



We are a New Mexico State-certified Behavioral Health Agency offering clinical mental health services.

- ◆ Individual Therapy
- ◆ Couples Counseling
- ◆ Family Therapy
- ◆ Comprehensive Community Support Services (CCSS)

COMPREHENSIVE COMMUNITY SUPPORT SERVICES for ADULTS

CCSS provides services to individuals and families with the goal of promoting recovery, rehabilitation and resiliency. CCSS program offers skills development in the following areas;

- ⇒ Self-management of symptoms monitoring,
- ⇒ Illness management,
- ⇒ Recovery and resiliency skills,
- ⇒ Relapse prevention skills,
- ⇒ Knowledge of medication and potential side effect,
- ⇒ Motivational and skills development in taking medication as prescribed ,
- ⇒ Ability to identify and minimize the negative effects of symptoms,
- ⇒ Support to the client to maintain employment and or community tenure,
- ⇒ Facilitate the client's ability to obtain and maintain stable housing.
- ⇒ CCSS providers can serve clients in office, homes, and communities.

TARGET POPULATION

CCSS may be provided to **adults** that meet the following criteria:

- Adults (18 and over) with Severe Mental Illness; (SMI)
- Individuals with a chronic substance abuse: or
- Individuals with a co-occurring disorder (mental illness/substance abuse) and/or dually diagnosed with a primary diagnosis or mental illness.



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COMPREHENSIVE COMMUNITY SUPPORT SERVICES CHILDREN

CCSS provides services to individuals and families with the goal of promoting recovery, rehabilitation, and resiliency. CCSS program offers skills development in the following areas; socialization skills, developmental issues, daily living skills, social and work readiness activities, education and management of co-occurring illnesses, development of natural support in the home, social and school environments. CCSS providers can serve clients in their homes, School Districts and communities.

TARGET POPULATION

CCSS may be provided to children and adolescents that meet the following criteria:

- ⇒ Children (up to the age of 21 years old) that are experiencing Serious Emotional/Neurobiological/Behavioral Disorder (SED)
- ⇒ Individuals with a chronic substance abuse; or
- ⇒ Individuals with a co-occurring disorder (mental illness/ substance abuse) and/or dually diagnosed with a primary diagnosis or mental illness

Comprehensive Community Support Workers (CSWs) are not case managers. CCSS activities specifically address independent living, learning, working, social, and recreational efforts. They embody particular core values: Individuals and families are the experts (of their own lives). Personal choice should be supported.

- ⇒ CSW's are collaborators, not directors.
- ⇒ CSW's demonstrate respect.
- ⇒ CSW's assist in identifying strengths.
- ⇒ CSW's assist in identifying solutions to barriers that negatively impact the achievement of previously identified goals.

Comprehensive Community Support Workers (CSWs) may perform the following services and activities:

- ⇒ Help the client define what recovery means to them individually and set appropriate and attainable goals.
- ⇒ Assist the individual to develop and coordinate a recovery and crisis management plan.
- ⇒ Assess, support, and recognize symptoms of a potential crisis situation and early signs of relapse.
- ⇒ Coordinate programs to assist gaining access to rehabilitative, medical, and other services.
- ⇒ Support clients in identifying strengths and barriers in developing skills necessary for recovery and resiliency.
- ⇒ Assist in developing interpersonal and functional skills, including adaptations to home, school, and work environments.
- ⇒ Assist in developing natural supports in the workplace, social, and school environments.
- ⇒ Assist in building symptom management skills, including behavior management, knowledge of medications and their side effects, and development of skills to take medication as prescribed.
- ⇒ Assist with practical and vocational skills such as financial management, obtaining & maintaining stable housing, and school/employment performance
- ⇒ Monitor progress to determine if services meet the individual's needs.

CCSS

COMPREHENSIVE COMMUNITY SUPPORT SERVICES

Sometimes clients face challenges that aren't exactly clinical. They often need help acquiring certain life skills or accessing community resources. CCSS steps in to fill this gap. A Community Support Worker (CSW) supports individuals and families with the services and resources to help promote recovery, rehabilitation, and resiliency. A CSW addresses goals in the following functional domains:

INDEPENDENT LIVING, LEARNING, WORKING, SOCIALIZING RECREATION

Interacting face-to-face and on behalf of the client in community locations, a CSW utilizes a variety of interventions to address any barriers that impede the client's development toward independent functioning in the community.

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- Support clients in identifying strengths and barriers in developing skills necessary for recovery and resiliency.
- Assist in developing interpersonal and functional skills, including adaptations to home, school, and work environments.
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- Assist in building symptom management skills, including behavior management, knowledge of medications and their side effects, and development of skills to take medication as prescribed.
- Assist with practical and vocational skills such as financial management, obtaining/ maintaining stable housing, and school/employment performance



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WHAT IS THE PROCESS?

Fill out referral from available at:
nexuscounselingcenter.com/forms/referral

The referral will be assigned to a CSW and they will reach out to the individual or family