

Behavioral Sciences Section Report 2023



Prepared By: APD Analytics Division
March 2024



Table of Contents

- 1** Introduction to Behavioral Sciences Section
- 2** Behavioral Sciences Section 2023 Highlights
- 3** Behavioral Sciences Section 2023 Quarters Highlights
- 4** Peer Support Program
- 5** Key Findings
- 6** Key Terms/Definitions



Introduction

The Behavioral Sciences Section (BSS) provides access to psychological services, including consultation and treatment, needed by sworn and civilian personnel and their immediate family members. The services are intended to improve the health of individual employees, as well as the overall health of the Department, through direct service, outreach, and education.

Requests for such services can originate from the Department, individual employees, or their family members. Services may be accessed by using direct or indirect referrals or by participating in voluntary or mandatory services and treatment options. These services will be provided by staff contract clinicians of the BSS.

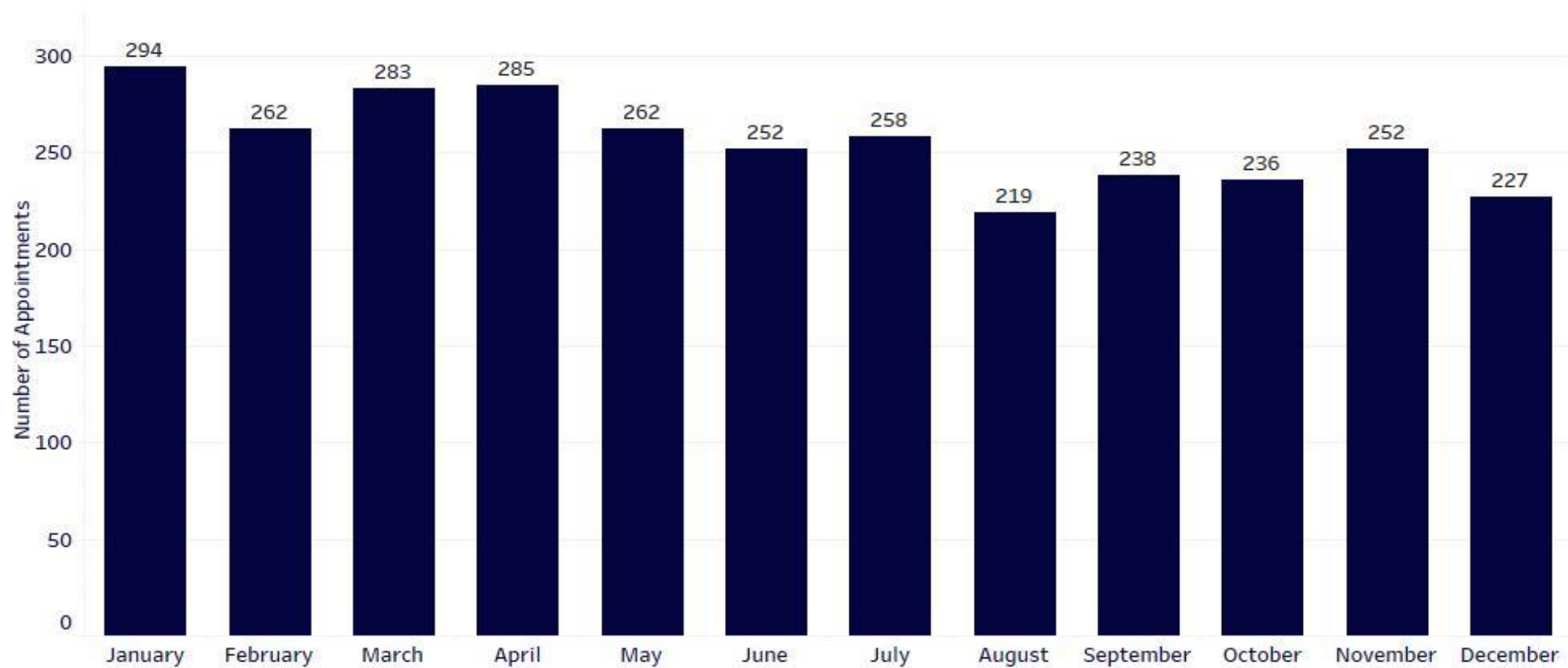
This report provides overview on the activities of the Behavioral Sciences Section during the year 2023.

The data used in this report was collected and provided to the Data Analytics Division by the BSS using Therapy Notes which is a client management tool utilized by the clinicians to record encounters with the patient. Information provided in this report includes total number of appointments held by behavioral sciences section, types of appointment, service provided, information on clinicians and information on location where services were provided.

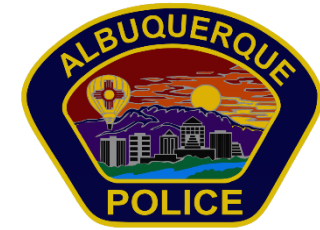


Behavioral Sciences Section 2023 Highlights

Appointments by Month [n=3068]

