

SAN MIGUEL

**FAMILY AND COMMUNITY
HEALTH COUNCIL**

*2009-2010
Resource Directory*

Mailing Address: 1700 North Grand Avenue, Las Vegas NM 87701

Located at 501 So. Grand (behind the red caboose)

Phone/fax: (505)425-9770

Email: smhealthcouncil@desertgate.com

www.smhealthcouncil.org

Funded by:



Fiscal Agent:



EMERGENCY & HOTLINES:

Police/Fire/Ambulance 911

Bullying Hotline 1-866-Speakup (1-866-773-2587)

CBS Crisis Line – Suicide, Rape & Mental Health 425-1048 24 hour hotline

Child & Adult Abuse Line 1-800-797-3260

Domestic Violence - Tri-County Family Justice Center

24 Hour Emergency Hotline 617-0444

Toll Free 1-866-575-SAFE

La Otra Puerta Emergency Youth Shelter 1-877-983-0586 24 hours a day

Las Vegas Fire Department 425-6321

Las Vegas Police Department 425-7504

Mental Health Assn. Warm Line 425-7030 toll free 1-866-425-7030

New Mexico State Police 425-6771

Nurse Advice Hotline 1-877-725-2552

Poison Control 1-800-222-1222

San Miguel County Sheriff 425-7589

Smoking Cessation Assistance 1-800-QUIT-NOW 1-800-784-8669

Substance Abuse Warm Line 429-9276

Zoe Pregnancy Center 1-800-395-HELP(4357)

Table of Contents:

Introduction	3
Advocacy	5
Alcohol & Substance Abuse Services.....	7
12 STEP, AA, & Al-ANON Meetings.....	12
Alternative Health & Wellness.....	15
Assistance (Financial, Food Distribution, Housing, Medical, Utility, Workforce/Job Training)...	17
Board /Care Homes.....	29
Car Seat Distribution.....	31
Child Care Providers (Licensed).....	32
Children’s Services (Behavioral Health, Disability & Medical).....	34
Counseling & Mental Health Services.....	39
Dental Providers.....	43
Disability Services.....	44
Domestic Violence Services	46
Recognizing Abuse & Knowing the Signs.....	47
Faith Based Services	48
Home Health Care & Hospice.....	54
Medical (Clinics & Hospitals).....	56
Medical Providers by Type of Service.....	60
Nursing Homes.....	68
Parenting Support / Education / Referrals.....	69
Pharmacies / Medical Supply.....	71
Physical Fitness.....	72
Physical Therapy	73
Pregnancy Testing /Prenatal Education / Svcs for pregnant women.....	74
Senior Citizen Services.....	76
Sexual Assault Services.....	79
Suicide Prevention Services & Information.....	80
Transportation.....	81
Veterans Services.....	83
Diabetes at Risk Test and Information	84
Family & Individual Emergency Planning.....	86
MSG—Behavioral Health Collaborative.....	88
San Miguel County Family & Community Health Council.....	89
CASA - Court Appointed Special Advocates	91

INTRODUCTION:

The information in this Resource Directory is provided to the community by the San Miguel County Family & Community Health Council. The huge task of research and compilation was done by Lydia A. Ortiz, while she was an NMHU School of Social Work MSW Candidate. This edition was updated in 2009, by Marvella Monica Gallegos, NMHU School of Social Work BSW Candidate.

It is our hope that this directory is a comprehensive and user-friendly resource that gets widely used by both community members and service providers. We intend to update this directory in May of each year. If you would like to be listed in the directory or need additional copies, please contact our office at 425-9770 or smhealthcouncil@desertgate.com

Thank you to Lydia A. Ortiz, Marvella M. Gallegos, all of the agencies who provided the information, NM DOH who funded the project, and to the 2008-2009 Health Council Members:

<i>Michell Aragon</i>	<i>LVCS School Based Wellness Center</i>
<i>Yolanda Carrillo</i>	<i>WLV School Based Health Center</i>
<i>Kathy Duran</i>	<i>Adolescent & Family Services</i>
<i>Linda Durant</i>	<i>Alzheimer's Association</i>
<i>Rhonda Gutierrez</i>	<i>San Miguel Public Health Office</i>
<i>JoAnn LaFerriere</i>	<i>NMBHI-CBS Sexual Assault Svcs</i>
<i>Patricia Leahan</i>	<i>Las Vegas Peace & Justice Center</i>
<i>Elaine V. Luna</i>	<i>LCC Area Health Education Center</i>
<i>Genevieve Marquez</i>	<i>NMDOH WIC</i>
<i>Mathew P. Martinez</i>	<i>Alta Vista Regional Hospital</i>
<i>Therese Melton, Vice-President</i>	<i>4th Judicial District Attorney's Office</i>
<i>Adam Metcalf</i>	<i>El Centro Family Health Care</i>
<i>Sigrid Olson, Secretary</i>	<i>Pecos Valley Medical Center</i>
<i>Cara Ortega</i>	<i>NMHU Checkup to Go</i>
<i>Mary Ann Osuchowski-Sanchez</i>	<i>NMDOH Public Health Office</i>
<i>Barbara Perea-Casey, President</i>	<i>Court Appointed Special Advocates (CASA)</i>
<i>Marino Rivera</i>	<i>Mora Valley Community Health Center</i>
<i>Ron Trujillo</i>	<i>Pecos Independent Schools</i>
<i>Margaret Vazquez-Geffroy</i>	<i>Social Concerns IC Church</i>

Yolanda B. Cruz, Coordinator

If you would like to be added to the Resource Directory, please fill out this form and mail or fax to:

San Miguel County Family & Community Health Council

1700 North Grand Avenue, Las Vegas NM 87701

Phone / Fax (505)425-9770

The information will be included in the next edition of the Resource Directory. You may also attach brochures or any other information that may be helpful. We reserve the right to edit or refuse any information. Thank you for your cooperation.

Agency Name:

Address:

Phone/ Fax /Toll Free:

Email:

Hours of operation:

Services Provided:

Eligibility:

Cost: (Sliding Scale Fee, etc.)

Insurance Accepted: (Private Insurance, Medicaid, Medicare, etc)

ADVOCACY:

[Citizens for the Developmentally Disabled](#)

Address: 2528 Ridge Runner Rd, Las Vegas, NM 87701

Phone: (505) 426-1760

Fax: (505) 426-1762

Services: Advocacy, Support Group, Transportation, Personal Care, Respite Care, Home-based Services, Day-Hab Services

Eligibility: Must be 18 years of age or older and have a developmental disability and/or have a functional limitation.

[Las Vegas Peace and Justice Center](#)

Address: 719 6th Street, Las Vegas, NM 87701

Phone: (505) 425-3840 lvpeacecenter@desertgate.com

We Are: Community-based * Volunteer-based * Non-partisan * Dedicated to providing social justice services at little or no cost * Supported by donations

We Provide: Meeting space for local groups * Research assistance on social justice issues * Alternative media via internet & current publications *

Permaculture/organic gardening and peace & justice libraries * Liaison with churches and social service agencies, city and county government * Voter education and registration * Environmental justice education * Conscientious objector education * Support and information for military families

Advocacy: Preservation of our local culture, economy and environment * Protection for and strengthening of our civil liberties * Organization for community action * Support for our local unions

Solidarity with: The Ahimsa Permaculture Circle; Las Vegas Committee for Peace & Justice; Casa de Cultura; Peace PALS Youth Group; The Animal Support Center (formerly Paws); Casas de Vida Nueva (working with those labeled "mentally ill"); Las Vegas CARES (Citizens for Affordable, Responsible Energies); Jardin Organico Dolores Huerta (our newly planted community garden)

[Mental Health Association/ Richard's Drop-In Center](#)

Address: 128 Bridge Street, Las Vegas, NM 87701 **email -** mhanewmexico@msn.com

Phone: (505) 425-7030

Toll Free # 1-866-425-7030

Hours: 9:00 am - 2:00 pm Mon - Sun

Services Offered: Center serves as a day house, peer to peer help is available, mental health advocates are available. Information on resources for those in need of assistance. ***The Drop-In Center is based on TRUST, Join us—we welcome all.***

Eligibility: Must be over 18 to Drop-In.

Cost: No billing, No charge!

[NM 4th Judicial District Attorney Victim's Assistance Unit](#)

Address: PO Box 2025/1800 New Mexico Avenue Las Vegas, NM 87701

Phone: (505) 425-6746

Fax: (505) 426-8949

Toll Free- 1-800-730-7919

E-mail- tmelton@da.state.nm.us

Services: Advocacy for victims of crime, notification of court hearings, attend hearings with victims, crime victim reparations, assistance for medical expenses & assistance for loss of wages for those who qualify, community outreach.

Protection and Advocacy

Address: 221 Plaza Las Vegas, NM 87701

Phone: (505) 425-5265

Hours: 8:30–5:00 Mon–Fri

Services Offered-Protection against abuse and neglect (physical, emotional, and verbal abuse); Legal Rights Violation service also available.

Eligibility- Services are mostly for people in facilities. Any age, must be a victim of abuse, neglect, or have had their rights violated.

Referral- Walk-ins and referrals

Cost- No Charge

Tri-County Family Justice Center of Northern New Mexico

Address: 214 Grand Ave. This agency will relocate to Ridgerunner Road in the fall of 2009

Phone: 718-7300 **24 Hour Crisis Line 617-0444** **Toll Free:** 1-866-575-SAFE

Description: Tri-County Family Justice Center (TCFJC) of Northeast New Mexico is one of fifteen Family Justice Center sites in the nation, and one of three rural sites under the Presidents Family Justice Center Initiative. TCFJC is a full service domestic violence provider with wrap-around services that are located at our main facility in Las Vegas. Satellite offices located in Santa Rosa (Sheriffs office) and in Mora (Mora Valley Health Clinic). All services can be accessed from satellite offices. TCFJC is the only domestic violence victims support service provider funded through CYFD in the Tri-County area.

All Services are **FREE** and **CONFIDENTIAL**

Services:

24 Hour Crisis Intervention

Community Outreach/Education and Training

Public Schools Education and Training

District Attorney Assistance

Chaplaincy Services

Specialty programs focused around women

Human Services/Income Support Division Support

Individual/Group Domestic Violence/Abuse Counseling

Emergency Shelter: long/short term residence assistance

Children’s Counseling

Housing assistance

Life skills

NM Legal Aid Assistance

Law Enforcement Assistance

Mentoring program

Advocacy

Referral Services

ALCOHOL & SUBSTANCE ABUSE SERVICES:

CENTRAL INTAKE – Ride to Pride

Address: 47 Alameda Road, Las Vegas, NM 87701

Phone: (505) 429-4231 **Fax:** (505) 425-9285

Hours: Walk-ins and referrals accepted M-F 8:00-5:00

Description: Eliminates the need to call multiple treatment agencies to find appropriate resources. Connects you to quick, professional treatment access; Helps find a way through the complex maze of treatment programs, government agencies, and referral systems.

Services: Comprehensive clinical assessment; Interviews with clinical staff trained in substance abuse and mental health; Match clients to appropriate providers in the community; Present clients with treatment options
Provides copy of assessment packet; Provides vouchers for substance abuse treatment and recovery support services to eligible clients.

A better way to find help...

Cost: Voucher benefit system may pay all or part of clinical and recovery support services, including child care, transportation, acupuncture, pastoral guidance, and peer support.

MSG Total Community Approach (TCA)

Phone: (505)617-5571

www.msg-group.info

The Total Community Approach (TCA) is a partnership between the New Mexico Behavioral Health Collaborative. The Total Community Approach Plan was developed by the Mora, San Miguel, and Guadalupe (MSG) Group to address substance abuse and dual diagnosis needs for adults in Las Vegas and surrounding areas. The Plan includes prevention, treatment, recovery support, and aftercare, Utilizing Central Intake and a network of local providers to meet the needs of consumers. The Plan also addresses increased capacity by providing best practice training for providers and crisis intervention training for police officers. Providers interested in joining the network should call or visit our website.

Adolescent & Family Services

Address: 1630 7th Street, Las Vegas, NM 87701

Phone: (505) 454-8151 **Fax:** (505) 454-1397 **E-mail:** queenkatd@hotmail.com

Hours: 8:00-5:00 Mon-Thurs; 8:00-3:00 Fri

Services: Batterers Intervention Program, DWI Out-patient Treatment, Alcohol and Substance Screening Assessments, Alcohol and Substance use/abuse treatment, Parenting Classes, Anger Management, Drug testing, Individual & Group Sessions. Our Batter's Intervention Program is designed for Adults (Men and Women) as well as individuals under 18. The Batter's Intervention Program is held in Las Vegas and Mora.

Eligibility: Walk-ins welcome, referrals from Judicial System, and District Attorney's office accepted

Cost: Medicaid, private insurance and TCA vouchers accepted

Adolescent & Family Services is a non-profit organization

"Healing the Community One Family at a Time"

[Ayudantes Inc.](#)

Address: 3001 Hot Springs Blvd., Las Vegas, NM 87701

Phone: (505) 425-6786 **Fax** (505) 425-6787

Description: Outpatient behavioral health and substance abuse counseling.

Services: PRIMA- For adolescents and families who encounter mental health and substance abuse problems.

DWI Program: Levels 0 & 1 substance abuse counseling

Family Therapy- The entire family is encouraged to participate.

Individual Therapy- Family members can be seen separately until the time a family session is appropriate. Play therapy and art therapy are the therapies of choice for the young children.

Group Therapy- 6 to 8 week cycle of sessions; Subjects include: self-esteem for children of divorce; Children of chemically dependant families; art therapy for adolescents; and values clarification for younger adolescents.

SCAMP- Alcohol management program emphasizing self-empowerment through: Alcohol Education, Relationship Therapy, Life Exploration, Stress Management, Value Clarification, Nutrition Education

Drug Free Therapy- Individuals, family or group therapy for those participants who are in the early stages of drug use or for those needing relapse prevention services.

Case Management- Coordination among agencies serving our clients.

Assistance provided to clients wanting to explore employment or education possibilities.

Eligibility/Criteria: Walk-ins welcome, self referrals and referrals from other agencies or court system. Individuals suffering with behavioral health issues or substance abuse may qualify for services.

Cost: *Based on sliding fee scale. Medicaid/Medicare and other third party insurances are accepted*

[Dan TL Best LPCC, LMFT](#)

Address: 713 6th Street Las Vegas, NM 87701

Phone: (505)454-9422

Fax: (505)425-6236

Services: Counseling services for adolescents, adults, couples, and Children

Cost: *Medicaid, Most Insurances and TCA vouchers accepted*

[New Choices](#)

Address: 1209 B Pecos Street, Las Vegas, NM 87701

Phone: 505-454-1752 **Fax:** 505-454-1752

E-mail: dowens@zianet.com

Services Offered: Individual & group sessions for adults & adolescents. Out Patient and Intensive Outpatient treatment for substance abuse, Parenting, classes, Nutrition, Anger Management.

Cost: *Sliding fee scale, TCA vouchers accepted*

[Pecos Valley Medical Center, Inc.](#)

Address: PO Box 710, Pecos, NM 87552

Phone: (505) 757-6482 **Fax:** (505) 757-2700

Hours: Mon-Thurs 8:00-12:30 and 1:30-6:00; Fri 8:00-12:00

Services: Office Visits, Routine Care, Physical Exams, Laboratory, Eye/Ear Irrigation, Minor Suturing, Pharmacy, and Dental.

Behavioral Health and Substance Abuse Counseling: Now available with a therapist four times a week Mon - Thurs.

Diabetic Counseling: Mon - Thurs

Medicaid, Medicare and most insurances are accepted

Sliding fee available for those who qualify to reduce cost of office visits and some laboratory services; application must be submitted with income / expenses verified. Qualification depends on total household income. Some restrictions apply. Patient Assistance Program also available to assist those who qualify to pay all or part of medication cost.

[Rio Grande Out Patient Services](#)

Address: 225 Grand Ave. Las Vegas, NM 87701

Phone: (505) 454-9611

Description: Outpatient provider which offers substance abuse services

Services Offered: **LEVEL I – OUTPATIENT** Tue 2-3pm, Wed 2-3pm.

Consists of: 12 Group Sessions and 12 Individual Sessions - focus on educational services that address core issues of human behavior and development of following the thought process to the behaviors of adults who use alcohol and drugs. UA's (urinalysis) are administered at this level to identify the use of substances and assist the clinician in addressing individual relapse prevention through treatment plans.

LEVEL II-INTENSIVE OUTPATIENT (IOP) Mon 5-8pm, Tue 5-8pm, Thur 5-8pm

Consists of: 16 weeks, 9 hrs per week of group sessions; Minimum of 8 individual sessions will also be scheduled. Treatment consists of the Matrix Model, designed for alcohol and drug abusing adult populations. This model has been successful with clients who relapse. UA's are also included in this component.

Gender Specific Group Wed 5-8pm. Supplemental and optional. Addresses core substance abuse issues for women, including discussion about children/families; relationships; budgeting; physical health; dental problems; housing; domestic violence; intimacy; education on sexually transmitted diseases.

Treatment Sessions in jail- Individual sessions: 1-3pm Mon. Clients are seen upon approval of SMDC and are clients that were registered with Rio Grande prior to being incarcerated.

Referral: Walk Ins, Referrals, and Court Ordered

Eligibility: Clients must be 18 years of age or older to qualify for services

Cost: \$210.00 Administrative Fee with a fair and flexible payment plan, TCA Vouchers accepted

PLEASE NOTE: RIO GRANDE WORKS COLLABORATIVELY WITH OTHER COMMUNITY AGENCIES TO BETTER ASSIST INDIVIDUALS WITH HIS/HER TREATMENT PLAN GOALS AND OBJECTIVES. SOME OF THESE AGENCIES INCLUDE, BUT ARE NOT LIMITED TO, COMMUNITY BASED SERVICES (CBS), DIVISION OF VOCATIONAL REHABILITATION (DVR), NM INCOME SUPPORT DIVISION, HOME EDUCATION LIVELIHOOD PROGRAM (H.E.L.P.), HELP NEW MEXICO, TRANSITIONAL LIVING, SAMARITAN HOUSE, LOCAL FOOD BANKS AND OTHER COOPERATING AGENCIES IN THE COMMUNITY.

Somos Familia (Counseling)

Phone: (505) 425-8120 **Fax:** (505) 426-0190 **Toll Free-** 1-866-898-8021

Address: 1216 9th Street

Description: Provides a comprehensive array of culturally competent behavioral health care services, through a strength based model

Services: Batters Intervention Program, Domestic violence restraining orders, legal aid referral, Crisis intervention, Counseling services-Family, Couples, and Multi Family Therapy, Drug and substance abuse services, Assessments & Evaluation, Tobacco and Alcohol Prevention- (2PAC) Tobacco use and Prevention Control-Alcohol use and prevention control, DWI Screening, Individual Therapy, Conflict Resolution & Mediation, Stress Management, Life Skills training, Child Witness to Domestic Violence Counseling, Substance Abuse Counseling and Parenting Classes.

Eligibility/Criteria- Self referrals, Walk-ins, CYFD referrals, and Court Ordered.

Cost: *There are set rates for the BIP clients, other costs vary by service, The TCA Vouchers may provide up to 4 months of Substance Abuse counseling.*

Yoly Zentella, LPCC, PHD

Phone: (505) 454-3890

Description: Professional psychotherapist

Services: Drug, alcohol and mental health evaluations; women's issues, actualization, feminist approach; Specialization – Hispana, Chicana, Mexicana cultural women's issues; Greif and Mourning; Spanish and English, Individual Sessions; Women's Groups

Most insurances accepted

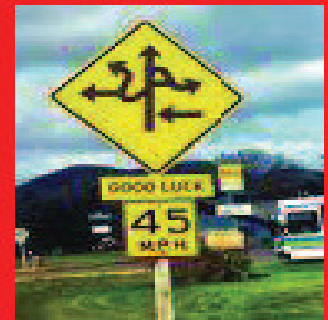
San Miguel County DWI Planning Council -

Dedicated To building a core team of individuals supporting the development of a broad and maintained community process to address alcohol prevention by addressing: Responsible Retail Forum, Low Enforcement, Low Perceived Risk, Social Norms, Synar, Court Monitoring & Community Awareness. To get involved with this coalition, call 425-7998.

CHOICES



Been
Down That
Road



Your Local **DWI** Program
Cares About You
And Reminds You to Make
Healthy & Smart Choices

DON'T DRINK & DRIVE

San Miguel County **DWI** Planning Council

Wendy F. Armijo, Coordinator

20 Gallegos Road, Suite 1,

Las Vegas, New Mexico 87701

Phone (505) 425-7998 Fax (505) 425-5282



12 STEP, AA, & AI-ANON MEETINGS:

Monday

**9:00-10:30am Bible Based Recovery Jim Temmerman
2310 7th Street (behind Lowe's) Calvary Chapel

**12:00 PM Double Trouble in Recovery
700 Friedman CBS Chapel

**12:00 PM Women in Recovery at Faith Hall
St. Paul's Peace Church 8th and National on 8th St. North of Church

**12:00 PM HHH (Highlands Happy Hour) 310 Mills Ave.
Across the street from Robertson HS playing field
7:00 PM AA San Miguel

**Old Parish Hall, San Miguel
7:30 PM ESP (Esperanza, Sobriedad, Paz)
Methodist Church basement 8th and National**

Tuesday

**9:00-10:30am Bible Based Recovery Jim Temmerman
2310 7th Street (behind Lowe's) Calvary Chapel

**12:00 PM Double Trouble in Recovery
700 Friedman CBS Chapel

**12:00 PM Co-Dependents Anonymous
St. Paul's Peace Church Faith Hall (505) 454-5133

**12:00 PM HHH (Highlands Happy Hour) 310 Mills Ave.
Across the street from Roberson HS Playing Field

**4:30 PM Tuesdays at 720 University Avenue
NA- Narcotics Anonymous

**7:30 PM ESP (Esperanza, Sobriedad, Paz)
Methodist Church basement 8th and National**

Wednesday

**9:00-10:30am Bible Based Recovery Jim Temmerman
2310 7th Street (behind Lowe's) Calvary Chapel

**12:00 PM Double Trouble in Recovery
700 Friedman CBS Chapel

**12:00 PM HHH (Highlands Happy Hour) 310 Mills Ave.
Across the street from Robertson HS playing field

7:30 PM HHH (Highlands Happy Hour) 310 Mills Ave.

