

Created by:

**Alamogordo Public Schools
Health Services Department**

805 East 12th Street

Building B

Alamogordo, New Mexico 88310

**KINDNESS IS A
VAST COLOR THAT ONLY
YOUR HEART KNOWS
HOW TO PAINT**

- RAKtivist -

**RANDOM ACTS OF KINDNESS
FOUNDATION®**

Lisa Patch, Director of Health Services

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

Email: Lisa.Patch@alamogordoschools.org

Community Mental Health Resource Guide



Photo Credit: Mike Mason Photography

July 2019





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Director – Lisa Patch, MSN, RN NCSN

APS Health Services provides quality care, education and advocacy by promoting health and wellness to APS students and offers support to their families for the future of our community.

We are pleased to welcome back all the providers that have collaborated with us through the years. We are also happy to meet the new providers bringing more services to our students, families and staff. Collaborating in order to meet the needs of our students and removing barriers to learning is our goal. We are furthering this endeavor by offering families the opportunity to receive services in the school setting from your private provider when determined to be the best option to receive consistent and ongoing therapy. For more details, please contact: Sandra Wilder, MA, LPCC, APS Mental Health Coordinator for further information.

A special thank you to Kayla Wedlow, Health Services Administrative Assistant, for organizing the information and putting this booklet together.

If you need additional copies, please let us know. We want all who would benefit to have this information. It is also available in electronic form

Respectfully,

Lisa Patch

Lisa Patch, MSN, RN, NCSN

Director of Health Services

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Directory of School Nurses

Lisa Butcher, RN, BSN.....**Holloman Primary**
Ph: 575-812-6104

Lori Furr, RN.....**Academy Del Sol High School**
575-812-5504

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

Joanne Gronewold, RN, MSN.....**Yucca Elementary**
Ph: 575-812-5904

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

Valerie Ham, RN.....**Sunset Hills Elementary**

Kathy Huskey, RN.....**Alamogordo High School**
Ph: 575-812-6504

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

Cathy Krumwiede, RN, MS.....**Stepping Stones Preschool**
Ph: 575-812-5465
High Rolls Elementary
Ph: 575-812-5275

Joshua Landry, RN, BSN.....**Chaparral Middle**
Ph: 575-812-6304

Diane Mireles, RN, BSN.....**North Elementary**
Ph: 575-812-5604

Kimberly Rose, RN, BSN.....**Desert Star Elementary**
Ph: 575-812-5754

Christine Woolen, RN.....**Sierra Elementary**
Ph: 575-812-5804

TBA.....**Holloman Middle**
Ph: 575-812-6204

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: N/A

HOURS OF OPERATION: 10 A.M. to 8 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.

Turquoise Lodge Hospital—DOH

5400 Gibson Blvd SE
Albuquerque, NM 87108

Continued

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.

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

Alamogordo Public Schools

Mental Health Services

Coordinator – Sandra Wilder, MS, LPCC

Alamogordo Public Schools thanks you all for partnering with us in expanding our resources for mental health services to meet the needs of our shared students. We mutually understand that students, who are experiencing various traumas, are not in a place to be ready to learn. We will be offering a confidential office space for our local mental health providers to provide services with their existing clients within the school day.

We look forward to our school counselors and private providers collaborating on behalf of students. We encourage parents to contact your student's school counselor if you have any concerns. If you are not sure who your students school counselor is, please contact me at 575-812-6097.

Thank you,

Sandra Wilder

Sandra Wilder, MS, LPCC
Mental Health Coordinator

“ Kindness is
doing anything to
make a positive
impact. ”

– RAKtivist

PHONE RESOURCES

NM CRISIS & ACCESS LINE	1-855-NMCRISIS (662-7474)
NATIONAL DOMESTIC VIOLENCE HOTLINE	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 Hotline)	1-855-333-7233 OR #SAFE
NATIONAL SUICIDE PREVENTION LIFELINE	1-800-273-TALK 1-800-SUICIDE
NATIONAL HUMAN TRAFFICKING HOTLINE	1-888-373-7888 OR TEXT "HELP" TO 233733
NATIONAL TEEN DATING ABUSE HELPLINE	1-866-331-9474 OR TEXT "LOVEIS"

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

– RAKtivist

Turquoise Lodge Hospital—DOH

5400 Gibson Blvd SE
Albuquerque, NM 87108

CONTACT PERSON: Alexandra (Ale) Engelke, Utilization Review Manager

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/ltcf/tlh>

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

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:

Continued

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 Coordinator, please call 575-430-9485.

