

Isleta Behavioral Health Clinic – January 2022

Hello and Happy New Year! Look out 2022 – here we come! While 2021 was a good year for all of us at the Behavioral Health Clinic, we believe that 2022 can be even better! We hope you all had a good holiday season. We want to introduce you to our program, who we are, what we provide and extend this as an open invitation to come and join us. Whether you're interested in our services, want to know more, or even to get to know the staff, we are open to meeting with you and your families. Please be on the lookout for monthly newsletter articles, monthly information dissemination engagements and other yearly activities we hope to promote for our BH program.

What is Isleta Behavioral Health?

The Isleta Behavioral Health Clinic (IBHC) is one of many clinics under the Isleta Health Center (IHC), located on the Southwest End of the main IHC building. Our mission is to provide the highest quality of behavioral health services to the Isleta community members, their families, and other Native American people living within our service unit.

As with the other clinics located at the Isleta Health Center, Licensed Providers staff the Behavioral Health Clinic in specialties in Mental Health and Addictions: LCSW, LMSW, LADAC, LSAA, and a psychiatrist. In addition, the Behavioral Health Clinic has two administrative assistants and two Prevention Experiential Educators.

By working on enhancing the lives of the Isleta community, a variety of counseling and psychiatric services are offered to individuals of all ages. To accomplish this mission, IBHC provides services including:

- Screening & Assessments
- Individual Counseling
- Family & Couples Counseling
- Group Counseling
- Psychiatry -Medication Management
- Intensive Outpatient Program (IOP)-“Ripple Effect”
- Residential Treatment Placement
- Case Management
- Crisis Intervention
- Prevention & Education

Most Common Outpatient Services:

Individual Counseling

Individual counseling/psychotherapy offers support and growth during challenging times in life. Individual counseling can help one deal with a variety of personal issues relating to anxiety, depression, anger, substance abuse, parenting problems, marriage and relationship challenges, school difficulties, etc.

Group Counseling

Group counseling offers a unique opportunity for individuals to discover that they are not alone with life challenges. Group counseling not only increases one's understanding of a specific challenge but acknowledges the variety of possible solutions available. Groups offered at IBHC include: Intensive Outpatient Program (IOP) – Ripple Effect, Wellbriety, Grief/Loss, Relapse Prevention, Anger Management, Men's Domestic Violence, Women's Domestic Violence, Youth Prevention/Intervention Programs.

Program questions, concerns or inquires please reach out to our program at 505-869-5475 and we can assist you. We are here to serve...