

## Evidenced-based Addictions Treatment

Mental illnesses, alcoholism, and drug addictions are illnesses that can be successfully diagnosed, treated, and brought into recovery. Individuals suffering from any of these conditions are similar to a person suffering from cancer or diabetes – a disease sufferer who deserves to be treated with dignity and provided with the latest known advances in evidence-based treatment. The overall goal of

NMRC is to provide evidence-based addiction treatment under the care of a licensed psychiatrist and counselors.

The client's care is individualized and

educational programs that assist in increasing coping skills and problem-solving, decreasing co-dependent behaviors, increasing relaxation skills, and team building. Medical and pharmaceutical treatments are provided based on individual needs.



## NEW MEXICO REHABILITATION CENTER

### Chemical Dependency Treatment

*Health is our most important resource.*

## NEW MEXICO REHABILITATION CENTER

72 Gail Harris Avenue  
Roswell, NM 88203

Telephone: 575-347-3400  
Fax: 575-347-3404

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## Our Commitment . . .

- Provide you with a safe and protective environment;
- Help you to resolve your acute symptoms;
- Assist you to stabilize the crisis situation that brought you to the center;
- Encourage your participation in a program with a community of peers;
- Assist you to develop recovery skills in your continued effort to grow as an individual and to live your life substance free;



- Ensure continued support and counseling after your discharge is in place.

## What you can expect from treatment . . .

You will receive a screening and pre-admission phone call to determine your eligibility for the program. Feel free to ask additional questions about our program then.

The Chemical Dependency Treatment program consists of classes and group sessions. You are expected to rise at 6:00 am each morning, with lights out by 10:00 pm. Refer to the program schedule for class sessions and other activities during the day and evening. Meals are served in the dining room unless you are in detox.

Clients may send and receive mail which will be delivered by NMRC staff. Mail is picked up Monday through Friday. There is no mail pickup on weekends or holidays. Staff will observe client's opening of their mail to verify that no contraband is in the package or letter.

Your rehab team will develop a special care plan with you, which will focus on providing a clinically sound, appropriate treatment plan for your addiction and other health issues. Clients are expected to actively participate in their plan of care and set goals. Progress will be reviewed with you weekly at a team conference with your counselors, the nurse, and the psychiatrist. Ways to meet your goals will be discussed.

There is a mandatory \$100.00 non-refundable processing fee charged on admission. The Center accepts private insurance, private pay, and payment by other financial sponsors. The Business Office will submit claims to your insurance company for you. A copy of the bill will be given to you upon request.

In order to focus on your rehabilitation, you are allowed one initial phone call to family on admission to provide them your client number. Thereafter, telephone calls are limited to 15 minutes on Assigned Afternoons Only, supervised by a counselor. No cell phones are permitted. All incoming callers have to provide your Client Number to leave any messages.

Personal laundry services are provided through the Center's laundry. A washer-dryer is available for use on the unit.

## BEHAVIORAL GUIDELINES:

The CDU program is a non-smoking program. Cigarettes, snuff, and chewing tobacco are not allowed due to the addicting properties of nicotine. If brought to the NMRC CDU they will be confiscated.

Clients leaving the center grounds unattended will be AWOL and discharged.

Clients must treat each other with respect and courtesy. Language and gestures that are threatening, cursing, making sexual innu-