Director of Special Education

Steve Starkovich 575-812-5974

School Psychologist

Richard Russell, PhD 575-812-5978

Early Childhood Coordinator

Barbara Pearson 575-812-5486

Behavior Change Analyst

Stacey Shinn 575-812-5974

Social Worker

Isela Sayen All Schools 575-812-5493

“ Kind people
are the best kind
of people. ”

– Unknown

Airman & Family Readiness Center

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

CONTACT PERSON: Julie Franklin

CONTACT PHONE NUMBER: 575-572-7754

E-MAIL ADDRESS: Julie.franklin.1@us.af.mil

WEBSITE: www.hollomanfss.com
(select community & family then click Airman & Family Readiness Center)

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

Pregnancy Help Center

1222 N. White Sands Boulevard
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: 9 A.M.—4 P.M.
Monday—Thursday

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

**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: 8 A.M. to 5 P.M.
Monday—Friday
After hours/Weekend Crisis Services

FEE: Sliding Scale; Medicaid, Medicare; Most Insurance Accepted

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

Ben Archer Health Center

2150 US Hwy 54 S.
Alamogordo, NM 88310

CONTACT PERSON: Lisa Gomez

CONTACT PHONE NUMBER: 575-443-8133

E-MAIL ADDRESS: Lisa.Gomez@bahcnm.org

WEBSITE: bahcnm.org

HOURS OF OPERATION: 8 A.M. to 5 P.M.
Monday, Wednesday & Friday

8 A.M. to 7 P.M.
Tuesday & Thursday

FEE:

PAYMENT OPTION: Accept most insurances.
DO NOT accept Tricare Prime.
Sliding fee scale for Self-Pay

PROGRAM DESCRIPTION:

Ben Archer Health Center Pediatrics.

AGE OF POPULATION SERVED: Newborn to 18

Not accepting new patients for behavioral health at this time

Bernalillo Academy

1801 Randolph Rd., SE
Albuquerque, NM 87106

CONTACT PERSON: Yvonne Gurule, MSE Director of Marketing and Community Development

CONTACT PHONE NUMBER: 505-710-9210

E-MAIL ADDRESS: Yvonne.Gurule@sequelyouthservices.com

WEBSITE: www.bernalilloacademy.org

HOURS OF OPERATION: All day, 7 days a week

FEE: Bundled rate—NM Medicaid MCOs pay 100% per diem

PAYMENT OPTION: We accept Commercial Insurances if individual plans cover RTC for children with Autism/Developmental Disabilities/Neurodevelopmental Disabilities with Behavioral Disorders.

PROGRAM DESCRIPTION:

Bernalillo Academy is a 63 bed, sub-acute Residential Treatment Center for boys and girls ages 4-17. We treat children with Neurodevelopmental disorders, Neurobehavioral challenges, Developmental/Intellectual Disabilities and children with Autism who have not found success in less structured settings or through services provided in their home community.

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.

We focus on behavioral change through a dynamic approach to treatment which includes group, individual therapy, and family work with licensed clinicians.

continued

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

Bernalillo Academy

1801 Randolph Rd., SE
Albuquerque, NM 87106

(Information below is from 2016)

NAME OF CONTACT PERSON: Jay Thomas

CONTACT PHONE NUMBER: 575-589-3000

E-MAIL ADDRESS: jay.thomas@strategicbh.com

WEBSITE: www.peakbehavioral.com

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

FEE:

PAYMENT OPTION:

PROGRAM DESCRIPTION:

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

continued

Applied Behavioral Analysis (ABA) is the scientific basis of our behavioral programs and behavioral staff are supervised by a Board Certified Behavior Analyst. Psychiatrists specializing in children and adolescents provide comprehensive psychiatric care. Round-the-clock, on site Nursing care ensures students' medical and safety needs receive prompt attention and treatment. Educational services are provided on-site according to State and Federal requirements per FAPE and IDEA guidelines.

