

Navigating the Behavioral Health Treatment System in New Mexico

Presented by:

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Land Acknowledgement

Before we begin we would like to take a moment to acknowledge that we are meeting, living and working on the traditional and unceded lands of the indigenous people who call New Mexico home. The original peoples of New Mexico - Pueblo, Navajo, and Apache - since time immemorial, have deep connections to the land and have made significant contributions to the broader community statewide.

We honor the land itself and those who remain through the strength and resilience of generations.



Introduction

I am a native New Mexican who has been working in behavioral health since 2001. I have experience in the following environments:

- Outpatient counseling centers
- Inpatient rehabilitation
- Methadone clinics
- Youth Drop in Centers
- Youth Crisis Centers
- Jails (juvenile and adult)



So You Wanna Get Help? That's Awesome!

Deciding to access services for help with a mental health issue or addiction is difficult.

Unfortunately that is only one step in many miles of a journey.

It is the most important step, but still only one step.



Considerations For Accessing Services



- Do you have insurance?
- What is it that you want help with?
 - Substance Use
 - Mental Health Challenges
 - Both?
- Where can you start?
 - Urgent Care and/or Emergency Rooms
 - Getting an Assessment at a Community Behavioral Health Center
 - Detox

Accessing Services for Substance Use Issues

There are many different types of services for substance use. Here are some that you can try.

- Start with your doctor
- Find a therapist and discuss options
- Call your insurance company and get linked to a navigator who can help match you to the correct level of care

Goal of the ASAM Criteria



TO UNIFY THE
ADDICTION FIELD
AROUND A SINGLE SET
OF CRITERIA THAT
GUIDES TREATMENT
DECISIONS



The ASAM Criteria...



- It is a system for assessment and client placement
- It seeks to match intensity of treatment to severity of illness
- It treats clients in the *least intensive level* of service in which they can **SAFELY** meet their treatment goals and objectives
- It is the basis for comprehensive treatment planning
- It is method for justifying clinical decisions
- It is a method for communicating among stakeholders