Across the street from Robertson HS playing field

7:30 PM ESP (Esperanza, Sobriedad, Paz)

Methodist Church basement 8th and National

Thursday

9:00-10:30am Bible Based Recovery Jim Temmerman

2310 7th Street (behind Lowe's) Calvary Chapel

12:00 PM Double Trouble in Recovery

700 Friedman CBS Chapel

12:00 PM Co-Dependents Anonymous

St. Paul's Peace Church Faith Hall (505) 454-5133

12:00 PM HHH (Highlands Happy Hour) 310 Mills Ave.

Across the street from Robertson HS playing field

7:30 PM ESP (Esperanza, Sobriedad, Paz)

Methodist Church basement 8th and National

Friday

9:00-10:30am Bible Based Recovery Jim Temmerman

2310 7th Street (behind Lowe's) Calvary Chapel

12:00 PM Double Trouble in Recovery

700 Friedman CBS Chapel

12:00 PM HHH (Highlands Happy Hour) 310 Mills Ave.

Across the street from Robertson HS playing field

6:00 PM TGIF (Thank God I'm Free) Faith Hall

St. Paul's Peace Church 8th and National on 8th St., north of the church

7:30 PM HHH (Highlands Happy Hour) 310 Mills Ave.

Across the street from Robertson HS playing field.

7:30 PM ESP (Esperanza, Sobriedad, Paz)

Methodist Church basement 8th & National

12:00 PM Al-Anon

Faith Hall, 810 8th Street www.al-anon.alateen.org (505) 425-6901

Saturday

12:00 PM HHH (Highlands Happy Hour) 310 Mills Ave.

Across the street from Robertson HS playing field

7:30 ESP (Esperanza, Sobriedad, Paz)

Methodist Church basement 8th and National

Sunday

1:00 PM HHH (Highlands Happy Hour) 310 Mills Ave.

Across the street from Robertson HS playing field

7:30 PM ESP (Esperanza, Sobriedad, Paz)

Methodist Church basement 8th & National

7:30 PM HHH (Highlands Happy Hour) 310 Mills Ave.

Across the street from Robertson HS playing field

..... **CALL THE WARM LINE.....**

**WE CAN TALK ABOUT SUBSTANCE ABUSE, LIFE
AND HOW TO GET HELP WHEN IT'S NEEDED!!**

429-WARM

429-9276

MONDAY-FRIDAY 10AM-2PM

Nationwide Addiction Assistance Helpline 1-800-559-9503

Residential Inpatient -- Detox -- Interventions -- Extended Care

www.addictionsearch.com/treatment/NM/new-mexico.html

www.drugsreening.org

This screening test provided on this web site does not provide a diagnosis of drug abuse, drug dependence or any other medical condition. The information provided cannot substitute for a full evaluation by a health professional, and should only be used as a guide to understanding your alcohol use and the potential health issues involved with it.

ALTERNATIVE HEALTH & WELLNESS SERVICES:

[Alaniz Acupuncture and Therapy](#)

Address: 1620 7th Street Las Vegas, NM 87701

Phone: (505) 454-7694

Hours: By appointment only

Services: Acupuncture, Behavioral Health, Herbal Consults etc.

Medicaid and Private Insurance are accepted for Behavioral Health services Most Insurance accepted for acupuncture

[Best Chiropractic & Nutrition Center – Richard W. Skouson, D.C.](#)

Formerly Known as Santa Fe Pain Center Bi-lingual

Address: 3001 Hot Springs Blvd. Las Vegas, NM 87701

Phone: (505) 454-4600

Hours: Mon/Weds/Fri 10:00–12:00 and 2:00–6:00

Services: Chiropractic, Nutritional Counseling, Nutritional Testing, Water purifiers are also sold here

Medicare accepted for chiropractic services only

Private Insurance and Workman's Comp are accepted

[Cunico Chiropractic Life Center](#)

Address: 100 Camino De Ron, Las Vegas, NM 87701

Phone: (505) 425-9341

Walk-ins and appointments are welcome

Services: Physiotherapy, Chiropractic, X-ray Facilities, Massage Therapist etc.

Private Insurances, Workman's Comp, Medicaid and Medicare are accepted

[Dragon Fly Clinic Dr. James Freeman](#)

Address: 520 Friedman Ave, Las Vegas, NM 87701

Phone: (505) 454-1410

By appointment only

Services: Pain relief, neuron muscular massage, herbal therapy, Shiatsu

Private Insurances and Workman's Comp accepted

[Haiya's Massage Therapy](#)

Address: 1900 Hot Springs Blvd. Las Vegas, NM 87701

Phone: (505) 454-0008

By Appointment Only

[Mariposa Herbs & Massage](#)

Address: 123 Bridge St. Las Vegas, NM 87701

Phone: (505) 454-9240

www.marisposaherbs.com

Hours: 10:00-5:00 Seven days a week

Services: Naturopathic, Homeopathic, Iridology, Weight Loss Consultation, Chair Massage and Full Body Massages *Blue Cross/Blue Shield accepted for massage.*

Some Insurance welcome, for more information come in or E-Mail.

Dr. John Mince-Ennis

Address: 721 7th Street, Las Vegas, NM 87701

Phone: 505-425-8859

Services: Acupuncture

Private Insurance, Sliding Scale Fees For those who qualify.

Natural Health and Healing – Krall M. DC, Cathy Stauber DC

Address: 1214 National Avenue, Las Vegas, NM 87701

Phone: (505) 454-9525

By appointment only; if no one is available leave a message

Services: Licensed Naturopathic Doctors, Nutrition Counseling, Herbal Medicine, Naturopathic Medicine, Homeopathic Medicine, Chiropractors, and Supplement are available

Cash or Check Only

Semilla Natural Foods

Address: 501 University Ave. Las Vegas, NM 87701

Phone: (505) 425-8139

Services: Health foods, Herbalist on-site

Peter Stege DOM – Jody Stege D.O.M

Address: 2002 Hot Springs Blvd. Las Vegas, NM 87701

Phone: (505) 454-0003

Services: Acupuncture, Herbs, Non Needle Treatment, Tai- Chi, Walk-Ins - Welcome

Private Insurance, Workman's comp are accepted

Stephanie Vice Licensed Massage Therapist

Address: 1001 8th Street Las Vegas, NM 87701

Phone: (505) 425-7963

Western Swedish Massage

Phone: (505)429-0175

Fax: (505)454-4832

ASSISTANCE (Financial / Food Distribution / Housing / Medical / Utility / Workforce/Job Training / other)

Financial Assistance...

Family Services / Child Care Services Bureau CYFD

Address: 2518 Ridgerunner Road/PO Box 1373 Las Vegas, NM 87701

Phone: (505) 425-2832 **Fax:** (505) 454-4577 **Toll Free:** 1-800-832-1321

Services: May assist with payments for child care for those who qualify and attend school, employment, or work through IUD/HSD

Eligibility: According to income and household composition

HELP New Mexico

Address: 1212 National Avenue / PO Box 1247 Las Vegas, NM 87701

Phone: (505) 425-9307 **Fax:** (505) 425-5267

Services: Non-profit agency that provides Workforce Development /Employment and Training Programs to San Miguel, Mora, Colfax, and Guadalupe Counties

Training Related Support Service: The participant is offered \$100.00 towards clothing, transportation, books and or Tuition if needed.

Emergency Assistance: \$50-\$100 can be used towards food, clothing, rent eviction notice, delinquent/past due/shut off notices for utilities. Crisis Benefits available.

NM Human Services Dept / Income Support Division

Address: 3112 Hot Springs Boulevard., Las Vegas, NM 87701

Phone: (505) 425-6741 **Fax:** (505) 454-0256 www.hsd.state.nm.us/isd

Description: Helping Families in need of Food, Temporary Financial Assistance, and Health Care Services (Medicaid)

Services: Basic Income Maintenance Programs, Categorical Program Administration, Medicaid, Temporary Financial Aid (Undesignated)

Food Stamps issued to eligible low income households to increase purchasing power and nutrition levels.

Temporary Cash Assistance Provides a monthly cash benefit to meet basic family needs such as housing, utilities, and clothing costs

General Assistance- (GA) Provides limited financial assistance to children and disabled adults.

Community Assistance Programs & Community Service Block Grant- Provides emergency assistance to persons and families for food, housing, medicine, work and education.

The Low Income Home Energy Assistance Program- (LIHEAP) assists persons and families with their heating and cooling costs.

Eligibility: Fill out an application and set up an appointment. Need to provide proof of income for yourself and everyone in the home in which you reside, proof of residence, citizenship, bank statements and resources.

NM VA Health Care Systems

Phone: 1-800-465-8262

Description: Improve health of the served veteran population.

Services: Awareness & Prevention, Primary Care, Specialty Care, Extended Care, Counseling, Mental Health Services, Financial Assistance, Lodging for Patients & Families, Pastoral Care, Social Services, Transportation, Volunteer Training & Opportunities.

Salvation Army of Las Vegas

Address: 717 Douglas Avenue, Las Vegas, NM 87701

Phone: (505) 425-8083

Services: Provides emergency assistance for utilities; Food bags distributed every Weds 1:00pm; Assistance to purchase life threatening prescriptions, transportation, shelter, clothing vouchers, furniture & household item vouchers, and other related needs. Assistance to send under-privileged children to summer camp (apply late May through early June); Disaster Response Services, Emergency Food.

Eligibility: criteria may vary for each different service,

WIC:

Address: 18 Gallegos Rd. Las Vegas, NM 87701

Phone: (505) 454-1459

Description: Supplemental Food and Nutrition Education Program for Woman, Infants, and Children. Breast-feeding education & support; Parenting skills; Stages of child development; Importance of bonding and attachment; Development screening; Referrals for: childbirth education, care of the newborns

Eligibility: Reside in the State of New Mexico, Fall within income guidelines, or be at risk for medical or nutritional problem. Women who are pregnant, breast feeding or infants/children up to their 5 years old may qualify.

Food Distribution...

Commodities

Address: 1751 North Grand Avenue Las Vegas, NM 87701

Phone: (505) 426-1739

Food is distributed on the 3rd Thurs of each month at the City of Las Vegas Abelino Montoya Recreation Center

El Valle de Cristo

Pastor Victor Youts

Asst. Pastor Georgia Baca

Youth Pastor/ Worship Leader Joseph Garofalo

Location: Ribera, NM

Phone: 575-421-2221

Food distribution for the community one Saturday a month.

Food Pantry—Victory Life Church

Address: 1/2 Mile South of Las Vegas (off of Exit 343 on the east frontage road)

Phone: (505) 425-8847

Food is distributed on the 3rd Weds of each month at from 1:30 to 3:00pm

NM Human Services Dept / Income Support Division

Address: 3112 Hot Springs Boulevard., Las Vegas, NM 87701

Phone: (505) 425-6741

Fax: (505) 454-0256

www.hsd.state.nm.us/isd

Description: Helping Families in need of Food, Temporary Financial Assistance, and Health Care Services (Medicaid)

Services: Basic Income Maintenance Programs, Categorical Program Administration, Medicaid, Temporary Financial Aid (Undesignated)

Food Stamps issued to eligible low income households to increase purchasing power and nutrition levels.

Temporary Cash Assistance Provides a monthly cash benefit to meet basic family needs such as housing, utilities, and clothing costs

General Assistance- (GA) Provides limited financial assistance to children and disabled adults.

Community Assistance Programs & Community Service Block Grant- Provides emergency assistance to persons and families for food, housing, medicine, work and education.

The Low Income Home Energy Assistance Program- (LIHEAP) assists persons and families with their heating and cooling costs.

Eligibility: Need to provide proof of income for yourself and everyone in the home in which you reside, proof of residence, citizenship, bank statements and resources.

Salvation Army of Las Vegas

Address: 717 Douglas Avenue, Las Vegas, NM 87701

Phone: (505) 425-8083

Services: Provides emergency assistance for utilities; Food bags distributed every Weds 1:00pm; Assistance to purchase life threatening prescriptions, transportation, shelter, clothing vouchers, furniture & household item vouchers, and other related needs. Assistance to send under-privileged children to summer camp (apply late May through early June); Disaster Response Services, Emergency Food.

Eligibility: criteria may vary for each different service,

Samaritan House

Address: 220 Bernalillo St, Las Vegas, NM 87701

Phone: (505) 454-1390

Fax: (505) 425-6698

www.ensh.org

Hours: 8:00am - Noon

Services: Food Pantry distribution 2nd Weds of the month; Community Transitional Housing (six month program); Recycle Program/Thrift Store (clothing, furniture); FEMA Funding assists people with utility/heating bills and motel vouchers for transients, victims of domestic violence, or any person that may be in need of housing.

Las Vegas Coalition to End Hunger

Local coalition working to impact food insecurity and hunger in the Las Vegas area. If you would like to get involved and make a difference, call 425-9770 to find out about our next meeting. Funded by Northeastern NM Community Foundation, NM Coalition to End Hunger www.endnmhunger.org and Communities for All Ages.

Housing and Home Repair/Weatherization, etc...

Habitat for Humanity—Las Vegas

Address: 714 National Avenue, Las Vegas, NM 87701

Phone: (505) 454-4434

Services: Subsidized Home Purchase, Volunteer Opportunities; New homes and renovation work for qualifying families.

Non Profit Organization

Homewise

Phone: (505)983-9743

Assists with home purchase & home improvement for low-income homeowners, home repair/weatherization classes, water/org conservation.

Housing Authority—Las Vegas

Address: 2400 Sagebrush, Las Vegas, NM 87701

Phone: (505) 425-9463

Fax: (505) 425-7204

www.lasvegasnm.gov

Services: Subsidized housing, rent based on income

Eligibility: Housing is available for those who qualify upon completing application you will be notified if you are eligible.

La Otra Puerta - Emergency Youth Shelter

Address: 5686 Agua Fria Santa Fe, NM 87507

Phone: (505)983-0586

Toll free: 1-877-983-0586

Services: Provides 24-hour shelter, case management and crisis intervention for children ages 10-17, who are abused or neglected, forced out of their homes, or who need temporary placement.

NM Human Services Dept / Income Support Division

Address: 3112 Hot Springs Boulevard., Las Vegas, NM 87701

Phone: (505) 425-6741

Fax: (505) 454-0256

www.hsd.state.nm.us/isd

Description: Helping Families in need of Food, Temporary Financial Assistance, and Health Care Services (Medicaid)

Services: Basic Income Maintenance Programs, Categorical Program Administration, Medicaid, Temporary Financial Aid (Undesignated)

Food Stamps issued to eligible low income households to increase purchasing power and nutrition levels.

Temporary Cash Assistance Provides a monthly cash benefit to meet basic family needs such as housing, utilities, and clothing costs

General Assistance- (GA) Provides limited financial assistance to children and disabled adults.

Community Assistance Programs & Community Service Block Grant- Provides emergency assistance to persons and families for food, housing, medicine, work and education.

The Low Income Home Energy Assistance Program- (LIHEAP) assists persons and families with their heating and cooling costs.

Eligibility: Proof of income for everyone in home, proof of residency, citizenship, bank statements, resources.

Pecos Public Housing Authority

Address: 114 Chamisa Circle, Pecos NM 87552

Phone: (505) 757-6380

Services: Low income housing assistance

Region II Housing Authority/ Las Vegas

Address: 2400 Sagebrush Drive, Las Vegas NM 87701

Phone: (505) 425-9463

Services: Low income housing assistance

Eligibility: Income guidelines, background check and landlord reference

Samaritan House

Address: 220 Bernalillo St, Las Vegas, NM 87701

Phone: (505) 454-1390

Fax: (505) 425-6698

www.ensh.org

Hours: 8:00am - Noon

Services: Food Pantry distribution 2nd Weds of the month; Community Transitional Housing (six month program); Recycle Program/Thrift Store (clothing, furniture); FEMA Funding assists people with utility/heating bills and motel vouchers for transients, victims of domestic violence, or any person that may be in need of housing.

San Miguel County Housing Authority

Address: 522 Valencia St, Las Vegas NM 87701

Phone: (505) 454-1813

Services: Section 8 (low income) rental assistance in rental home of your choice

Eligibility: Household size & income, landlord must be willing to accept Section 8 payments, rental home must pass inspection

USDA Rural Developmental Las Vegas

Address: 1927 7th Street, Las Vegas NM 87701

Phone: (505) 425-3594

Services: Rural housing service (loans& grants for home ownership & repair), rural business services & rural utility service assistance.

Medical...

Insure New Mexico

Address: 3112 Hot Springs Blvd. Las Vegas, NM 87701

Phone: 1-888-997-2583

www.insurenewmexico.net

Description: **The goal is universal coverage**, to identify a model or models of health coverage for all living in New Mexico to purchase or be provided health care coverage, whether public or private, and that are affordable for individuals, taxpayers, employers, and other payers.

Services: Insure New Mexico provides low cost health insurance for New Mexico's small businesses and non-profit organizations with 50 or fewer eligible employees.

Eligibility: Proof of income for everyone in household, birth certificate, identification Card-ID; Proof of Citizenship or Legal Permanent Residence; Household income (copy of pay stubs) for past 30 days from the date of the application; Identity (copy of driver's license, Government ID with photo, INS letters); Dependent care costs that you pay;

Cost: Persons and families with low incomes or high health care needs may qualify for assistance in purchasing, accessing or enrolling in available health care coverage.

Med-bank and Emergency Prescription Drug Assistance

Phone: (505) 476-4846

Toll Free: 1-800-432-2080

Eligibility: Must be a New Mexico resident, have no prescription drug insurance, be ineligible for full Medicaid, have a maximum income of \$18,000/year per individual or \$24,000/year per married couple, Submit a Med-bank application with all required information, including prescriber information and proof of income for entire household.

NM Human Services Dept / Income Support Division

Address: 3112 Hot Springs Boulevard., Las Vegas, NM 87701

Phone: (505) 425-6741

Fax: (505) 454-0256

www.hsd.state.nm.us/isd

Description: Helping Families in need of Food, Temporary Financial Assistance, and Health Care Services (Medicaid)

Services: Basic Income Maintenance Programs, Categorical Program Administration, Medicaid, Temporary Financial Aid (Undesignated)

Food Stamps issued to eligible low income households to increase purchasing power and nutrition levels.

Temporary Cash Assistance Provides a monthly cash benefit to meet basic family needs such as housing, utilities, and clothing costs

General Assistance- (GA) Provides limited financial assistance to children and disabled adults.

Community Assistance Programs & Community Service Block Grant- Provides emergency assistance to persons and families for food, housing, medicine, work and education.

The Low Income Home Energy Assistance Program- (LIHEAP) assists persons and families with their heating and cooling costs.

Eligibility: Proof of income for everyone in home, proof of residency, citizenship, bank statements and resources.

NM Social Security Administration - Medicare

Address: 2520 Ridgerunner Road, Las Vegas, NM 87701

Phone: (505) 425-3517

Toll Free 1-800-772-1213

www.ssa.gov

Hours: 9:00am - 4:00 pm Mon- Fri

Services: Part A (Hospital Insurance)- For most there not a premium for Part A because they or a spouse have already paid it through payroll taxes while they were working. Helps cover inpatient care in hospitals, including critical access hospitals, and skilled nursing facilities (not custodial or long-term care). Also helps cover hospice care and some home health care. Beneficiaries must meet certain conditions to get these benefits.

Part B (Medical Insurance)- For most there is a monthly premium for Part B. Helps cover doctors' services and outpatient care. Also covers some other medical expenses that Part A does not cover, such as some services of physical and occupational therapists, and some home health care. Helps pay for these covered services and supplies when they are medically necessary.

Prescription Drug Coverage- Most people will pay a monthly premium for this coverage. Everyone with Medicare can get this coverage that may help lower prescription drug costs and help protect against higher costs in the future. Beneficiaries choose the drug plan and pay a monthly premium. Like other insurance, if a beneficiary decides not to enroll in a drug plan when they are first eligible, they may pay a penalty if they choose to join later.

Eligibility: People age 65 or older, People under age 65 with certain disabilities, and People of all ages with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a kidney transplant). Complete Medicare application, need proof of income for yourself and anyone else who resides in your home, a birth certificate, and an ID.

New Mexi-kids

No or Low Cost Health Coverage for Kids

Address: 3112 Hot Springs Blvd. Las Vegas, NM 87701

Phone: 1-888-997-2583

Description: New Mexi-kids is no cost or low cost health coverage for children under 19 years old.

Services: New Mexi-kids pays for regular check-ups, doctor visits, dental visits, immunizations, hospital care, prescriptions, glasses, and hearing and vision exams. Other services may be covered if they are medically necessary. Once your child is formally approved for this coverage he/she will be eligible for 12 months regardless of any changes in family income. If you already have health insurance for your child do not drop it. In some cases New Mexi-kids may be able to supplement the coverage you already have. If you drop your child's health insurance you may not be eligible for New Mexi-kids and you may not be able to resume coverage through your present insurance company.

Eligibility: When you apply you will need to provide: Proof of past four weeks of income, if working; Child's Social Security number; Proof of any other health insurance you may have; Child's original birth certificate;

Prescription Assistance

Phone: 1-888-477-2669

www.pparx.org

Services: If you don't have prescription coverage and can't afford your medications, you could get them free or nearly free.

The following medical providers have some type of payment assistance program available (See medical provider pages 55-71):

Alta Vista Hospital: Community Benefits Program provides assistance for In-Patient and ER Patient costs to those who qualify, Co-Pay Financial Assistance available to elderly, Indigent Fund may assist qualifying individuals with hospital stays longer than 24 hours.

