

## Family Counseling:

We understand that sometimes families need a little assistance with laying the groundwork for building a healthier, more functional relationship with their children and adolescents. Our professional and caring staff of family counselors and family therapist seek to provide that service and reopen the lines of communication and reduce any frustration within the family.

## Counseling and Therapy Services:

Our team of caring and dedicated professionals are available to assist children and adolescents ages 17 and younger with emotional and behavior problems. We offer services for :

- Attention Deficit / Hyperactivity Disorder
- Anxiety
- Substance abuse and dependence
- Anger and aggression management
- Depression
- Delinquency
- Divorce and blended family adjustment
- Family and peer conflict
- Oppositional and defiant behavior
- Social adjustment problems
- Sexual and physical abuse
- Suicidal feelings

### Our Vision:

To hold ourselves accountable for premier customer service, employee growth and industry leadership.

To be one of the most productive, efficiently managed and financially responsible corporations in Southeastern New Mexico.

To be recognized as one of the Top 100 Employers in the nation.

### Our Values:

Respect & dignity for each client and employee  
Ethical business & professional practices  
Respect for client privacy  
Strong work ethic  
Life/work balance  
Safe & harassment free environment  
Financial responsibility  
Responsible to civic duty & community needs

## Children's/Adolescent Services



**milestones**  
wellness center   
*recovery begins here*

In Association with Presbyterian Medical Services /  
Artesia Health Resources

1700 W Main  
Artesia, NM 88210  
(575) 746-8890

**CRISIS LINE**  
(575) 365-7606

[www.cmhcnm.com](http://www.cmhcnm.com)

*Walk-ins welcome*

**milestones**  
wellness center   
*recovery begins here*

Carlsbad & Artesia  
Milestones Student Wellness Program

### Our Mission:

To Enhance, Change  
and Save Lives!



Every child  
has the potential  
to thrive!

### **Child and Adolescent Therapy:**

Children can face a range of difficult problems in their lives that might include sadness, anxiety, academic stress and family conflicts. They also may struggle to control their behavior and meet the expectations of their parents and teachers. They need to learn how to understand, control and share their emotions appropriately. A child therapist can help children work through these issues and make better choices in their lives while learning how to better control and share their emotions appropriately. A therapist can be a trusted mentor who helps children grow, mature and overcome obstacles.

### **Family Counseling/Therapy:**

Family counseling helps to promote better relationships and understanding within a family. Whether it be incident specific such as a divorce or death of a loved one or close friend, behavior or addiction, family counseling can help the healing process and break through communication barriers.

### **Behavior Management Services:**

Providing mental and behavioral health care treatment to children and adolescents with serious emotional or behavioral problems. Our Behavior Management Specialist work in the families' homes, the children's' schools, and in other community locations to make sure these young people get necessary intensive treatment. Our program is designed specifically to keep troubled families together through a variety of services available.

### **Comprehensive Community Support Services:**

To coordinate and provide services and resources to children, adolescents and their families as necessary to promote recovery, rehabilitation, and resiliency. CCSS identifies and addresses the barriers that impede the development of skills necessary for independent functioning in the community, as well as strengths which may aid the client or family in the recovery process.

### **Adolescent Outpatient Treatment :**

Outpatient therapy provides therapeutic intervention to individuals in need of mental health resources, but who do not require hospitalization or residential care. Outpatient therapy is beneficial in providing initial assessment to ensure proper individual recovery plans promoting healing and growth.

### **Adolescent Intensive Outpatient Treatment:**

Providing a treatment regimen specifically for adolescents dealing with a substance abuse illness that will maximize the chances of long-term recovery for all our patients. Healthy support by both adults and peers throughout the process is an essential component of recovery. Adolescents prosper in recovery more often when their home lives and social lives, as well as school and work environments, are supportive of their recovery goals. Assisting our patients and their families in effectively treating the chemical dependency and helping them structure positive support systems.

### **Juvenile Community Corrections:**

Promotes public safety, holds the juvenile offenders accountable for their behavior and improves the ability of youth to live productively and responsibly in their communities.