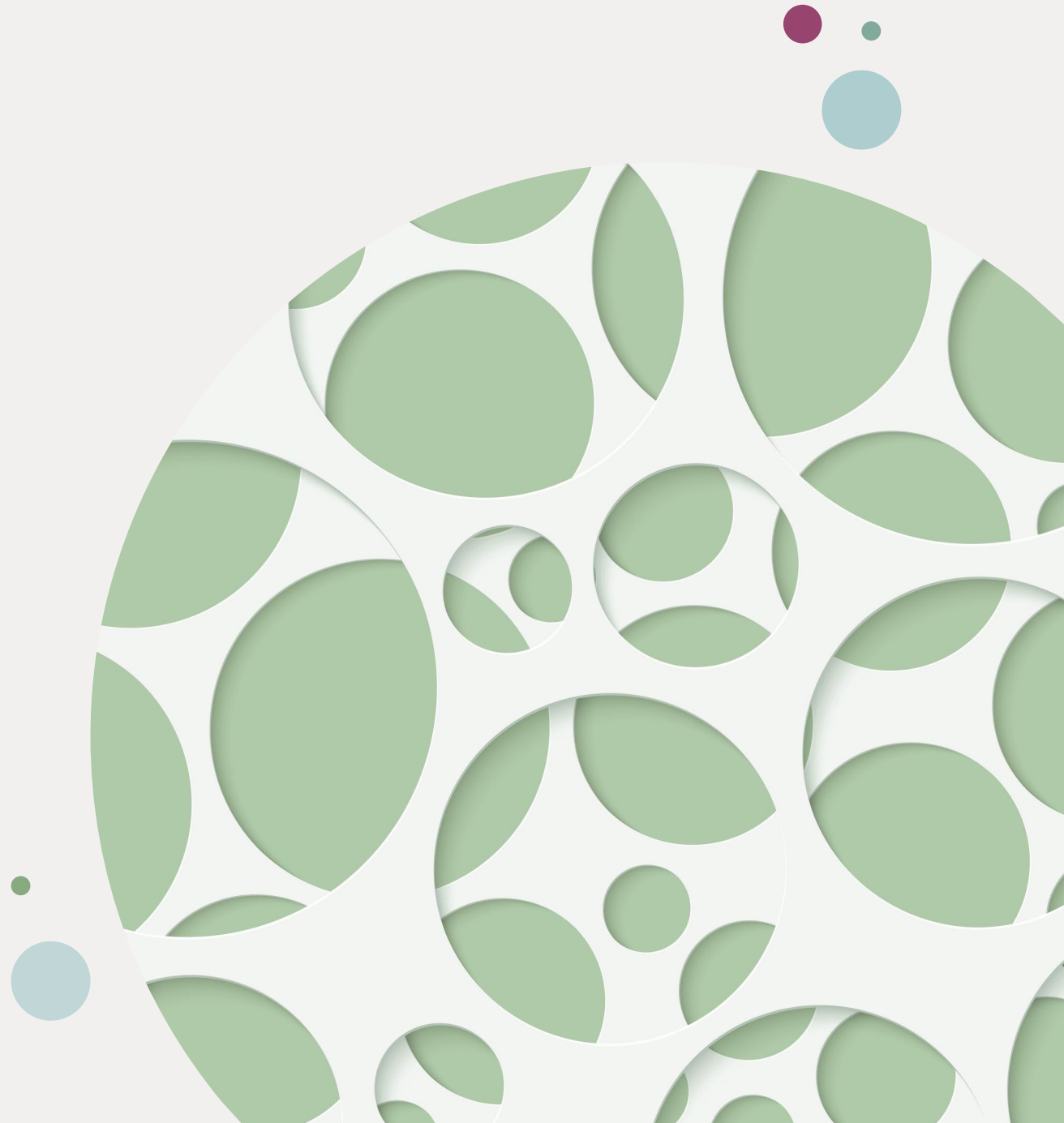


# 100% San Miguel Behavioral Health Initiative

**Chelsea Lucero and Melissa Duran**  
BH Action Team Leads



# San Miguel's Behavioral Health Initiatives

Our Mission is to identify gaps in county services; strengthen service organizations; and create a networked countywide system of services, timely support and empowerment.