El Centro: Self Pay/Sliding Scale for those who qualify, Free Mammogram & Pap-smears for no insurance.

LV Clinic for Children & Youth: Sliding scale for those who qualify

NM Quick Care: Set discount rate for services for those without insurance

Pecos Valley Medical Center: Sliding fee available for those who qualify to reduce cost of office visits and some laboratory services; application must be submitted with income / expenses verified. Qualification depends on total household income. Some restrictions apply. Patient Assistance Program also available, to assist those who qualify, to pay all or part of medication cost.

San Miguel County Public Health Office: Offers some free services and others with a sliding scale fee

(NMQC) New Mexico Quick Care/Women's Health and Maternity: 50% discount for those who do not have insurance

Walgreens Drug Store: W-Card for those who do not have insurance. Cost is \$20 a year for individuals and \$35 a year for a family. This card will help with costs of prescriptions.

Wal-Mart Pharmacy: \$4.00 prescription plan available for those who do not have insurance; Over 300 generic medications available, more are constantly being added.

Utility...

HELP New Mexico

Address: 1212 National Avenue / PO Box 1247 Las Vegas, NM 87701

Phone: (505) 425-9307

Fax: (505) 425-5267

Services: Non-profit agency that provides Workforce Development /Employment and Training Programs to San Miguel, Mora, Colfax, and Guadalupe Counties

Training Related Support Service: The participant is offered \$100.00 towards clothing, transportation, books and or Tuition if needed.

Emergency Assistance: \$50-\$100 can be used towards food, clothing, rent eviction notice, delinquent/past due/shut off notices for utilities. Crisis Benefits available.

Love Thy Neighbor Fund

The Mayor's Office at the City

Address: 905 12th Street. Las Vegas, NM 87701

Phone: (505) 454-1401 ext.267

Services: The Love Thy Neighbor Fund is a non-profit organization funded by donations and local churches to assist those who qualify for assistance with their gas heating costs ONLY. This is a ONE-TIME opportunity to get funding.

Eligibility: If you have already received Li-heap you will not qualify for this service. This funding is only available for those who do not qualify for assistance elsewhere. Applicants are qualified by need.

NM Human Services Dept / Income Support Division

Address: 3112 Hot Springs Boulevard., Las Vegas, NM 87701

Phone: (505) 425-6741

Fax: (505) 454-0256

www.hsd.state.nm.us/isd

Description: Helping Families in need of Food, Temporary Financial Assistance, and Health Care Services (Medicaid)

Services: Basic Income Maintenance Programs, Categorical Program Administration, Medicaid, Temporary Financial Aid (Undesignated)

Food Stamps issued to eligible low income households to increase purchasing power and nutrition levels.

Temporary Cash Assistance Provides a monthly cash benefit to meet basic family needs such as housing, utilities, and clothing costs

General Assistance- (GA) Provides limited financial assistance to children and disabled adults.

Community Assistance Programs & Community Service Block Grant- Provides emergency assistance to persons and families for food, housing, medicine, work and education.

The Low Income Home Energy Assistance Program- (LIHEAP) assists persons and families with their heating and cooling costs.

Eligibility: Proof of income for everyone in home, proof of residency, citizenship, bank statements and resources.

NM Telephone Assistance Plan

Phone: 1-800-244-1111

Services: (TAP) assists low-income residential customers with the costs of telephone service.

Eligibility: Dependent upon the participant meeting income guidelines and other criteria.

Samaritan House

Address: 220 Bernalillo St, Las Vegas, NM 87701

Phone: (505) 454-1390

Fax: (505) 425-6698

www.ensh.org

Hours: 8:00am - Noon

Services: Food Pantry distribution 2nd Weds of the month; Community Transitional Housing (six month program); Recycle Program/Thrift Store (clothing, furniture); FEMA Funding assists people with utility/heating bills and motel vouchers for transients, victims of domestic violence, or any person that may be in need of housing.

USDA Rural Developmental Las Vegas

Address: 1927A 7th Street, Las Vegas NM 87701

Phone: (505) 425-3594

Services: Rural housing service (loans& grants for home ownership & repair), Rural business services & rural utility services.

Workforce/Job Training...

HELP New Mexico

Address: 1212 National Avenue / PO Box 1247 Las Vegas, NM 87701

Phone: (505) 425-9307

Fax: (505) 425-5267

Services: Workforce Development /Employment and Training Programs to San Miguel, Mora, Colfax, and Guadalupe Counties **Training Related Support Service:** The participant is offered \$100.00 towards clothing, transportation, books and or Tuition if needed. **Emergency Assistance:** \$50-\$100 can be used towards food, clothing, rent eviction notice, delinquent/past due/shut off notices for utilities. Crisis Benefits available.

NM Human Services Dept / Income Support Division

Address: 3112 Hot Springs Boulevard., Las Vegas, NM 87701

Phone: (505) 425-6741

Fax: (505) 454-0256

www.hsd.state.nm.us/isd

Services: Basic Income Maintenance Programs, Categorical Program Administration, Medicaid, Temporary Financial Aid (Undesignated)

Food Stamps issued to eligible low income households to increase purchasing power and nutrition levels.

Temporary Cash Assistance Provides a monthly cash benefit to meet basic family needs such as housing, utilities, and clothing costs

General Assistance- (GA) Provides limited financial assistance to children and disabled adults.

Community Assistance Programs & Community Service Block Grant- Provides emergency assistance to persons and families for food, housing, medicine, work and education.

The Low Income Home Energy Assistance Program- (LIHEAP) assists persons and families with their heating and cooling costs.

Eligibility: Need to provide proof of income for yourself and everyone in the home in which you reside, proof of residence, citizenship, bank statements and resources.

NM Workforce Connection WIA Department Of Labor

Address: 833 Grand Ave, Las Vegas NM 87701

Phone: (505)-425-6451

Fax: (505)-425-5275

Services: Job Search, Career Development and Job Referrals.

Other...

NM Legal Aid—Las Vegas Office

Address: 923 Gallinas Street , Las Vegas, NM 87701

Phone: (505) 425-3514 **Fax:** (505)-454-0090 **Toll Free:** 1-866-416-1932

Hours: 8:30am - 5:00pm, Mon - Fri

Description: New Mexico Legal Aid is a nonprofit law office providing free legal representation to poor people throughout New Mexico (except San Juan County) in civil cases to increase access to the justice system for vulnerable populations and preserve basic legal rights including safety, financial stability and shelter.

Services: Legal Aid (General)

Need help to quit smoking?

Phone: 1-800-QUIT-NOW 1-800-784-8669

Hours: 6:00am-10:00pm, 7 days a week

Description: Services for youth and adults, services in English and Spanish, with translation available for other languages

Services: One to one telephone sessions with a trained quit coach, personalized quit plan, unlimited telephone support, including optional call-backs from a quit coach.

BOARDING / BOARD & CARE HOMES:

Arroyo Family Care Home

Address: Tecolotito Rt. Hwy 386, Anton Chico, NM 87711

Phone: (505) 427-0119

Services: Adult Residential Home

Bien Venidos

Address: 1101 Tecolote Street, Box 1, Las Vegas, NM 87701

Phone: (505) 425-5624

Description: Adult residential room & board facility with assistance for daily activities. No Alzheimer's care.

Services: Adult Male Residential Home

Casa de Consuelo

Address: Last house west on Tecolote Street,
PO Box 2073, Las Vegas, NM 87701

Phone: (505) 425-8227

Services: Adult Female Residential Home

CC Shelter Home

Address: 1300 Tecolote Street, Las Vegas, NM 87701

Phone: (505) 425-3071

Services: Adult Residential Home

Elizabeth Crespin's

Address: 900 W. Valencia St Box 2, Las Vegas NM 87701

Phone: (505) 425-1422

Services: Adult Male Residential Home

Theresa Crespin's

Address: 934 Higgins or 365 Sangre de Cristo,
Highway 518, Las Vegas NM 87701

Phone: (505) 454-9332

Services: Adult Male Residential Home

Ben Gutierrez'

Address: Montezuma Rte 262A, Las Vegas NM 87701

Phone: (505) 454-1882

Services: Adult Male Residential Home

Linda Gutierrez'

Address: 323 Mora Street, Las Vegas NM 87701

Phone: (505) 454-8184

Services: Adult Male Residential Home

Jeanette Jaramillo's

Address: 924 South Pacific, Las Vegas NM 87701

Phone: (505) 454-9362

Services: Adult Male Residential Home

L & E Shelter Home

Address: 1315 1/2 8th Street, Las Vegas, NM 87701

Phone: (505) 425-7257

Services: Adult Female Residential Home

Lonely Pines Adult Residential Home LIC

Address: 911 Tilden Street, Las Vegas, NM 87701

Phone: (505) 454-0258

Services: Adult Female Residential Home, assistance for daily activities. Alzheimer's care.

Loving Care Shelter Home LIC

Address: 315 Sapello Street, Las Vegas, NM 87701

Phone: (505) 454-1949

Description: Adult residential room & board facility with assistance for daily activities. Alzheimer's care.

Services: Adult Male Residential Home

Maes Shelter Home

Address: 2122 North Gonzales Street, Las Vegas, NM 87701

Phone: (505) 454-1876

Services: Adult Female Residential Home

Rita's Boarding Home LIC

Address: 326 Bernalillo Street, Las Vegas, NM 87701

Phone: (505) 425-6957

Description: Adult residential room & board facility with assistance for daily activities. Alzheimer's care.

Services: Adult Male Residential Home, Assisted Living Facilities

Riverside Shelter Home

Address: PO Box 322, Ribera, NM 87560

Phone: (505) 421-5289

Services: Adult Residential Home

Roberta's Place

Address: Tecolotito Rt Box 63, Anton Chico, NM 87711

Phone: (505) 427-3635

Services: Adult Residential Home

Rusty's Place

Address: Tecolotito Rt Box 72, Anton Chico, NM 87711

Phone: (505) 427-3655

Services: Adult Residential Home

Maria Sena's

Address: 1004 Lopez St, Highway 518, Las Vegas NM 87701

Phone: (505) 454-1878

Services: Adult Residential Home

Kathy Valdez'

Address: 521 South Pacific, Las Vegas NM 87701

Phone: (505) 454-1857

Services: Adult Residential Home

Valley Family Care Home

Address: Tecolotito Rt Box 29, Anton Chico, NM 87711

Phone: (505) 427-4122

Services: Adult Residential Home

Vista Alegre

Address: PO Box 114, Serafina, NM 87569

Phone: (505) 421-2705

Services: Adult Residential Home

CAR SEAT DISTRIBUTION:

Alta Vista Hospital:

Infant car seats available for \$15 donation to parents of newborns (Medicaid recipients only) at time of hospital discharge contact Trinnie Gallegos (505)426-3500. **Funded by Safer New Mexico**

Las Vegas Clinic for Children & Youth:

Safe Kids Coalition child booster seat distribution site (available for \$10 donation) Bike Helmets \$5 and Ski Helmets \$15 also available (505)425-3566. **Funded by Safe Kids Coalition from donations from community – COMMUNITY 1ST BANK, EAGLES**

Pecos Valley Medical Clinic:

Safe Kids Coalition child booster seat distribution site (available for \$10 donation) (505)757-6482

Car Seat Clinics sponsored by various organizations held regularly. Safer New Mexico will provide replacement car seats if inspection reveals damage, deficiencies or if history of car seat is unknown. Look for Car Seat Clinic information in the local media. Certified Car Seat Technician available to install or check installation of car seat (by appointment) 425-9770 Safer New Mexico www.safernm.org

Important reminders

Be a good role model. Make sure you always wear your seat belt.

This will help your child form a lifelong habit of buckling up.

Never leave your child alone in or around cars. Any of the following can happen when a child is left alone in or around a vehicle:

Temperatures can reach deadly levels in minutes, and the child can die of heat stroke.

He can be strangled by power windows, sunroofs, or accessories.

He can knock the vehicle into gear, setting it in motion.

He can be backed over when the vehicle backs up.

He can become trapped in the trunk of the vehicle.

Always read and follow manufacturer's instructions.

If you do not have the manufacturer's instructions for your car safety seat, write or call the company's customer service department. They will ask you for the model number, name of seat, and date of manufacture. The manufacturer's address and phone number are on the label on the seat.

Also be sure to follow the instructions in your vehicle owner's manual about using car safety seats.

CHILD CARE PROVIDERS (Licensed) Homes & Centers –

List of providers may be obtained at:

[Family Services Child Care Services Bureau CYFD](#)

Address: 2518 Ridgerunner road/PO Box 1373 Las Vegas, NM 87701

Phone: (505) 425-2832

Fax: (505) 454-4577

Toll Free: 1-800-832-1321

Services: will assist with child care for those who attended school, employment, or work through IUD/HSD

Eligibility: According to income and household composition

[Aires, Crusita](#)

1923 Montezuma St.
Las Vegas, NM 87701
(505) 454-0214

[Arquello, Alexandria](#)

318 Alamo St.
Las Vegas, NM 87701
(505) 426-4247

[Arquello Perla](#)

223 Chico Dr.
Las Vegas N.M. 87701
(505) 425-3716

[Baca Margret](#)

215 Chico Dr.
Las Vegas N.M. 87701
(505)454-1682

[Baca, Fedelina](#)

2105 7th Street
Las Vegas, NM 87701
(505)425-8648

[Baca, Mabel](#)

767 Don Gallegos
Las Vegas N.M. 87701
(505) 718-9789

[Fernandez, Maria](#)

736 Williams Dr.
Las Vegas N.M. 87701
(505)425-9467

[Garcia, Maria](#)

1022 4th St.
Las Vegas, NM 87701
(505)454-0934

[Gerdes, Betty](#)

325 Harris Rd.
Las Vegas, NM 87701
(505) 425-5626

[Gonzales, Crestina](#)

714 Dora Celeste
Las Vegas, NM 87701
(505) 425-5974

[Juares, Maria](#)

755 Legion Dr.
Las Vegas, NM 87701
(505) 425-3201

[Lopez, Amanda](#)

2405 Calle Alegra
Las Vegas, NM 87701
(505) 425-9797

[LCC](#)

PO Box 1510
Las Vegas, NM 87701
(505) 454-5342

[Montano, Margaret](#)

929 Chavez St.
Las Vegas, NM 87701
(505) 617-5289

New Horizons

1000 Douglas Ave.
Las Vegas, NM 87701
(505) 425-3258

NMHU

PO Box 9000/ 1121 San Francisco
Las Vegas, NM 87701
(505) 454-3250

Rivera, Eva

824 Sperry Dr.
Las Vegas, NM 87701
(505) 425-8179

Romero, Pauline

1327 5th Street
Las Vegas, NM 87701
(505) 425-3465

Romero, Theresa

HC 80 Box 25
Las Vegas, NM 87701
(505) 425-6004

Salazar, Mary

618 Rio Arriba
Las Vegas, NM 87701
(505) 425-7137

Torres, Alice

1023 2nd Street
Las Vegas, NM 87701
(505) 425-6809

Trujillo, Gloria

506 Baca
Las Vegas, NM 87701
(505) 425-7025

Trujillo, Mary

755 Dora Celeste
Las Vegas, NM 87701
(505) 425-9344

West, Susanood, Yolanda

521 Chavez St.
Las Vegas, NM 87701
(505) 718-5350

Wood, Yolanda

825 West Roybal
Las Vegas N.M. 87701
(505) 425-0291

Non-licensed After School and Summer Youth Program

City of Las Vegas Recreation Department

Abelino Montoya Recreation Center

Address: 1751 North Grand Avenue Las Vegas, NM 87701

Phone: (505) 426-1739

Summer youth program (includes breakfast/lunch/swimming/gym/educational/art)
ages 5-9; \$150 for 9 weeks. Call for eligibility.

CHILDREN'S SERVICES (Behavioral Health, Disability & Medical):

Adolescent & Family Services

Address: 1630 7th Street, Las Vegas, NM 87701

Phone: (505) 454-8151 **Fax:** (505) 454-1397 **E-mail:** queenkatd@hotmail.com

Hours: 8:00-5:00 Mon-Thurs; 8:00-3:00 Fri

Services: Batterers Intervention Program, DWI Out-patient Treatment, Alcohol and Substance Screening Assessments, Alcohol and Substance use/abuse treatment, Parenting Classes, Anger Management, Drug testing, Individual & Group Sessions. Our Batter's Intervention Program is designed for Adults (Men and Women) as well as individuals under 18. The Batter's Intervention Program is held in Las Vegas and Mora.

Eligibility: Walk-ins welcome, referrals from Judicial System, and District Attorney's office accepted

Cost: Medicaid, private insurance and TCA vouchers accepted

Adolescent & Family Services is a non-profit organization

"Healing the Community One Family at a Time"

Dan TL Best LPCC, LMFT

Address: 713 6th Street Las Vegas, NM 87701

Phone:(505)-454-9422 **Fax:** (505)-425-6236

Services: Counseling services for adolescents, adults, couples, and Children

Medicaid, Most Insurances and TCA vouchers accepted

Big Brothers Big Sisters—Las Vegas

Address: 801 Friedman Ave., Las Vegas, NM 87701

Phone: (505) 426-8510 **Toll Free:** 1-866-983-8360

Description: Recruit, screen, and train adult volunteers to match with single-parent children on a one-on-one basis. Provide supportive, consistent interaction that enhances the child's self-esteem, self-concept, and self-competence.

Services: Mentoring Programs, Volunteer Opportunities

Bullying Hotline For Students

Phone: 1-866-speakup (1-866-773-2587)

Services: The state created this bullying hotline for students designed to crackdown on school bullying and violence. You can call to report threats of violence, bullying, guns on campus, even thoughts of suicide. A trained counselor will be on the line to offer help.

Children's Medical Services

Address: 18 Gallegos Rd. Las Vegas, NM 87701

Phone: (505) 425-9681 or 454-0776

Description: Provides payment for care / service coordination for children 0-21 years with chronic diseases. Outreach clinics: cleft lip and/or palate, neurology, genetics and other special needs. Developmental concerns addressed through the Family, Infant, Toddler Program (FIT) which provides service coordination, access to a multi-disciplinary team evaluation (Pre-School & Infant Evaluation- ECEP) and linkage with Early Intervention Programs and the Public Schools.

Children's Protective Services—San Miguel/Mora

Address: 2518 Ridge Runner Road, Las Vegas, NM 87701

Phone: (505) 425-9335

Toll Free: 1-800-797-3260

Description: Provides services mandated by state law on behalf of persons ages 0-18 years, including investigation of reports of abuse, neglect and/or exploitation; protective placement; family services; and legal services (filing for guardianship/conservator ship, juvenile justice services, foster and adoption program)

La Otra Puerta - Emergency Youth Shelter

Address: 5686 Agua Fria Santa Fe NM 87507

Phone: (505)983-0586

Toll free: 1-877-983-0586

Services: Provides 24-hour shelter, case management and crisis intervention for children ages 10-17, who are abused or neglected, forced out of their homes, or who need temporary placement.

Las Vegas Clinic for Children & Youth

Address: 501 7th Street Las Vegas, NM 87701

Phone: (505) 425-3566

Fax: (505) 425-3568

Description: Primary Care for ages 0-18. Patients are referred out if specialty care is needed

Eligibility: 18 year olds must still be in school to be seen

Medicaid and Private Insurance are accepted

There is a sliding scale for those who qualify

Namaste Child & Family Development Center

Address: 523 1/2 Douglas

Phone: (505) 425-2775

Services: Treatment foster care, Outpatient counseling services, Neuro-feedback-training or re-training the brain, family therapy.

Eligibility: If the client is seeking any of the above mentioned services he/she will be eligible. **Children and adolescents are the main clientele**

Referral: Walk-ins are welcome, self referrals, and referrals from other agencies.

Medicaid and some private insurance are accepted

There is a sliding scale fee for those who qualify

New Vistas Early Childhood Development Program

Address: 932 Gallinas Street Las Vegas, NM 87701

Phone: (505)425-5044

Fax: (505) 425-0168

Hours: Mon-Fri 9:00-4:00

Description: designed for families with: Infants and toddlers from birth to 3 years of age who have, or are at risk, for a developmental delay, and preterm infants.

Services: Developmental Screening and Evaluation, Parenting Education and Support, Special Instruction and Child Development Activities, Social Work Services, Services Coordination, Nutrition, Parent to parent linking, Lending Library.

Most Insurance is welcome

Parents Reaching Out

1-800-524-5176

www.parentsreachingout.org

Statewide, non-profit organization that works with parents, caregivers, educators and other professionals to promote healthy, positive and caring experiences for New Mexico families and children.

Our Mission- To enhance positive outcomes for families and children in New Mexico through informed decision making, advocacy, education, and resources. Provides the networking opportunities for families to connect with and support each other. This mission supports all families including those who have children with disabilities, and others who are disenfranchised. Parents Reaching Out achieves this by: Developing family leadership, Connecting families to each other, Building collaborative partnerships, Providing families knowledge and tools to enhance their power

Our Goals are to Help Families decrease stress and isolation, Increase their knowledge and use of available resources, Increase their confidence and skills, Enhance the education, understanding, and sensitivity of professionals, Work for positive changes in the systems that affect our children.

Ride to Pride Partnership Inc.

Address: P.O. Box 806 Las Vegas, NM 87701

Phone: (505) 454-9738 **Fax:** (505) 425-9285 **Email:** ridetopride@zialink.com

Description: Helping children, families and communities to understand that they live in a world of unlimited possibilities. By providing a variety of services and equine assisted programs, Ride to Pride actively addresses substance and alcohol abuse, sexual abuse, child abuse and neglect, behavioral and emotional problems, and communication issues within families.

Services offered: Equine Assisted Psychotherapy- for individuals, groups, & families; Engages juvenile offenders and troubled, abused and neglected children; Life Skills; Educational Services- for special needs students; Clinical Counseling Services for individuals and families; School-based Day Treatment Services.