Occupational Therapy, Speech and Language Therapy, and Physical Therapy are provided for students to meet those needs. Clinical Therapists provide Individual, Family and Group Therapy with various modalities tailored to each child's individual needs and abilities.

Bernalillo Academy is accredited by The Joint Commission (TJC) and is licensed and certified by the New Mexico Department of Children, Youth and Families. .

AGE OF POPULATION SERVED: boys and girls ages 4—17 and up to 21 if admitted before their 18th birthday.

Big Brothers Big Sisters

of Central New Mexico in Otero County

906 Virginia Ave.

Alamogordo, NM 88310

CONTACT PERSON: Erien Haddock

CONTACT PHONE NUMBER: 575-434-3388 Ext. 4

E-MAIL ADDRESS: ehaddock@bbbs-otero.org

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

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

Monday—Friday

FEE: No fees for any services provided

PAYMENT OPTION: N/A

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 the most effective evidence-based programs serving youth in the country.

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

Otero County Juvenile Justice Board

501 24th St.

Alamogordo, NM 88310

NAME OF CONTACT PERSON: Ana Otero

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

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

WEBSITE: www.facebook.com/OCJJB

HOURS OF OPERATION: 8:30 a.m. to 5:30 p.m.

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.

Otero County Counseling Services

1213 Michigan Ave.
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: 10 A.M. to 5 P.M.

FEE: Varies based on length of session—sliding scale offered

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

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 and I have gone to the schools (AHS, MVMS) to pull kids out for counseling services, if it is difficult for them to get to my office.

AGE OF POPULATION SERVED: 12 yrs. of age to 60 years of age. No Medicare.

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: 8-5 Mon—Fri, Alternate Saturdays

FEE:

PAYMENT OPTION: Insurance & Sliding Scale

PROGRAM DESCRIPTION: Mental Health Treatment ages 6 and up utilizing play therapy, art therapy, EMDR, CBT, Family Therapy and Faith-Based Christian Therapy among others.

Providers:

Baker, Angie
Bolinder, Dr. Cal
Chavez, Carmen
Jax, Alice
Kimball, Lynn
Korter, Linda Dr.
Rodriguez, Angnes

AGE OF POPULATION SERVED: 6 and up

Canyon Light Inc.

1301 Cuba Ave.
Alamogordo, NM 88310

CONTACT PERSON: John Baldonado

CONTACT PHONE NUMBER: 575-437-2453

E-MAIL ADDRESS: canyonlight@cybermesa.com

WEBSITE: N/A

HOURS OF OPERATION: 8:00 A.M. – 5:30 P.M.
Tuesday - Thursday
8:00 A.M.—3:00 p.m.
Friday

FEE: Varies per service

PAYMENT OPTION: Flexible

PROGRAM DESCRIPTION:

Our team of Counselors consist 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: Generally, 13 to 65 plus years old.

Open Minds, LLC

1909 Cuba Ave, Suite 5
Alamogordo, NM 88310

CONTACT PERSON: Aubrienne (Aubrey) Balderrama-Montoya

CONTACT PHONE NUMBER: 575-489-4616

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

WEBSITE: Openmindshealingllc.com

HOURS OF OPERATION: Office Hours 10 A.M. to 12 P.M.
email 24/7, By Appointment Only

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

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
Whitney Katzenbach, MS, LMHC	575-443-4369
Alexandra Wofford, MS, LPCC	575-439-7469
Katrina Engstrom, MSW, LCSW	575-430-4919

AGE OF POPULATION SERVED: Ages 4 years—95 years.

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

Changing Attitudes Counseling

1213 Michigan Avenue
Alamogordo, NM 88310

CONTACT PERSON: Shiela Weehunt

CONTACT PHONE NUMBER: 575-430-4804

E-MAIL ADDRESS:
changingattitudescounseling@yahoo.com

WEBSITE: N/A

HOURS OF OPERATION: 9-5 Monday-Thursday w/evening available

FEE:

PAYMENT OPTION: 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, overcome obstacles and make positive changes and shifts in both their personal and professional lives.

