

Our Locations

SANDOVAL VCSI

4011 Barbara Loop, Suite 208, Rio Rancho; (505) 891-2990

La Buena Vida); 872 Camino del Pueblo, Bernalillo; (505) 867-2383

LOS LUNAS- MAIN CAMPUS

735 Don Pasqual Rd NW (505) 865-3350
PSR Program-(505) 865-1408

GRANTS

Cibola Counseling, 906 N. 1st Street, (505)287-7985

ESTANCIA

1011 Allen St.; (505) 384-0220

VCSI Corporate Offices (505) 865-3350
PO Box 518, Los Lunas, NM 87031

24 Hour Crisis Line

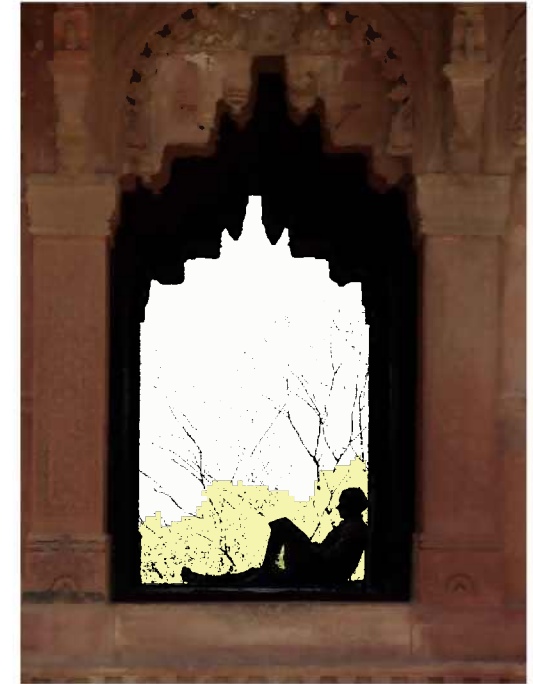
(505) 865-3359

***Valencia County Cares
Warm Line***

We are here for YOU! —Since 1981

NOTES:

VALENCIA COUNSELING SERVICES, INC



**Multi-County Community
Mental Health Clinics**

**Serving Families and
Communities Since 1981**

**Cibola, Sandoval, Torrance &
Valencia County Locations (see
back)**



OUR MISSION

To meet and service the behavioral health and substance abuse needs of all individuals and families. **We** want to enhance, strengthen, and improve the psychological functioning of individuals and families of our community.

COME MEET OUR STAFF-

We have –

Mental Health Therapists
Psychiatrist
Child Psychiatrist
Nurse Practitioner
Social Workers
Drug and Alcohol Counselors
Community Support Workers
Peer Specialists -and other staff who are interested in **YOUR RECOVERY.**

TREATMENT AND SERVICES WITH FOCUS ON WHOLENESS AND HEALTH

Outpatient Mental Health and Substance Abuse Treatment provides individual, family, group psychotherapy, crisis services, and adult Acudetox© services

-Including Co-Occurring disorders services; integrated treatment for clients with both mental health and substance abuse problems;

TREATMENT AND SERVICES CONTINUED:

-Psychiatric Evaluation for Adults and Children;

-Medication Management for adults and children.;

-Community Support Services offering clients support in accessing community resources and meeting basic needs. This service is coordinated with other agency and community programs for children and adults.

Psychosocial Rehabilitation for persons with disabling mental illness. A recovery focused program for consumers to learn to live successfully in their community.

Supported Living Programs- community housing with support services provided.

Consumer Run Programs which focus on consumer's working with and providing recovery services along with hope to other consumers of mental health services including peer education recovery groups, Phillip Baca Connections Drop-In Center, and Warm Line.

DWI School offered throughout the VCSI Catchment area.

VCSI Child Care Food Program reimburses day care providers that provide nutritious meals and snacks to children in their care.



HELPING YOU HELP YOURSELF

To move to wellness, make the choice to stay on the path of recovery (stay focused on your goals), follow the treatment plan you've worked out with your providers. This may include:

- Keeping therapy appointments
- Avoiding alcohol use
- Not using street drugs besides being illegal **none** can help, and **all** can harm you.
- Keeping a journal or diary
- Having prescribed lab and psychological tests performed
- Being involved in a support group
- Reporting signs that symptoms are returning or worsening