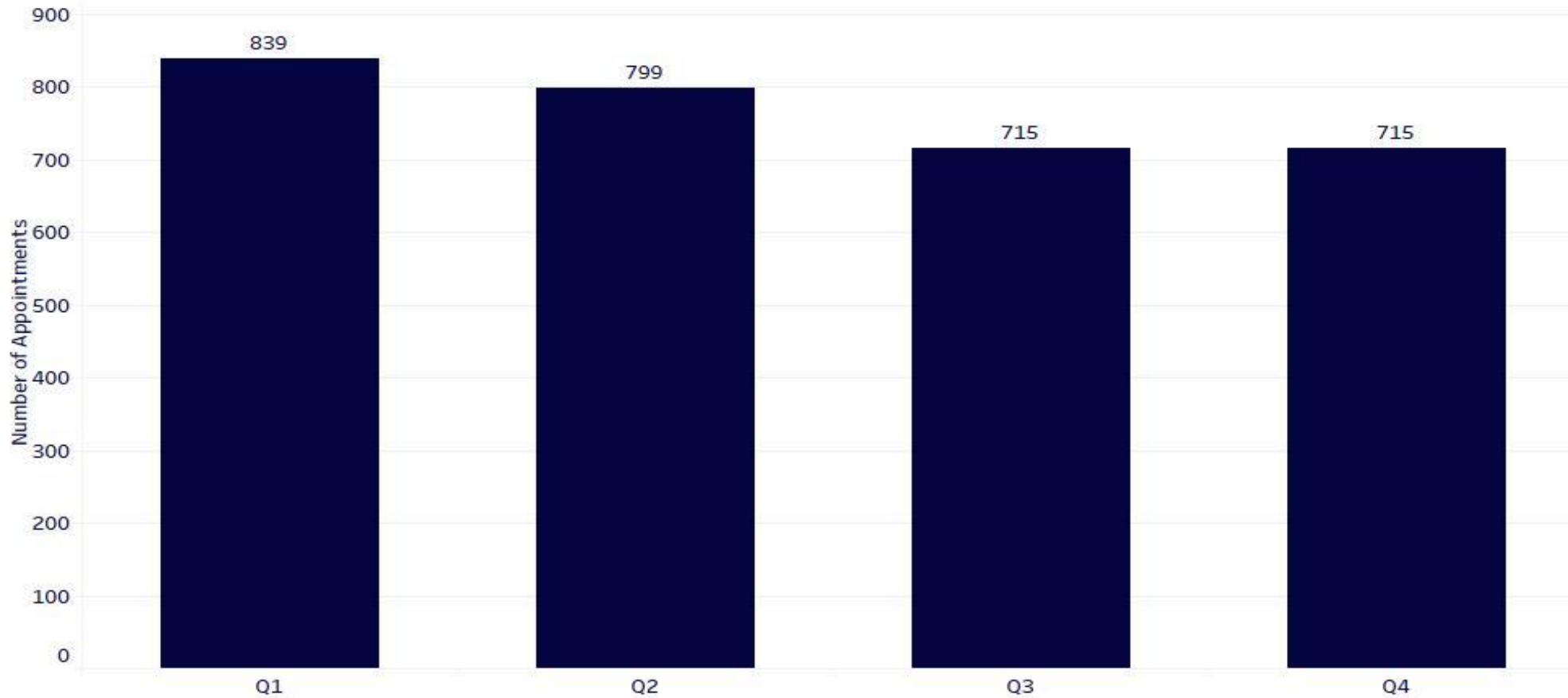


Highest number of appointments were held in the month of January (294) followed by April and March. Least number of appointments were held during the month of August (219). In 2022, majority of the appointments were held in the month of March (297). In 2023, Behavioral Sciences Section held an average of 256 appointments per month while in 2022, the average was 220 appointments per month.



Behavioral Sciences Section 2023 Highlights

Appointments by Quarter [n=3068]

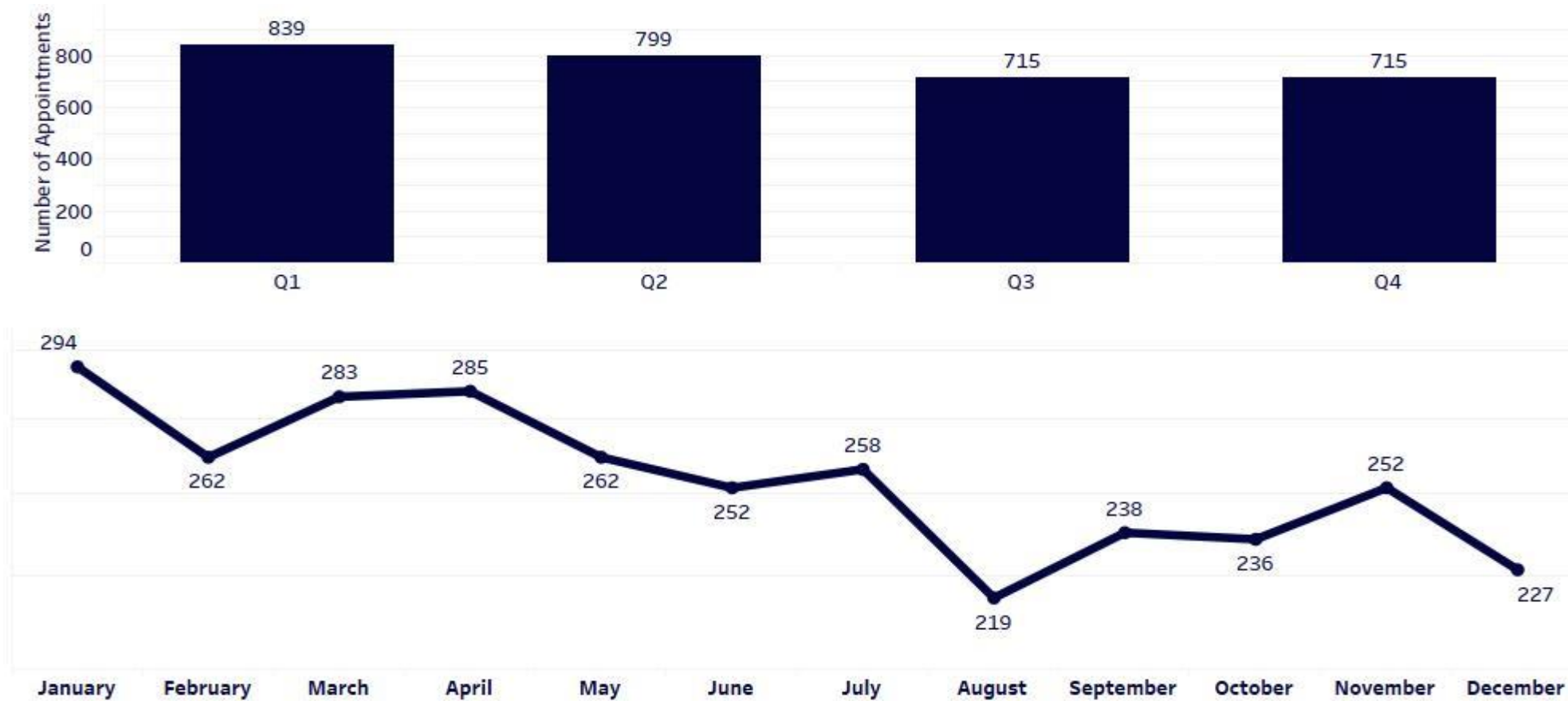


The majority of the appointments occurred during the first quarter of 2023.



