studies. We conduct these surveys over a year period starting from the day of admission, day of discharge as well as 30-days post discharge for all willing participants. We measure our patient's acuity level, level of risk, level of anxiety and level of depression. Our outcomes show that of our patients that participate, their symptoms decrease significantly from the time of admission to 30-days post discharge.

Crisis Stabilization Children's Program Ages 4—11

Crisis Stabilization Adolescent Program 12—18

Adult Program for crisis stabilization & substance abuse.

Partial Hospitalization for Adolescents and Adults

Military Program

AGE OF POPULATION SERVED: 4—Senior Adults

Behavioral Change Institute

1200 S. Whitesands Blvd. Suite 121
Alamogordo, NM 88310

CONTACT PHONE NUMBER: (575) 635-4122

E-MAIL ADDRESS: info@behaviorchangeinstitute.com

WEBSITE: behaviorchangeinstitute.com

PROGRAM DESCRIPTION:

Behavior Change Institute is a premier provider of Applied Behavior Analytic (ABA) treatment. We are recognized for our compassionate approach to providing individuals and families with the necessary supports to reach their full potential. It is our mission to inspire hope and improve the health and wellbeing of those we serve through an ongoing commitment to excellence in all that we do. We are committed to facilitating, providing and improving access to high-quality treatment options for individuals and families in rural and traditionally under-served communities. Enhance under-served communities with limited resources by utilizing Technology to build capacity.

AGE OF POPULATION SERVED: children

Ben Archer Health Center

2150 US Hwy 54 S.
Alamogordo, NM 88310

CONTACT PHONE NUMBER: 575-443-8133

WEBSITE: bahcnm.org

HOURS OF OPERATION: Monday—Friday
8:00 a.m. to 5:00 p.m.

PAYMENT OPTION: Ben Archer Health Center accepts most insurances including Medicaid and Medicare. Regardless of insurance, you can talk to an eligibility specialist to discuss all of your financial assistance options, including the sliding-fee scale. This is a discount program for all BAHC services based on income and household size, made possible by the federal government.

PROGRAM DESCRIPTION:

The mission of Ben Archer Health Center, Inc. is to significantly improve the health status of its population through the prevention of illness, the promotion of health education, the provision of a quality primary care home, access to the underserved and a strong commitment to chronic disease management. Ben Archer Health Center Pediatrics.

AGE OF POPULATION SERVED: Newborn to 18

Pawsitively Transformation Health and Wellness Inc.

1111 10th Street #400
Alamogordo, NM 88310

CONTACT PERSON: Jeanette Borunda or Nathaniel Lukas

CONTACT PHONE NUMBER: 575-629-0939 or 505-309-0749

E-MAIL ADDRESS: info@pawsitivelytransformational.com

WEBSITE: pawsitivelytransformational.com

HOURS OF OPERATION: Variable

FEE: See website

PAYMENT OPTION: Health Insurance, Credit Card, Money Order, Check, Cash

PROGRAM DESCRIPTION: Integrative mental health therapy and wellness coaching, consultation services, educational presentations and training, and clinical supervision services for therapists. Bilingual (English/Spanish) services.

Otero County Juvenile Justice Board

501 24th St.
Alamogordo, NM 88310

NAME OF CONTACT PERSON: Kim Richards

CONTACT PHONE NUMBER: 575-488-2500 or 575-495-6023

E-MAIL ADDRESS: krichards@tcc-nm.org

WEBSITE: www.facebook.com/OCJJB

FEE: Free services funded through State grant—Juvenile justice Advisory Committee for at-risk Youth

PAYMENT OPTION: N/A

PROGRAM DESCRIPTION:

Girls Circle & The Council for Boys & Young Men—Free structured support groups designed to promote healthy attitudes, behaviors, lifestyles and social competence in youth 12 to 17 years of age.

Educational Development—Tutoring - Free tutoring services in various subjects by appointment—for 10 to 17 years of age.

Restorative Justice—The Restorative Justice process promotes community involvement and shared opportunity to find constructive resolutions for youthful offenses and to address the underlying causes of delinquent behavior while building a sense of community around repairing harm.

Programs are facilitated through The Counseling Center in Alamogordo, Contact us!

AGE OF POPULATION SERVED: 10 to 17 years.

Behavioral Medicine Gerald Champion Regional Medical Center

2539 Medical Drive #104
Alamogordo, NM 88310

CONTACT PHONE NUMBER: (575) 446-5300

WEBSITE: www.qcrmc.org

HOURS OF OPERATION: Monday – Friday
8:00 a.m. to 5:00 p.m.