Referrals: Local Schools, Juvenile Probation and Parole Office, Child Protective Services, Private Referrals from individuals, families and caregivers, other Mental Health Agencies

Eligibility: Behavioral health problems or other self-esteem issues

Medicaid and private insurance are accepted

There is a sliding scale fee for those who qualify

There is also private funding available for those who qualify.

The Children's Workshop

Address: 2528 Ridge Runner Road, Las Vegas, NM 87701

Phone: (505) 426-1760

Services: In-home special instruction for children. Staff monitored child development. Therapists available for speech, occupational therapy etc.

Eligibility: Children, ages 0-3 who have a 25% developmental delay (speech, growth, fine motor skills, cognitive, social, and emotional); Premature babies qualify automatically whether or not they are delayed.

Medicaid and private insurances accepted

Consejos

Address: 3031 Hot Springs Blvd, Las Vegas, NM 87701

Phone: (505) 425-9464

Services: Individual and Family Counseling; Individual Life Skills; Family Life Skills if they have a child receiving services with this agency; Case Management.

Eligibility- Must be in target population ages 6-21.

Medicaid is accepted as well as Presbyterian.

CYFD funds may be available for uninsured who qualify. For those in need of CYFD funding, the staff at Consejos will do all the necessary paperwork for the client's services to be covered.

Las Vegas City Schools Cardinal Wellness Center

Address: 475 Legion Drive Las Vegas, NM 87701

Phone: (505) 454-5782

Fax: (505) 454-0321

Description: The primary focus is to Promote Health, Wellness, & Nutrition, Reducing the Incidence of Diabetes and Obesity, & Promoting Personal Health & Fitness. Las Vegas City Schools' youth also have direct access to the district elementary school nurse on a daily basis. Health Education Presentations at all school sites

Services: physical, dental, & mental health services for students of the Las Vegas City Schools. Immunizations, Wellness & Prevention Clinics, Counseling Services, Educational Component, Dental Services, Diagnostic Services. Specialty Clinic Fairs (Diabetes, Asthma, Scoliosis & Acanthosis Screening)

May be subject to change

Teambuilders Counseling Services

Address: 720 University Ave, Las Vegas NM 87701

Phone: (505) 454-8265

Hours: 8:30 - 5:30 Monday - Friday

BMS hours vary to fit the clients' needs

Services: Individual & family therapy, Treatment Foster Care, Psychiatric services, case management, (BMS) Behavioral Management Specialist in school and in the community on a one to one basis and can be implemented in the home.

Eligibility: Child must be a Medicaid Recipient or eligible to receive CYFD funding; must be suffering from SED-Severe Emotional Disorders for example: Trauma, Defiance, ADHD (disruptive, negative behaviors).

Referral: School, JPPO, CYFD, court order, walk-ins are welcome

Funded through Medicaid, Some personal and private insurances accepted

West Las Vegas Head Start

Physical Address: 2730 Romero St. Las Vegas, NM 87701

Mailing Address: 179 Bridge Street Las Vegas, NM 87701

Phone: (505) 425-426-2821

Services: Comprehensive Program with curriculum/lesson plan that includes testing and guidelines; Health and Nutritional Education; Transportation; Special needs services available if needed.

Eligibility: Children ages 3, 4, & 5. Eligibility determined based on income. (30% of children served may be over poverty guidelines).

West Las Vegas Student Health Center

Location: Tech Building (between West Middle and West High School)

Phone: (505)426-2564

Fax: (505) 426-2579

E-mail Yolanda_carrillo@wlvs.k12.nm.us

Description: Partnership created by the schools and community health organizations to give WLV students on-site primary, preventative and behavioral health services while reducing lost school time, removing barriers to care, promoting family involvement and advancing the health and educational success of school-age children and adolescents.

Services: Integrated primary care, behavioral health care (mental health and substance abuse), health promotion and risk reduction services to all WLV students. To schedule an appointment, contact Yolanda Carrillo directly.

All services are free and confidential.

Eligibility: All WLV Students K-12

Funding provided by (OSAH) Office of School and Adolescent Health Services Department, and NM Department of Health

WLV 21st Century Program – After School Program for WLV Schools

Address: 600 Porter, Las Vegas, NM 87701

Phone: (505) 426-2666

Description: Serving children in grades k-8th from 3-5pm. Transportation provided after school to program sites: Armijo Elementary, Don Cecilio Elementary, and West Las Vegas Middle School. Children are given a snack, provided with homework/tutoring, and participate in other indoor/outdoor activities. Counseling services available. Staff will also link families to the appropriate resources.

Eligibility: All WLV students K-8th grade. Students may get an application from their school secretary or from the 21st Century Program office.

Funded by A Carol White Grant

WIC:

Address: 18 Gallegos Rd. Las Vegas, NM 87701

Phone: (505) 454-1459

Description: Supplemental Food and Nutrition Education Program for Woman, Infants, and Children. Breast-feeding education & support; Parenting skills; Stages of child development; Importance of bonding and attachment; Development screening; Referrals for: childbirth education, care of the newborns

Eligibility: Reside in the State of New Mexico, Fall within income guidelines, or be at risk for medical or nutritional problem. Women who are pregnant, breast feeding or infants/children up to their 5 years old may qualify.

COUNSELING & MENTAL HEALTH SERVICES:

Alaniz Acupuncture and Therapy

Address: 1620 7th Street Las Vegas, NM 87701

Phone: (505) 454-7694

By appointment only

Services: Acupuncture, Behavioral Health, Herbal Consults etc.

Medicaid accepted for behavioral health services only

Private insurance is accepted for acupuncture only

Dan TL Best LPCC, LMFT

Address: 713 6th Street Las Vegas, NM 87701

Phone:(505)-454-9422 **Fax:** (505)-425-6236

Services: Counseling services for adolescents, adults, couples, and Children

Medicaid and Most Insurances accepted

Diana Calderon PhD – Bilingual

Address: 1801 7th Street Las Vegas, NM 87701

Phone: (505) 454-9758 **Fax:** (505) 454-9755

Hours: Mon–Fri 12:15-6:00

Services: Counseling Services (PhD in Clinical Psychology/General Psychology)

If you are a client and it is an after hour emergency you can call (505) 857-3662 or 1-888-549-5758

Medicaid and Most Insurance are accepted

El Centro Family Health in Las Vegas

Address: 1235 8th Street Las Vegas, NM 87701

Phone: (505) 425-6788

Services: Primary Care, Behavioral Health, Substance Abuse, Veterans Services, Breast & Cervical Cancer Services (Mammogram and Pap-smears at no cost for those with no insurance)

Eligibility: The doctors at El Centro must be the patients Primary Care Provider to be seen

Medicaid, Medicare and most private insurances are accepted

There is a Self Pay/Sliding Scale for those who qualify

El Centro Family Health in San Miguel

Address: State Road 3 Building 2 PO Box 277 Ribera, NM 87560

Phone: (505)421-1113

Services: Primary Care, Behavioral Health, Substance Abuse, Veterans Services, Breast & Cervical Cancer Services (Mammogram and Pap-smears at no cost for those with no insurance)

Medicaid, Medicare and most private insurances are accepted

There is a Self Pay/Sliding Scale for those who qualify

Internal Medicine & Psychiatry

Address: 721 5th Street Las Vegas, NM

Phone: (505) 425-1533 **Fax:** (505) 425-1536

Hours: Mon-Thurs 8:30-5:00; Fri 8:30-12:00

Services: Internal Medicine/Primary Care

Jasmin Breitung MD

Medicaid, Medicare and Most Private Insurance are accepted

La Rosa Wellness Center

Address: HC74 Box 320 Pecos, NM 87752

Phone: (505) 757-2727

E-mail: vmcnally@newmexico.com

By appointment only

Services: Counseling services for adolescents, adults, couples, family & individuals

Most Insurance is accepted

Judy Long ACSW LISW

Address: 713 6th Street Las Vegas, NM 87701

Phone: (505) 425-6126

Fax: (505) 425-6236

By appointment only

Services: Counseling Services for individuals, families, couples, and adolescents.

Most Insurance is accepted

Lela McNicol LISW

Address: 713 6th Street Las Vegas, NM 87701

Phone: (505) 429-0588

Fax: (505) 425-6236

Hours: Mon-Wed 9:00-7:00 and Fri 9:00-5:00

Services: Counseling Services

Eligibility: Adult Individuals and Couples only

Most Insurance is accepted

NM Behavioral Health Institute—Community Based Services

24 Hour Crisis Hotline (505) 425-1048

Address: 700 Friedman Ave. Las Vegas, NM 87701

Phone: (505) 454-5100

Will see walk in clients for crisis services, otherwise an intake can be done by phone or in the office and a follow-up appointment will be set.

Services:

Mental Health Services

Psychiatry Services provides diagnoses, medication and nursing services.

Psychological Services provides psychotherapy and psychological and neuropsychological assessments that address emotional and cognitive problems.

Comprehensive Community Support Services Provides advocacy, monitoring and linkage to access and use community resources.

Psychosocial Rehabilitation emphasizes the development of daily living skills, including Supportive Employment.

Crisis Triage Response Services are available 24 hours a day, 7 days a week. (Rape, Suicide & Mental Health)

Sexual Assault Services provides a comprehensive array of counseling and advocacy services to survivors of sexual assault.

Residential Services provides a highly structured therapy intended to increase independence and the living environment of choice for persons diagnosed with a mental illness.

Case Management for the Developmental Disabilities & Disabled and Elderly Waivers Case management services are person centered and quality driven to assist individuals in achieving their highest level of self-sufficiency, independence, and quality of life. Case managers promote the individuals' right to fully participate in the planning process. Prioritizing the individual's desires, values, and preferences is vital for the planning process and to accessing natural and specialized supports. This person-centered approach to planning highlights the individual's unique talents and gifts while envisioning their future and implementing community services and support in a healthy environment.

Education and Information Services are available for presentations and workshops upon request.

Medicaid, Medicare and private insurance are accepted.

There is a sliding scale at CBS that varies on a case by case basis depending on the individual's family income.

NMBHI Restorative Services

Address: 3695 Hot Springs Blvd. Las Vegas, NM 87701

Phone: (505) 454-2647

Services: Physical, Occupational, and Audiology Therapy

Eligibility: You will need a referral from your PCP for services

Medicaid, Medicare and private insurance are accepted

There is a sliding scale fee for those who are un-insured

NMHU Counseling

Address: San Francisco Ave. off of 11th St. in Tech Building Rm. 118, NMHU Campus

Phone: (505)454-3564

Hours: Thurs afternoons only from 1:00-5:00 during the fall and spring semesters

Services: FREE Counseling Services for individuals, families, couples, and children.

Counseling is offered by NMHU Counseling Program Graduate Students.

Services are confidential, free & supervised by a licensed Ph.D professional counselor.

NM VA Health Care Systems

Phone: 1-800-465-8262

Description: Improve health of the served veteran population.

Services: Awareness & Prevention, Primary Care, Specialty Care, Extended Care, Counseling, Mental Health Services, Financial Assistance, Lodging for Patients & Families, Pastoral Care, Social Services, Transportation, Volunteer Training & Opportunities.

Pecos Valley Medical Center, Inc.

Address: PO Box 710, Pecos, NM 87552

Phone: (505) 757-6482

Fax: (505) 757-2700

Hours: Mon-Thurs 8:00-12:30 and 1:30-6:00; Fri 8:00-12:00

Services: Office Visits, Routine Care, Physical Exams, Laboratory, Eye/Ear Irrigation, Minor Suturing, Pharmacy, and Dental.

Behavioral Health & Substance Abuse Counseling: Mon - Thurs.

Diabetic Counseling: Mon - Thurs

Medicaid, Medicare and most insurances are accepted

Sliding fee available for those who qualify to reduce cost of office visits and some laboratory services; application must be submitted with income / expenses verified. Qualification depends on total household income. Some restrictions apply. Patient Assistance Program also available to assist those who qualify to pay all or part of medication cost.

Rainbow Road Therapy, Inc.

Address: 615 East Lincoln Ave, Las Vegas, NM 87701

Phone: (505) 426-8095

e-mail- rainbowrdpx@yahoo.com

Hours: Monday - Friday 8:00 - 5:00

Services Offered: Occupational Therapy, Behavioral Therapy, Speech Therapy, and Physical Therapy

Eligibility: Must be referred by a doctor to receive services

Medicaid and some private insurance are accepted

Mental Health Association/ Richard's Drop-In Center

Address: 128 Bridge Street, Las Vegas, NM 87701 **email –** mhanewmexico@msn.com

Phone: (505) 425-7030

Toll Free # 1-866-425-7030

Hours: 9:00 am - 2:00 pm Mon - Sun

Services Offered: Center serves as a day house, peer to peer help is available, mental health advocates. Information on resources. , **Join us—we welcome all.**

Eligibility: Must be over 18 to Drop-In.

Cost: No billing, No charge! **The Drop-In Center is based on TRUST**

Somos Familia (Counseling)

Phone: (505) 425-8120

Fax: (505) 426-0190

Toll Free- 1-866-898-8021

Address: 1216 9th Street

Description: Provides a comprehensive array of culturally competent behavioral health care services, through a strength based model

Services: Batters Intervention Program, Domestic violence restraining orders, legal aid referral, Crisis intervention, Counseling services-Family, Couples, and Multi Family Therapy, Drug and substance abuse services, Assessments & Evaluation, Tobacco and Alcohol Prevention- (2PAC) Tobacco use and Prevention Control-Alcohol use and prevention control, DWI Screening, Individual Therapy, Conflict Resolution & Mediation, Stress Management, Life Skills training, Child Witness to Domestic Violence Counseling, Substance Abuse Counseling and Parenting Classes.

Eligibility/Criteria- Self referrals, Walk-ins, CYFD referrals, and Court Ordered.

Cost: **There are set rates for the BIP clients, other costs vary by service, The TCA Vouchers may provide up to 4 months of Substance Abuse counseling.**

DENTAL PROVIDERS:

[Aragon, Dennis E. DDS](#)

800 Mills Avenue
Las Vegas, NM 87701
(505) 454-0631

Accepts State Insurance

[Collins Dental](#)

1900 7th Street
Las Vegas, NM 87701
(505)425-3331

Medicaid and Care Credit Accepted

[Ebell, Edward](#)

717 5th Street
Las Vegas, NM 87701
(505) 425-8942

Medicaid is accepted

[Garcia, Randall E. DDS PC](#)

1950 7th Street
Las Vegas, NM 87701
(505) 454-8148

711 5th Street

Medicaid is accepted for established patients only

[Pacheco, Wil B.](#)

2503 Ridge Runner Rd.
Las Vegas, NM 87701
(505) 425-6434

Medicaid is accepted for those under age 15

[Sanchez, Frank L. DDS](#)

711 6th Street
Las Vegas, NM 87701
(505) 425-7574

Medicaid is accepted

[Arellanes, Richard DDS](#)

1900 Hot Springs Blvd.
Las Vegas, NM 87701
(505) 454-0222

Medicaid is accepted

[Divine Dental Centre](#)

925 Mills Avenue
Las Vegas, NM 87701
(505) 454-8483

***Medicaid is accepted, for Children 5-15 years of age
Gen Dentistry, Implants,
Orthodontics***

[El Centro Dental](#)

3031 Hot Springs Blvd.
Las Vegas, NM 87701
(505)425-6677

Non-emergency and emergency care

Medicaid is accepted

Sliding Scale Fee for those who qualify

[Kellam, Steven](#)

Orthodontist

Only in Las Vegas once per month

1-888-982-5531 or (505) 454-1030

[Pecos Valley Medical Center Inc.](#)

PO Box710: 521 HWY 50
Pecos, NM 87552
(505) 757-6482

Mon - Thurs 8:00- 6:00

Medicare & Medicaid is accepted

Sliding scale fee for those who qualify

DISABILITY SERVICES:

The Children's Workshop

Address: 2528 Ridge Runner Road, Las Vegas, NM 87701

Phone: (505) 426-1760

Services: In-home special instruction for children. Staff monitored child development. Therapists available for speech, occupational therapy etc.

Eligibility: Children, ages 0-3 with 25% developmental delay (speech, growth, fine motor skills, cognitive, social, and emotional); Premature babies automatically qualify, whether or not they are delayed.

Medicaid and private insurances accepted

Children's Medical Services

Address: 18 Gallegos Rd. Las Vegas, NM 87701

Phone: (505) 425-9681 or 454-0776

Description: Provides payment for care and service coordination for children 0-21 years with chronic diseases. Outreach clinics: cleft lip and/or palate, neurology, genetics and other special needs. Developmental concerns addressed through Family, Infant, Toddler Program (FIT), which provides service coordination, access to a multi-disciplinary team evaluation (Pre-School & Infant Evaluation- ECEP) and linkage with Early Intervention Programs and the Public Schools.

Citizens for the Developmentally Disabled

Address: 2528 Ridge Runner Rd, Las Vegas, NM 87701

Phone: (505) 426-1760

Fax: (505) 426-1762

Services: Advocacy, Support Group, Transportation, Personal Care, Respite Care, Home-based Services, Day-Hab Services

Eligibility: Adults with a developmental disability and/or functional limitation.

Direct Health Care

Address: 5309 Sultan Street, Las Vegas, NM 87701

Phone: (505) 425-7471

Services: Non-Medical Personal Care/Direct Health Care Services in your home. Bathing, Grooming, Meal Prep, Light Housekeeping, Transportation, Companionship.

Medicaid & Private Pay are accepted.

NM Commission for the Blind—Las Vegas

Address: 2505 Ridge Runner Road, Las Vegas, NM 87701

Phone: (505) 425-3546

Toll Free 1-888-513-7963

Description: Provides services designed to enable persons who are blind to become fully participating, contributing members of society.

Services: Condition Specific Rehab, Disease Specific Treatment, Vocational Rehab, Independent Living Skills, Blind Teaching Services, Emergency Eye Care, Orientation, Employment Development, Business Enterprise Program, Newline For The Blind, Student In Training, Employment Assistance, Specialized Employment & Training, Specialized Information & Referral, Visual/Reading Aids.

Eligibility: Legally blind/diagnosed with eye condition that will lead to blindness

Costs: ***there is no charge for services, individuals may be asked to pay portion***

NM VA Health Care Systems

Phone: 1-800-465-8262

Description: Improve health of the served veteran population.

Services: Awareness & Prevention, Primary Care, Specialty Care, Extended Care, Counseling, Mental Health Services, Financial Assistance, Lodging for Patients & Families, Pastoral Care, Social Services, Transportation, Volunteer Training & Opportunities.

New Vistas Early Childhood Development Program

Address: 932 Gallinas Street Las Vegas, NM 87701

Phone: (505)425-5044

Fax: (505) 425-0168

Hours: Mon-Fri 9:00-4:00

Description: For families with infants & toddlers from 0-3 years of age who have, or are at risk, for a developmental delay, and preterm infants.

Services: Developmental Screening and Evaluation, Parenting Education and Support, Special Instruction and Child Development Activities, Social Work Services, Services Coordination, Nutrition, Parent to parent linking, Lending Library.

Most Insurance is welcome

Pathways Therapy Services

Address: 2002 Hot Springs Blvd

Phone: (505)426-7466

Fax: (505)426-8470

Hours: 8:00am - 6:00pm Monday - Friday

Services: Occupational, Physical, Speech Therapy from birth to geriatrics

Accepts all Insurances and Medicaid

Relay New Mexico

Address: 3809 Eubank Blvd. NE Albuquerque, nm, 87701

Phone: (505)292-0454

Toll Free: 1-800-889-8353

www.relaynm.org

Services: If you live within New Mexico and have hearing loss or speech impairment, you may qualify to receive a free telephone. Amplified Phone, Captioned Telephones, and Low Vision Displays are available. Dial 7-1-1 from anywhere in the state and you will be connected to a Relay Operator.

R-Way Resourceful Way to Assist You

Address: 1000 Mills Avenue Las Vegas, NM 87701

Phone: (505) 454-0460

Fax: (505) 454-8308

Services: Independence/Life Skills, Substitute/Respite Care, gives caregivers an opportunity to have their loved ones taken care of by a provider when they may have things to do or just need a break from caring for their disabled loved one.

24 Hour Care is Available

Eligibility: Client must have a DD Wavier to qualify for services

DOMESTIC VIOLENCE SERVICES:

Adolescent & Family Services

Address: 1630 7th Street, Las Vegas, NM 87701

Phone: (505) 454-8151 **Fax:** (505) 454-1397 **E-mail:** queenkatd@hotmail.com

Hours: 8:00-5:00 Mon-Thurs; 8:00-3:00 Fri

Services: Batterers Intervention Program, DWI Out-patient Treatment, Alcohol and Substance Screening Assessments, Alcohol and Substance use/abuse treatment, Parenting Classes, Anger Management, Drug testing, Individual & Group Sessions. Our Batter's Intervention Program is designed for Adults (Men and Women) as well as individuals under 18. The Batter's Intervention Program is held in Las Vegas and Mora.

Eligibility: Walk-ins welcome, referrals from Judicial System, and District Attorney's office accepted

Cost: Medicaid, private insurance and TCA vouchers accepted

Adolescent & Family Services is a non-profit organization

"Healing the Community One Family at a Time"

NM 4th Judicial District Attorney Victim's Assistance Unit

Address: PO Box 2025/1800 New Mexico Avenue Las Vegas, NM 87701

Phone: (505) 425-6746 **Fax:** (505) 426-8949 **Toll Free-** 1-800-730-7919

E-mail- tmelton@da.state.nm.us

Services: Advocacy for victims of crime, notification of court hearings, attend hearings with victims, crime victim reparations, assistance for medical expenses & assistance for loss of wages for those who qualify, community outreach.