Behavioral Sciences Section 2023 Highlights

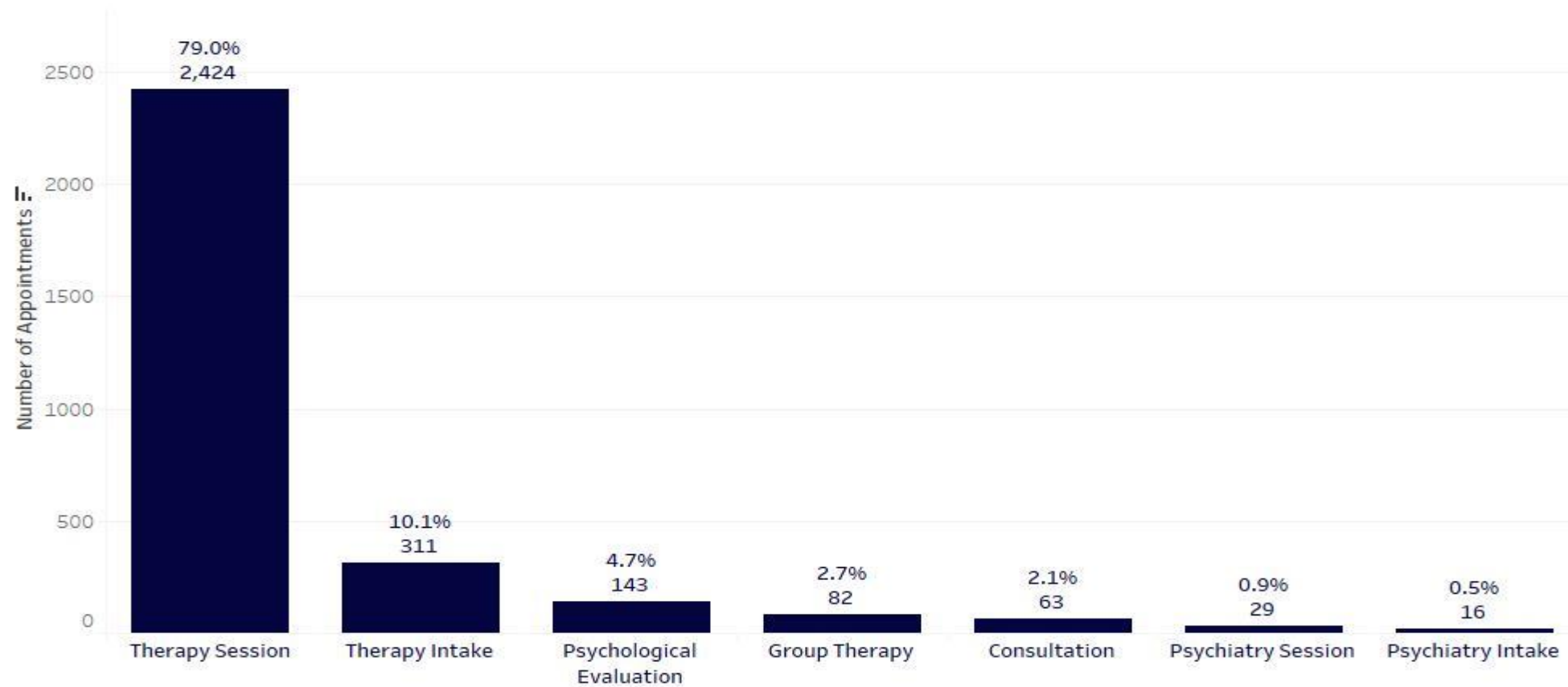
Appointments by Quarter & Months [n=3068]





Behavioral Sciences Section 2023 Highlights

Appointment Type [n=3068]

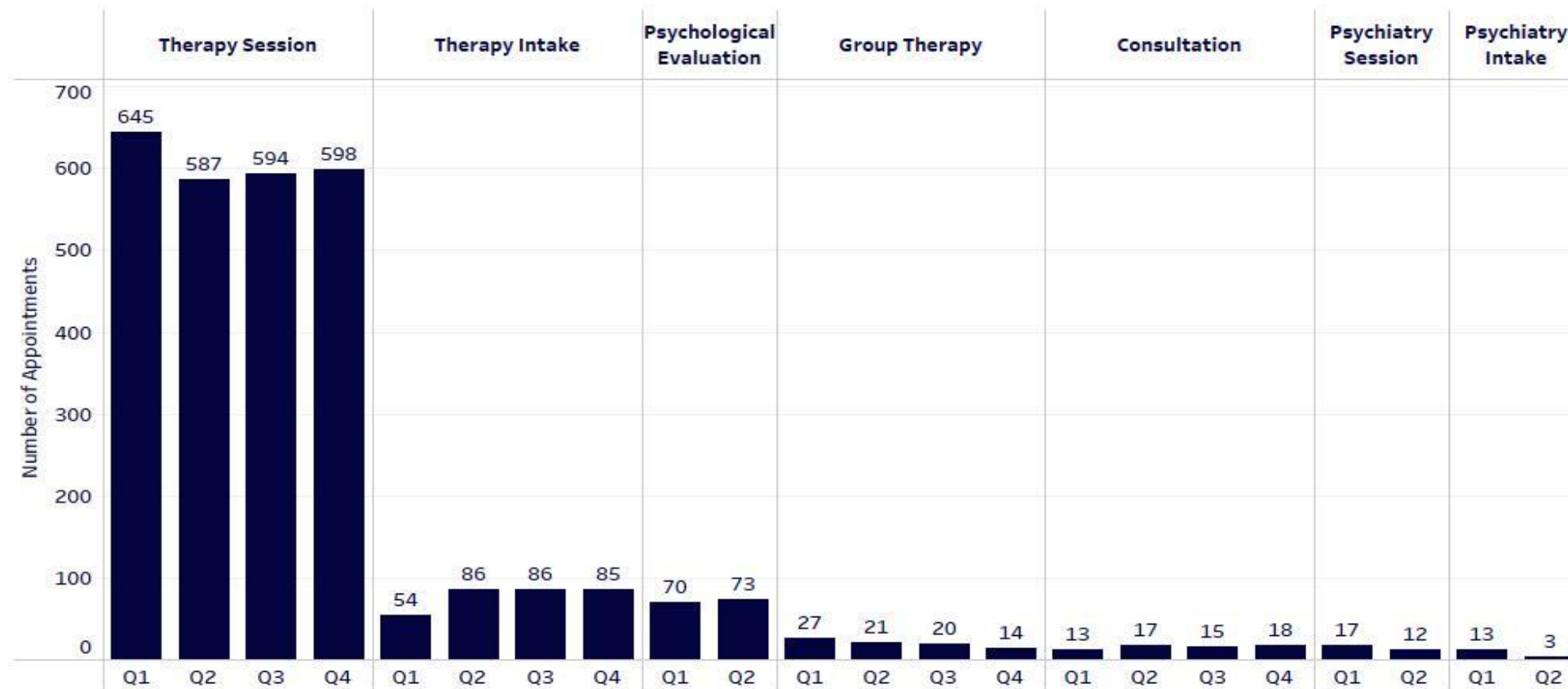


Therapy sessions accounted for the majority of appointments, totaling 2424 in the year 2023. It is consistent with the trend from previous year where therapy sessions were significantly higher compared to any other appointment type.