AGE OF POPULATION SERVED: 10 and up

Children in Need of Services, INC. (CHINS)

310 Texas Ave.
Alamogordo, NM 88310

CONTACT PERSON: Patti Greer, Director of Counseling

CONTACT PHONE NUMBER: 575-434-3011

E-MAIL ADDRESS: pattig@chinsnm.com

WEBSITE : chinsnm.com

HOURS OF OPERATION: 8 A.M.—6 P.M. Monday—Friday
(mental health services by appt.)

FEE: Services are billed to Medicaid, Tri-Care (with authorization) or other private insurances. A CYFD contract can be used for clients with no insurance.

PAYMENT OPTION: We work with families to assure that co-pays and deductibles are affordable.

PROGRAM DESCRIPTION:

Since 1982, The CHINS Counseling Program has provided behavioral health services to children and families in Otero County. We specialize 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 has always different from other counseling programs by offering services in a variety of settings: in the office, in client homes, in schools 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.

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: 8 A.M.—12 P.M. (Closed for lunch)
1 P.M.—5 P.M.
Monday—Friday

FEE: Most services are free. Other services are sliding scale, dependent on household income.

PAYMENT OPTION: Cash or Check

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

PROGRAM DESCRIPTION: Fee: Sliding scale, income-based. If a youth comes in alone there will be no fee.

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

Mesilla Valley Hospital

3751 Del Rey Boulevard
Las Cruces, NM 88012

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:

Adolescent Acute ages 10-17

Adult Acute 21 & up

Girls Residential Treatment

ICU/Bridge Unit

Adult PHP

Detox

We are a Psychiatric and Substance Abuse Hospital providing crisis stabilization for ages 10 & up. We also have a girls RTC program as well as detox and rehabilitation for substance abuse.

We offer confidential no-cost walk-in assessments 24/7.

Mesilla Valley Hospital offers in-patient treatment programs in a therapeutic environment.

AGE OF POPULATION SERVED: 10 and up

Clinical Counseling Services

1123 Vermont Ave.
Alamogordo, NM 88310

CONTACT PERSON: Mary E. Sawyers

CONTACT PHONE NUMBER: Mary E. Sawyers 575-415-9270

E-MAIL ADDRESS: msawyers15@hotmail.com

WEBSITE: clinicalcounselingservicesalamo.com

HOURS OF OPERATION: 8 A.M.— 8 P.M.

Monday — Friday
Saturday hours available
(all by appointment)

FEE: Accepts all Medicaid—most major insurance companies

PAYMENT OPTION: See above.

PROGRAM DESCRIPTION:

**Individual, Couples or Family Counseling: Child, Adolescent and Adult Services Specialize in Child and Adolescent Assessment and Treatment, Trauma, Mood Disorders, Bi-Polar and Impulse Control Disorders and Addiction.

**EMDR Certified, Therapeutic Art Studio on site.

**Juvenile Drug Court = Otero County—12th Judicial District

**Adult Drug Court = Otero County—12th Judicial District

**Acupuncture Detoxification for substance abuse prevention and treatment.

Staff: Mary E. Sawyers, LPCC/ Licensed School
Psychologist -Level II

Ms. Karen Lee, Certified Psychiatric Nurse Practitioner

AGE OF POPULATION SERVED: Specialty: Children and Adolescents, but work with all ages.

COPE - Center of Protective Environment

909 S. Florida Avenue - Alamogordo, NM 88310
1204 Mechem Ste 12 - Ruidoso, NM 88345

CONTACT PERSON: Kay Gomolak, Executive Director

CONTACT PHONE NUMBER: Alamogordo Office: 575-434-3622, Shelter (Crisis Hotline): 575-437-COPE (2673), or Toll Free: 1-866-350-COPE (2673) Ruidoso office: 575-258-4946
Fax: 575-258-4949

E-MAIL ADDRESS: kay.gomolak@copedv.org

WEBSITE: www.copedv.org

HOURS OF OPERATION: Offices: **8 a.m. to 5 p.m.**, Monday through Thursday and **8 a.m. to Noon** on Friday. -
Shelter available 24/7

FEE: No fee for victims of domestic violence or children who witness domestic violence.