Somos Familia (Counseling)

Phone: (505) 425-8120 **Fax:** (505) 426-0190 **Toll Free-** 1-866-898-8021

Address: 1216 9th Street

Description: Provides a comprehensive array of culturally competent behavioral health care services, through a strength based model

Services: Batters Intervention Program, Domestic violence restraining orders, legal aid referral, Crisis intervention, Counseling services-Family, Couples, and Multi Family Therapy, Drug and substance abuse services, Assessments & Evaluation, Tobacco and Alcohol Prevention- (2PAC) Tobacco use and Prevention Control-Alcohol use and prevention control, DWI Screening, Individual Therapy, Conflict Resolution & Mediation, Stress Management, Life Skills training, Child Witness to Domestic Violence Counseling, Substance Abuse Counseling and Parenting Classes.

Eligibility/Criteria- Self referrals, Walk-ins, CYFD referrals, and Court Ordered.

Cost: There are set rates for the BIP clients, other costs vary by service,

Tri-County Family Justice Center of Northern New Mexico

Address: 214 Grand Ave. This agency will relocate to Ridgerunner Road in the fall of 2009

Phone: 718-7300 **24 Hour Crisis Line 617-0444** **Toll Free:** 1-866-575-SAFE

Description: Tri-County Family Justice Center (TCFJC) of Northeast New Mexico is one of fifteen Family Justice Center sites in the nation, and one of three rural sites under the Presidents Family Justice Center Initiative. TCFJC is a full service domestic violence provider with wrap-around services that are located at our main facility in Las Vegas. Satellite offices located in Santa Rosa (Sheriffs office) and in Mora (Mora Valley Health Clinic). All services can be accessed from satellite offices. TCFJC is the only domestic violence victims support service provider funded through CYFD in the Tri-County area.

All Services are **FREE** and **CONFIDENTIAL**

Services:

24 Hour Crisis Intervention	Children's Counseling
Community Outreach/Education and Training	Housing assistance
Public Schools Education and Training	Life skills
District Attorney Assistance	NM Legal Aid Assistance
Chaplaincy Services	Law Enforcement Assistance
Specialty programs focused around women	Mentoring program
Human Services/Income Support Division Support	Advocacy
Individual/Group Domestic Violence/Abuse Counseling	Referral Services
Emergency Shelter: long/short term residence assistance	

Recognizing Abuse & Knowing the Signs:

It may not be easy to identify abuse, especially at first. Abuse often starts subtly and gets worse over time. For example, abuse may begin with occasional hurtful comments, jealousy or controlling behavior. As it gets worse, the abuse may become more frequent, severe or violent. As the cycle of abuse worsens, your safety or the safety of your children may be in danger.

You may be a victim of abuse if you're in a relationship with someone who:

- Controls finances, so you have to ask for money
- Looks at you or acts in ways that scare you
- Acts jealous or possessive, or accuses you of being unfaithful
- Tries to control how you spend your time, who you see or talk to, where you go or what you wear
- Wants you to get permission to make everyday decisions
- Gets angry when drinking alcohol or using drugs
- Scares you by driving recklessly
- Threatens to kill him or herself

You are very likely in an abusive relationship if you have a relationship with someone who does even one of the following:

- Hits, kicks, shoves, slaps, or chokes you or threatens you with violence or a weapon
- Forces you to have sexual intercourse or engage in sexual acts against your will
- Calls you names, insults you or puts you down
- Prevents you from going to work or school
- Stops you from seeing family members and friends
- Hurts, or threatens to hurt you, your children or pets
- Destroys your property
- Controls your access to medicines
- Blames you for his or her violent behavior or tells you that you deserve it
- Says that his or her abusive behavior is no big deal or even denies doing it
- Tries to force you to drop charges
- Tries to prevent you from calling the police or seeking medical care

FAITH BASED SERVICES:

Community Light House

Rev. Gabriel Ortiz

Address: 1022 Second Street **Phone:** (505)454-9663

The "Light" of Las Vegas guiding people to the "Light"

(La luz de Las Vegas guiando a la gente a la "Luz")

Sunday School 10:00AM

Sun. Morning Worship 11:00AM Sun. Evening Service 6:00PM

Alternate Weds Women's Ministries at 6:30PM & Thurs at 6:30PM

Adult Bible Study and Royal Rangers and Missionettes ages 3-18

El Valle de Cristo

Pastor Victor Youts

Asst. Pastor Georgia Baca

Youth Pastor/ Worship Leader Joseph Garofalo

Location: Ribera, NM

Phone: (575)421-2221

Sunday Services at 10:00AM with fellowship meal following.

Children's Church and nursery available

Weds Night Bible Study/Kid's Church and fellowship meal at 6:00 PM and services at 7:00PM, Thurs Night Youth Group (ages 12and up), 5:30-8:30 PM

Cell Groups, Men's, Women's & Teen Girls' Ministries throughout the week

Food distribution for the community one Saturday a month.

Living Hope Church

Pastors Lloyd & Lena Ortiz

Address: Seventh and University

Phone: (505)454-6899

Sunday school 9:00AM

Sunday morning service 10:00AM

Children's Church 10:00AM

Sunday prayer 6:00PM

Weds service 7:00PM

Nursery & Child Care provided for all services

Victory Life Church

Home of Victory Life Academy

Pastor Mike Morris

Address: Eastern frontage road, 1/2 mile south of Exit 343

Phone: (505)425-8847

We invite you to celebrate Christ with us Sun at 10 a.m.

Concert of Prayer Tues nights at 6 p.m.

Food Distribution every 3rd Weds of the month at 2 p.m.

Nursery and children's programs provided.

BAHA'I:

Tarbiyat Baha'i Community of Las Vegas

Address: Baha'i Center in Manuelitas

Phone: (505)425-6091

First Sunday of the month

BAPTIST:

Calvary Baptist Church

Pastor Christopher Mullennix **Music Dir. Tangee Dolan**
Address: Third and Baca Street **Phone:** (505)426-9212
Sunday School 9:45 AM Sunday Service 11:00 AM
Bible Study and Prayer Meeting Sun 6:00 PM
Weds service 6:00 PM For all ages.
Nursery Care Provided.

East Drive Baptist Church

Pastor Louis P. Holguin
Address: 2362 East Drive **Phone:** (505)425-8409
Sunday School 10:00 AM Morning Worship 11:00 AM
Evening Worship 6:00 PM Weds Service 7:00 PM
Home of Las Vegas Christian Academy

The First Baptist Church of Las Vegas

Pastor Steve Taylor
Address: 201 Mountain View Drive Las Vegas, NM 87701 **Phone:** (505)425-7125
**Bible study for every age group on Sun mornings and a mix of traditional/
contemporary praise during the worship hours. Please call if you have questions
or need a ride to church. Sun: Bible Study 9:45 a.m. Worship at 11 a.m.**

Rociada Baptist Church

Pastor Owen Young
Address: 256 NM Hwy 105, Rociada **Phone:** (505)425-3442 or (505)425-7700
Sunday School 9:45 am, Sunday Worship 11:00am, Wednesday Service 6:00pm

BIBLE:

Victory Faith Four Square Gospel Church of Las Vegas, N.M.

Pastor Chris Armijo
Location: 11:00 AM services at the Zamora Roping Arena on Airport Road.
Phone: (505)426-0214
**"Foursquare" stands for the four-fold ministry of Jesus Christ as the Savior,
Baptizer with the Holy Ghost, Healer and soon coming King. We have no desire to
compete or compare, only to share.**

CATHOLIC:

Immaculate Conception Church

Rev. George Salazar
Address: 811 Sixth Street **Phone:** (505)425-7791
Mass: Sat. 6:00 PM Sun. 8:00 AM 9:30 AM, 11:00 AM, & 6:00 PM
Daily Masses: Mon. thru Fri. 6:30 AM and 5:15 PM
Confessions Sat. 4:00 -5:00 PM

[Our Lady of Guadalupe](#)

Father Thomas Kayammakal

Location: Villanueva, NM

Mass: Sun. 11:00 AM

First Fri. 8:00 AM

Weekdays: Communion Services 9:00 AM

Holy Hour 9:00 AM Mass

[Our Lady of Sorrows](#)

Pastor Rev. C. Brasher

Deacon Leroy Martinez

Address: 403 Valencia Las Vegas, NM 87701 **Phone:** (505)454-1469

Sun. Masses: 8:00 AM, 9:30 AM, & 11 AM

Daily Masses: Mon. & Fri. 5:30 PM, Tues., Weds. & Fri. 6:30 AM; Sat. 5:30 PM

Communion service: Thurs 5:30 PM

Confessions: Sat. 4:00 PM

[St. Paul Newman Center](#)

Address: Eighth and Columbia Las Vegas, NM 87701

Bible Study: Tues at 7:00 PM

Prayer Group: Weds 7:00 PM

[San Miguel Del Vado](#)

Father Thomas Kayammakal

Deacon Juan Martinez

Location: Ribera, NM

Phone: (575)421-2780

Masses: 7:00 PM, Sat. 9:00 AM, Sun. Tues. Weds. & Thurs. 5:30 PM

Confessions prior to Sunday Masses.

CHRISTIAN:

[Church of Jesus Christ of Latter Day Saints](#)

Las Vegas Branch Tom Montoya, Branch President

Address: 710 Kathryn Las Vegas, NM 87701

Phone: (505)454-0548

Sun: Sacrament 9:00 AM, Sunday School

Primary 10:15 AM

Priesthood / Relief Society 11:05 AM

[Heart of David Worship Center](#)

Pastor Tim and Mary Ann Lucero

Phone:(505)454-8226

Service Times Sunday 10:00 a.m. Wednesday Evening 7:00 p.m. and

Thursday Prayer 12 noon

[Iglesia De Jesus Cristo Monte Basan](#)

Pastor Leonel Orozco

Address: Rociada, NM

Phone: (505)425-0057

Services: Wednesday 7:00 p.m., Friday 7:00 p.m.,

Sunday 6:00 p.m.

Bible Study 10:30a.m.

[Las Vegas Christian Center](#)

Pastor Ray Rubi

Address: 7th & Legion (behind Wal-Mart) Las Vegas, NM 87701 **Phone:** (505)425-6579

Services: Sun 9:30 AM, 10:30 AM, & 6:00 PM Weds 7:00 PM

Cutting edge youth group, CARE group and Highlands group. Fri 7:00 PM

Las Vegas Community Church of God

Pastor Tom A. Dominguez

Address: 503 Sixth Street, Las Vegas NM 87701 **Phone** (505)473-0767

Meadowland Christian Church

Minister Pat Harris

Address: 555 San Geronimo

Phone: (505)454-6545

Sunday 10:30 a.m.

EPISCOPAL/LUTHERAN:

St. Paul's Peace Church

Pastor Richard Reed, Pastor Patricia Halverson

Address: Corner of Eighth and National Las Vegas, NM 87701 **Phone:** (505) 425-8479

An Episcopal and Lutheran (ELCA) Church

Church School and Adult Bible Study, Sundays, 9:00 AM

Holy Eucharist at 10:00 AM Nursery available on request.

JEWISH:

The Jewish Community

Address: 8th & Columbia Las Vegas, NM 87701

Phone: (505)425-5549

Web site: www.lvjewish.org

Holds services periodically at the Newman Center Chapel call for schedule

LUTHERAN MISSOURI SYNDO:

Immanuel Lutheran Church

Pastor Ernest Hengst

Address: 2100 Seventh Street Las Vegas, NM 87701

Phone: (505)425-6833

Sun Church 10 AM Sunday School: 8:45 AM

Holy Communion 1st and 3rd Sundays.

"The Lutheran Hour" Sundays on KFUN-AM 1230 at 9 AM

MENNONITE:

Las Vegas Mennonite Church

Min Delton and Sylvia Wedel

Address: 3336 Eighth Street HC. #100 Las Vegas, NM 87701

Phone: (505)425-0310

Sunday Morning Service 10 AM Sunday Morning Service 10 AM (505)426-8171

METHODIST:

First United Methodist

Pastor Ellen Swain

Address: 715 National (Corner of 8th & National) Las Vegas, NM 87701

Phone: 505-425-7283

**Sunday Worship 11 AM, Sunday School 9:50 a.m., Sunday Fellowship 10:30,
Music Ministry - Thursdays**

NONDENOMINATIONAL:

Calvary Chapel Las Vegas

Senior Pastor Mike Herrera

Asst. Pastor Rob Scott

Address: 2310 Seventh Street (behind Lowe's Super Save) Las Vegas, NM 87701

Phone: (505)454-8567 or (505)425-8874 www.calvarylasvegas.com

Sun Morning Worship 10:30 AM Fellowship and Coffee 9:30 AM

Mid-Week Bible Study Thurs 6:45 PM

Addiction Recovery "The Most Excellent Way" Sat 9:00 AM

Weekly Women's Bible Study Tues 7 PM

Monthly Men's Fellowship 2nd Fri 6:30 PM

Youth Group 1st and 3rd Mon 6 PM

Cornerstone Church

www.lvcornerstone.com

Address: 333 Peggy Lee Lane Las Vegas, NM 87701 **Phone:** 505-454-9527

Contemporary Sun service 10 AM kids church and nursery available.

Listen to our Sunday Service Live on KLYN 95.7 FM

Youth night: Thurs night at 7 PM Weekly home-groups also.

Grace Church of Las Vegas

Pastor Christian Garrett

Sun at 1 PM Thurs at 7 PM

Meeting at Episcopal Church Faith Hall, 8th & National Grace Church

Las Vegas Bible Church

Address: Williams Drive (between 7th and 8th Street) Las Vegas, NM 87701

Sun School Services. at 9:45 AM Sun worship 11 AM

Weds evening Bible Study and Prayer 7 PM

Salvation Army

Address: 717 Douglas Las Vegas, NM 87701

**Sun School 10AM; Worship Sun 11AM; Tues Night 6:30PM; Teen/YA Program-
Tues 3:30PM**

Taoist Study Group

Phone: (505)425-0029

2nd Sun. of each month

Potluck follows service

PENTECOSTAL:

[Bethel Pentecostal](#)

Tabernacle Pastor Joe Majhor Phone: (505)454-3966
Meeting at First United Methodist Church 6 p.m. Sun, 7:30 PM Weds.

PRESBYTERIAN:

[First United Presbyterian Church](#)

Pastor Val Isenhower <http://www.lvpresbyterian.com>
Address: 1000 Douglas Street Las Vegas, NM 87701 **Phone:** (505)425-7763
Sunday School at 9:30 AM Worship at 10:30 AM
Office open Mon, Tues, Thurs, Fri 9 a.m.-1 p.m., Weds 8 a.m.-noon

SEVENTH-DAY ADVENTIST:

[Seventh-Day Adventist Church](#)

Address: 244 Hot Springs Blvd. Las Vegas, NM 87701
Phone: (575)387-2131 or (505)670-9764
Sabbath School, 10am Sat; Worship 11:30 AM Sat; Bible Study, Weds 6 PM

SUFIS:

[The Las Vegas Sufi Community offers a weekly ceremony of Divine Remembrance \(Dikhr\) and prayer circle](#)

For info call Baqi: (505)425-3789
Thursday 6:30 PM

QUAKER:

[The Society of Friends](#)

For more information, call Curtis Sollohub at 505-425-8552.
Meets monthly in Las Vegas

[Unitarian Universalists](#)

Faith Hall, St. Paul's Peace Church
Address: 8th & National Las Vegas, NM 87701 For more information call:(505)425-6680
1 pm Sundays
A welcoming liberal religious community

HOME HEALTH CARE & HOSPICE:

Direct Health Care

Address: 5309 Sultan Street Las Vegas, NM 87701

Phone: (505) 425-7471

Description: Personal Care/Direct Health Care

Services: Providing Personal Care Services to Clients in Their Home. Bathing, Grooming, Meal Preparation, Light House Keeping, Transportation & Companionship. Non-Medical Home Care.

Medicaid & Private Pay are accepted

EL Mirador

Address: 523 Douglas Ave, Las Vegas, NM 87701

Phone: (505)425-3899

Services: Assistance with care, Administering Medications, Bowel and Bladder Assistance, Cognitive Assistance, Meal Preparation, Eating, Household Services, Hygiene and Grooming, Minor Maintenance of Assistive Devices, Skin Care, Support Services.

Eligibility: Requires doctor determination that assistance with one or more of these services is needed.

Requirements to become a caregiver: Must be over the age of 18 years old; cannot be spouse of individual needing care; must pass a national criminal background check; must not be listed on the employee abuse registry; must be eligible to work in the US.

Heritage Healthcare of Northern NM

Address: 1012 Mills Avenue, Las Vegas, NM 87701

Phone: (505) 454-9403

Toll Free: 1-877-454-9403

Fax: (505) 454-9445

email: nrmontoya@heritagehomehealthcare.com

Website: www.heritagehomehealthcare.com

Description: Personal Care Services in San Miguel & Mora Counties

Services: Grooming/bathing assistance, housekeeping, laundry, meal preparation, companionship, medication reminders, etc.

Medicaid, Private Insurance, VA & Self Pay are accepted

New Choices Personal Care

Address: 713 Railroad Avenue, Las Vegas, NM 87701

Phone: (505) 206-6231

Fax: (505) 454-1752

email: darleneru@yahoo.com or dowens@zianet.com

Description: In-Home Assessment by a Registered Nurse –Level 1 -

Companion/Homemaker Services, Level 2 - Personal Care Services, Level 3 - Home Health Aide

Services: Level 1- Companionship at home/in facility, light housekeeping, laundry, meal planning/preparation, running errands, reminders for activities of daily living (showers, hygiene, using walkers); Level 2 adds - Assistance with bathing/showering, dressing, grooming & hygiene, toileting/changing briefs, escorting to appointments/errands; Level 3 adds - Transferring client, assistance with eating/drinking, ambulation, prescribed exercises, taking vital signs, administering medications.

3rd Party Insurance, Self Pay are accepted (Medicaid pending)

NM VA Health Care Systems

Phone: 1-800-465-8262

Description: Improve health of the served veteran population.

Services: Awareness & Prevention, Primary Care, Specialty Care, Extended Care, Counseling, Mental Health Services, Financial Assistance, Lodging for Patients & Families, Pastoral Care, Social Services, Transportation, Volunteer Training & Opportunities.

Professional Home Health Care, Inc.

Address: 1931 7th Street Las Vegas, NM 87701

Phone: (505) 454-6345

Service: Home Health Care, Certified Nurses Aid Services, Disabled & Elderly Wavier, Medicaid Fragile, Aids Wavier, Developmentally Delayed Respite Only, scheduled RN visits - After hours-clients just need to call the office and they will be prompted what number to call or what to do to get some assistance.

Medicaid, Medicare and some private insurance are accepted

Quality Care

Address: 801 Douglas Ave. Las Vegas, NM 87701

Phone: (505) 454-9921

Hours: Mon-Fri 9:00-5:00

Services: Non-medical in home care — Homemaker services such as cleaning house, companionship, running errands & transportation.

Medicaid is accepted

Victory Home Health Care—San Miguel

Address: 2810 Hot Springs Boulevard, Las Vegas, NM 87701

Phone: (505) 454-0499 **Fax** (505)425-9105 **Toll Free** 1-877-600-0499

Description: Victory Home Health Palliative Waiver Services Home Health Care Agency.

Services: Home Health Care such as Case Management, Diabetes Teaching and care, Feeding Tube Care & Teaching, Home Health Aide/Personal Care, IV Therapy, Laboratory Services, Nutritional Counseling, Ongoing Coordination of care with Physician & other Disciplines, Pain Management, Palliative and/or End of live care , Physical Therapy, Private Duty Nursing, assistance with everyday living activities, running errands, weekly visit by a nurse, and Certified Nurses Aid visits if needed for assistance to bathe, medication assistance, and vital signs.

Medicaid, Medicare and most private insurance are accepted

Victory Personal Care

Address: 2810 Hot Springs Boulevard Las Vegas, NM 87701

Phone: (505) 454-1853 **Fax** (505)454-1856 **Toll Free** 1-266-228-7338

Services: Mobility, Eating, Self-Administered, Personal Care services such as cleaning, cooking, companionship, Support Services, Minor Management of Assistive Services and running errands etc.

This program is strictly Medicaid

MEDICAL (CLINIC & HOSPITALS):

Alta Vista Regional Hospital

www.altavistaregionalhospital.com

Address: 104 Legion Drive, Las Vegas, NM 87701

Phone: (505) 426-3500

Emergency Room (505) 426-3502

Description: Comprehensive, 54-bed full-service hospital offering a broad spectrum of integrated services. Accredited by the Joint Commission. Committed to providing community with highest quality, compassionate patient care. Active Medical Staff: 31 representing 15 specialties (Anesthesiology, Emergency Medicine, Family Practice, General Surgery, Gynecology, Hospitalists, Internal Medicine, Neurology, Obstetrics, Orthopedics, Otolaryngology, Pediatrics, Podiatry, Radiology, Urology)

Services: Cardiopulmonary/Respiratory, Emergency Department, Imaging (Bone Densitometry, CT Scanner, MRI, Mammography, Nuclear Medicine, Ultrasound) Labor & Delivery, Nursery, Laboratory, Nutritional Counseling, Rehabilitation (OT, Pt, Speech), Surgery (Inpatient/Outpatient)

Medicaid, Medicare and private insurance accepted.

Community Benefits Program provides assistance for In-Patient and ER Patient costs to those who qualify, Co-Pay Financial Assistance available to help elderly, Indigent Fund may assist qualifying individuals to pay for hospital stays longer than 24 hours.

El Centro Family Health in Las Vegas

Address: 1235 8th Street Las Vegas, NM 87701

Phone: (505) 425-6788

Services: Primary Care, Behavioral Health, Substance Abuse, Veterans Services, Breast & Cervical Cancer Services (No cost Mammogram and Pap-smears for uninsured) MOSA (will help people fill out Medicaid eligibility.)

