

NRBHC Outpatient Treatment Services

- ASAM Level 0.5 – Early Intervention Services
- ASAM Level 1.0 – Outpatient Services
- ASAM Level 2.1 – Intensive Outpatient Treatment Services

NRBHC Residential Treatment Services

- ASAM Level 3.1 – Clinically Managed Low-Intensity Residential Services (Adult)
- ASAM Level 3.5 – Clinically Managed Medium-Intensity Residential Services (Adolescent)



For more information about NNDBMHS see website:
<https://www.nndbmhs.org>

3.30.21



Navajo Regional Behavioral Health Center

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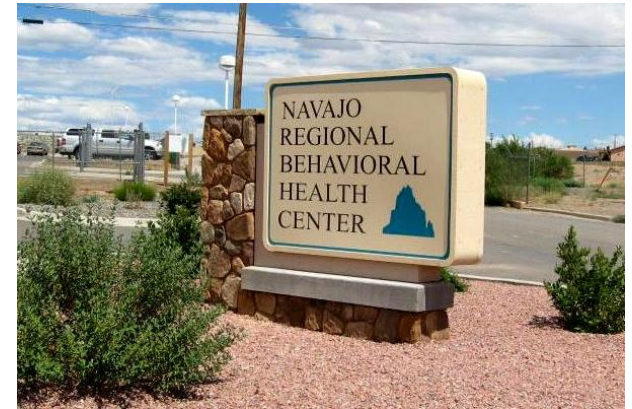


NRBHC and all its programs are accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF)

Navajo Regional Behavioral Health Center

Navajo Nation

Division of Behavioral & Mental Health Services



Residential Treatment Services

Mission Statement

Providing comprehensive behavioral and mental health services for Native families

Vision Statement

Diné Be'iina' Hózhogoo Silá

"In the Navajo way of life there is Beauty"

Who We Are

The Navajo Regional Behavioral Health Center (NRBHC) is located next to the Northern Navajo Medical Center in Shiprock, New Mexico. The facility provides both residential and outpatient treatment services.

Residential Treatment Services

NRBHC's residential treatment programs provide 24/7 residential care for adolescents and adults in need of a structured environment where they can address problems related to substance abuse or dependence, and co-occurring mental health disorders. There is an ASAM Level 3.1 Adult Residential program and an ASAM Level 3.5 Adolescent Residential program. Both are continuous treatment programs and lengths of stay are determined by treatment needs.

Treatment services are comprehensive and are provided by licensed practitioners from the fields of psychology, counseling and therapy, substance abuse counseling, nursing and traditional healing. Medical and psychiatric services are available thru the Northern Navajo Medical Center nearby. Meals and snacks are served on the premises.

Residents participate in scheduled treatment activities seven days a week. An adaptive education component assists students to get back on track within their local school or pursue a GED/HSE. Certain treatment aspects require family involvement. Family members participate in treatment activities on Family Day once a week.

The treatment programs have multicultural orientations that incorporate traditional Navajo and other Native American treatment modalities as well as culturally responsive Western Best Practice approaches. The integrated approach of culturally responsive Western Best Practices and Native American approaches woven throughout treatment help adolescents and adults develop a positive perception of their individual self, family, and life to restore harmony & balance within themselves, their families and way of life.

Navajo Regional Behavioral Health Center



Services the Programs Provide

- Substance Abuse Education & Counseling
- Co-Occurring (Substance Abuse & Mental Health) Education & Counseling
- Individual/Group Therapy & Counseling
- Psycho-Education; Anger Management Education
- Family Counseling & Therapy
- Family Psycho-Education & Activities
- Relapse Prevention Education
- Native Traditional Healing Counseling/Services & Cultural Education
- Pastoral/Faith-based Counseling, Services & Education
- Life Skills & Independent Living
- Academic Education & GED Opportunities
- Basic Adventure-based Counseling
- Physical Wellness & Recreational Activities
- Health & Nutrition Education
- Medication & Health Monitoring
- Support Groups (AA/NA Meetings, 12 Steps & Meditation)
- Follow-up After Discharge

Admissions Criteria:

Services are provided at no cost for any referrals that meet the following qualifications:

Adolescents:

- Must be an enrolled member of a Federally Recognized Tribe
- Meet ASAM criteria 3.5 medium-intensity treatment services
- Must be 13 to 17 years of age at time of admission
- Have a diagnosable substance abuse/dependence problem
- Have a physical and psychological ability to participate in the program
- Must agree to accept and follow program rules and structured activities
- Must present required documents at intake: Certificates of Indian Blood (CIB), Social Security Card, Birth Certificate, and (if applicable) legal documentation of Guardianship
- Must obtain records of routine medical exams and complete a psychological/mental health examination before admission
- Referrals within the Shiprock Agency need to go through the NRBHC Adolescent Case Management Support Services

Adults:

- Must be an enrolled member of a Federally Recognized tribe
- Must be 18 years of age or older
- Have completed Residential Treatment ASAM 3.3 or needs an Intensive Outpatient Treatment ASAM 2.1 supportive living environment
- Have Primary diagnosis of Substance Abuse Disorder
- May have stable co-occurring Mental health disorders with mental health assessment or psychological evaluation
- Medically stable
- Complete 3.1 Supportive Healing Center application
- Must have required documents at intake: Valid picture ID, Certificate of Indian Blood (CIB), Social Security Card, Birth Certificate, Medicaid/Medicare/Insurance information, referral agency & contact information (if any), completed Physical Exam form (within last 6 months) with lab work results

****No childcare provided by the facility.**

TO GET HELP FROM THE PROGRAM

Please call 505.368.1438
to contact a Case Management Specialist