BH Action team's goal is to identify the gaps and bridge the behavioral health needs in San Miguel County



# El Centro Family Health

- FQHC with facilities all across Northern NM
- Medical, Dental, Behavioral Health, Substance use treatment, and Health Programs
  - **Behavioral health treatment** – BH assessments; individual, groups, families, couples, adult, adolescents, children; address range of mental health needs; individualized treatment plans
    - **Psychiatric Services** – internal referrals for our patients
    - **Peer Support Services** (adult, family, and youth) – those with lived experiences working with our clients
  - **Psychosocial Services** – help clients with addressing barriers – housing, transportation, childcare, etc.
  - **Mental Health and Substance Use screenings** (SBIRTs, PHQ-9, GAD-7)

# CBS – Community Based Services



# Kids Counseling

- **Comprehensive Community Support Services (CCSS)**-helps stabilize the child's behavioral issues utilizing coping skills to help increase better family relationships and decrease school and/or family problems. Services are conducted in the home, school and community.
- **Child Psychiatric Services**-Lots of children have problems that affect how they think, feel, behave and learn. Psychiatrist can prescribe and manage medications that correct imbalances in brain chemicals that may be affecting how the child feels and behaves.
- **Family Support Services**-Case management services ensure that the family's needs are met including housing, food, educational, medical, mental health, dental, and vision. In addition, life skills education and positive parenting education and strategies are provided.
- **Parent Education** - Nurturing parenting is evidenced based program that is designed for treatment and prevention of child abuse and neglect.



# Oasis Therapy

## Telehealth/Online Therapy

- For your convenience, Oasis Therapy offers Telehealth services using video conferencing software. This allows clients to work with our therapist from the comfort of their own home or if they are unable to attend in person. Telehealth can be used from time to time in between in-person sessions or from start to finish for all of your therapy sessions. Please note, this is only available for New Mexico residents and might not be the right fit for every client.

- **Individual Therapy**

- In an individual counseling session, a therapist will start by exploring current and past struggles that are interfering with the client's happiness. The therapist will ask questions and clarify to ensure that they fully understand the client's needs. With compassionate support and therapeutic strategies, Oasis Therapy will work with the client to get them to a better place.

- **Adolescent Therapy**

- As we all know, change is hard, and adolescence is full of transitions. As adolescents' transition from childhood to adulthood, many issues can arise. The rise of social media has made the teenage years even more complex and confusing. Adolescents need a neutral person who understands their world to help guide them through this transition.

- **Family Therapy**

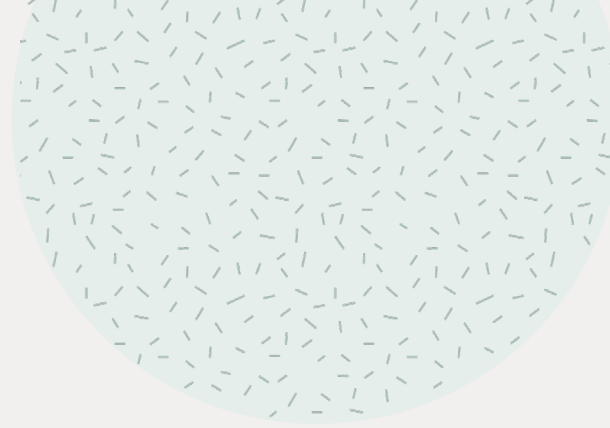
- Family therapy helps families to work through their challenges within the family unit as a whole, while addressing the needs of each individual. With each session, Oasis Therapy hopes to assist the family gain self-discovery, healing, and growth as an individual and as a family unit.



# Rainbow Road Therapy

Mental Health Therapists offer specialties in:

- Equine Assisive Psychotherapy
- Family Trauma
- Grief & Loss
- Relationships
- Trauma
- EMDR



A hand holding a key with a house-shaped keychain against a bokeh background. The background is a soft-focus scene of colorful lights, likely from a festival or fair, with a dark green gradient at the bottom. The text is overlaid on the right side of the image.