PAYMENT OPTION: Accepts most insurances and have a sliding fee scale.

PROGRAM DESCRIPTION: The Adult Inpatient Psychiatric Program (Ages 18 +) is designed for the treatment of all types of acute mental health including, but not limited to psychoses, major affective disorders, dementia, and organic disorders with emotional components, the symptoms of which place the patient at imminent risk of harm to self or others. Individualized plans of participation will be determined by the patient and program staff according to your needs. Individualized groups include Co-Occurring Disorders (COD) and Military and Veterans. Medication Management is provided to individuals by Board Certified Psychiatric Nurse Practitioners and Psychiatrists. The PHP is designed as a short term intensive outpatient hospitalization with participants returning to their homes at the end of the day. Electroconvulsive therapy (ECT) is offered on an Inpatient and Outpatient basis by a Board Certified Psychiatrist.

AGE OF POPULATION SERVED: Adults 18+

Bernalillo Academy

1801 Randolph Rd., SE
Albuquerque, NM 87106

CONTACT PHONE NUMBER: (505) 924-6330

E-MAIL ADDRESS: cabh@sequelyouthservices.com

WEBSITE: www.bernalilloacademy.org

HOURS OF OPERATION: All day, 7 days a week

PAYMENT OPTION: NM Medicaid and private health care insurance

PROGRAM DESCRIPTION: Bernalillo Academy is a Residential Treatment Center for male and female youth ages 4-17. The purpose of the program is to provide intensive services in a safe, structured environment to those children facing the challenges of Autism Disorder, Neurodevelopmental Disorders, Intellectual/Developmental Disabilities and other Emotional and Behavioral Disorders who have not found success in less structured settings or through other services provided in their home communities. At Bernalillo Academy, treatment strategies begin at admission and focus on each child's challenging behaviors and developmental issues that significantly interfere with their ability to participate in their community, school and family in a safe and meaningful way. The focus is on behavioral change through a dynamic approach to treatment which includes group, individual therapy, and family work with licensed clinicians.

AGE OF POPULATION SERVED: 4 to 17

Otero County Counseling Services

1213 La Mesa
Alamogordo, NM 88310

CONTACT PERSON: Felise Ward-Turri

CONTACT PHONE NUMBER: 575-430-1829

E-MAIL ADDRESS: fwturri@msn.com

WEBSITE: N/A

HOURS OF OPERATION: Monday—Thursday
11:00 a.m. to 4:00 p.m.
Sessions by appt.

FEE: Varies based on length of session.

PAYMENT OPTION: Most insurances accepted, check, cash debit/credit cards. No Medicare. Sliding scale offered

PROGRAM DESCRIPTION:

Counseling services include:

*Anxiety *Depression *Stress *Grief *Anger Management

*Eating Disorders *Overall Mental Health

I have worked with a lot of kids on probation

AGE OF POPULATION SERVED: 13-55

Open Minds, LLC

1909 Cuba Ave, Suite 5
Alamogordo, NM 88310

CONTACT PHONE NUMBER: 575-489-4616

E-MAIL ADDRESS: ab.openmindshealing@gmail.com

WEBSITE: Openmindshealingllc.com

HOURS OF OPERATION: By Appointment Only

PAYMENT OPTION: We accept most insurances and offer a private pay scale for those without medical insurance coverage.

PROGRAM DESCRIPTION:

Open Minds provides an array of services including both mental health and substance abuse services delivered through our highly talented and trained clinicians. We have experience working with clients who struggle with symptoms related to anxiety, depression, PTSD, bipolar disorder, substance abuse, marital discord, and many others. Our interventions include EMDR, CBT, DBT, motivational interviewing and more delivered through individual therapy, group therapy, family therapy or couples/marital therapy. Our therapists know that each journey has it's unique challenges and we work hard to encourage emotional growth and coping skills to address your specific needs.

PROVIDERS:

Tamara Dees, MSW, Owner	575-649-1981
Chelsea Stockert, MSW, LMSW	575-430-5272
Kate Brown	575-214-9226
Alexandra Wofford, MS, LPCC	575-439-7469
Evelyn Castro	575-439-7669
Katrina Engstrom, MSW, LCSW	575-430-4919
Michelle Ferralez	575-649-8355
Jeanne Goins	575-639-0099
Jowanna Kirkpatrick	575-639-1395
Robin McClain	575-489-4770
Ana Roderigez	575-415-9810
Michelle Tatum	575-495-1187
Tera Uhl	575-642-8434
Krystle Williams	575-636-3416

Better Balance

900 St Francis Dr.
Tularosa, NM 88352

CONTACT PERSON: Brenda Abercombie

CONTACT PHONE NUMBER: (575) 585-4319 , cell 575-491-7593.