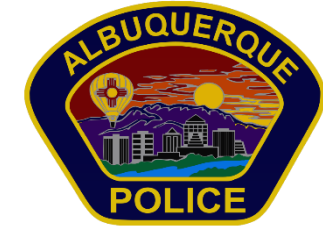


Behavioral Sciences Section 2023 Highlights

Appointment Type by Quarter [n=3068]

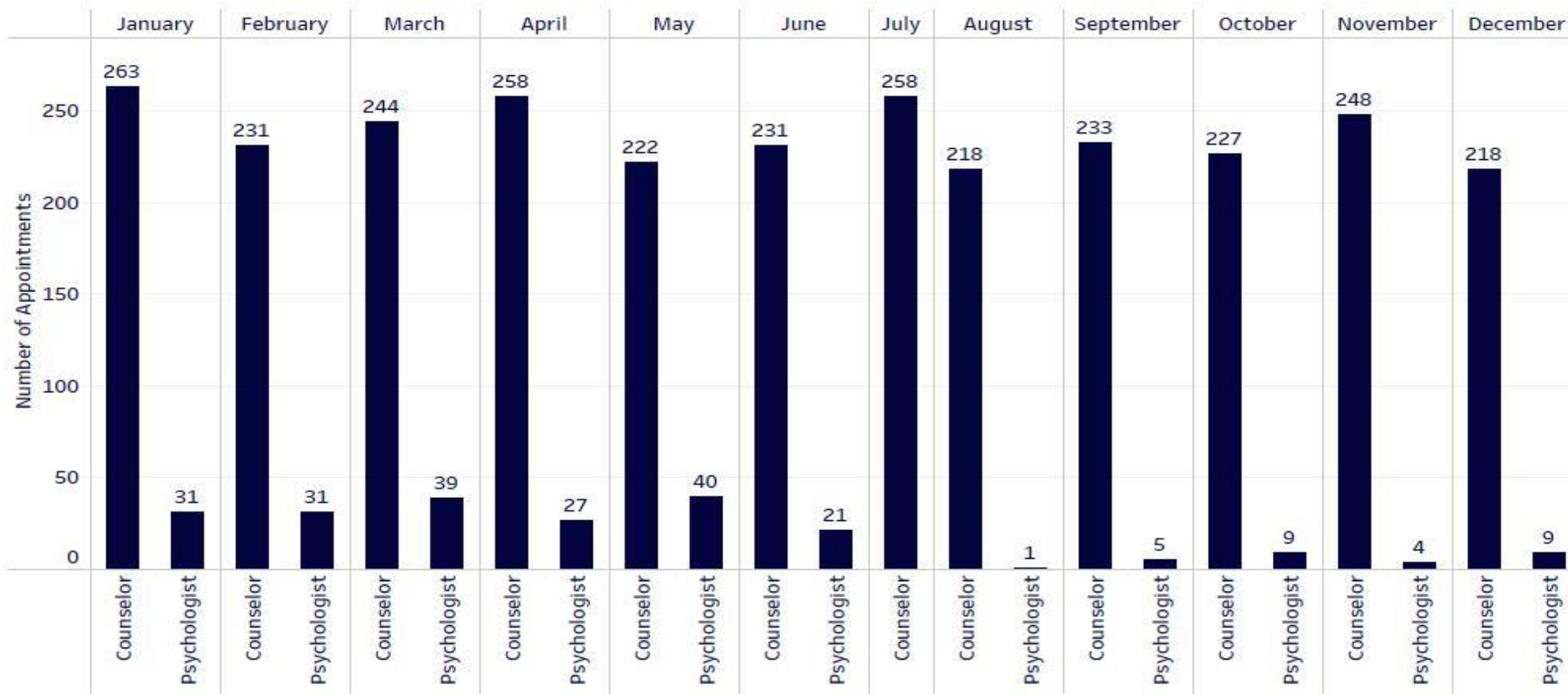


Therapy Session appointments were the highest with a total of 2424 followed by Therapy Intake appointments totaling 311 in 2023. Similarly, in 2022 Therapy Sessions held the top position with 2086 appointments, followed by Psychological evaluation which totaled 169 appointments.



Behavioral Sciences Section 2023 Highlights

Appointments by Clinician Type-Monthly [n=3068]

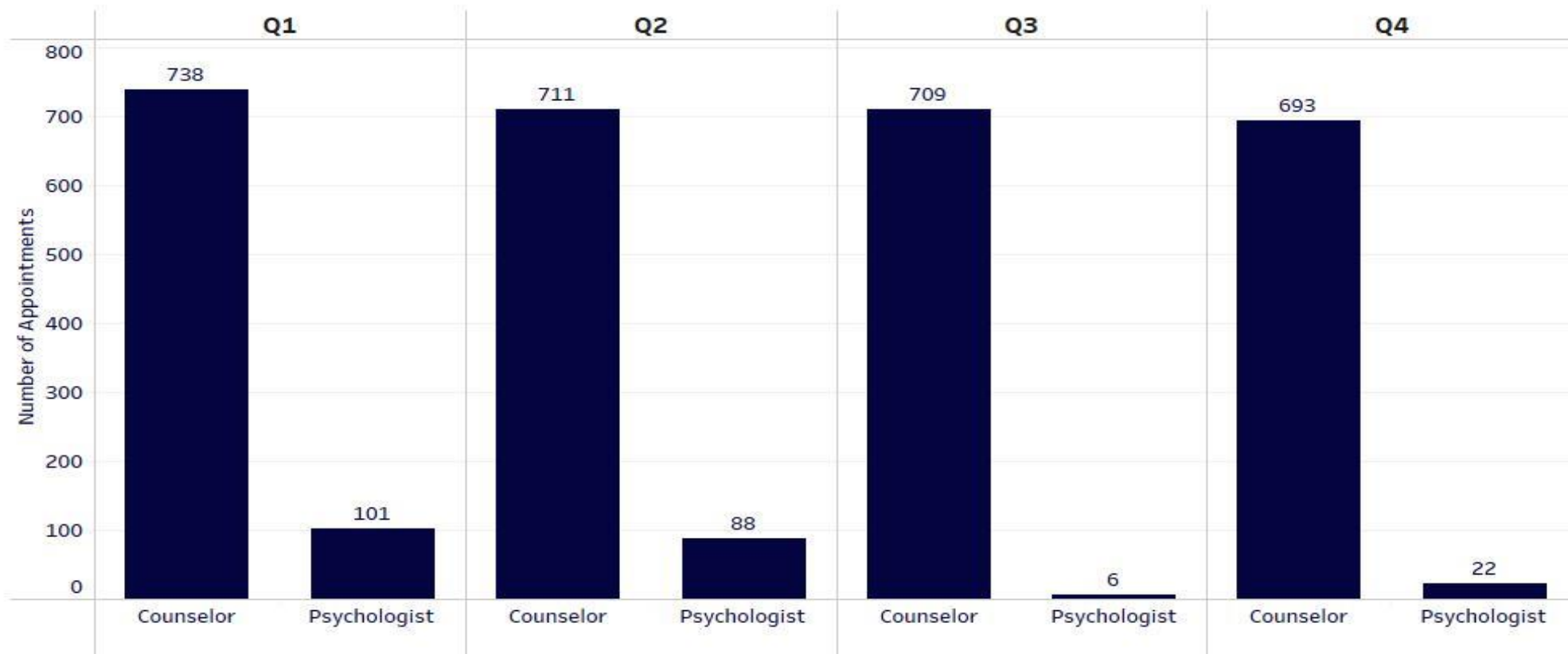


In 2023, majority of the appointments were held by Counselors (2851) compared to Psychologists who took 217 appointments, resulting in a combined total of 3068 appointments for the year. During last year, three clinician types including a Psychiatrist were involved in taking appointments. Similar to 2023, Counselors remained the primary providers taking majority of the appointments.