The
ASAM
Levels of Care



Levels of Care

Overall Structure of Levels of Care & Service



Level 0.5 - Early Intervention

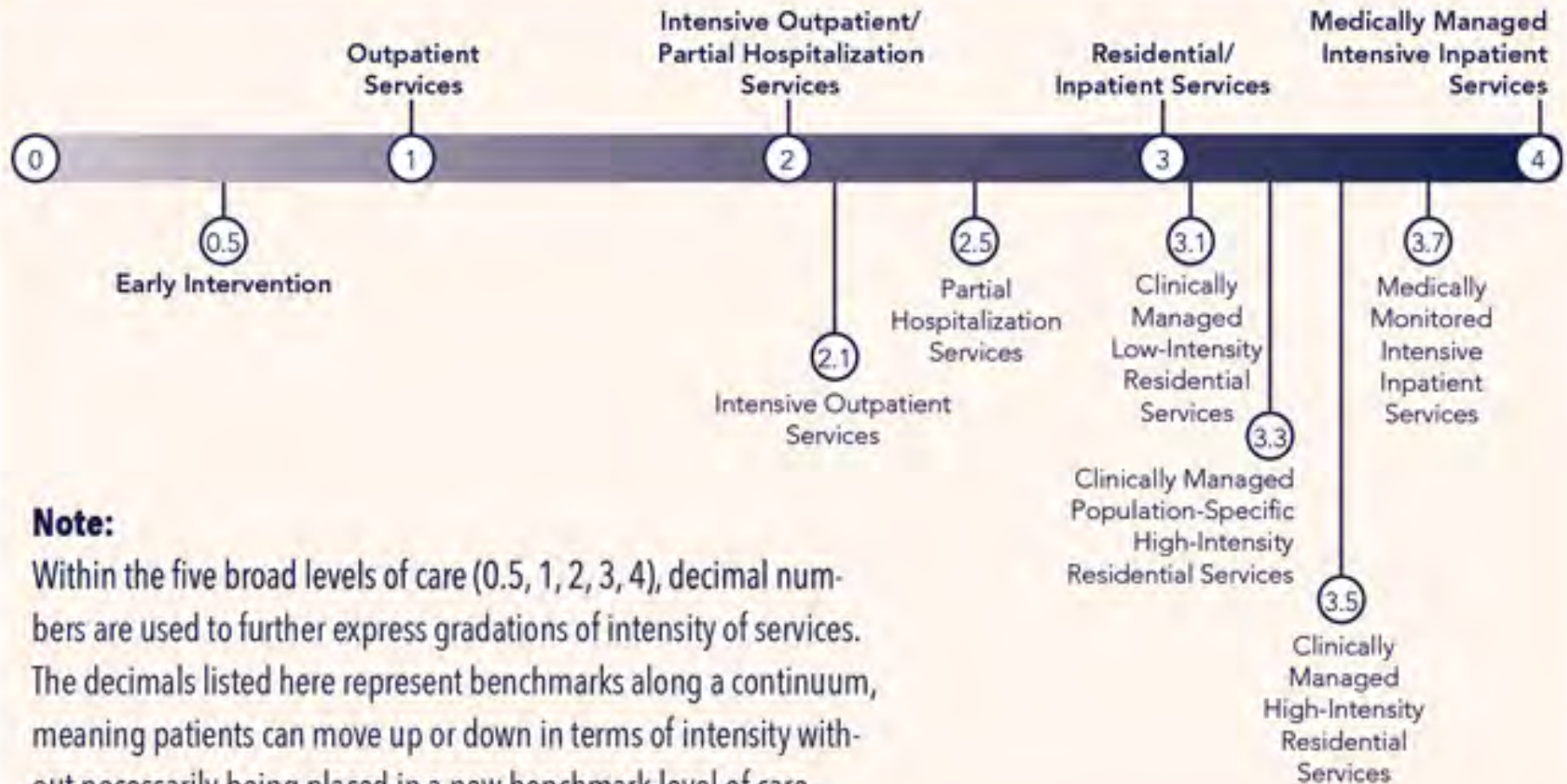
Level 1 - Outpatient

Level 2 - Intensive Outpatient/Partial Hospitalization

Level 3 - Residential/Inpatient Treatment

Level 4 - Medically Managed Intensive Inpatient Treatment

REFLECTING A CONTINUUM OF CARE



Note:

Within the five broad levels of care (0.5, 1, 2, 3, 4), decimal numbers are used to further express gradations of intensity of services. The decimals listed here represent benchmarks along a continuum, meaning patients can move up or down in terms of intensity without necessarily being placed in a new benchmark level of care.

What About Mental Health Treatment Without Substance Use?



- You can access mental health care a number of ways, most of which are similar to the system for addictions.
- Access medication through a prescriber
 - GP, Psychiatrist, APRN, or Prescribing-Psychologist
- Get an assessment and recommendations from a licensed mental health provider.
- Access outpatient, IOP, residential or hospitalization services.

Who Pays the Bills?