EMAIL: betterbalance18@gmail.com

WEBSITE: N/A

HOURS OF OPERATION: By appointment, only telemedicine at this time

PROGRAM DESCRIPTION: A counselor in private practice with over 25 years of experience working with children adolescents, adults, couples and families in the areas of mental health and substance abuse. Licensed alcohol and drug abuse counselor.

AGE OF POPULATION SERVED: children and adults

Big Brothers Big Sisters
of Central New Mexico in Otero County
906 Virginia Ave.
Alamogordo, NM 88310

CONTACT PERSON: Brenda Dorsey

CONTACT PHONE NUMBER: 575-434-3388, ext. 204;
cell 575-708-0716

E-MAIL ADDRESS: bdorsey@bbs-otero.org

WEBSITE: <http://www.bbbs-cnm.org/about/otero>

HOURS OF OPERATION: Monday—Thursday
9:00 a.m.—3:00 p.m.
Friday by appointment

PROGRAM DESCRIPTION:

Big Brothers Big Sisters in Otero County is a youth serving organization for children in kindergarten through 8th grade. We match youth with adult volunteers in one-to-one mentoring relationships for the resolution of academic, social, and/or family relationship issues. The children served are primarily from single-parent and low-income families. They typically have limited access to economic, financial, and social resources. The BBBS one-to-one mentoring model is recognized for its outstanding youth outcomes. The Substance Abuse and Mental Health Services Administration (SAMHSA) in its National Registry of Evidence-based Programs and Practices recognizes Big Brothers Big Sisters as one of the most effective evidence-based programs serving youth in the country.

AGE OF POPULATION SERVED: Youth, ages 6 to 14 years; however, if a student enters our program before the age of 14, we welcome them to stay until they graduate high school.

New Mexico Department of Health
Otero County Public Health
1207 8th Street
Alamogordo, NM 88310

Continued

The Family Planning Program promotes and provides comprehensive family planning services, including: clinic-based services, community education, and outreach to promote health and reproductive responsibility. This service helps people make decisions regarding spacing and number of children.

WIC is a supplemental food program for women, infants, and children. WIC provides healthy foods at no cost, and nutrition education. Qualifying clients are: pregnant or breast-feeding women, or children age birth to 5. WIC also gives referrals to other health services. WIC services are not age dependent. Qualifying for WIC is based on income, being a resident of Otero County, and having a child or being pregnant.

Harm Reduction: suboxone treatment (call for orientation dates), Syringe exchange, HIV Case Management, Hepatitis C testing, Naloxone (Narcan) education and dispensing, nasal spray which can reverse an opioid overdose.

Families First provides developmental assessment to screen babies and toddlers for delays; and helps parents access resources such as: food, transportation, child care, and Medicaid. Free service for those who are uninsured or have Medicaid.

Children's Medical Services has a licensed Medical Social Worker to assist families in navigating the healthcare system for children who have chronic medical conditions or disabilities. For those who qualify, CMS can also assist with children's medical costs. Families are referred to medical services, community resources, and programs to help meet their needs.

Birth certificates are issued locally on Mondays only, from 9-12 and 1-4pm. Bring a valid picture ID. NM births only; \$10 fee for the certificate.

Health Promotion Specialist: helps support the Otero County Community Health Council and Behavioral Health Collaborative, and its three committees: Substance SAFE Communities, Healthy Eating Active Living, and Communities of Care. This position also can assist with community initiatives, education, and health-related organizations; as well as identifying resources and planning community events.

AGE OF POPULATION SERVED: All ages

**New Mexico Department of Health
Otero County Public Health**

1207 8th Street
Alamogordo, NM 88310

CONTACT PERSON: Maureen Schmittle,

CONTACT PHONE NUMBER: 575-437-9340 ext. 5

E-MAIL ADDRESS: maureen.schmittle@state.nm.us

WEBSITE:

http://nmhealth.org/_org and <https://www.facebook.com/nmdoh>

HOURS OF OPERATION: Monday—Friday
8:00 a.m. to 5:00 p.m.
Closed at noon for lunch

FEE: Most services are free. Other services are sliding scale, dependent on household income and if a youth comes in alone there will be no fee.