PAYMENT OPTION: N/A

PROGRAM DESCRIPTION:

Full service domestic violence agency non-profit organization founded in 1980 to address the problems of family and relationship violence. We envision a community knowledgeable about domestic violence and abuse and fully engaged and committed to its eradication. COPE has offices in Alamogordo and Ruidoso and shelter in Alamogordo. COPE services include:

** 24/7 domestic violence crisis intervention hotline: 575-437-2673 or Toll free: 1-866-350-2673

** In person crisis intervention and domestic violence safety Planning

** Shelter for survivors of domestic violence and their children

** Individual counseling for survivors of domestic violence

** Group counseling for survivors of domestic violence

Continued

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

**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: 8 AM-5 PM Mon-Fri, after hours
scheduling by appointment only

FEE: Multiple insurances accepted, private pay options as
well

PAYMENT OPTION: Multiple insurances accepted, private
pay options

PROGRAM DESCRIPTION:

AGE OF POPULATION SERVED: 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

COPE - Center of Protective Environment

909 S. Florida Avenue - Alamogordo, NM 88310
1204 Mechem Ste 12 - Ruidoso, NM 88345

Continued

PROGRAM DESCRIPTION:

** Advocacy services for survivors of domestic violence including assistance with safety planning, legal issues, housing, financial, health, education and employment needs

** Legal services for survivors of domestic violence including assistance with Orders of Protection and other matters relating to domestic violence

** State certified Intervention programs for individuals who commit or may be at risk to commit domestic violence

** Educational programs on domestic violence, dating violence, stalking and bullying for professionals and community groups (Contact Perry Lawson @ 575-442-6306)

** Educational programs for children on bullying, dating violence and domestic violence (Contact Perry Lawson @ 575-442-6306)

AGE OF POPULATION SERVED: All Age Groups

Counseling Center, Inc. The

501 24th St.
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: N/A

HOURS OF OPERATION: 8 A.M.—5 P.M.

Monday — Friday

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

FEE: N/A

PAYMENT OPTION: N/A

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: 11 to 21 years of age for most programs.

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 to include
nights and weekends

FEE: N/A

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.

Additional Providers: Shiela Weehunt, MA, LMHC
Felise Ward-Turri, MS, LMHC
Seren-Gale Jackson, MA, LMHC

AGE OF POPULATION SERVED: ages 10 years & up

Kid's Inc., Child Advocacy Center

1108 Cuba Ave.
Alamogordo, NM 88310

CONTACT PERSON: Cambri Syling

CONTACT PHONE NUMBER: 575-214-2558

E-MAIL ADDRESS: cambri@kidsinccac.com

WEBSITE: N/A

HOURS OF OPERATION:

FEE:

PAYMENT OPTION:

PROGRAM DESCRIPTION:

Forensic interviewing of children 3—17, family advocacy services, crisis counseling services.

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

CYFD Juvenile Probation

2200 Indian Wells Road, Suite B
Alamogordo, NM 88310

CONTACT PERSON: Carolyn Casillas

CONTACT PHONE NUMBER: 575-437-0420

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

WEBSITE: CYFD.org and Pulltogether.org

HOURS OF OPERATION: 8 A.M.—5 P.M.
Monday—Friday

FEE: N/A

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.

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: 8 A.M.—5 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: I take most insurances to include Medicaid and there is a sliding fee scale

PROGRAM DESCRIPTION:

I am licensed to provide mental health counseling and I am additionally licensed to provide alcohol and drug counseling. I administer mental health and/or substance abuse assessments for insurance companies, courts, MVD (DWI Related), personal request, etc. I do provide counseling for the following and the list is not all inclusive:

- *Adult, couples and teens *Individual and group counseling
- *Addictions *Co-occurring disorders
- *Substance abuse early intervention *Intensive outpatient program (IOP) *Trauma
- *Anger management *Anxiety
- *Depression

AGE OF POPULATION SERVED: Ages 13 and older

Joan Brumage, LCSW, LISW CAC III

12 Main Street, Unit 1144
La Luz, NM 88337

CONTACT PERSON: Joan Brumage

CONTACT PHONE NUMBER: 575-921-1616

E-MAIL ADDRESS: Joantb@hotmail.com

WEBSITE: N/A

HOURS OF OPERATION: Telehealth Only a.m. and p.m. and PRN availability in Alamogordo.