Behavioral Sciences Section 2023 Highlights

Appointments by Clinician Type-Quarterly [n=3068]



This graph represents the total number of appointments taken by clinician type across the four quarters. Appointments by counselors remained relatively steady throughout the four quarters. The numbers indicate a consistent level for counselling services with fluctuations but no significant trend of increase or decrease across all quarters. Appointments by psychologists were on a lower end compared to counselors and also displayed variability throughout the four quarters. During the first two quarters, appointments conducted by psychologists went down from 101 to 88 indicating a relatively stable decline. There was a significant decline in appointments conducted by psychologists to only 6 appointments in quarter 3 and a slight increase to 22 appointments in quarter 4. Overall, the trend suggests more counselling services are provided in comparison to psychological services by the BSS.



Behavioral Sciences Section 2023 Highlights

Total Appointments by Clinician [n=3068]

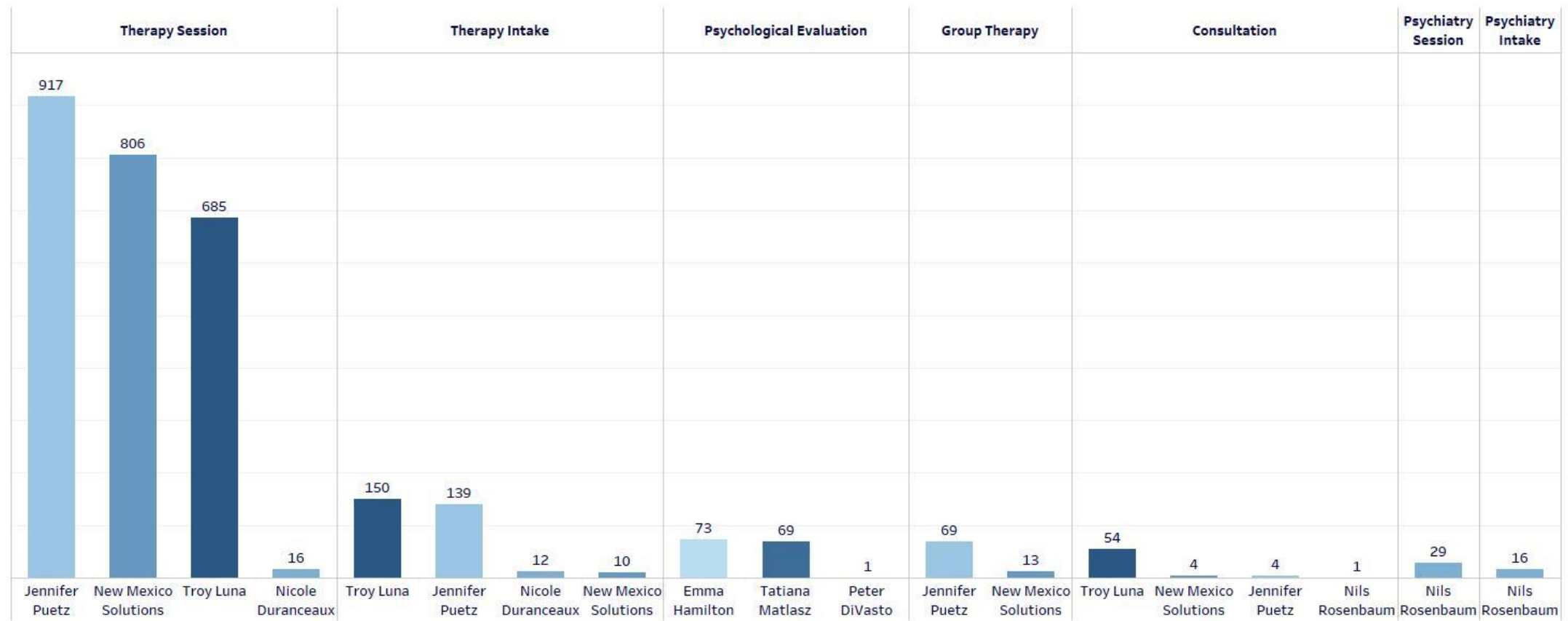
	January	February	March	April	May	June	July	August	September	October	November	December	Grand Total
Emma Hamilton	10	6	17	8	20	12	0	0	0	0	0	0	73
Jennifer Puetz	94	77	95	92	96	95	95	111	106	85	94	89	1,129
New Mexico Solutions	102	85	91	76	56	62	73	27	74	53	73	61	833
Nicole Duranceaux	0	0	0	0	0	0	0	1	5	9	4	9	28
Nils Rosenbaum	12	10	9	7	6	2	0	0	0	0	0	0	46
Peter DiVasto	1	0	0	0	0	0	0	0	0	0	0	0	1
Tatiana Matlasz	8	15	13	12	14	7	0	0	0	0	0	0	69
Troy Luna	67	69	58	90	70	74	90	80	53	89	81	68	889
Grand Total	294	262	283	285	262	252	258	219	238	236	252	227	3,068

Of the total 3068 appointments, Jennifer Puetz accounted for 37% or 1129 appointments. Troy Luna handled 29% or 889 appointments followed by New Mexico Solutions with 27% or 833 appointments in total. Considering 2022 data, Jennifer Puetz started scheduling appointments in September and took 289 appointments during the last four months of 2022. New Mexico solution led in 2022 with 1257 appointments followed by Troy Luna with 671 appointments.



Behavioral Sciences Section 2023 Highlights

Total Appointments by Appointment Type and Clinicians [n=3068]