PAYMENT OPTION: Cash or Check

Programs: Family Planning/Clinical, WIC, Families First, Children's Medical Service and Health Promotion.

PROGRAM DESCRIPTION:

Reproductive Health Services available for those 13 and older, services are confidential and clients may come in without a parent or parental consent: Pregnancy testing, Birth control, Sexually Transmitted Diseases tests and treatment, IUD, Pills, Morning after pill, Nexplanon, Depo-Provera, Male Condoms, Female Condoms, Family Planning, Breast and Cervical Cancer screening for uninsured women over 21 years of age.

Family Planning Program is available to anyone age 13 and older. Individuals are able to qualify for this service without parental consent. Goals of the program are to reduce teen pregnancy, prevent unintended pregnancy, reduce and prevent STDs (sexually transmitted diseases), reduce infant mortality and morbidity rates, and to improve the health of women and men of all ages.

Continued

Blue Sky Counseling

1301 Oregon Ave
Alamogordo, NM 88310

CONTACT PERSON: Lynn Kimball

CONTACT PHONE NUMBER: 575-443-6166

E-MAIL ADDRESS: lkimball@blueskycounseling.net

WEBSITE: blueskycounseling.net

HOURS OF OPERATION: Administrative Office Open
Monday—Thursday
11:00 a.m.—2:00 p.m.
Counseling by appointment

PAYMENT OPTION: NM Medicaid, Insurance & Sliding Scale

PROGRAM DESCRIPTION: Our counselors are highly trained, experienced professionals utilizing various therapy techniques that are right for you. Incorporating Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Rogerian, Solution Focused, Faith Based and Christian Counseling, and even Art and Play Therapy.

COUNSELORS:

Lynn Kimball
Angie Baker
Dr. Cal Bolinder
Carmen Chavez
Alice Jax
Kimball, Lynn
Agnes Rodriguez
Dr. Lorinda Arella

AGE OF POPULATION SERVED: 6 and up

Canyon Light Inc.
1301 Cuba Ave.
Alamogordo, NM 88310

Mesilla Valley Hospital
3751 Del Rey Boulevard
Las Cruces, NM 88012

CONTACT PERSON: John Baldonado

CONTACT PHONE NUMBER: 575-437-2453

E-MAIL ADDRESS: canyonlight@cybermesa.com

WEBSITE: canyonlightinc.com

HOURS OF OPERATION: Tuesday—Thursday
9:00 a.m. to 5:30 p.m.
Friday 9:00 a.m. to 3:00 p.m.

FEE: based on specific service being provided

PAYMENT OPTION: Medicaid Centennial Care, Blue Cross Blue Shield, Western Sky , Presbyterian, Self Pay, Sliding scale payment plans are available.

PROGRAM DESCRIPTION:

Our team of Counselors consists of New Mexico Licensed Substance Abuse Counselors and Mental Health Therapists. Our main focus is on Substance Abuse Treatment , Addiction Therapy and prescription drug overdose. We also offer Anger Management, Life Skills, Co-Occurring Therapy, PTSD, Grief/Depression, and Cognitive Behavior Therapy. We are a licensed DWI School with the State of New Mexico.

AGE OF POPULATION SERVED: generally 13 and up

CONTACT PERSON: Judy Baca

CONTACT PHONE NUMBER: 575-405-9366

E-MAIL ADDRESS: judy.baca@uhsinc.com

WEBSITE: www.mesillavalleyhospital.com

HOURS OF OPERATION: 24 hours 7 days a week

FEE:

PAYMENT OPTION: MCR, MDC and most major insurances

PROGRAM DESCRIPTION:

Mesilla Valley Hospital offers inpatient and outpatient treatment options for children & adolescent patients to help meet the diverse needs of this population. This includes an Adolescent Acute Treatment Program for youth ages 7–17, and a Partial Hospitalization Program for youth ages 13–17. The Adolescent Acute Treatment Program is designed for youth who need crisis stabilization, medication management, and short-term treatment for emotional, behavioral, psychological and substance abuse problems. Our Partial Hospitalization Program (PHP) is an intensive group therapy program for individuals in need of treatment for mental health and/or co-occurring substance use. The structured program assists patients in developing coping and life skills needed to manage their behavioral health conditions.