FEE: To Be Discussed

PAYMENT OPTION:

PROGRAM DESCRIPTION:

My depth of treatment history is extensive; however, doing Telehealth with clients requires non-medical counseling. By that, I mean they have been diagnosed with a mental health DSM-V condition and their psychiatrist approves tele-health treatment. This enables me to triage with their physician. Currently, I do Telehealth with Military One Source and Magellan Health. If PRN is required, i.e., inpatient, I am able to do psychosocial histories and aid in group therapies and individual therapies. I have worked extensively with Military Sexual Trauma and have written groups with the following themes: Self-Empowerment for Men or Women—6 sessions; Cravings Brain Group for Addictions 4—6 sessions; Stages of Grief Group—6 sessions. I am EMDR trained as well.

AGE OF POPULATION SERVED: 4 years old to 90 years of age. Telehealth services age range is from teen to adult.

Holloman AFB Mental Health Flight

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

CONTACT PERSON: Major Spencer Clayton

CONTACT PHONE NUMBER: 575-572-5676

E-MAIL ADDRESS: spencer.p.clayton.mil@mail.mil

WEBSITE: www.holloman.af.mil/units/49thmedicalgroup/

HOURS OF OPERATION: (0730) 7:30 A.M.—(1630) 4:30 P.M.
Monday—Friday

FEE: N/A

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

PROGRAM DESCRIPTION:

Program serves Active Duty only at this time for triage, assessment and treatment of PTSD, anxiety, depression and pre/post deployment reintegration services. The flight also has an Alcohol and Drug Abuse Prevention and Treatment (ADAPT) program and a Family Advocacy Program serving military families involved in, or at risk of, family violence, abuse or neglect. The flight also provides extensive consultation services for Commanders and First Sergeants.

We now have a New Parent Support Program (NPSP). This program provides in-home education prevention services through an RN.

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

El Paso Behavioral Health Systems Outpatient Clinic and Inpatient Hospital

1900 Denver Avenue
El Paso, TX 79902

CONTACT PERSON: Donna Juarez, Alamogordo and NM
and Military Behavioral Health Liaison

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

E-MAIL ADDRESS: donna.juarez@uhsinc.com

WEBSITE: www.elpasobh.com

HOURS OF OPERATION: 24/7 for the Main Hospital, Outpatient on the East and Northeast is 8 a.m. —5 p.m.

FEE: We accept most insurances and NM Medicaid. NM Medicare is on a case by case bases. 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). Upon discharging each patient will receive a 30 day supply of medication to hold them over until they can see their traditional medication management provider.

Gerald Champion Regional Medical Center

2669 N. Scenic Dr., Complex B
Alamogordo, NM 88310

CONTACT PERSON: Jeanette Borunda, Director of Clinical Services

CONTACT PHONE NUMBER: 575-446-5300 OR 575-446-5321

E-MAIL ADDRESS: jeborunda@gcrmc.org

WEBSITE: www.gcrmc.org

HOURS OF OPERATION: 8 A.M. to 5 P.M.

FEE: We take all insurances and have a slide fee scale available.

PAYMENT OPTION: Payment options are available with approval from the hospital's finance office.

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. The Adult Structured Outpatient Program (SOP) operates five (5) days a week, Monday through Friday. Office hours are 8:00 am to 5:00 pm Monday to Friday. 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 Partial Hospitalization Program (PHP) operates five (5) days a week, Monday through Friday from 9:00 am to 3:00 pm. 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+

Grace Counseling Services LLC

720A 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: 10 AM—7 PM Weekdays and PRN

FEE: Varies depending on insurance company/co-pay

PAYMENT OPTION: Accepts most insurances

PROGRAM DESCRIPTION:

I have 29 years of experience of mental health experience in many settings, and work with all ages - adults, teenagers, children (also utilize Play Therapy) and infants (Infant Mental Health - supporting parent's understanding of and bond with the baby). I also provide Circle of Security parenting.

AGE OF POPULATION SERVED: **Inpatient:** Adults, Military and geriatric.