Eligibility: El Centro must be the patient's Primary Care Provider

Medicaid, Medicare and most private insurances are accepted

There is a Self Pay/Sliding Scale for those who qualify

El Centro Family Health in San Miguel

Address: State Road 3 Building 2 PO Box 277 Ribera, NM 87560

Phone: (505)421-1113

Services: Primary Care, Behavioral Health, Substance Abuse, Veterans Services, Breast & Cervical Cancer Services (Mammogram and Pap-smears at no cost for those with no insurance)

Medicaid, Medicare and most private insurances are accepted

There is a Self Pay/Sliding Scale for those who qualify

Las Vegas Clinic for Children & Youth

Address: 501 7th Street Las Vegas, NM 87701

Phone: (505) 425-3566

Fax: (505) 425-3568

Services: Primary Care for ages 0-18. Patients are referred out if needed

Eligibility: 18 year olds must still be in school to be seen

Medicaid and Private Insurance are accepted

There is a sliding scale for those who qualify

Las Vegas Stat Care

Address: 260 Mills Ave. Las Vegas, NM 87701

Phone: (505) 425-6283

Hours: Mon - Fri 5:00 - 8:00 and Sat & Sun 10:00 to 4:00

Description: After hours medical care. Preferred, Supported, and Staffed by local Physicians/Providers. Alternative to the emergency room. It is not urgent care; it is an extension of physician hours. There are several medical providers including a nurse practitioners. Stat Care was created due to a shortage of physicians and the overflow of after hours patients. Stat Care is also connected to your primary care provider. No referral necessary.

Medicaid, Medicare and most private insurances are accepted

Miner's Colfax Medical Center

Address: 203 Hospital Drive Raton NM 87740

Phone: 1-505-4470-0527

Toll Free: 1-800-654-0544 ext.4520

This is a mobile Clinic for information or appointments please call

Services: Free and confidential, Health screenings for all miners (active, retired, former) this includes anyone who has worked or are currently working at a rock crusher or open pit mines.

New Mexico Quick Care

Address: 105 Mills Ave. Suit 200, Las Vegas, NM 87701

Phone: (505) 4254-1109

Fax: (505) 454-1779

Hours: Mon-Fri 8:00-5:00;

Services: Urgent Care; You cannot be seen for Severe/Head Trauma, Severe Bleeding, or Broken Bones

Medicaid, Medicare and most private insurances are accepted

There is a set discount rate for services for those without insurance

NM VA Health Care Systems

Phone: 1-800-465-8262

Description: Improve health of the served veteran population.

Services: Awareness & Prevention, Primary Care, Specialty Care, Extended Care, Counseling, Mental Health Services, Financial Assistance, Lodging for Patients & Families, Pastoral Care, Social Services, Transportation, Volunteer Training & Opportunities.

Pecos Valley Medical Center, Inc.

Address: PO Box 710, Pecos, NM 87552

Phone: (505) 757-6482

Fax: (505) 757-2700

Hours: Mon-Thurs 8:00-12:30 and 1:30-6:00; Fri 8:00-12:00

Services: Office Visits, Routine Care, Physical Exams, Laboratory, Eye/Ear Irrigation, Minor Suturing, Pharmacy, and Dental.

Family Planning: Pap Tests and Contraceptive or method Pregnancy tests

Vaccines for Children: For **all** children up to age 18

Hypertension and Diabetes Screening: Diabetes treatment is available as well as a Diabetes Counselor

Diabetic Counseling: Mon - Thurs

Behavioral Health and Substance Abuse Counseling: Now available with a therapist four times a week Mon - Thurs.

Medicaid, Medicare and most insurances are accepted

Sliding fee available for those who qualify to reduce cost of office visits and some laboratory services; application must be submitted with income / expenses verified. Qualification depends on total household income. Some restrictions apply. Patient Assistance Program also available to assist those who qualify to pay all or part of medication cost.

SM Public Health Office

Address: 18 Gallegos Rd. Las Vegas, NM 87701

Phone: (505) 425-9368

Hours: 8:00 – 5:00 Mon–Fri

Free Services

Immunizations- Free for children 0-19 years of age

Tuberculosis- Free testing

Sexually Transmitted Diseases- STD Clinic visits/Field Interventions

Condoms are available free in lobby without an appointment

Sliding Fee Services

Family Planning/Birth Control- Women and teens that are uninsured, under-insured and/or with Medicaid are especially welcomed. Services include breast and pelvic exams and counseling and education about all birth control methods, including sterilization for all males and females. Free condoms, as well as services for males are also available.

Pregnancy Testing- On-site urine testing. Information, referrals, early application for Medicaid and care coordination available. Partners welcome.

Other

Disease Prevention- 454-1459

The District II Disease Prevention Team provides the following free and confidential services: STD disease intervention, Breast and Cervical Early Detection, Overdose Prevention Program, HIV testing and counseling, Harm Reduction Program, Hepatitis testing and counseling, Outreach Services, Early Intervention Program, Immunization Program.

Chronic Diseases- Education/Counseling/Care Coordination Encounters- for non curable diseases.

Outreach Care- Off-Site SafetyNet Visits (jails, schools, free clinics, etc)

Vital Records provides the general public with copies of birth records and also provides copies of death records to the local mortuaries.

Health Promotion- working collaboratively with individuals, organizations and communities to address public health concerns. Strengthen community health planning and action. Build healthy public (e.g. clean indoor air ordinances, school and community safety policies, etc.) Develop personal and community skills and capacity to improve health.

Medicaid Enrollment - New Mexi-kids (Medicaid) is a no cost or low cost health coverage for children to the age of 19. New Mexi-kids helps with: Regular Check-ups and Periodic Health Screening; Doctor visits; Dental visits, Hospital visits; Prescriptions; Glasses, Vision and Hearing exams.

Medicaid Offers: Prenatal and Pregnancy Care

Family Planning for Women: Pap Smears and Birth Control

Families First is designed to provide a continuum of care for pregnant and parenting families, by offering resources and referral information, care coordination, and home visiting to families faced with multiple challenges. Our program serves Medicaid eligible prenatal mothers and children up to age three. The program provides assistance to pregnant and new moms and their families to encourage moms to seek early prenatal care, provide knowledge and support in the areas of Pregnancy and parenting

Children's Medical Services (CMS) 425-9681 or 454-0776

CMS provides payment for care and service coordination for children aged 0-21 years with chronic diseases. Outreach clinics provided for children: cleft lip and/or palate, neurology, genetics and other special needs. Developmental concerns addressed through the Family, Infant, Toddler Program (FIT) which provides service coordination, access to a multi-disciplinary team evaluation (Pre-School & Infant Evaluation- ECEP) and linkage with Early Intervention Programs and the Public Schools.

WIC: wellness; Breast-feeding; Parenting skills; Stages of child development; Importance of bonding and attachment; Development screening; Referrals for: childbirth education, care of the newborn. WIC is a Supplemental Food and Nutrition Education Program for Woman, Infants, and Children. Women who are pregnant, breast feeding or children up to their 5th birthday qualify. **WIC**

Eligibility: Reside in the State of New Mexico; Be within income guidelines; or Be at risk for medical or nutritional problem. People who meet these criteria receive supplemental nutritious food, nutrition education, breast feeding education and support and referral to other health and social service programs.

Nurse Advice Hotline 1-877-725-2552

MEDICAL PROVIDERS BY TYPE OF SERVICE:

Dialysis:

[FMCNA—Las Vegas Dialysis](#)

Address: 246 Mills Avenue, Las Vegas, NM 87701

Phone: (505) 454-7012

Description: Our dialysis care services include hemodialysis, peritoneal dialysis, and transplant services, in-center, at home, or in a hospital, to fit our patients' needs. We also provide a number of other services to meet the medical, dietary, financial, and social service needs of patients with kidney failure.

Services: Disease Specific Treatment Clinic

Medicaid, Medicare, and Private Insurances are accepted

Gastroenterology:

[Joseph Brown, MD](#)

Address: 104 Legion Drive, Las Vegas, NM 87701

Phone: (505) 426-3795 **Fax:** (505) 454-9907

Gynecology/Women's Health Care:

[El Centro Family Health in Las Vegas \(and San Miguel\)](#)

Address: 1235 8th Street Las Vegas, NM 87701

Phone: (505) 425-6788

Services: Primary Care, Behavioral Health, Substance Abuse, Veterans Services, Breast & Cervical Cancer Services (Mammogram and Pap-smears at no cost for those with no insurance)

Eligibility: The doctors at El Centro must be the patients Primary Care Provider to be seen

Medicaid, Medicare and most private insurances are accepted

There is a Self Pay/Sliding Scale for those who qualify

[La Vida Family Practice – Mary Ann Osuchowski-Sanchez CFNP](#)

Address: 260 Mills Ave, Las Vegas NM 87701

Phone: (505) 425-6283 **Fax:** (505) 425-6621

Hours: Monday-Thursday 8:30-4:30 Closed @ Noon

Services: Family Medicine and Women's Health

Medicaid, Medicare and Most Private Insurance are accepted

(NMQC) New Mexico Quick Care/Women's Health and Maternity

Address: 1134 Grand Ave. LVNM 87701

Phone: (505) 425-6425

Fax: (505) 425-6475

Hours: Mon-Fri 9:00- 5:00

Services: We have been providing health care to women in the Las Vegas area since 2001. Our nurse-midwives work together as a team to provide safe, continuous care throughout your pregnancy. The NMQC midwives provide prenatal care in the clinic and help women deliver their babies in the hospital. In addition to maternity care we also provide preconception counseling, family planning services, gynecological care, annual pelvic and breast examinations, pap tests and screening and treatment for infections. Other care includes care for older women like hormone therapy and pessary fittings.

***Medicaid, Medicare, and Private Insurances are accepted
There is a 50% discount for those who do not have insurance.***

Pecos Valley Medical Center, Inc.

Address: PO Box 710, Pecos, NM 87552

Phone: (505) 757-6482

Fax: (505) 757-2700

Hours: Mon-Thurs 8:00-12:30 and 1:30-6:00; Fri 8:00-12:00

Services: Office Visits, Routine Care, Physical Exams, Laboratory, Eye/Ear Irrigation, Minor Suturing, Pharmacy, and Dental.

Family Planning: Pap Tests and Contraceptive or method Pregnancy tests

Medicaid, Medicare and most insurances are accepted

Sliding fee available for those who qualify to reduce cost of office visits and some laboratory services; application must be submitted with income / expenses verified. Qualification depends on total household income. Some restrictions apply. Patient Assistance Program also available to assist those who qualify to pay all or part of medication cost.

Rio Vista OBGYN

Jessica L. Roberts DO

Address: 108 Legion Drive, Suite D, Las Vegas NM 87701

Phone: (505) 454-4000

Services: OBGYN services, deliveries, annual exams, pap-smears, mammogram referrals etc.

Medicaid & Medicare are accepted as well as most private insurances

SM Public Health Office

Address: 18 Gallegos Rd. Las Vegas, NM 87701

Phone: (505) 425-9368

Sexually Transmitted Diseases- STD Clinic visits/Field Interventions

Condoms are available free in lobby without an appointment

Family Planning/Birth Control- Women and teens that are uninsured, under-insured and/or with Medicaid are especially welcomed. Breast and pelvic exams, counseling / education about all birth control methods, including sterilization for all males and females. Free condoms. Services for males are also available.

Pregnancy Testing- On-site urine testing. Information, referrals, early application for Medicaid and care coordination available. Partners welcome.

Women's Health Care/Dr. Antonio Sanchez

Address: 624 University Ave. Las Vegas, NM 87701

Phone: (505) 454-9155 **Fax:** (505) 454-9363

OBGYN-Specialist/Surgeon

***Medicaid, Medicare & Most Private Insurance accepted;
Molina Salud is not accepted***

Rosemarie Zapf DO

Address: 1900 Hot Springs Blvd. Las Vegas, NM 87701

Phone: (505) 454-1400

Hours: Mon-Fri 9:00-5:00 Wed 9:00- 1:00

By appointment only Age 16 and above male & female primary Care.

Medicaid, Medicare and most private insurances are accepted

Internal Medicine / Primary Care Physicians:

David Elliott, MD

Address: 105 Mills Avenue, Las Vegas, NM 87701

Phone: (505) 425-9311 **Fax:** (505) 425-9047

El Centro Family Health in Las Vegas

Address: 1235 8th Street Las Vegas, NM 87701

Phones: (505) 425-6788

and San Miguel

Address: State Road 3 Building 2 PO Box 277 Ribera, NM 87560

Phone: (505)421-1113

Services: Primary Care, Behavioral Health, Substance Abuse, Veterans Services, Breast & Cervical Cancer Services (Mammogram and Pap-smears at no cost for those with no insurance)

Eligibility: The doctors at El Centro must be the patients Primary Care Provider to be seen

***Medicaid, Medicare and most private insurances are accepted
There is a Self Pay/Sliding Scale for those who qualify***

Michael Green, DO - Alta Vista Regional Hospital - Clinics

Address: 108 Legion Drive, Las Vegas, NM 87701

Phone: (505) 426-3937

Internal Medicine, William Gaspar M.D.

Address: 2301 7th Street, Suite B Las Vegas, NM 87701

Phone: (505)-425-2662

Hours: Tuesday - Friday, 8am - 6pm

Internal Medicine & Psychiatry, Jasmin Breitung MD

Address: 721 5th Street Las Vegas, NM

Phone: (505) 425-1533 **Fax:** (505) 425-1536

Hours: Mon-Thurs 8:30-5:00; Fri Closed

Services: Internal Medicine/Primary Care

Medicaid, Medicare and Most Private Insurance are accepted

Bradley Kanode MD

Address: 1301 8th Street Las Vegas, NM 87701

Phone: (505) 425-2850 **Fax:** (505) 425-2847

Hours: Mon-Thurs 9:00-12:00 and 1:00-5:00

Services: Internal Medicine

Most Insurances accepted

La Vida Family Practice - Mary Ann Osuchowski-Sanchez CFNP

Address: 260 Mills Ave, Las Vegas NM 87701

Phone: (505) 425-6283 **Fax:** (505) 425-6621

Hours: Monday-Thursday 8:30-4:30 Closed during the noon hour

Services: Family Medicine and Women's Health

Medicaid, Medicare and Most Private Insurance are accepted

Las Vegas Clinic for Children & Youth

Address: 501 7th Street Las Vegas, NM 87701

Phone: (505) 425-3566 **Fax:** (505) 425-3568

Services: Primary Care for ages 0-18. Patients are referred out if needed

Eligibility: 18 year olds must still be in school to be seen

Medicaid and Private Insurance are accepted

There is a sliding scale for those who qualify

Las Vegas Stat Care

Address: 260 Mills Ave. Las Vegas, NM 87701

Phone: (505) 425-6283

Hours: Mon - Fri 5:00 - 8:00 and Sat & Sun 10:00 to 4:00

Description: After-hours medical care. Preferred, Supported, Staffed by local Physicians/Providers. Alternative to the emergency room. Extension of physician hours, not urgent care. There are several medical providers including nurse practitioners. Created due to a shortage of physicians and the overflow of after hours patients. Connected to your primary care provider. No referral necessary.

Medicaid, Medicare and most private insurances are accepted

Michael G. Lopez MD

Address: 105 Mills Avenue Suite 300 Las Vegas, NM 87701

Phone: (505) 425-9311

Eileen Madrid MD

Address: 419 Manzanares Las Vegas, NM 87701

Phone: (505)425-6773

Primary Care

Medicaid, Medicare and most private insurances are accepted

Franklin Miller MD

Address: 1900 Hot Springs Blvd, Las Vegas, NM 87701

Phone: (505) 425-3596

New Mexico Quick Care

Address: 105 Mills Ave. Suit 200, Las Vegas, NM 87701

Phone: (505) 4254-1109

Fax: (505) 454-1779

Hours: Mon-Fri 8:00-5:00;

Services: Urgent Care; NOT for Head Trauma, Severe Bleeding, or Broken Bones

Medicaid, Medicare and most private insurances are accepted

There is a set discount rate for services for those without insurance

NM VA Health Care Systems

Phone: 1-800-465-8262

Description: Improve health of the veteran population.

Services: Awareness & Prevention, Primary Care, Specialty Care, Extended Care, Counseling, Mental Health Services, Financial Assistance, Lodging for Patients & Families, Pastoral Care, Social Services, Transportation, Volunteer Opportunities.

Pecos Valley Medical Center, Inc.

Address: PO Box 710, Pecos, NM 87552

Phone: (505) 757-6482

Fax: (505) 757-2700

Hours: Mon-Thurs 8:00-12:30 and 1:30-6:00; Fri 8:00-12:00

Services: Office Visits, Routine Care, Physical Exams, Laboratory, Eye/Ear Irrigation, Minor Suturing, Pharmacy, and Dental.

Family Planning: Pap Tests and Contraceptive or method Pregnancy tests

Vaccines for Children: For **all** children up to age 18

Hypertension and Diabetes Screening: Diabetes treatment is available as well as a Diabetes Counselor

Diabetic Counseling: Mon - Thurs

Behavioral Health and Substance Abuse Counseling: Now available with a therapist four times a week Mon - Thurs.

Medicaid, Medicare and most insurances are accepted

Sliding fee available for those who qualify to reduce cost of office visits and some laboratory services; application must be submitted with income / expenses verified. Qualification depends on total household income. Some restrictions apply. Patient Assistance Program also available to assist those who qualify to pay all or part of medication cost.

SM Public Health Office

Address: 18 Gallegos Rd. Las Vegas, NM 87701

Phone: (505) 425-9368

Hours: 8:00 – 5:00 Mon–Fri

Free Services - Immunizations; Tuberculosis testing; Sexually Transmitted Disease Clinic; Condoms free in lobby

Sliding Fee Services - Family Planning/Birth Control- Women and teens that are uninsured, under-insured and/or with Medicaid are especially welcomed. Services include breast & pelvic exams, counseling & education about all birth control methods, including sterilization for males & females. Free condoms, as well as services for males.

Pregnancy Testing- Information, referrals, application for Medicaid and care coordination available. Partners welcome.

Other – Disease Prevention- 454-1459 - provides the following free and confidential services: STD disease intervention, Breast and Cervical Early Detection, Overdose Prevention, HIV testing and counseling, Harm Reduction, Hepatitis testing and counseling, Outreach Services, Early Intervention, Immunization.

Chronic Diseases- Education/Counseling/Care Coordination for noncurable diseases.

Outreach Care- Off-Site SafetyNet Visits to jails, schools, free clinics, etc

Vital Records - copies of birth certificates and death certificates

Health Promotion- working collaboratively with individuals, organizations and communities to address public health concerns, Strengthen planning and action, Build healthy public (clean indoor air ordinances, school/community safety policies) Develop personal and community skills and capacity to improve health.

New MexiKids & Medicaid Enrollment - No cost or low cost health coverage for children up to 19 and prenatal care, family planning for women. New Mexi-kids helps with: Regular Check-ups and Periodic Health Screening; Doctor visits; Dental visits, Hospital visits; Prescriptions; Glasses, Vision and Hearing exams.

Families First Offering resources and referral information, care coordination, and home visiting to families faced with multiple challenges. Encourage moms to seek early prenatal care, provide knowledge and support in the areas of Pregnancy and parenting Serves Medicaid eligible prenatal mothers and children up to age 3.

Children’s Medical Services (CMS) 425-9681 or 454-0776 CMS provides payment for care and service coordination for children 0-21 years with chronic diseases. Outreach clinics provided for children: cleft lip and/or palate, neurology, genetics and other special needs. Developmental concerns addressed through the Family, Infant, Toddler Program (FIT) which provides service coordination, access to a multi-disciplinary team evaluation (Pre-School & Infant Evaluation- ECEP) and linkage with Early Intervention Programs and the Public Schools.

WIC: Information on Wellness, Breast-feeding, Parenting, Child Development. WIC is a Supplemental Food and Nutrition Education Program for Woman, Infants, and Children. Women who are pregnant, breast feeding or children up to their 5th birthday qualify. **WIC Eligibility:** Pregnant or breastfeeding women or children under age 5 who reside in the State of New Mexico; meet income guidelines; or are at risk for medical /nutritional problem.

[Rosemarie Zapf DO](#)

Address: 1900 Hot Springs Blvd. Las Vegas, NM 87701

Phone: (505) 454-1400

Hours: Mon-Fri 9:00–5:00 By appointment only

16 and above male & female primary Care.

Medicaid, Medicare and most private insurances are accepted

Neurology:

[Wendy Dimmette Neurologist](#)

Address: 1235 8th Street Suite 988 Las Vegas, NM 87701

Phone: (505) 425-3414

Fax: (505) 425-3616

By appointment only

Medicaid, Medicare and most private insurances are accepted

Oncology (Cancer):

Cancer Institute of NM

Address: 2020 7th Street, Las Vegas NM 87701

Phone: 1-877-587-7900

People Living Through Cancer

Phone: 1-888-441-4439

Services: Information and Support Group

Ophthalmology:

Robert Bell M MD PC

Address: Mora Route Box 64 Las Vegas, NM 87701 (1mile past Wal-Mart/mile marker 2)

Phone: (505) 454-1530

Hours: Mon-Fri 8:30-2:00

Medicaid, Medicare and most private insurances are accepted

Eye Associates of NM—Las Vegas

Address: 248 Mills Ave, Las Vegas, NM 87701

Phone: (505) 426-8866

Description: Offers General Ophthalmology, Optical Services, Optometry.

