

The Peak Behavioral Health

*Where healing begins,
and hope can thrive.*

Legislative Health & Human Services
Committee
Las Vegas, New Mexico
August 7, 2023



About Peak Behavioral Health



Inpatient Psychiatric Treatment



Accredited Residential Treatment Facility



Partial Hospitalization Program/Intensive Outpatient Program Adult and Adolescent



Intensive Outpatient



Assertive Community Treatment Urban and Rural

Services Overview

Inpatient Care

Medical Detox

Adolescent
Residential
Treatment

Outpatient Care

Adolescent/Adult
Day Treatment

Assertive
Community
Treatment (ACT)

Inpatient Care Program

Stabilization of acute symptoms

Psychosis

Bipolar Disorder

Schizophrenia

Major Depressive Disorder

Substance use disorders

Therapeutic Milieu with Safety and Structure

Treatment team support

Individual and Group therapy

Recreational therapy

Family Therapy

Inpatient

Inpatient

36 adolescent acute beds

52 adult acute beds

Residential Treatment

31 beds

*Serving over 3000 patients
statewide annually*



Medical Detox

01

Safely detox from alcohol with individually created detox protocols based on individual medical needs (alcohol remains the #1 diagnosis for withdrawal)

02

Medically managed opioid detox ensuring safety and comfort through the process

03

After care planning to partial hospitalization program to ensure success ongoing post detox stay

Adolescent Residential Treatment

90-day long term program for adolescents needing additional support than outpatient can deliver

Serving adolescents with behavioral health and substance abuse issues

Individual, group, and family therapy tailored for individual needs

Recreation on site is a key component teaching activity and coping skills

Education on site to ensure success through their stay and beyond

Therapeutic milieu designed to provide support, safety, and structure

Adolescent/Adult Partial Hospitalization Program/Intensive Outpatient Program

The Partial Hospitalization Program (PHP) is designed for adults and adolescents (ages 12-17) with primary psychiatric disorders who require intensive support and structure but not 24-hour inpatient care

What is PHP/IOP?

What is the schedule for PHP?

How do school districts partner with the Peak?

Transportation for PHP/IOP

PHP and IOP

Partial Hospitalization Program (PHP)

- 5 days a week (Monday - Friday)
- Main goals:
 - Stabilization
 - Learning how to communicate needs
 - Establishing effective coping strategies
 - Processing events experienced
 - Identifying a support system

Intensive Outpatient Program (IOP)

- 3 days a week
- Main goals:
 - Continuation of care
 - Identification of triggers and review of practiced coping skills
 - Processing new challenges upon to daily routine
 - Utilization of support system

Assertive Community Treatment (ACT)



Intensive and highly integrated approach



Evidence based practice that improves outcomes for people living with a severe mental illness (SMI)



Time unlimited services, 24-hour availability, and holistic care



Meet the client where they are at



Interdisciplinary Team



Collaboratively work with providers/organizations to attain stability



Main Goals:

Decrease Hospitalization

Decrease Incarceration

Increase Independency

Adult Residential Treatment

COMING SOON



Challenges

Purpose Fuels Passion



NAVIGATING COMPLEX STATE PROCESS
TO ADD TO AND DEVELOP MORE
PROGRAMS THROUGH THE STATE



LOW RATES AND HIGH-COST CAUSE
OPERATIONAL CHALLENGES



WORKFORCE RECRUITMENT OF TALENT

Questions?

Jeanette Espinoza, LPC
**Market Director of Outpatient
Services**
C: (915) 603-8752

