

## CCMHC Services

- **Outpatient Psychotherapy**

- Evaluation
- Individual Therapy
- Substance Abuse Counseling
- Group Therapy
- Family Therapy
- Psychological Testing
- Comprehensive Community

Support Services

- **Comprehensive Community Support Services**

- Provide client support and crisis intervention
- Learn how to access community resources
- Teach clients and their families how to be responsible and self-sufficient.

### **Children's Community Mental Health Clinic**

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## **Children's Community Mental Health Clinic**

*Bernalillo County*

*Youth Services Center*

*People Helping People*



**C**HILDREN'S

**C**OMMUNITY

**M**ENTAL

**H**EALTH

## CCMHC

CCMHC stands for Children's Community Mental Health Clinic. The CCMHC provides mental health services to Juvenile Justice System involved youth. Therapy, substance abuse counseling and comprehensive community support services are delivered effectively in a community outpatient clinical setting.

## CCMHC Philosophy

The treatment focus is outpatient services with the goal of keeping the youth in the community. Key components include comprehensive assessment/evaluation, individualized treatment plans, individual and family therapy, comprehensive community support services, and discharge planning.

The Children's Community Mental Health Clinic approaches children, adolescents and families from a strength based philosophy. The philosophy is an overall belief that families possess skills and strengths and with the support of the clinic staff is able to build on those skills to enhance their resilience and recovery to improve their daily functioning abilities.

## Goals and Objectives

- Provide behavioral health and substance abuse services in a community setting.
- Provide services to families of clients to increase the overall success and progress of the client.
- Provide a system and continuum of care for individual client services.
- Prevent and reduce detention stays for individuals when the individual is eligible for services within a community setting.
- Reduce the recidivism rate for individuals within the juvenile justice system.