Services: Disease Specific Treatment Clinic

Optometry:

Buena Vista Eye Care

Address: 1620 7th Street Las Vegas, NM 87701

Phone: (505) 425-7556 **Fax:** (505) 425-2934

Hours: 8:30-5:00 Mon-Thurs; 8:30-12:30 Fri

Private insurances accepted

Presbyterian Salud/Lovelace Salud accepted for eye glasses only not exam

Wal-Mart Vision Center

Address: 2609 7th Street Las Vegas, NM 87701

Phone: (505) 425-0521 **Fax:** (505) 425-0524

Hours: Vision Center/Optical Dispensary Mon-Sat 9:00-7:00; Sun 12:00-5:00

Dr. Hours: Wed 10:30-6:00 and Thurs 9:30-5:00

Most Insurance accepted

Orthopedic (Bone & Joint) & Sport Medicine:

Alta Vista Orthopedic Specialist

Address: 108 Legion Dr. Suite C Las Vegas New Mexico

Phone: (505) 426-8010 **Fax:** (505) 426-8011

Dr. Paul Conescu

Podiatry:

Foot and Ankle Specialist

Address: 244 Mills Ave. Las Vegas, NM 87701

Phone: (505) 454-0123 **Fax:** (505) 454-1185

Hours: Tues and Thurs 8:00-4:00

Most insurance accepted

Las Vegas Foot Specialist

Address: 109 Railroad Ave. Las Vegas, NM 87701

Phone: (505) 425-9491

Medicaid, Medicare and most private insurances are accepted

New Mexico Foot & Ankle Associates - Dr. Joel Wilner Podiatrist

Address: 721 5th Street Las Vegas, NM 87701

Phone: (505)454-9400 **Fax:** (505) 983-7249

Hours: 3rd Wednesday of the Month

Most insurance accepted

Radiology:

Rural Radiology Associates

Address: 104 Legion Drive Las Vegas, NM 87701

Affiliated with Alta Vista Regional Hospital

Phone: (505) 426-3546 **Fax:** (505) 426-3548

Hours: 24 Hour Service

Services: X-Ray, Ultrasound, Nuclear Medicine, CT Scans, MRI, Bone Densitometry, Fluoroscopy, Echocardiogram/ABI Studies and Mammography.

TRI CORE Labs

Address: 260 Mills Ave, Las Vegas, NM 87701

Phone: (505) 425-6508

Surgery:

Salman Malik, MD

Address: 108 Legion Drive Suite A, Las Vegas, NM 87701

Phone:(505)454-9499

NURSING HOMES:

New Mexico Behavioral Health Institute of Las Vegas

Meadows/Ponderosa Nursing Homes

Address: 3695 Hot Springs Blvd. Las Vegas, NM 87701

Phone: (505)454-2100

Medicaid, Medicare and most private insurances are accepted

Vida Encantada Nursing & Rehab

Address: 2301 Collins Drive, Las Vegas, NM 87701

Phone: (505) 425-9362

Description: Nursing Facility- Alzheimer's-all stages. Secured unit/alarmed doors. Located in Las Vegas.

Medicaid, Medicare and most private insurances are accepted

PARENTING SUPPORT / EDUCATION / REFERRALS:

Adolescent & Family Services

Address: 1630 7th Street, Las Vegas, NM 87701

Phone: (505) 454-8151 **Fax:** (505) 454-1397 **E-mail:** queenkatd@hotmail.com

Hours: 8:00-5:00 Mon-Thurs; 8:00-3:00 Fri

Services: Batterers Intervention Program, DWI Out-patient Treatment, Alcohol and Substance Screening Assessments, Alcohol and Substance use/abuse treatment, Parenting Classes, Anger Management, Drug testing, Individual & Group Sessions. Our Batter's Intervention Program is designed for Adults (Men and Women) as well as individuals under 18. The Batter's Intervention Program is held in Las Vegas and Mora.

Eligibility: Walk-ins welcome, referrals from Judicial System, and District Attorney's office accepted

Cost: *Medicaid, private insurance and TCA vouchers accepted*

Adolescent & Family Services is a non-profit organization

"Healing the Community One Family at a Time"

Children's Protective Services—San Miguel/Mora

Address: 2518 Ridge Runner Road, Las Vegas, NM 87701

Phone: (505) 425-9335 or Toll Free 1-800-797-3260

Description: Provides services mandated by state law on behalf of person's ages 0-18 years. Including investigation of reports of abuse, neglect and/or exploitation; protective placement; family services; and legal services (filing for guardianship conservator ship, juvenile justice services, foster and adoption program)

SM Public Health Office

Families First

Address: 18 Gallegos Rd. Las Vegas, NM 87701

Phone: (505) 425-9368

Is designed to provide a continuum of care for pregnant and parenting families, by offering resources and referral information, care coordination, and home visiting to families faced with multiple challenges. Our program serves Medicaid eligible prenatal mothers and children up to age three. The program provides assistance to pregnant and new moms and their families to encourage moms to seek early prenatal care, provide knowledge and support in the areas of Pregnancy and parenting

Somos Familia (Counseling)

Phone: (505) 425-8120 **Fax:** (505) 426-0190 **Toll Free-** 1-866-898-8021

Address: 1216 9th Street. Las Vegas, NM 87701

Description: Provides a comprehensive array of culturally competent behavioral health care services, through a strength based model

Services: Batters Intervention Program, Domestic violence restraining orders, legal aid referral, Crisis intervention, Counseling services-Family, Couples, and Multi Family Therapy, Drug and substance abuse services, Assessments & Evaluation, Tobacco and Alcohol Prevention- (2PAC) Tobacco use and Prevention Control-Alcohol use and prevention control, DWI Screening, Individual Therapy,

Conflict Resolution & Mediation, Stress Management, Life Skills training, and Child Witness to Domestic Violence Counseling.

Eligibility/Criteria- Self referrals, Walk-ins, CYFD referrals, and Court Ordered individuals.

Cost- *There are set rates for the BIP clients, other costs vary by services*

Teambuilders Counseling Services

Address: 1622 7th Street, Las Vegas, NM 87701

Phone: (505) 454-8265

BMS hours vary to fit the clients' needs

Services: Individual and family therapy, Treatment Foster Care, Psychiatric services, case management, (BMS) Behavioral Management Specialist in school and in the community on a one to one basis and can be implemented in the home.

Eligibility: Clients must meet the criteria of the services offered to be eligible for services which is but not limited to: #1 Child must be a Medicaid Recipient if not then there may be possible funding by CYFD. Clients must be suffering from SED- Severe Emotional Disorders for example: Trauma, Defiance, ADHD, Disruptive, Negative Behaviors, and Disrespectful.

Treatment Modalities: Vary on a case by case basis or on the individual client needs

Referral: School, JPPO, CYFD, court order, walk-ins are welcome

Medicaid and some personal and private insurance are accepted

PHARMACIES / MEDICAL SUPPLY:

[Del Norte Pharmacy & Home Medical Supply—Las Vegas](#)

Address: 602 University Ave., Las Vegas, NM 87701

Phone: (505) 425-6241

Description: Provides equipment (oxygen therapy, ambulatory aides, diabetic supplies including shoes, hospital beds, CPAP/BIPAP, bath equipment, diapers, wound care, internal therapy, nebulizers, infant phototherapy.)

Services: Adapted Clothing, Medical Equipment/Supplies, Medication Information, Pharmacy Deliveries, Prescription Drug Patient Assistance Programs

[Lin-Care](#)

Address: 1132 Grand Avenue, Las Vegas, NM 87701

Phone: (505) 426-8774

Hours: Open 24 hours a day 7 days a week.

Services: Oxygen, Durable Medical Equipment, Medications for Nebulizer use, Medical Supplies, Prescriptions, Health Care Specialists are available.

Health Care Specialists are available for CPAP & BiPAP clients; CPAP-Continuous Positive Airway Pressure; & BiPAP- Bilevel Positive Airway Pressure.

Medicaid, Medicare & Most Private Insurances are accepted

[Plaza Drugs](#)

Address: 178 Bridge Street, Las Vegas, NM 87701

Phone: (505) 425-5221

Services: Medication Information, Pharmacy Deliveries, Prescriptions, Compounding, Medical Supplies, & Oxygen.

Medicaid, Medicare & Most Private Insurances are accepted

[Walgreens Drug Stores](#)

Address: 620 Mills Ave. Las Vegas, NM 87701

Phone: (505) 425-3317

Hours: Mon-Fri 8:00-10:00; Sat 9:00-6:00; Sun 10:00-6:00

Services: Prescription, Medical Supplies, & Consultation.

Medicaid, Medicare & Most Private Insurances are accepted

There is a W-Card at Wal-Greens for those who do not have insurance. The card is \$20 a year for individuals and \$35 a year for a family. This card will help with the costs of prescriptions.

[Wal-Mart Pharmacy](#)

Address: 2609 7th St. Las Vegas NM 87701

Phone: (505) 425-5269

Hours: Mon-Fri 9:00-9:00; Sat 9:00-7:00; Sun 10:00-6:00

Services: Prescriptions, consultations & medical supplies are available in the store as Wal-Mart is not a durable medical supplier, diabetic supplies are also available.

Medicaid, Medicare & Most Private Insurances are accepted

There is also a \$4.00 prescription plan available for those who do not have insurance; there are over 300 generic medications available and this list is constantly being updated.

PHYSICAL FITNESS:

City of Las Vegas Recreation Department

Abelino Montoya Recreation Center

Address: 1751 North Grand Avenue Las Vegas, NM 87701

Phone: (505) 426-1739

Hours: Mon-Thurs 6:00–8:00; Fri 6:00–5:00; Sat 9:00–5:00; Sun 11:00–4:00

Skate park - FREE

Swimming \$1/session, 1/2 price for Senior Circle members

Basketball courts or use of indoor walking track \$1

Water Aerobics \$2/class, M,T,W 5:30-6:30pm

Day passes for fitness center or racquetball court \$3

Monthly passes for use of all facilities \$30 or \$25 for senior citizens

Organized Softball and Volleyball adult leagues

Organized YAFL & YABL teams for youth grades 2nd-6th

Private/Personal parties \$65 for 3 hours, includes use of pool After school program \$45/month

Summer youth program (includes breakfast/lunch/swimming/gym/educational/art) ages 5-9; \$125 for 6 weeks.

Curves for Women

Address: 1644 7th Street Las Vegas, NM 87701

Phone: (505) 426-8194

Hours: Mon- Fri 6:00-1:00 & 3:30-7:00; Sat 9:00-11:00

Services: Women's Health Club - Circuit Training, there is a diet program that is offered once every 3 months the fee for the diet program is \$69.00

Luna Community College

Address: 366 Luna Drive Las Vegas, NM 87701

Phone: (505) 454-2500 www.luna.edu

Check Community Education schedule for classes such as Ballet, Salsa, Yoga, and Step Aerobics - classes start throughout the year.

Pete's Fitness Center

Address: 115 South Grand Avenue Las Vegas, NM 87701

Phone: (505) 425-7868

Hours: Mon-Fri 6:00-8:00

Fees: \$25.00 a month

Aerobics Mon & Thurs @ 5:30; Aerobics included in monthly \$25.00 fee or \$4.00 a class.

PHYSICAL THERAPY:

[Alta Vista Regional Hospital Therapy Services](#)

Address: 104 Legion Dr. Las Vegas, NM 87701

Phone: (505) 426-3952

Services: Physical, Occupational and Speech Therapy for In-patient & Out-patient.

[Buena Vida](#)

Address: 613 Mills Ave, Las Vegas NM, 87701

Phone: (505)425-2998

Medicaid, Medicare and most private insurances, workman's comp

[LV Bodyworks](#)

Address: 508 University Ave. Las Vegas, NM 87701

Phone: (505) 454-0443

Medicaid, Medicare and most private insurances are accepted

[McFall Physical Therapy](#)

Address: 932 Gallinas Street Suite 103, Las Vegas NM 87701

Phone: (505)425-7762

Fax: (505)454-0801

Medicaid, Medicare and most private insurances are accepted

[NMBHI Outpatient Restorative Services](#)

Address: 3695 Hot Springs Blvd. Las Vegas, NM 87701

Phone: (505) 454-2647

Hours: Mon-Fri 8:00-5:00 Closed for lunch

Services: Physical, Occupational, & Audiology Therapy

Medicaid, Medicare and most private insurances are accepted

There is also a sliding scale fee for those who qualify

[Pro Massage](#)

Address: 210 Plaza, Las Vegas, NM 87701 **Email:** promassage@live.com

Phone: (505)425-0500

Cell: (505)718-8847

Services: Massage Therapy and Spa Treatment

Workman's Comp, Auto Insurance accepted

[Rainbow Road Therapy, Inc.](#)

Address: 615 East Lincoln Ave. Las Vegas, NM 87701

Phone: (505) 426-8095

E-mail: rainbowrdpx@yahoo.com

Services: Occupational, Behavioral, Speech, and Physical Therapy

Referral- Must be referred by a doctor to receive services

Medicaid and some private insurance are accepted

[SW Physical & Sports Therapy LTD](#)

Address: 2513 Ridge Runner Road Las Vegas, NM 87701

Phone: (505) 425-1117

Hours: Mon-Thurs 8:00-6:00

Medicaid, Medicare and most private insurances are accepted

PREGNANCY TESTING / PRENATAL EDUCATION / Services for pregnant women:

El Centro Family Health in Las Vegas

Address: 1235 8th Street Las Vegas, NM 87701

Phone: (505) 425-6788

and San Miguel

Address: State Road 3 Building 2 PO Box 277 Ribera, NM 87560

Phone: (505)421-1113

Services: Primary Care, Behavioral Health, Substance Abuse, Veterans Services, Breast & Cervical Cancer Care (**Free Mammogram & Pap-smears for no insurance**)

Eligibility: The doctors at El Centro must be the patients' Primary Care Provider

Medicaid, Medicare and most private insurances are accepted

There is a Self Pay/Sliding Scale for those who qualify

La Vida Health Services – Mary Ann Osuchowski-Sanchez CFNP

Address: 260 Mills Ave, Las Vegas NM 87701

Phone: (505) 425-6283

Fax: (505) 425-6621

Hours: Monday-Thursday 8:30-4:30 Closed @Noon

Services: Family Medicine and Women's Health

Medicaid, Medicare and Most Private Insurance are accepted

(NMQC) New Mexico Quick Care/Women's Health and Maternity

Address: 1134 Grand Ave. Las Vegas NM 87701

Phone: (505) 425-6425

Fax: (505) 425-6475

Hours: Mon-Fri 9:00- 5:00

Services: Providing health care to women in area since 2001. Nurse-midwives work together as a team to provide safe, continuous care throughout your pregnancy. The NMQC midwives provide prenatal care in the clinic and help women deliver their babies in the hospital. Also provide preconception counseling, family planning services, gynecological care, annual pelvic and breast exams, pap tests and screening and treatment for infections, hormone therapy and pessary fittings.

Medicaid, Medicare, and Private Insurances are accepted

There is a 50% discount for those who do not have insurance.

Pecos Valley Medical Center, Inc.

Address: PO Box 710-HWY 50, Pecos, NM 87552

Phone: (505) 757-6482

Fax: (505) 757-6968

Hours: Mon-Thurs 8:00-12:30 and 1:30-6:00; Fri 8:00-12:00

Services: Routine Care, Physical Exams, Laboratory, Eye/Ear Irrigation, Minor Suturing, Pharmacy, and Dental.

Family Planning: Pap Tests and Contraceptive or method Pregnancy tests

Medicaid, Medicare and most insurances are accepted

Sliding fee; application must be submitted with income/expenses. Qualification depends on your total household income. Some restrictions apply. Patient Assistance Program also available to assist those who qualify to purchase or reduce the cost of their medication.

SM Public Health Office

Address: 18 Gallegos Rd. Las Vegas, NM 87701

Phone: (505) 425-9368

Hours: 8:00 – 5:00 Mon–Fri

Free Services Sexually Transmitted Disease Clinic; Condoms free in lobby

Sliding Fee Services - Family Planning/Birth Control- Women and teens that are uninsured, under-insured and/or with Medicaid are especially welcomed. Services include breast & pelvic exams, counseling & education about all birth control methods, including sterilization for males & females. Free condoms, as well as services for males.

Pregnancy Testing- Information, referrals, application for Medicaid and care coordination available. Partners welcome.

WIC: Information on Wellness, Breast-feeding, Parenting, Child Development. WIC is a Supplemental Food and Nutrition Education Program for Woman, Infants, and Children. Women who are pregnant, breast feeding or children up to their 5th birthday qualify. **WIC Eligibility:** Pregnant or breastfeeding women or children under age 5 who reside in the State of New Mexico; meet income guidelines; or are at risk for medical /nutritional problem.

Women's Health Care/Dr. Antonio Sanchez

Address: 624 University Ave. Las Vegas, NM 87701

Phone: (505) 454-9155 **Fax:** (505) 454-9363

OBGYN-Specialist/Surgeon

Medicaid, Medicare, & Most Private Insurance are welcome- Molina Salud is not accepted.

Rosemarie Zapf DO

Address: 1900 Hot Springs Blvd. Las Vegas, NM 87701

Phone: (505) 454-1400

Hours: Mon-Fri 9:00–5:00 By appointment only

16 and above male & female primary Care.

Medicaid, Medicare and most private insurances are accepted

Zoe Pregnancy Center

Address: 716 Grand Ave./PO Box 2826 Las Vegas, NM 87701

Phone: (505) 454-4357 **Fax:** (505) 454-4353

Description: compassionate support/assistance to anyone facing a pregnancy or experiencing post abortion stress.

Services: Information: Making important decisions is hard, know all your options.

Confidential Support: You deserve care & support provided by our peer counselors.

Community Referrals to local agencies if you have medical, housing, or legal needs or are considering adoption. **Free Pregnancy Testing:** Accurate, quality tests are used.

Parenting Education Classes: Help to answer many of the questions you have. Lessons are fun, interesting, and practical. Learn how to be the best parent you can be! Classes include prenatal care, caring for your newborn, parenting, discipline & life skills. Staff will design lessons unique to your needs.

Material Needs: Opportunity to earn credits that you can use to "purchase" materials like maternity and baby clothes, blankets, diapers, formula, etc.

We are a Christian, 501 c3, non-profit agency

SENIOR CITIZEN SERVICES:

AARP

Services: Keep retired citizens informed about key issues and aims to improve quality of life for retirees

Information: on policies and action call 1-505-946-3601

Adult Protective Services

Address: 2518 Ridge Runner Road Las Vegas, NM 87701

Phone: (505) 425-9335 **Toll Free:** 1-866-654-3219

HELP PREVENT ADULT ABUSE It's Your Call

If you suspect adult abuse, it is your duty to report it.

If you have observed adult abuse, it is your duty to report it.

It's the law! Your phone call could save a life.

Alzheimer's Association—Las Vegas Branch

Address: 504 Douglas Avenue, Las Vegas, NM 87701

Phone: (505) 426-9840

Description: Support groups, educational programs, respite assistance, advocacy, resources and referral assistance.

Services: Advocacy, Caregiver Support Group, Caregiver Training, General Health Education Programs, Health Related Support Group, Respite Care, Specialized Counseling Services, Specialized Information & Referral

Arthritis Foundation

Phone: 1-800-283-7800

Direct Health Care

Address: 5309 Sultan Street Las Vegas, NM 87701

Phone: (505) 425-7471

Services: Providing Personal Care Services to Clients in Their Home, Bathing, Grooming, Meal Preparation, Light House Keeping, Transportation, & Companionship. Non-Medical Home Care.

Only Medicaid & Private Pay are accepted

Driving Skills For life

AARP Information on safe Driving

www.drivingskillsforlife.com

Las Vegas Senior Center

Address: 500 Union Street, Las Vegas, NM 87701

Phone: (505) 425-2633 or (505) 425-2753 **Fax:** (505) 425-3899

Description: Multipurpose center serves as focal point for older adults in community. Offers a wide variety of services and activities that are needed by and of interest to this population.

Services: Congregate Meals/Nutrition Sites, General Information & Referral, Senior Centers, Senior Ride Programs, Volunteer Opportunities, Wellness Programs

NM Social Security Administration

Medicare & Social Security

Address: 2520 Ridgerunner Road, Las Vegas, NM 87701

Phone: (505) 425-3517

www.socialsecurity.gov

Services: Retirement, Survivors, Disability, SSI

Eligibility: Those who may want to apply for Medicare can do so at the above address. You will need to take in a completed Medicare application along with proof of income for your self and anyone else who resides in your home, a birth certificate, and an ID.

People age 65 or older or People under age 65 with certain disabilities, and People of all ages with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a kidney transplant).

Part A Hospital Insurance- For most there is no premium for Part A. Medicare Part A (Hospital Insurance) helps cover inpatient care in hospitals, including critical access hospitals, and skilled nursing facilities (not custodial or long-term care). Also helps cover hospice care and some home health care. Must meet certain conditions

Part B Medical Insurance- For most there is a monthly premium for Part B. Medicare Part B (Medical Insurance) helps cover doctors' services and outpatient care. Also covers some other medical expenses that Part A does not cover, such as physical and occupational therapists, and some home health care. Part B helps pay for these covered services and supplies when they are medically necessary.

Prescription Drug Coverage- Most people will pay a monthly premium for this coverage. As of January 1, 2006, new Medicare prescription drug coverage will be available to everyone with Medicare. May help lower prescription drug costs and help protect against higher costs in the future. Medicare prescription Drug Coverage is insurance. Private companies provide the coverage. Beneficiaries choose the drug plan and pay a monthly premium. Like other insurance, if a beneficiary decides not to enroll in a drug plan when they are first eligible, they may pay a penalty if they choose to join later.

Pecos, NM - Senior Citizens

Phone: (505) 757-6700

Hours: Mon-Fri 8:00-1:30

Services: Lunch is provided from 11:30-12:30 Mon-Fri, Meals on Wheels for those who qualify, Catholic Services on Fridays at 10:00AM, Sewing Club on Tuesdays, Shopping on every 3rd Wednesday of the month for qualifying Seniors, Holiday Gatherings, & Traveling Activities.

Protection and Advocacy

Phone: (505) 425-5265

Address: 221 Plaza Las Vegas, NM 87701

Office Hours: 8:30-5:00 Mon-Fri

Services Offered-Protect against abuse and neglect (physical, emotional, verbal)

Eligibility- No age range, and must be a victim of abuse, neglect, or have had their rights violated. Services are mostly for people in facilities.