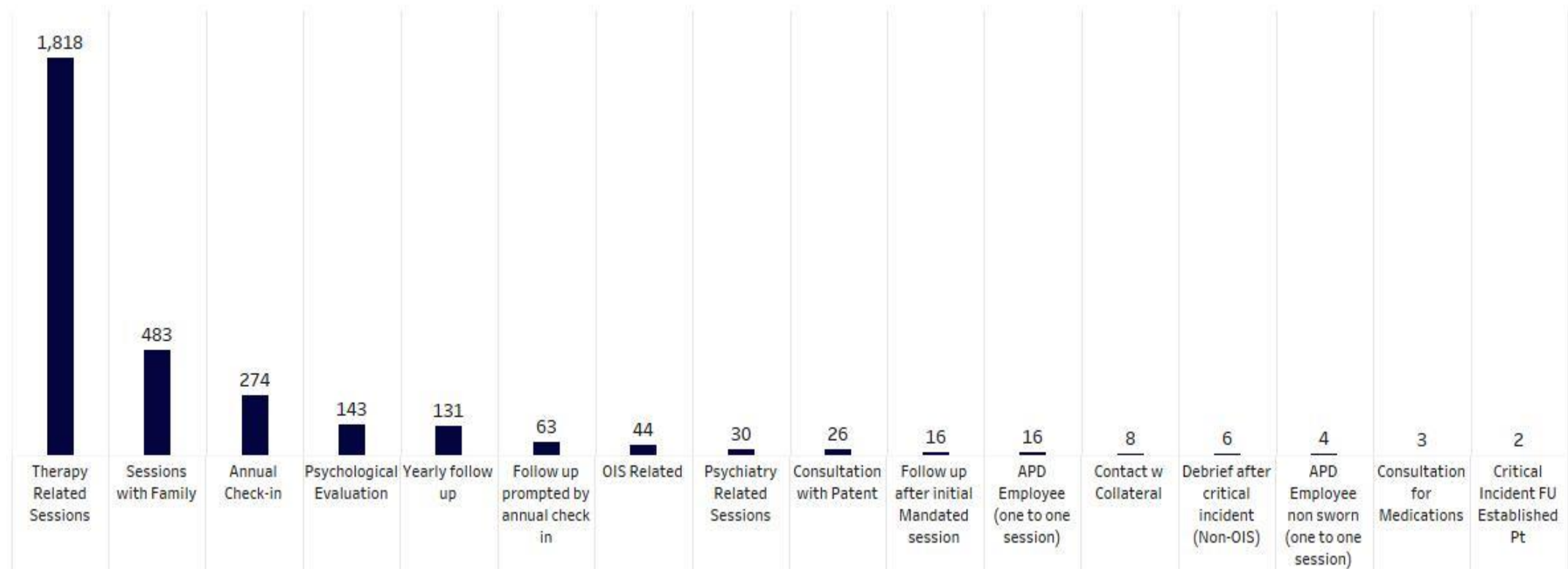


Jennifer Puetz took the majority of therapy sessions and therapy intakes along with participation in various group therapy and consultation sessions. New Mexico Solutions took the second highest number of appointments to include therapy sessions, multiple therapy intakes, group therapy and consultation sessions followed by Troy Luna who took therapy session, intakes and consultation appointments.



Behavioral Sciences Section 2023 Highlights

Total Appointments by Service Description [n=3067]



For this analysis, service descriptions were categorized using keywords due to diverse range of categories. Entries containing the keyword "Annual" were grouped under "Annual Check-in", those with "OIS" were classified under "OIS Related", items mentioning "Family, partner of sworn and non-sworn" were included in "Sessions with Family", "Therapy related entries were placed within "Therapy Related Sessions" and any item with the keyword "Psychiatry" were listed within "Psychiatry Related Sessions"

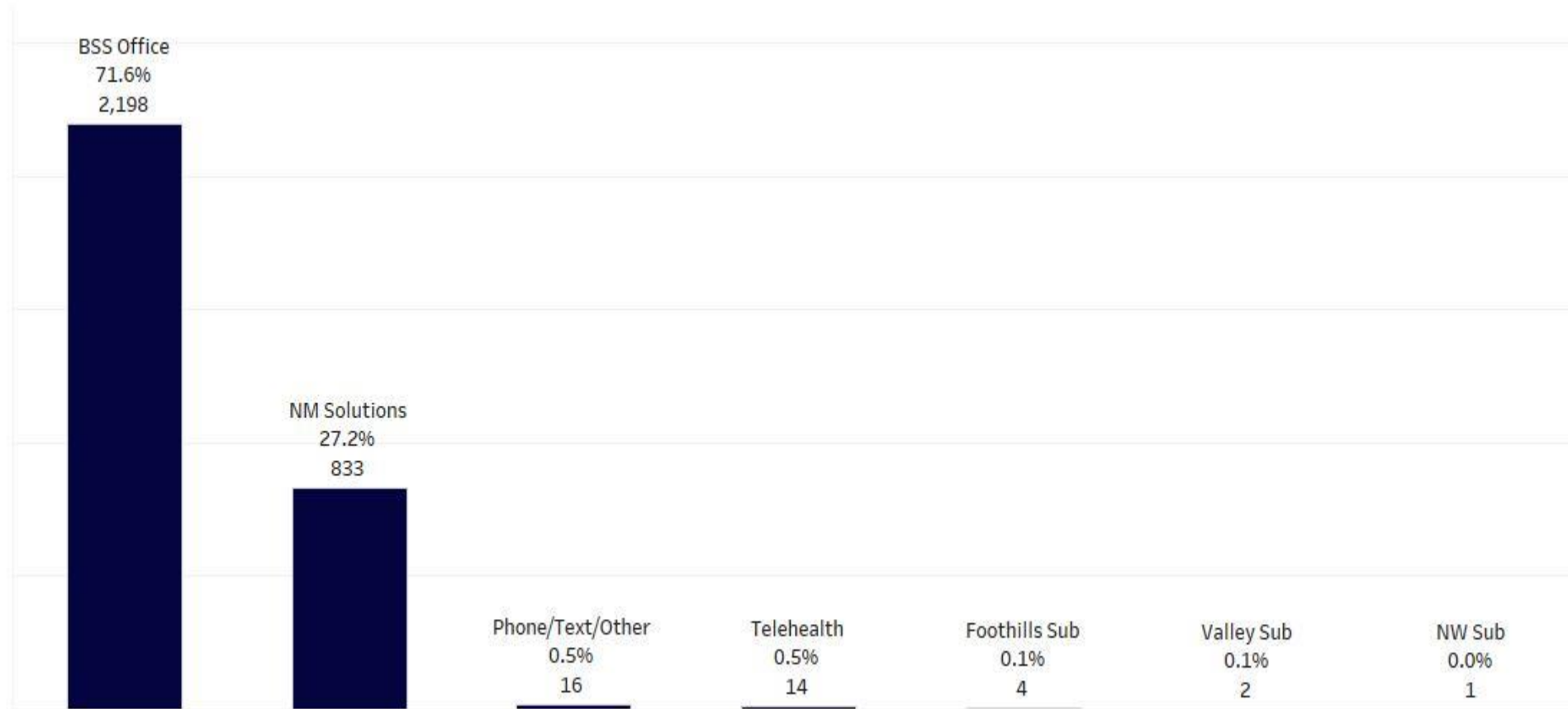
Considering service descriptions for 2023, majority comprised of the Therapy Related Session which is consistent with last year trend where majority of the service descriptions were one-on-one therapy sessions.

*One appointment was missing information about the service description in the data.



