

- Programming for the children will include individual/play therapy, family therapy and group therapy, trauma related interventions for the children, structured recreational and study time, and family time.
- All school age children will be enrolled in the Carlsbad public school system within one (1) week of the Mother's admission into the program.
- Children who meet medical necessity will be provided psychiatric assessments from a board certified child psychiatrist currently provided via telehealth services from the University of New Mexico (UNM).
- All children will be provided medical care (to include immunizations) either through referral to the local offices of CMHC partners, Presbyterian Medical Services, Inc (PMS) or ensuring the child has access to their existing medical provider/PCP.

Crossroads is not a medical facility, detoxification facility or halfway house.

It is our belief at Carlsbad Mental Health Center that the disease of addiction, although not curable, is treatable. Our qualified and professional staff use evidence-based approaches to treatment; changing one life at a time. In this way Crossroads combats the devastation caused by addictions that helps clients establish recovery.

Crossroads strives to build supportive relationships with service providers throughout the state to foster continuity in serving the needs of addicted women and their families.

Crossroads is a large modern "homelike" facility with common living, dining, and recreational areas. Each woman has a room she shares with her own children. Efforts are made to furnish the room to the specific needs of the family. School age children are transported to and from the front door of the facility by the school bus.

Infants and toddlers use our on-site childcare center, supervised by trained and attentive childcare providers. The facility includes a large yard with playground equipment and picnic tables



Embark on your path to recovery by calling 575-887-4065

Crossroads
 575-887-4065
 www.carlsbadmh.com

Crossroads
Substance Abuse Treatment for Women

Pregnant Injection Drug Users (IDUs), pregnant postpartum substance users and parenting women are given preference for admission to treatment.

Crossroads is a structured residential treatment program, up to 90 days in length of stay, designed to provide professional behavioral health services to mothers over 18 years of age (and up to 2 of their children between the ages of 6 weeks to 10 years of age) obtain and maintain a drug and alcohol free lifestyle.

Program Goals

- To provide professional behavioral health services in a structured environment to mothers with alcohol and/or substance (AOD) addiction and co-occurring mental health disorders in order to accomplish symptom reduction and management
- To provide education and groups to mothers with AOD addiction disorders in order to accomplish optimal functioning in activities of daily living, especially parenting skills.
- To provide counseling and education to mothers with co-occurring mental health disorders in order to uncover and address mental health issues associated with addiction
- To teach recovery skills and relapse prevention to mothers with AOD addiction in order to initiate an ongoing recovery plan
- To engage clinically with the customer, and ensure that the family/customer are provided referrals to, and opportunities to become involved in, available natural and community based recovery supports and programming.

Service Modalities

All services and interventions are trauma informed, including Cognitive Behavioral Therapy (CBT) and Seeking Safety. Parenting skills are taught and developing through the Nurturing Parenting model.”

- Individual counseling
- Psycho-education groups
 - i. Classes
 - ii. Written and oral assignments
- Parenting skills training
- Self help groups
- Psychopharmacology,
- Social detoxification
- Optional religious/spiritual activities with local providers
- Physical exercise
- Resource materials about parenting, relationships, addiction and recovery
- Daily structure – regularly scheduled groups, activities, personal time, family time, etc.
- Crisis Intervention Services provided directly by CMHC
- Care Coordination/Comprehensive Community Support Services, including assistance with employment, transportation coordination to and from Crossroads, skills education, compliance with a treatment/medical regimen, primary health care, parenting, supported housing, activities of daily living & recovery management
- Medical care will be provided by either referral of the customers to the local offices of CMHC partners, Presbyterian Medical Services, Inc (PMS) or ensuring the customer has access to their existing medical provider/ PCP.
- Pregnant women will receive OB/GYN care from Women’s Health Services.

Children’s Services

- It is the policy of CMHC Residential Services Crossroads Program to assess and treat the young children who are residing at Crossroads while their mother’s are receiving treatment. The identified problem of poor mother/child boundaries and bonding within the relationship infers the goal of bonding/re-bonding which will be addressed through interventions, observation, supervision, education, practice and therapy. Through the assessment process the Treatment Team evaluates each child’s individual/special needs and provide for them either through the Crossroads programming for children or by providing referral to appropriate providers for outpatient psychotherapy, counseling, rehabilitation, medical care, psychiatric evaluation, and/or psychiatric treatment. The mother and/or other primary guardians will be involved in treatment efforts with a special emphasis on parenting skills.