AGE OF POPULATION SERVED: 10 and up

McClain Counseling Services

1909 Cuba Ave
Suite #5
Alamogordo, NM 88310

CONTACT PERSON: Robin McClain

CONTACT PHONE NUMBER: 575-489-4770

E-MAIL ADDRESS:

mcclaincounselingservicesllc@gmail.com

WEBSITE: mcclaincounselingservices.com

HOURS OF OPERATION: M - F 9 AM - 6 PM

FEE: Insurances and self pay options available

PAYMENT OPTION: check, cash, or credit card

PROGRAM DESCRIPTION: couples, individual and family therapy based on practical cognitive and behavioral interventions

AGE OF POPULATION SERVED: age 11 and up

Changing Attitudes Counseling

128 Rattlesnake Road
Tularosa, NM 88352 (Office)
P.O. Box 148
La Lu, NM 88337 (Correspondence)

CONTACT PERSON: Shiela Weehunt

CONTACT PHONE NUMBER: (575) 430-4804

E-MAIL ADDRESS:

changingattitudescounseling@yahoo.com

WEBSITE: Changingattitudescounseling.com

HOURS OF OPERATION: Monday—Wednesday
11:00 a.m. to 8:00 p.m.

FEE: can provide a quote

PAYMENT OPTION: accepts insurance, sliding scale
(cash, check or card)

PROGRAM DESCRIPTION:

Mental Health Counseling and life coaching. Specializing in counseling for individuals who want help with mood disorders, anxiety, depression, and anger. Emphasis on Bipolar. Life coaching to empower clients who want help achieving goals, over-coming obstacles and making positive changes and shifts in both their personal and professional lives.

AGE OF POPULATION SERVED: 10 and up

COPE - Center of Protective Environment

909 S. Florida Avenue
Alamogordo, NM 88310

CONTACT PHONE NUMBER: 575-434-3622, if you have a domestic violence emergency dial 911 for assistance or call our crisis line, 575-437-2673 (COPE) or Toll Free: 1-866-350-COPE (2673)

E-MAIL ADDRESS: cope@copedv.org

WEBSITE: www.copedv.org

HOURS OF OPERATION: Monday—Thursday
8:00 a.m. to 5:00 p.m.
Friday— 8:00 a.m. to Noon
Arrangements can be made for
After hours appointments.
Shelter available 24/7

FEE: Most services are available at no cost or on a sliding fee scale. For information, call 575-434-3622.

PAYMENT OPTION: Please see fee

PROGRAM DESCRIPTION:

COPE, Inc. (Center of Protective Environment) is a non-profit organization founded in 1980 to address the problems of family and relationship violence. From the beginning, COPE has been dedicated to intervention and prevention of family and relationship violence by offering a range of services including crisis intervention, shelter, advocacy, support, outreach, education and counseling

AGE OF POPULATION SERVED: All Age Groups

LOVE INC.

2826 Indian Wells Road
Alamogordo, NM 88310

CONTACT PERSON: Susan Payne, Executive Director

CONTACT PHONE NUMBER: 575-439-4812

E-MAIL ADDRESS: loveincotero@LIVE.COM

WEBSITE: www.loveincotero.org

HOURS OF OPERATION: Clearinghouse Hours

Monday—Thursday
9:00 a.m. to 2:00 p.m.

Food Bank Hours

Monday—Thursday
9:00 a.m. to 12:00 p.m.

PROGRAM DESCRIPTION: The LINC program is about building relationships with those in need so that we can better understand who they are, and how to best help them. We believe that everyone was created with potential however, we recognize that it is often difficult for some to realize they were created with purpose. Through a network of volunteers, Love INC of Otero County seeks to walk along side those individuals and provide them with encouragement, and the practical tools they need to reach that potential. Here is how our program works. Love INC of Otero County, through local churches, seeks to transform the lives of people in chronic need through caring relationships and classes/training opportunities. Love INC seeks to organize and equip church members from across many denominations to lead courses and/or walk alongside (mentor) people in need for a set time period. Transformational Ministry helps people acquire one or more skills and move toward self-sufficiency.

**Light House Counseling Group, The
Huffman Counseling Services**

720A White Sands Blvd
Alamogordo, NM 88310

CONTACT PERSON: Amy Huffman

CONTACT PHONE NUMBER: 575-495-2873

E-MAIL ADDRESS: huffmancounselingservices@gmail.com

WEBSITE: thelighthousecg.com

HOURS OF OPERATION: Monday—Friday
8:00 a.m. to 5:00 p.m.
by appointment only

PAYMENT OPTION: Multiple insurances accepted, private pay options

PROGRAM DESCRIPTION: Our agency provides therapy utilizing a number of modalities. We offer services for individuals, couples, families, children, and groups. Cognitive based, trauma-informed, attachment driven, relationship-based, and strengths-based counseling services to all ages from birth through older adulthood. Our therapists are trained in multiple trauma-based formats, attachment-based interventions, EMDR, and multiple individualized therapeutic techniques. Our focus is on the family and individuals as well as helping others experience freedom and healing from past traumas, while building positive powerful relationships.