Behavioral Sciences Section 2023 Highlights

Appointments Location [n=3068]

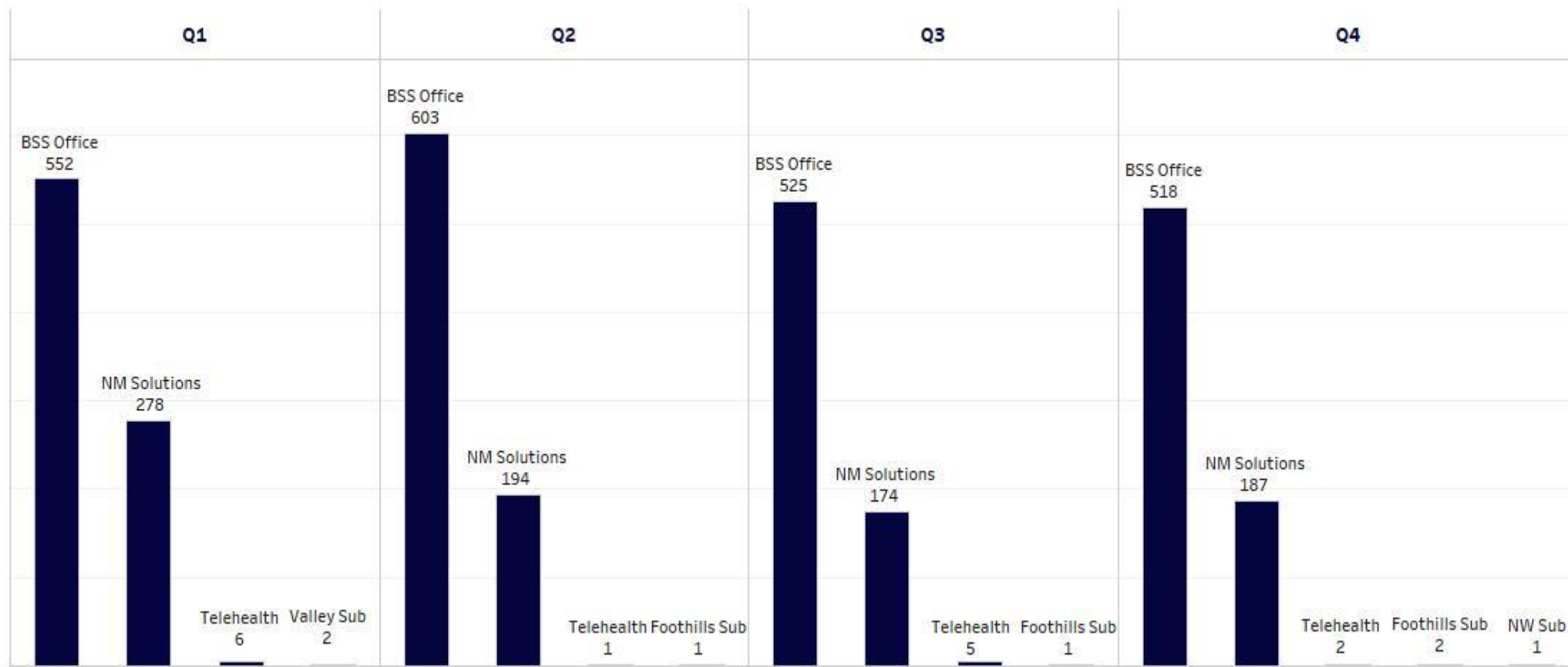


The office of Behavioral Sciences Section (BSS) held the majority of appointments, approximately 72% of the total followed by NM Solutions where 27% of the appointments were held. During last year, both BSS and NM Solutions held comparable number of appointments, comprising 47% and 48% of the total respectively.

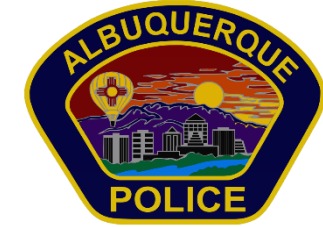


Behavioral Sciences Section 2023 Highlights

Appointments Location by Quarter [n=3068]

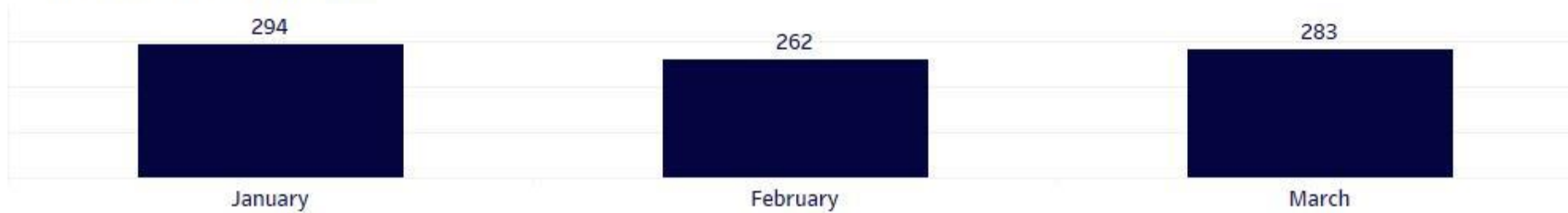


*Q1, 1 appointment was done via 'Telephone/Text/Other', Q3, 10 appointments were done via 'Phone/Text/Other' and Q4, 5 appointments were done via 'Phone/Text/Other'.



Behavioral Sciences Section Quarter 1 Highlights

Appointments by Month



Looking at the data for the first quarter of 2023, the number of appointments fluctuated across the months of January, February and March. January saw the highest number of appointments at 294, followed by March with 283 and February with 262 appointments.

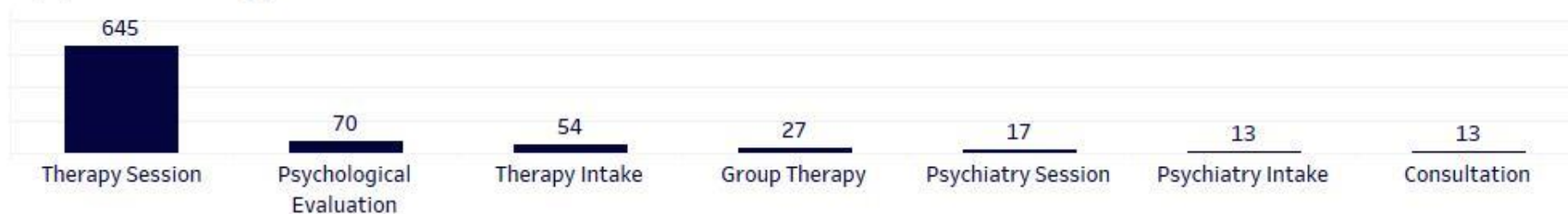
Examining appointments by clinician type, the counselors handled the majority of appointments across all three months, with 263 in January, 231 in February and 244 in March. Psychologists conducted a smaller proportion of appointments, ranging from 31 in January and February to 39 in March. This suggests that counselors were the primary provider of services during the first quarter of 2023.

Considering appointment types, therapy sessions were the most common comprising the majority of appointments at 645 for the quarter. Psychological evaluations, therapy intake and group therapy sessions followed with 70, 54 and 27 appointments respectively. Psychiatry sessions and intake as well as consultations made up smaller proportions of the total appointments during the first quarter of 2023.

