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## **ANA Behavioral Health Services (A New Awakening)**

**Requires a referral from the Court, pre-trial or probation office.**

ANA Behavioral Health offers a variety of outpatient Behavioral Health services: group and individual counseling/therapy; parenting classes, family counseling and couples counseling; Chinese medicine; Acupressure; Energy or Qi balancing; Hepatitis C testing. ANA is now offering Community Acupuncture Clinics utilizing a reduced fee-for-service of \$20 per treatment or 5 treatments for \$75.

We strive to provide low cost, effective services to all clients. Many of our services are covered by insurances or community programs. ANA has free services for Domestic Violence and substance abuse. Medicaid is accepted for individual and family counseling. (See website for details on payment options and vouchers accepted).

We provide over 40 different groups per week on topics such as yoga, meditation, physical health, stress and anger management, and PTSD. We also offer psychoeducational groups and group therapy. The types of groups offered are: Body Centered Recovery, Moral Reconation Therapy (MRT), Men's DV, Women's DV, Spanish DV, DWI, Relapse Prevention, Acudetox, Mindfulness, Anger Management and Life Skills. In addition, we have weekly 12-step meetings for Alcoholics Anonymous and Cocaine Anonymous at our facility.

A New Awakening is one of the few providers in Albuquerque offering a state certified BIP program for Domestic Violence Education for offenders. DV groups are offered several times weekly for both female and male offenders.

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### **Details**

**Intake Process:** Appointment Necessary

**Payment Options:** Private Insurance Public Assistance

**Restrictions:** Requires referral from court, pre-trial or probation officer

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### **Services**

Behavioral Health Assessment & Treatment   Substance Abuse Services   Alt/Traditional/Specialty Treatment   Criminal Justice & Legal Services

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### **Locations**

*400 Gold Ave SW Suite 1200  
Albuquerque, NM 87102*

**Phone:** (505) 224-9124

**Hours:** Monday - Thursday 9:00 am - 8:00 pm, Friday 9:00 am - 6:00 pm, Saturday 9:00 am - 3:00 pm,

Sunday 10:00 am - Noon

**Languages Spoken:** English Spanish

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## **Parent Organization**

### **ANA Behavioral Health Services (A New Awakening, Inc.)**

Our mission is to help people struggling with addiction or mental health issues experience physical healing and emotional freedom. ANA recognizes the value of every person. Since 2000 we have been guided by a commitment to reduce the barriers to receive treatment for addiction or behavioral health concerns. We accomplish this by providing low cost or free evidence-based therapies for each of our clients and their families. ANA is an urban place of healing; we offer many preventative and complimentary services to restore lives that have been uprooted by the chaos of addiction.

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**Phone:** (505) 224-9124

**Primary Contact:** Dr. Patricia Singh

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**Type:** Nonprofit

<http://anewawakening.com/>