AGE OF POPULATION SERVED: Birth through adulthood

Children in Need of Services, INC. (CHINS)

310 Texas Ave.
Alamogordo, NM 88310

CONTACT PERSON: Darcy Garcia, Clinical Supervisor

CONTACT PHONE NUMBER: 575-434-3011

E-MAIL ADDRESS: darcyg@chinsnm.com

WEBSITE : chinsnm.com

HOURS OF OPERATION: Monday—Friday
8:00 a.m. to 5:00 p.m.
(counseling by appt.)

FEE: We work with families to ensure that co-pays and deductibles are affordable.

PAYMENT OPTION: Services are billed to Medicaid, Tri-Care (with authorization) or other private insurance. CHINS also has a CYFD contract can be used for clients with no insurance.

PROGRAM DESCRIPTION:

CHINS specializes in providing relationship based counseling that is developmentally appropriate for the child. Our Infant Mental Health program strives to provide support for parents and young children, from birth to five. Our agency has been able to help children and families who are struggling with stressful situations such as divorce, adjustment to school, parent-child relationship issues, foster care, death of a loved one and/or medical trauma. CHINS is different from other counseling programs as we offer services in a variety of settings: the office, client's home, school and in the community. We tailor our counseling to help children of all ages feel comfortable and develop treatment plans for each family's unique needs. Counseling is provided by licensed mental health therapists. Services include individual therapy, family therapy and parenting support.

Age of Population Served: Infants to 18 years old.

Clinical Counseling Services

1123 Vermont Ave.
Alamogordo, NM 88310

CONTACT PERSON: Mary E. Sawyers

CONTACT PHONE NUMBER: 575-415-9270

E-MAIL ADDRESS: msawyers15@hotmail.com

WEBSITE: clinicalcounselingservicesalamo.com

HOURS OF OPERATION: Monday — Friday
7:00 a.m. to 7:00 p.m.
(by appointment)

PAYMENT OPTION: Accepts Medicaid, and most major insurance companies

PROGRAM DESCRIPTION:

Therapy is intended to help heal or treat an emotional-psychological, social or behavioral concern. Our goal is to work collaboratively with you to explore your personal options and to plan and execute the life changes you desire. We offer the following therapeutic mental health counseling services:

- Individual,
- Adolescent
- Family
- Group

EMDR Certified, Juvenile Drug Court, Adult Drug Court, Moral Reconciliation, Life Skills and Relapse Prevention

AGE OF POPULATION SERVED: All ages, specializing in children and adolescents

LaRocque Counseling Associates, LLC

1213 Michigan Avenue
Alamogordo, NM 88310

CONTACT PERSON: Robin LaRocque

CONTACT PHONE NUMBER: 575-437-8181

E-MAIL ADDRESS: rlarocque07@gmail.com

WEBSITE: N/A

HOURS OF OPERATION: Monday—Sunday
By appointment only

PAYMENT OPTION: Sliding scale and most insurance accepted

PROGRAM DESCRIPTION:

We offer a variety of services for individuals, couples and families with psychological issues to include:

Anxiety—Anger Management—Depression—Addictions/
Substance Abuse—Eating Disorders
Grief Issues—Psychological issues related to medical illness—
Insomnia, Sleep Disorders—Relationship Issues—
Trauma—Various Groups Offered—Psychology Testing-
On Site — Medication management-On Site

EMDR Certified and Medication Certified.

AGE OF POPULATION SERVED: ages 10 years & up

Kid's Inc., Child Advocacy Center

1108 Cuba Ave.
Alamogordo, NM 88310

CONTACT PERSON: Cambri Syling, Executive Director

CONTACT PHONE NUMBER: 575-214-2558

E-MAIL ADDRESS: cambri@kidsinccac.com

WEBSITE: N/A

HOURS OF OPERATION: By appointment

PAYMENT OPTION: No fee is involved, referral based service

PROGRAM DESCRIPTION:

The purpose of our child advocacy center is to minimize trauma of children and families, to improve the collaboration of community agencies, and to respond to child abuse, neglect and maltreatment. Forensic interviewing of children 3—17, family advocacy services, and crisis counseling services.

