



SHADOW MOUNTAIN
— RECOVERY CENTER —





Who We Are

The heart and soul of Shadow Mountain is family. Our founders experienced the heartbreak and frustration of having a son who struggled with addiction. After several failed attempts at rehab, we learned that addiction recovery is only half-complete when programs fail to involve the family. The key to long-term success is solving counterproductive systems within the family, and empowering the client's support network to assist in ongoing recovery.



CLINICAL APPROACH

Shadow Mountain meets each individual right where they are in their journey with the understanding that everyone's recovery experience is a deeply unique part of their life's story. Our clinical approach is trauma-focused and uses a multi-disciplinary team to support a person on their journey of reconnection, trauma resolution, and lasting recovery.

OUR THERAPIES INCLUDE:

Internal Family Systems (IFS)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavior Therapy (DBT)

Psychodrama

Sensorimotor Psychotherapy

Wim Hof Breathwork

Sound Healing

Acudetox

Yoga Therapy

Art Therapy

Motivational Interviewing



WHAT WE TREAT



MENTAL HEALTH DISORDERS

Mental Health
Anxiety
Depression
Suicidal Ideation



SUBSTANCE USE DISORDERS

Substance Abuse
Alcohol Addiction
Opioid Abuse
Drug Addiction



CO-OCCURRING DISORDERS

Dual Diagnosis



TRAUMA

Post Traumatic Stress Disorder (PTSD)
Grief and Loss

OUR LOCATIONS

RIO RANCHO MEDICAL DETOX

Rio Rancho is a **boutique medical detox facility** that focuses on symptom reduction and comfort using unique alternative healing methods combined with a proven medical approach. The home has views of the Sandia Mountains with a pool and basketball court. All men must go through the Rio Rancho Medical Detox for medical clearance before attending our residential program. Rio Rancho has on-site options to help clients through the detox process such as **24/7 staff available, saunas, acudetox, traditional and**

non-traditional options, and a high staff-to-client ratio. Most insurance is accepted on an in-network basis and same-day admissions are usually available.



TAOS RESIDENTIAL FOR MEN



Taos Residential for Men is a **gender-specific 28-day residential treatment program for men** built around healing. The 37-acre property is located in a gorgeous setting in the Sangre de Cristo mountains with access to peaceful, scenic hiking trails and stunning views. We utilize **evidence-based programming with an underlying holistic approach.** Treatment plans at Taos are carefully customized for each client and their needs. Our holistic treatments include 12-step therapy, trauma-informed therapy, psychiatric

evaluations, and experiential therapy such as yoga, sound healing and acudetox.

ALBUQUERQUE

Service offerings for our Albuquerque location consist of **Intensive Outpatient (IOP) Program, Partial Hospitalization Program (PHP), General Outpatient (continuum) Program, Medication-Assisted Treatment (MAT), and ancillary medical services.** Built around healing and empowerment, clients receive individualized care from individual counseling and group therapy sessions. Our masters level clinical team utilizes evidence-based treatment modalities with an underlying holistic, strength-based approach. Our trauma-informed program features EMDR, family group therapy and education, activity-based therapy, acudetox, 12-step exposure and alternatives, CBT, DBT, and more.



SANTA FE DETOX AND RESIDENTIAL FOR WOMEN



Santa Fe is a **gender-specific 28-day treatment program for women** offering **residential care** and **medical detox.** The facility has 16 beds, and the 11-acre property consists of a nature trail, yoga space, and a small gym. Located just 20 minutes from downtown Santa Fe, our facility offers all the peaceful serenity unique to the Southwest while maintaining close access to one of the major cultural hubs of New Mexico. Clients can expect daily group therapy and twice weekly individual therapy sessions led by master's level clinicians and clinical support staff. In addition, there is an on-site chef who provides a well-rounded menu in conjunction with client trips to experience the local culture. Our evidence-based programming includes **medically-assisted detox, dual diagnosis treatment, trauma-informed and holistic treatment, 12-step and 12-step alternative options, psychiatric evaluation and more.**

The background of the page features a photograph of several people standing in a field of tall, golden-brown grass under a clear blue sky. A semi-transparent blue vertical bar runs down the left side of the image. Overlaid on the right side of the image is a white rectangular box with a thin blue border, which contains the text for the 'ADMISSIONS PROCESS' section.

ADMISSIONS PROCESS

We know that the recovery journey is unique for every individual client. Our focus is to assess and learn about the clients experience by exploring the unique struggles that have led them to seek treatment. We perform a comprehensive screen on the client to ensure their treatment plan is unique and individualized to their needs.

After an assessment, here's what you can expect:

Clinical review of mental health history and documentation

Determination of the best level of care according to clinical need

Admission date confirmation

Admission/Intake

We recognize that these initial steps for some may be the hardest. Our goal is to hold space and care for clients and families seeking help.



INSURANCE

A reason why someone may be reluctant to receive help is out of fear of being financially indebted to a rehab center for the rest of their lives. Fortunately, with insurance policies, individuals who want to turn their lives around for the better can do so.

Shadow Mountain is proud to partner with the following:

- *Blue Cross Blue Shield*
- *Optum Behavioral*
- *Presbyterian Magellan*
- *Aetna*
- *Tricare Health Net*
- *Cigna Evernorth*

Additionally, we work with insurance companies that offer **Out of Network PPO plans**. Our partnership with insurance companies has allowed many families and patients to receive exceptional care at an affordable price. Our facility can utilize a prospective client's insurance to assist with the cost of medical detox, residential care, PHP, and IOP services.



WHY CHOOSE SHADOW MOUNTAIN RECOVERY?



We are the largest privately held, full continuum provider, in the state of New Mexico.



We work in-network with all major commercial insurance providers in the state of New Mexico.



We offer a peaceful, non-institutional housing experience for our clients.



Since 2021, 94% of 3,000 clients claimed they were satisfied with the treatment they received at SMR.



Our facilities are proudly Joint Commission Accredited. This symbolizes our commitment of continuous improvement and the pursuit to providing exceptional care.



Our treatment philosophy is client centered and focused on individualized care.

NOTES



SHADOW MOUNTAIN

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Shadow Mountain is a part of Integrative Life Network

Integrative Life Network is the premier family of treatment centers for trauma, mental health, substance use and intimacy disorders. The thread that weaves us together is heart-centered, whole-person healing. We believe a person is not defined by past traumas or behaviors and lasting recovery is available to anyone who walks through our doors.

For more information about our programs and services:

(615) 716-3554 | info@integrativelifenetwork.com