

## CONTACT OUR TEAM TODAY!

We know it can feel scary to ask for help. When you contact us, our friendly admissions staff will put you at ease by letting you know we are here to help you. We welcome your questions and can let you know exactly how we can help you get the confidential help you deserve.



**NEW MEXICO BEHAVIORAL HEALTHCARE**  
1801 RANDOLPH RD., SE  
ALBUQUERQUE, NM 87106  
**(505) 750-1769**  
[nmbehavioralhealthcare.com](http://nmbehavioralhealthcare.com)



All parents want to see their kids lead happy, healthy lives. When they get off track, it can be scary, especially if mental health or substance use symptoms worsen. **New Mexico Behavioral Healthcare** provides treatment programs for adolescents and teens between the age of 13 and 17 who are struggling with substance use disorders, depression, anxiety, trauma-related problems, co-occurring disorders, and more.



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Our therapeutic approach considers the many facets that may have contributed to the onset of addiction or mental health conditions from a foundation of compassionate care and clinical expertise. Each of our programs are uniquely designed to focus on producing lifelong, sustainable health and recovery.



## OUR PROGRAMS AND LEVELS OF CARE

### RESIDENTIAL PROGRAM

The **residential program** offers a structured and supportive living environment where adolescents receive round-the-clock care and treatment. The program is recommended for individuals who require a higher level of support and monitoring than our outpatient or partial hospitalization programs can provide.

### INPATIENT PSYCHIATRIC PROGRAM

The **Adolescent Intensive Outpatient Program (IOP)** is a specialized and intensive level of care designed to provide immediate and short-term psychiatric treatment for adolescents experiencing severe mental health crises or acute psychiatric symptoms.

### PARTIAL HOSPITALIZATION/DAY TREATMENT PROGRAM

Our **Adolescent Partial Hospitalization Program (PHP)** is a structured, intensive outpatient treatment program that are typically offered as an alternative to inpatient hospitalization or as a step-down level of care following a residential stay.

### INTENSIVE OUTPATIENT PROGRAM

The **Adolescent Intensive Outpatient Program (IOP)** is another level of care in our full continuum of mental health treatment for adolescents. It is a structured outpatient program that provides intensive therapeutic services while allowing adolescents to live at home and attend school or engage in other activities outside of treatment hours.

## HOLISTIC THERAPY FOR TEENS

While conventional medicine focuses on treating the symptoms of substance use and mental illness, holistic therapies work to address the entire person. That's why the holistic therapies that we offer focus on techniques that will help your child learn how to manage stress and anxiety while supporting their physical health at the same time.

### YOGA

During their “teens,” your child’s brain is still developing, and yoga supports the development of the part of the brain that regulates impulse control, including how we react to emotions and stress.

### MEDITATION

Meditation is extremely effective in reducing anxiety and depression. It can help your child learn how to regulate and manage their emotions and improve their attention and concentration.

### OUTDOOR ADVENTURE THERAPY

Studies also show that outdoor adventure therapy can promote self-awareness, increase emotional wellbeing, and strengthen social connections for teens.

### CREATIVE ART THERAPY FOR TEENS

Creative art therapies provide a wonderful way for teens to express themselves and process their feelings. They can help your child tap into their inner self and promote self-confidence. We offer writing, music, and creating art which are all wonderful forms of creative art therapies.

### NUTRITION

During the initial nutrition consultation, your child will work with one of our nutritionists to determine how foods can help restore balance and promote health.

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