Referral- Walk-ins and referrals

Cost- No Charge

Senior Circle

Address: 104 Legion Drive, Las Vegas, NM 87701

Phone: (505) 426-3968

Contact Person/Advisor: Karen Topping

National Non-Profit Organization enriching the lives of adults age 50 and over.

Services: Senior Circle encourages a healthy and active lifestyle by providing programs that encourage continued learning, wellness, health and volunteering, coupled with a host of activities. We'll help you get more out of life with health talks, benefits at Alta Vista Regional Hospital, local business bargains and discounts on prescriptions, vision care and personal emergency response systems. You can also have fun with a full calendar of social events, exercise and travel opportunities. Yearly Cholesterol/Triglyceride/ Blood Sugar Testing.

Cost: \$15.00 per year

Senior Companion & Foster Grandparents Program of San Miguel County

Address: 700 Friedman Avenue, Las Vegas, NM 87701

Phone: (505) 454-1525

Description: This program is for low-income people age 60 and older to extend supportive services in health and education. Foster Grandparents share their experience and their talent to improve the lives of children in need. They help children develop the skills, confidence and strength to succeed in life. Senior Companions are healthy older adults who help other adults live independently. They provide support to family caregivers. They assist with daily tasks necessary to maintain independence. They might pay bills, shop for groceries, provide light housekeeping or perform other tasks. No matter the duty, they will offer friendship to someone who might not have much contact with others. Senior Companions usually help two to four clients and work 20 hours a week. Senior Companions receive a small, tax-free stipend.

SEXUAL ASSAULT / RAPE CRISIS SERVICES:

Sexual Assault Services CBS

Rape Crisis Line: (505)454-5100 from 8:00AM-5:00PM
(505)425-1048 after hours or weekends

Address: 700 Friedman Las Vegas, NM 87701

Phone: (505) 454-5115

Mora Phone: (505) 387-2677

Pecos Phone: (505) 757-6112

Services:

Advocacy & Crisis Intervention

24 Hour Hotline-The San Miguel, Mora, Guadalupe, Community Mental Health Services 24 Hour Hotline is staffed by trained professionals who can provide answers to questions, provide referral services and supportive counseling. All calls are confidential.

Medical Advocacy- An advocate will be available to accompany all victims receiving medical attention following an assault. Advocates can provide information on procedures, evidence collection, STD's and pregnancy tests. Available 24 hours / 7 days

Legal Advocacy- An advocate will accompany a victim to the police department to help file reports and may go to court if prosecution is pursued.

Outreach

In the Schools-Presentations are available from kindergarden through college level on a variety of sexual assault issues, including good touch & bad touch, date rape, and prevention activities.

In the Community-Presentations and seminars are available to any audience or community organization upon request.

Other Agencies-Consultations and training can be provided to other agencies that work with sexual assault issues.

Therapy Services-Evaluations, Information & Referral, & Individual & Family Services.

Sexual Assault-*Sexual assault is any unwanted sexual contact or attention committed by force, threats, bribes, manipulation, pressure, tricks or violence. The after affects of sexual assault may include: Anxiety, Fear, Feelings of Grief & Despair, Loss of Self-Confidence, Nightmares, Overeating or appetite loss, Poor Concentration, Sleeplessness, Stress Related Illness.*

The emotional and physical effects of incest, date or acquaintance rape are especially devastating because the crime is the ultimate betrayal of someone's trust. Help is available for everyone! Call today!

SUICIDE PREVENTION SERVICES & INFORMATION:

NMBHI

Suicide Crisis Line: (505)454-5100 from 8:00AM-5:00PM
(505)425-1048 after hours or weekends

Address: 3695 Hot Springs Blvd. Las Vegas, NM 87701

Phone: (505) 454-2100

Identifying Individuals At-Risk

Warning signs that someone may be at risk for suicide include the following:

Feelings :

Worthlessness	Desperation	Sadness
Loneliness	Hopelessness	Helplessness
Guilt		

Thoughts:

“I won’t be needing these anymore.”	“Everyone will be better off without me.”
“All of my problems will end soon.”	“I can’t do anything right.”
“No one can do anything to help me now.”	“I just can’t take it anymore.”
“Now I know what they were going through.”	“I wish I were dead.”
“I just can’t keep my thoughts straight anymore.”	

Physical:

Lack of interest in appearance	Change/loss in sex interest
Disturbed sleep	Change/loss of appetite, weight
Physical health complaints	Anxiety and/or panic attacks

Actions:

Giving away possessions	Withdrawal from family, friends, school, or work
Loss of interest in hobbies	Abuse of alcohol or drugs
Reckless behavior	Extreme behavior changes
Irritability and agitation	Impulsivity
Self-mutilation	

Getting Help in NM

Statewide 24-hour AGORA Crisis Hotline **1-866-HELP-1-NM (toll free)**

National Crisis Hotline 1-800-SUICIDE or 1-800-273-TALK

New Mexico Suicide Prevention Coalition, for *information* contact:

Michelle Linn-Gust, Co-Chair, (505) 266-3134 or via email: chelleheadworks@aol.com

JoAnne Sartorius, Co-Chair, (505) 982-1002 or via email: JoAnn@NewMexico.com

New Mexico Suicide Intervention Project, for *information* contact:

Cynthia Gonzales, Executive Director, (505) 820-1066

Survivors of Suicide (505) 217-4870

Ane Romero, Miss New Mexico email: missnm_aneromero@yahoo.com

Romero created a platform called Breaking the Silence: Youth Suicide Prevention in an effort to raise awareness about the problem. She also has been involved with lobbying New Mexico educators and legislators to improve the state’s suicide-prevention efforts.

TRANSPORTATION:

Citizens for the Developmentally Disabled

Address: 2528 Ridge Runner Rd, Las Vegas, NM 87701

Phone: (505) 426-1760

Fax: (505) 426-1762

Services: Advocacy, Support Group, Transportation, Personal Care, Respite Care, Home-based Services, Day-Hab Services

Eligibility: Must be 18 years of age or older and have a developmental disability and/or have a functional limitation.

Meadow City Transit System

Address: 500 Rail Road Avenue Las Vegas, NM 87701

Phone: (505) 454-8583

Hours: Mon-Fri 6:45-5:00

Services: Public Transportation

Cost: \$.75 a day, \$5.00 pass good for ten rides, \$10.00 pass good for 20 rides

One day or 24-Hour Advance Notice is Required

NM VA Health Care Systems

Phone: 1-800-465-8262

Description: Improve health of the served veteran population.

Services: Awareness & Prevention, Primary Care, Specialty Care, Extended Care, Counseling, Mental Health Services, Financial Assistance, Lodging for Patients & Families, Pastoral Care, Social Services, Transportation, Volunteer Training & Opportunities.

Premier Transportation

Phone: 1-877-323-9393

Services: Medical Transportation Company — Service is provided all across New Mexico.

Client must have Medicaid, Lovelace, or Molina to utilize this service.

Those with Lovelace or Molina need at least a 48 hour notice to be transported.

All others need 24 hour notice.

Safe-Ride

Phone: 1-800-797-RIDE

Services: Medical Transportation. To utilize this service, you must call the toll free number. If your appointment is in community which is 65 miles or less then you must call by 3:00 PM the day before your appointment, if your appointment is 65 miles or more you must give 48 hours advance notice. When you call you must have your appointment date & time, Dr. name & address. This is a non-emergency medical transportation service.

Medicaid only

Safe Ride Home— Provided by San Miguel County DWI Planning Council

Phone: (505)429-0336

Hours: Thurs—Sat & all major holidays 8:00pm-2:30am

Services: FREE ride home anywhere in San Miguel County from liquor establishments in Las Vegas. Don't drink and drive! Save a life and let us drive!

This Free Service Brought To You by The San Miguel County **DWI** Program

We Care Transportation

Phone: 1-877-419-4300

Services: Non-Emergency Medical Transportation

VETERAN'S SERVICES

NM VA Health Care Systems

Phone: 1-800-465-8262

Description: Improve health of the served veteran population.

Services: Awareness & Prevention, Primary Care, Specialty Care, Extended Care, Counseling, Mental Health Services, Financial Assistance, Lodging for Patients & Families, Pastoral Care, Social Services, Transportation, Volunteer Training & Opportunities.

PMS Veteran & Family Support Services

Phone: 1-877-929-9797

www.nmvets.com

Veterans Administration—Las Vegas El Centro Clinic

Address: 1235 8th Street, Las Vegas, NM 87701

Phone: (505) 425-6788

Description: The Las Vegas Community Based Outpatient Clinic (CBOC) designed to deliver primary care and counseling services to eligible veterans.

Veterans of Foreign Wars

Address: 148 Mills Avenue Las Vegas, NM 87701

Mailing: PO Box 1294 Las Vegas, NM 87701

Phone: (505) 425-7493

Post 1547 This is the oldest Post in the state of New Mexico.

Contact Person: Luis Gonzales

Services: Counseling, Refer to Veteran's service officer, link Veteran's to available resources, this agency also serves as a Liaison to Veteran's Service Officer. There is assistance to Veteran's in need and their families.

Diabetes At Risk Test

Could you have diabetes and not know it?

There are 20.8 million Americans with diabetes - and nearly one-third of them (or 6.2 million people) don't know it! There are approximately 582 adults in San Miguel County who have diabetes and don't know it! Take this test to see if you are at risk for having diabetes.

Diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans and Pacific Islanders. If you are a member of one of these ethnic groups, you need to pay special attention to this test.

To find out if you are at risk, write in the points next to each statement that is true for you. If a statement is *not* true, write a zero. Then add all the points to get your total score.

		<u>Yes</u>	<u>No</u>
1.	My weight is equal to or above that listed in the chart on the next page?	5pts	0pts
2.	I am under 65 years of age <u>and</u> I get little or no exercise during a usual day?	5pts	0pts
3.	I am between 45 and 64 years of age?	5pts	0pts
4.	I am 65 years old or older?	9pts	0pts
5.	I am a woman who has had a baby weighing more than nine pounds at birth?	1pts	0pts
6.	I have a sister or brother with diabetes?	1pts	0pts
7.	I have a parent with diabetes?	1pts	0pts
Total Points:		_____	

Scoring 3-9 points

You are probably at low risk for having diabetes now. But don't just forget about it -- especially if you are Hispanic/Latino, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future.

Scoring 10 or more points

You are at greater risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, find out for sure. Your health care provider can also give you information to help lower your risk for diabetes.

American Diabetes Association 1-800-232-3472

Diabetes Facts You Should Know

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure, and amputations. It kills almost 210,000 people each year. If not controlled, diabetes can cause a host of complications that can affect nearly every organ in the body. They include:

- The heart and blood vessels
- The eyes
- The kidneys
- The nerves
- The gums and teeth

Some people with diabetes exhibit symptoms, some do not. Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes. If you have any of the following symptoms, contact your doctor:

- Extreme thirst
- Frequent urination
- Unexplained weight loss
- Extreme hunger
- Increased fatigue
- Irritability
- Blurred vision
- Other health issues that put you at *high risk* for diabetes:
 - *HDL cholesterol under 35*
 - *High blood levels of triglycerides, over 200 mg/dL*
 - *High blood pressure, greater than or equal to 140/90 mmHg*

For more information on diabetes, call 1-800-DIABETES.

The information contained in this flyer is from the American Diabetes Association (ADA) website and is not a substitute for medical advice or treatment. The ADA and San Miguel Health Council recommends consultation with your doctor or health care professional.

At-Risk Weight Chart Body Mass Index	
Height in feet and inches without shoes	Weight in pounds without clothing
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes

Local Diabetes Medical Resources

Diabetic Foot Center	454-0123	El Centro Family Health (LV)	425-6788
El Centro (San Miguel)	505- 421-6788	Las Vegas Dialysis Center	454-7012
Life Care Health Services Dr. Ruiz	426-0700	Mora Valley Medical Center	575- 387-5069
Pecos Valley Medical Center	505-757-6482	San Miguel Public Health Office	425-9368

Or call your local primary care physician

Preparing for a Public Health Emergency – It's Everyone's Job!

Readiness for Health Emergencies

During the past four years, the State of New Mexico has enhanced its response capacities to protect everyone in a public health emergency, whether it is a fire, flood, terrorist threat, or an epidemic. The Department of Health and its Office of Health Emergency Management would like you to know more about the extensive efforts being made to be sure New Mexicans are safe – and ready.

A Coordinated Response

Health department physicians, nurses, educators and other staff have been trained to take on new roles at a moment's notice, to manage health services in an emergency. In a crisis, they would coordinate vaccinations, treatment, information, and needed preventive measures in a swift, efficient response. As soon as the Governor declares a disaster, their work would take place under the direction of the state's Emergency Operations Center and local emergency managers. This would occur as part of the National Incident Management System and the National Response Plan, the federal structure that guides health and emergency response nationwide.

PLANNING FOR AN EMERGENCY

When preparing for a possible emergency situation, it's best to think first about the basics of survival: **fresh water, food, clean air and warmth.**

Recommended Items to Include in a Basic Emergency Supply Kit:

Water - one gallon of water per person per day for at least three days, for drinking and sanitation

Food - at least a three-day supply of non-perishable food

Clothing - a change of clothing, rain gear, sturdy shoes, hats, gloves, sunglasses, rubber boots

Supplies - battery-powered radio, matches and lighter, flashlight and plenty of extra batteries. Plates and plastic utensils, plastic storage containers, paper and pencils, duct tape

Blankets or Sleeping Bags - for every member of the family

Medical - A first aid kit and prescription medications, aspirin or non-aspirin pain relief, antacid, laxative, rubbing alcohol, anti-diarrhea medication, antiseptic, eye wash

Money - Credit cards and cash

Back-ups - an extra pair of glasses, spare contact lenses and supplies for them. An extra set of car keys

Special Needs - Baby items, formula and medications. Toys and books for toddlers. Items for elderly family members and for those with special needs.

Information - a list of family physicians and contact numbers, important family information, insurance information and the style and serial number of medical devices such as pacemakers.

For more information about preparing for emergencies, contact the Office of Emergency Management at 425-6419

Or visit www.fema.gov or www.flu.gov

For information during a local emergency, tune your radio to AM1670

Create a Family Emergency Plan for your Household

You can take simple steps to protect yourself, your home and your children. If you discuss emergencies ahead of time it will reduce fear and anxiety. Let everyone know how to respond if there is a fire, a storm or a public health emergency. Be prepared to answer children's questions about scary things that they have heard of seen on television, such as natural disasters and terrorist attacks. Give them simple information about how they can be prepared to protect themselves, with your help and guidance.

Wildfire Safety Precautions

Summer in New Mexico brings the possibility of wildfires in our national forests, within the bosques, and in our wooded communities.

Homes located in forested areas or along the bosque can be difficult to reach in an emergency. It is important to clear a defensible space of 30 feet around your home, free of excessive trees, weeds and other flammable materials, and to have improved driveway access for emergency vehicles to reach your home.

If there is a wildfire in your immediate area, early evacuation is the best way for you and your family to avoid injury and smoke inhalation problems. Include fire evacuation in your family emergency plan, specifying escape routes, alternative ways of communicating with family members if power lines go down, and plans for sheltering in place inside your home if evacuation is not possible. You may want to keep face masks on hand to protect you from smoke.

People with allergies, asthma, lung disease and heart problems must take special care during wildfires. If there is smoke nearby, remain indoors and close doors and windows to limit smoke inhalation. Be sure to have the medicines needed for respiratory problems. Consider staying with a relative outside the fire zone.

For kids:

Kid Card

Important info for kids to have with them

Call 911 if you need help!

Name _____

Parent(s) or caregiver(s) phone numbers:

Home _____

Work _____

Cell _____

-----fold here-----

Dr. _____ phone _____

Neighbor _____ phone _____

In-town relative or friend _____

Phone _____

Out-of-town relative _____

Phone _____

Meeting place _____ phone _____

For parents:

Care Card

My kid(s) school phone number(s):

Name _____ Phone _____

Name _____ Phone _____

Name _____ Phone _____

Name _____ Phone _____

Name _____ Phone _____

-----fold here-----

Dr. _____ phone _____

Neighbor _____ phone _____

In-town relative or friend _____

Phone _____

Out-of-town relative _____

Phone _____

Meeting place _____ phone _____

MSG Behavioral Health Collaborative

Mora/San Miguel/Guadalupe Local Behavioral Health Collaborative - MSG Group

The overall purpose of Local Collaborative is to develop strong local voices to help guide Behavioral Health planning in New Mexico.

Goals:

To have a single Behavioral Health System in New Mexico.

The creation of a consumer, youth, and family driven system.

A Behavioral Health System in which available resources are coordinated and managed effectively. At both state and local levels, the challenges of balancing limited services are being addressed by collaborating, sharing strategies, solutions, and resources in the hope of producing a better quality of life for those with Behavioral Health needs in New Mexico.

Local Collaboratives- are community advisory groups who are working together to improve Behavioral Health Services in their communities and across New Mexico. Local Collaboratives welcome the participation and ideas of all community members.

The Vision- of the Behavioral Health Collaborative-the lives of individuals with mental illness and substance use disorders will improve, that consumers and family members will have an equal voice in the decisions that affect them and their loved ones, and those most affected by mental illness and substance use disorders can lead full, meaningful lives within their communities.

Everyone is an important participant in creating an effective Local Collaborative:

Adult Consumers

Youth Consumers

Family Members

Advocates

Community Groups

Local Agencies

Providers

Representatives of law enforcement, schools, judicial systems, etc.

Working together we can help transform the Behavioral Health System for those with Behavioral Health needs by working with other community members within your Local Collaborative.

Join us in this important journey

Phone: (505) 617-5571

For more information visit our website at: **www.msg@desertgate.com**

San Miguel County Family & Community Health Council

The Health Council works to improve community health and well-being. We do this by providing assessments of community health needs to appropriate community organizations, by fostering and coordinating collaboration between community entities, by assisting in the development of these organizations, and by assisting in communicating the initiatives developed by local organizations to the community.

The Health Council:

Conducts community assessment

Identified and engages organizations within the community who may serve to meet the needs identified by the community health assessment

Connects organizations to each other

Facilitates and maintains the connections between these organizations

Assists in developing funding for these organizations

Assists in developing outlets for the activities of these organizations

*The Health Council meets on the 4th Tuesday of each month from 9:00am—11:00am
at the Public Health Office in Las Vegas on 18 Gallegos Road
ALL MEETINGS ARE OPEN TO THE PUBLIC*

Based on community input, available data and existing community efforts & resources, the Council has identified the following priorities and formed committees to work on each priority:

Interpersonal Violence (Domestic Violence/Child Abuse/Sexual Assault)—meets 4th Tues, 11am at San Miguel County Public Health Office, 18 Gallegos Road

Teen Pregnancy— meets 2nd Fri, Noon at San Miguel County Public Health Office, 18 Gallegos Road

Diabetes/Obesity—meets 2nd Fri, 10am at San Miguel County Public Health Office, 18 Gallegos Road

(meeting days/times/locations may change—please call us to verify this info)

Vision Statement

“Healthy families promoting a healthy community”

Mission Statement

“To Provide and promote a leadership role in empowering the community to improve our health status, through a comprehensive, family-centered, community based and culturally-sensitive approach in San Miguel County.”

Other Coalitions we actively participate in:

Luna Community College Coalition (Adult Binge Drinking)
Community Health Group
LV Coalition to End Hunger
LVCS School Health Advisory Committee
Local Emergency Planning Committee
MSG Group—Local Behavioral Health Collaborative
MSG Housing Coalition
Safe Kids Coalition
San Miguel Detention Center Community Advisory Committee
San Miguel DWI Planning Council
TCA – Total Community Approach (to Substance Abuse)
Tri-County Family Justice Center Community Partner
WLV School Health Advisory Committee

To become a member or find out more about the Health Council, please call 425-9770 or visit our website at www.smhealthcouncil.org

Local health and wellness statistics are available in the *Community Health Profile* that we publish each year. This information may be very helpful when applying for grants, or just for your information. With community input, we also develop a *Community Health Improvement Plan (CHIP)*. The CHIP presents community strategies to impact our priority areas. Both, the Profile and CHIP are available at our office or on our website www.smhealthcouncil@desertgate.com. In 2009, we conducted a *Community Health Survey*, results are also on the website.



COURT APPOINTED SPECIAL ADVOCATES FOURTH JUDICIAL DISTRICT

P. O. BOX 1495, LAS VEGAS, NEW MEXICO 87701

Phone/Fax (505) 454-0223

Email: casafourth@mail.com

website: www.casafourthnm.org

Barbara Perea-Casey, Executive Director

More than 2,500 New Mexican children live in foster care and the number is growing. Most of these youth have suffered physically and emotionally from abuse, neglect, or abandonment at the hands of family members. They may be asked to adapt to frequent moves with little notice, educational disruption, separation from siblings, broken friendships, and stigmatization. To survive, and even thrive, in this environment, they develop a level of adaptability, self-reliance, and resilience beyond their years. Still, compared with their peers, they experience higher levels of unemployment, incarceration, homelessness, substance abuse, unwanted pregnancy, limited education, and inadequate health care.

As a CASA (Court Appointed Special Advocate) volunteer you can be a powerful voice for these young victims in foster care – nearly 90 children from our communities each year need one caring adult to speak up for them.

Volunteers and supporters from San Miguel, Mora and Guadalupe counties are needed so that every abused child has a chance at a brighter future.

You don't need any special background.....

You just have to care!!!

A few hours a month can make a huge difference in the life of a child – and in your own life, in ways you never imagined.

For more in information contact

Barbara (505) 454-0223

FREE



Safe Ride
Providing a Free Safe Ride
Home in San Miguel County

**Service is provided
Thursday through Saturday and all Major Holidays
8:00pm –2:30am**

CALL: 429-0336

Don't drink and drive! Save a life and let us drive!

**This Free Service Brought To You By
The San Miguel County **DWI** Program**