# House of the Sacred Journey

Professional Counseling  
School Counseling  
Family Psychology  
Group Psychotherapy  
Rehabilitation Psychology



# Ayudantes

**Free** crisis counseling for flood and fire victims

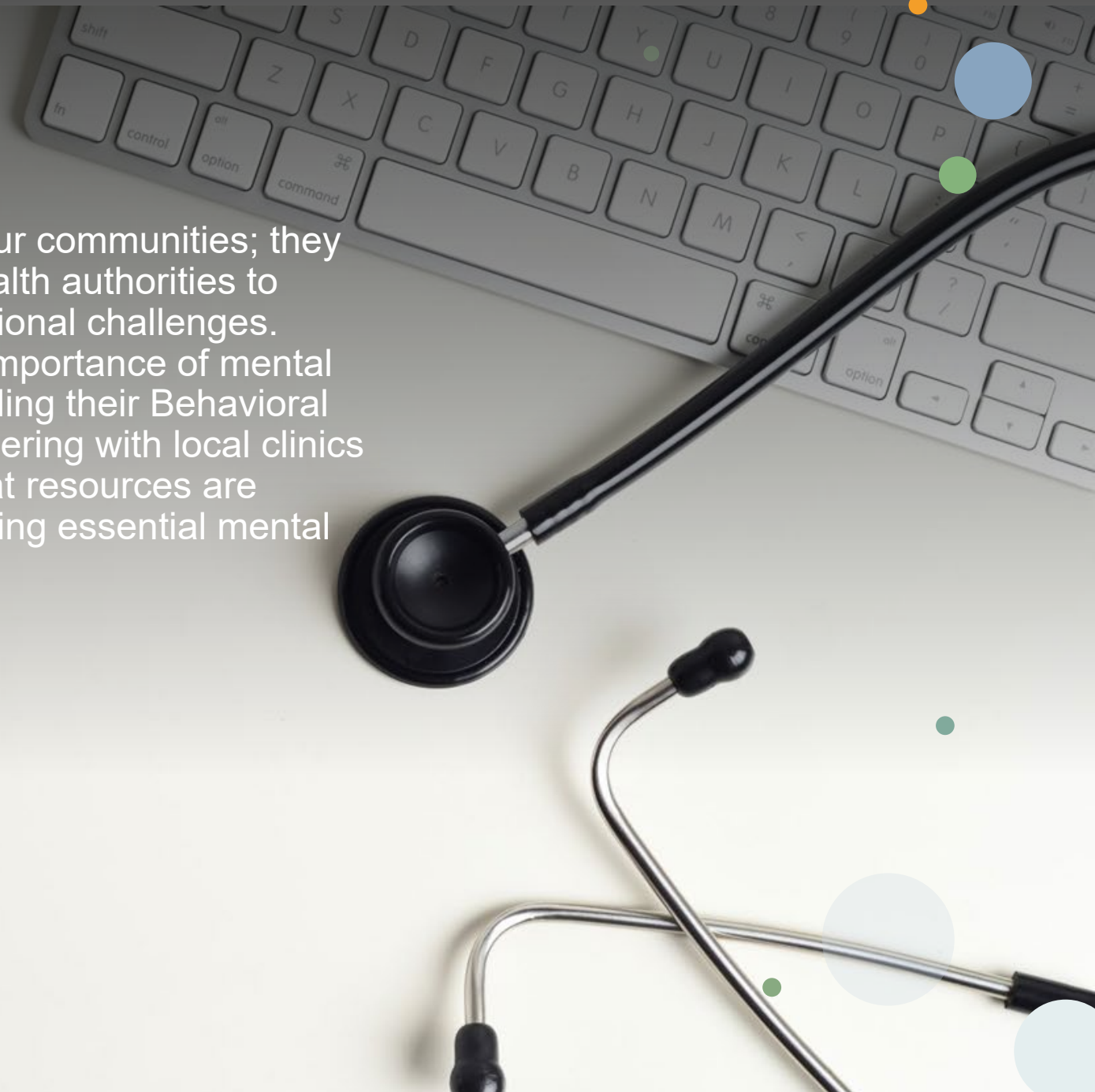
Referrals taken over phone and crisis counselor makes connection

- Telehealth
- In person
- Community Outreach
- Group/Individual counseling for first responders



# Sunrise Medical

Sunrise Medical is committed to the well-being of our communities; they actively collaborate with local organizations and health authorities to develop programs and initiatives that address emotional challenges. They work tirelessly to raise awareness about the importance of mental health and to destigmatize seeking help. By expanding their Behavioral Health Services (both in person and virtually), partnering with local clinics and schools, and community they aim to ensure that resources are available throughout Northeast New Mexico, providing essential mental health support to those who need it most.



# Sunrise Medical

## Behavioral Health services -

- Providing support and resources for those in need
- Raise awareness to destigmatize seeking help for mental health services
- Hired 3 full time licensed behavioral health providers
- Working towards adding 4-5 more providers in the next 3 months
- Expand services through innovative KIOSK health equipment which allows for behavioral health providers in remote areas