AGE OF POPULATION SERVED: 3 yrs. to 17 yrs.

The Counseling Center, Inc.

1900 East Tenth Street
Alamogordo, NM 88310

CONTACT PERSON: Kim Richards, Chief Operations Officer

CONTACT PHONE NUMBER: 575-488-2500

E-MAIL ADDRESS: jrkerlin@tcc-nm.org or
krichards@tcc-nm.org

WEBSITE: tcc-nm.org

HOURS OF OPERATION: Monday — Friday
8:00 a.m. to 5:00 p.m..

(On occasion, some programs are scheduled after 5:00 p.m.)

PAYMENT OPTION: At this time, only accepts Medicaid

PROGRAM DESCRIPTION:

The Counseling Center has been providing service in Otero and Lincoln since 1971 and provides an array of quality behavioral, social and support services to families and youth in need of assistance dealing with life challenges.

Juvenile Community Corrections (JCC),
Community Alternative Placement Program (CAPP)
Success with Adolescent Goals (SWAG)
Youth Mental Health First Aid Instruction
Adult and Juvenile MRT

*The Otero County Juvenile Justice Programs are housed and facilitated by the Counseling Center to include: Boys Council, Girls Circle, Tutoring and Restorative Justice

AGE OF POPULATION SERVED: available for all ages

CYFD Juvenile Probation

2200 Indian Wells Road, Suite B
Alamogordo, NM 88310

CONTACT PERSON: Carolyn Casillas, JJD Chief

CONTACT PHONE NUMBER: 575-437-0420

E-MAIL ADDRESS: carolyn.casillas@state.nm.us

WEBSITE: CYFD.org and Pulltogether.org

HOURS OF OPERATION: Monday—Friday
8:00 a.m. to 5:00 p.m.

FEE: State Agency, referral based

PAYMENT OPTION: N/A

PROGRAM DESCRIPTION:

The Juvenile Probation Office (JPO) provides supervision services to both informal and formal clients. The philosophy driving probation practice in NM is a balanced approach with increased emphasis on treatment and front-end services rather than commitment to facilities. JPO may handle up to three delinquent referral in a two year period informally; clients placed on informal probation are required to complete certain conditions in a specific time period, in lieu of being sent to court. In the case of formal clients, the Court sets the terms of probation with recommendations from the JPO, the Children's Court Attorney, and the youth's attorney. In addition to JPOs, we have two in-house clinical staff that can provide crisis intervention, psycho-educational groups, clinical recommendations, and clinical case management services to JPO-involved youth.

AGE OF POPULATION SERVED: Receive referrals on youth under 18; may work with clients up to the age of 21.

Independent Living Resource Center

1300 9th Street
Alamogordo, NM 88310

CONTACT PERSON: Esther L. Hein

CONTACT PHONE NUMBER: 575-439-1112

E-MAIL ADDRESS: ehein@ilrcnm.org

WEBSITE: <https://www.ilrcnm.org/>

PAYMENT OPTION: call for information

PROGRAM DESCRIPTION: The Independent Living Resource Center (ILRC) is a private, nonprofit, consumer-controlled agency. It was founded in 1989 to encourage and empower individuals with disabilities to participate fully in family, community and work-life. ILRC serves individuals with disabilities in a sixteen county service area by providing support, advocacy, and removing barriers that prevent people with disabilities from full and equal participation in all aspects of community life. Services are designed to increase independence and self-sufficiency.

AGE OF POPULATION SERVED: All ages

Holloman AFB Mental Health Flight

280 First St., Bldg. 23
Holloman AFB, NM 88330

CONTACT PERSON: Major Ekundayo

CONTACT PHONE NUMBER: 575-572-5676

E-MAIL ADDRESS:

WEBSITE: <https://holloman.tricare.mil/Health-Services/Mental-Health-Substance-Abuse/Mental-Health>

HOURS OF OPERATION: Monday—Friday
7:30 a.m. to 4:30 p.m.

