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Navigating Behavioral Health in New Mexico

What is Behavioral health? We have all learned about mental health in ourselves, others, and society after living through a pandemic that caused isolation, trauma, grief, and loss. We have also grown all too aware of substance use disorders as we live through the epidemic of addiction and growing dangers that reach our own communities and homes. Behavioral health is a term we use in promoting the paths to wellness our providers in New Mexico offer to those seeking recovery from these often complex mental health or substance use disorders.

Navigating Treatment. Finding the proper treatments or support for behavioral health issues is where we all struggle. The great news is that a person battling addiction or mental health struggles never has to be alone.

- **Peers** - We call people with lived experience recovering from behavioral health struggles a Peer. We even have a giant workforce of Certified Peer Support Workers (CPSW) here in New Mexico that can be found working in Drop-in wellness centers, Emergency Rooms, Doctor's Offices, and almost anywhere you could think to start seeking help. If you can find one of these peers, we always recommend asking what support they can be in navigating treatment. It's always good to have an advocate and we have plenty!
- **Web Directories** - SHARE NM as a non-profit can be trusted to provide accurate and most of the time up to date information on providers around the state, and we welcome you to browse through our directory to find the resources that might be the right fit for you. Many national directories can be either woefully out of date with their information or sadly even purposefully misleading in the information they provide. The most important message to anybody seeking services, call first and find out if the services they provide will fill the needs of the individual.
- **What to ask** - When we are approaching finding treatment for someone with a substance use disorder or mental health struggles, that person's willingness to accept help is HUGE! We want to get this right the first time, so let's go over a few of the questions to ask a treatment provider...
 - What levels of care do you provide?
 - Are these the appropriate levels of care for a person struggling with ____?
 - Can you tell me the type of medical support you have on staff?
 - Are you accredited or licensed?



NM Leaders in Recovery is a great resource to learn more about treatment navigation, for more on this subject, contact Jeremy Lihte, Jeremy@nmleadersinrecovery.com