Private Programs

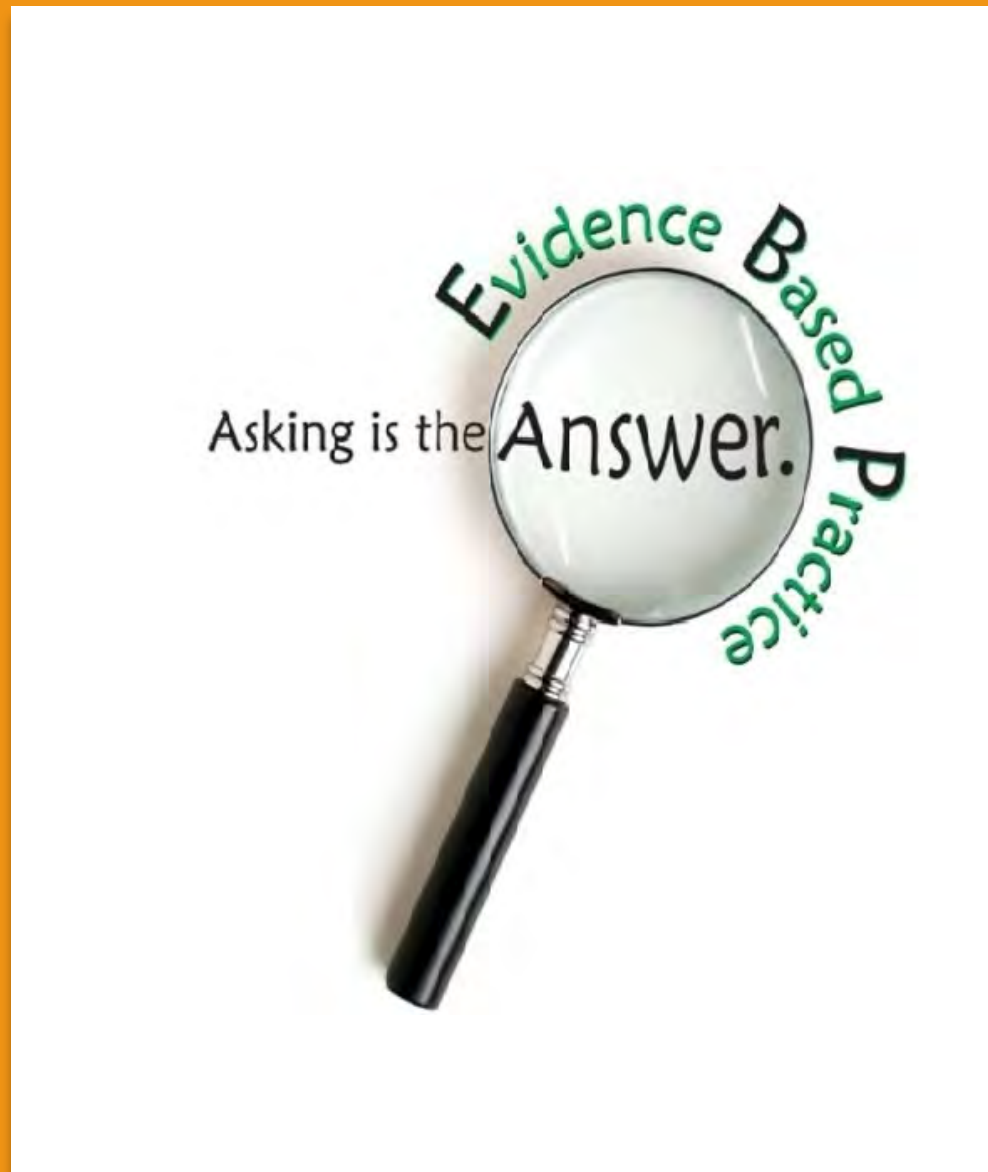
- Most accept commercial insurance
- All accept cash
- Some offer amenities
- Often can take people quicker

Publicly Funded Programs

- Accept cash, commercial insurance, Medicaid, and some have indigent beds.
- Often have wait lists
- Can offer quality programs
- Some are culturally based
 - Hoy in Alcalde
 - New Moon Lodge

What are Evidence Based Practices? (EBPs)

- EBP involves integrating the best available evidence with clinical knowledge and expertise, while considering a person's unique needs and personal preferences.
- If used consistently, optimal patient outcomes are more likely to be achieved.
- Using EBP means abandoning outdated care delivery practices and choosing effective, scientifically validated methods to meet individual patient needs.



The Role of Family

- What can you do if you are concerned about a loved one's substance use?
- Can you help someone change who “isn't ready”?
- Do they have to “hit bottom”?



The Problem

Most people with addictions
do not access services



The Answer

- Help families connect in *positive* ways that provide *boundaries*.
- Strengthen bonds and use them to guide behaviors.



The Basics of CRAFT



- Elimination of positive reinforcement for drinking and/or using behavior
- Enhancement of positive reinforcement for non-drinking (sober) and non-using behavior



Family
Empowerment
Project

Innovative program by



SERNA SOLUTIONS
Counseling • Coaching • Consulting

Free Support to Help a Loved One



**Family
Empowerment
Project**

Innovative program by



SERNA SOLUTIONS
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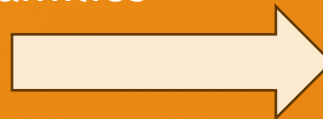
**Allies in
Recovery**

<http://alliesinrecovery.net/>

Online,
Self Paced
Assistance



In-person and
Live Online Groups
With New Mexican
Families



Family Empowerment Project

Family Empowerment Project



CRAFT Sites Around the State

- Santa Fe
- Albuquerque
- Carlsbad
- Las Cruces
- Rio Rancho
- Roswell
- Peñasco
- Nambe Pueblo
- Santa Ana Pueblo
- Gallup



Conclusions



- Deciding to get hope is the most important step, but is just one step.
- Have patience, remain persistent, advocate for the care that you or a loved needs
- Get a professional to help you
 - Care Coordinators
 - Peer Support Workers
 - Case Managers
 - Call 988
- It often starts with an assessment by a licensed professional

The End!



**THANK
YOU!**



<https://www.surveymonkey.com/r/J56YXLG>