PAYMENT OPTION: Serves Active Duty Members only
(no payment required)

PROGRAM DESCRIPTION:

Our clinic offers a wide range of services to include counseling, psychoeducational classes, medication management, and much more. The Mental Health Clinic includes the Mental Health Element, Alcohol and Drug Abuse Prevention and Treatment (ADAPT) program and the Family Advocacy Program (FAP). The Mental Health element is available to all active duty personnel who are empaneled to the 49th MDG. A referral is not required. MH offers a wide range of services to include individual and group therapy, psychoeducational classes, medication management, and much more. The ADAPT program is available to all active duty members who are empaneled to the 49th MDG. A referral is not required. ADAPT offers individual counseling, group therapy, psychoeducational classes, briefings, outreach and more. FAP is available to all active duty personnel and their families who are empaneled to the 49th MDG. A referral is not required. FAP offers individual and marital counseling, psychoeducational classes, parenting classes, such as the New Parent Support Program, preventive classes and more. In the event of an emergency, please contact 911 or go to the nearest emergency room.

AGE OF POPULATION SERVED: Only see Active duty at this time, ages 18 and up.

Desert Rose Counseling Service

1200 N. White Sands Blvd., Suite 112C
Alamogordo, NM 88310

CONTACT PERSON: Sherry Hettiger

CONTACT PHONE NUMBER: 575-491-3710

E-MAIL ADDRESS: desertrosecounseling@gmail.com

WEBSITE: N/A

HOURS OF OPERATION: Monday—Friday
8:00 a.m. to 5:00 p.m.
(Arrangements can be made for evening appointments or weekends.)

FEE: Varies depending on the insurance company/co-pay or if they are on a sliding fee scale. Initial consultation is free.

PAYMENT OPTION: Most insurances, Medicaid and a sliding fee scale is available.

PROGRAM DESCRIPTION:

Licensed to provide mental health counseling and alcohol/drug counseling. Conduct mental health and/or substance abuse assessments for insurance companies, courts, MVD (DWI Related), personal request, etc. Counseling available to: adults, couples and teens, both individual and group counseling.

Counseling services:

- Addictions
- Co-occurring disorders
- Substance abuse intervention
- Intensive outpatient program (IOP)
- Trauma
- Anger management
- Anxiety/Depression

AGE OF POPULATION SERVED: Age 13 and older

**El Paso Behavioral Health Systems
Outpatient Clinic and Inpatient Hospital**

1900 Denver Avenue
El Paso, TX 79902

CONTACT PERSON: Christina Reynosa, Alamogordo/New Mexico and Military Behavioral Health Liaison

CONTACT PHONE NUMBER: For an appointment or consult call 915-539-9644 or direct admission request call 915-544-4000.

E-MAIL ADDRESS: christina.reynosa@uhsinc.com

WEBSITE: www.elpasobh.com

HOURS OF OPERATION: 24/7 for the Main Hospital
Monday—Friday
8:00 a.m. to 5:00 p.m.
Outpatient on the East and Northeast

FEE: We accept most insurances and NM Medicaid. NM Medicare is on a case by case basis. Self pay can be arranged.

PAYMENT OPTION: For Direct Emergency Admissions for mental health suicide or severe depression etc. please report straight to EP Behavioral Health Hospital @ 1900 Denver 79925, please call with questions 915-521-2450.

PROGRAM DESCRIPTION:

We offer a full spectrum of programs and treatments specifically tailored to the unique needs and requirements of each individual. El Paso Behavioral Health System is where healing starts. We believe people deserve a voice in their care. Working with you, we can open a safe path to a better life for your child. We focus on innovation and individuality. As personal situations change, so do our care plans. Please take a moment to review each of our programs at elpasobh.com and some details are listed below: Benefits of Inpatient/PHP/IOP inpatient first 24 hours you will be assigned a medication management provider if needed. In a week patients will have received up to 12 clinical therapy sessions. Within 72 hours patient will have a one on one appointment with a Psychiatrist and or (Psych NP or PA).

Grace Counseling Services LLC

720-A S. White Sands Blvd.
Alamogordo, NM 88310

CONTACT PERSON: Dawn Garrett, LPCC, IMH-E III

CONTACT PHONE NUMBER: 575-366-2888

E-MAIL ADDRESS: gracelighthousecounseling@gmail.com

WEBSITE: www.thelighthousecg.com

HOURS OF OPERATION: Monday—Friday
10:00 a.m. to 7:00 p.m.
By appt./telehealth also available

FEE: Varies depending on insurance company/co-pay

PAYMENT OPTION: Accepts most insurances

PROGRAM DESCRIPTION:

Dawn Garrett has 30+ years of mental health experience in many settings, and works with children of all ages, utilizes Play Therapy. Specialties are working with adults and children individually, family therapy and parenting including Circle of Security parenting. Both in-office and telehealth sessions are provided.

AGE OF POPULATION SERVED: Children of all ages and adults