

## Support Groups

Current self-help, mutual aid groups held at AHC Annex:

- **SMART Recovery:**

*Self-Management and Recovery*

*Training* is from an international non-profit organization started in 1994. Meetings are open for anyone with any kind of addiction. It helps folks build and maintain motivation, cope with urges, manage thoughts/feelings/ behaviors, and live a balanced life. Held at AHC on Wed. at 12:30pm and/or via online internet participation.

- **Relapse Prevention Class:**

This class is for new patients recently enrolled in recovery support services or for persons returning to treatment after an absence or relapse. Life skill topics may include triggers, cravings, emotions, relationships, stress, healthy habits or lifestyles, goals, & change. Call ahead for more information.

- **Shared Medical Appointments/ Group Visits:**

Some clients with chronic illnesses or conditions may benefit from sharing information and experiences about living with a disease or disorder. Similar clients in small groups of 3-5 persons may learn from each other in an informal class-like setting to improve self-care. The days/hours of this group vary each week.

## Hours of Operation

Monday-Friday:

8am-4:30pm

The federal agency SAMHSA recognizes that behavioral health is essential to physical health, prevention works, treatment is effective, and people recover from mental and/or substance use disorders.

Call or Text

Amador Recovery Helpline:  
**(575) 395-6953**

Call or come in and speak with one of our Recovery Specialists to see how these services can work for you to improve your quality of life. There are many pathways and options for recovery.



**AMADOR**  
HEALTH CENTER

**RECOVERY PROJECT**

◆ **Tobacco**

◆ **Alcohol**

◆ **Opioids**

**Hope, Help, Healing**

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Annex, Suite D

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[www.amadorhealth.org](http://www.amadorhealth.org)

## Case Management

Case Management is a collaborative process of assessment, planning, care coordination, monitoring, and evaluation for person-centered services. The Case Manager may function as a recovery navigator, advocate and/or coach.

We offer both **Non-Medical Case Management** services with the objective of providing guidance and assistance in improving access to needed services, as well as **Medical Case Management** services with the objective of improving health outcomes.

Case Management can be done with individuals and/or families, and the goal is to work together to come up with achievable health and wellness goals and methods for recovery and resiliency.

Come by the Amador Health Annex to discuss your options for case management. We have a team of specialists ready to help you figure out a plan to get you on track with whatever your personal recovery goals might be.

## MAT

Medication-Assisted Treatment (MAT) is the use of anti-addiction medicines in combination with other therapy and support services to help people recover from substance use disorders (SUD).

Here at AHC, we offer **naltrexone** in both oral and injectable form (called **Vivitrol**). Naltrexone is a non-narcotic opioid blocker for relapse prevention that decreases the urges/cravings and pleasurable effects of opioid use as well as alcohol use.

We also offer **buprenorphine-naloxone** for opioid use disorders (OUD) related to using heroin or prescription painkillers. This medication is available in tablet, film, and injection (Sublocade) form.

**Acudetox** is available as an adjunctive or secondary treatment used in conjunction with another primary treatment such as medication or therapy. It is acupuncture of the ear, and it helps with withdrawal symptoms and cravings. Please call the office for a current schedule of acudetox days/hours.

## Counseling

We offer individual counseling services to address **emotional problems** related to alcohol or drug use, trauma, cognitive distortions or negative thinking, mood swings, daily stressors and other behavioral health issues.

Our therapists are here to help you sort through your thoughts, feelings, and behaviors, and to collaborate with you in finding potentially healthier approaches for mental health and wellness.

The Amador Recovery Project is proud to have therapists on our team who have worked with a variety of behavioral health issues, addictions included. If you are struggling with an addiction to tobacco, alcohol, or opioids or if you know someone who is, please know that you have a place to come and talk about it.

Our counselors use science-based brief interventions with **motivational interviewing** and in longer sessions with **cognitive behavioral therapy (CBT)**.