Appointments by Clinician Type



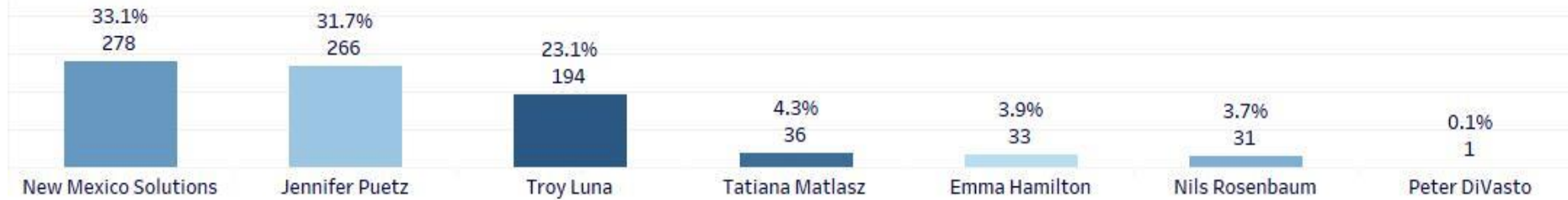
Appointment Type





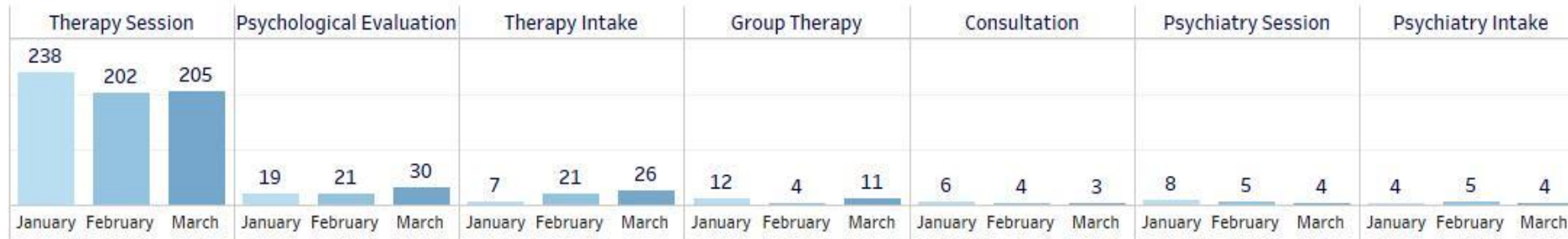
Behavioral Sciences Section Quarter 1 Highlights

Total Appointments by Clinicians



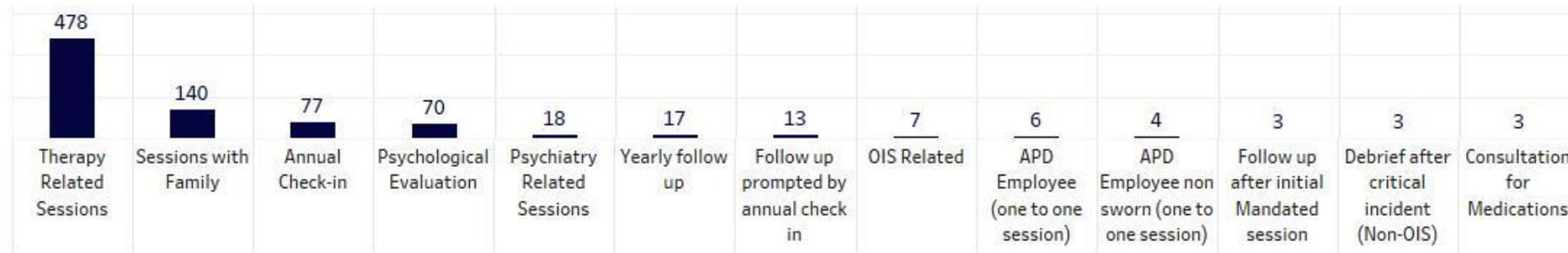
Considering data for the first quarter of 2023 and distribution of appointments among clinicians, NM Solutions, Jennifer Puetz and Troy Luna accounted for 33.1%, 31.7% and 23.1% of the total appointments, respectively.

Appointment Type by Month



Therapy sessions were the most sought-after service within the BSS. Psychological evaluations and therapy intakes also showed variations with both experiencing an increase from January to March followed by group therapy which accounted for 3% of the total appointments held during the first quarter of 2023.

Service Description

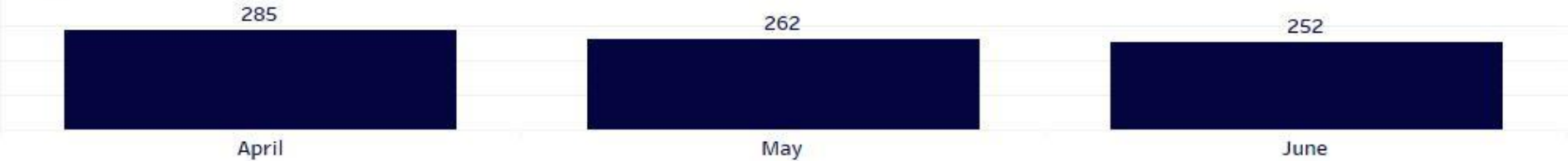


For service descriptions, therapy related sessions comprised of majority of the appointments with a total of 478 or 57% of the total.



Behavioral Sciences Section Quarter 2 Highlights

Appointments by Month



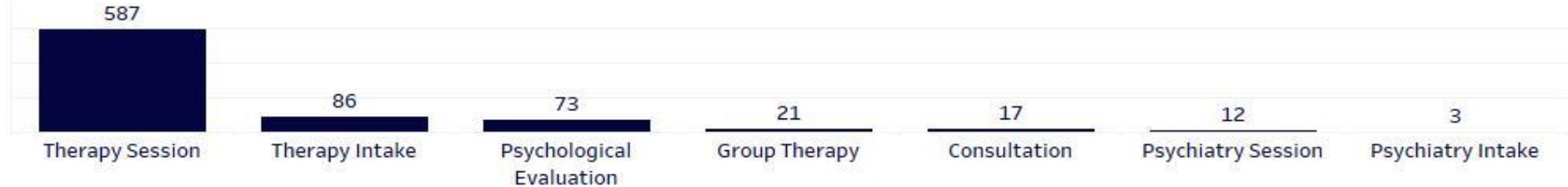
Quarter 2 data suggests a gradual decrease in the total number of appointments from April to June, with April recording the highest at 285 followed by May with 262 and June with 252 appointments.

Appointments by Clinician Type



Examining appointments by clinician type reveals that counselors consistently conducted majority of the appointments across all three months with psychologists taking a smaller portion. In April, counselors conducted 258 appointments compared to psychologist with 27. May and June showed similar patterns with 222 vs 40 and 231 vs 21 respectively.

Appointment Type



Therapy sessions were the most common appointment type during this quarter with a total of 587 appointments. It is consistent with the data from last quarter. Appointments for therapy intake were the second highest during this quarter with 86 appointments followed by 73 appointments for psychological evaluation.

*Appointment Type – 1 appointment was missing information about service description.



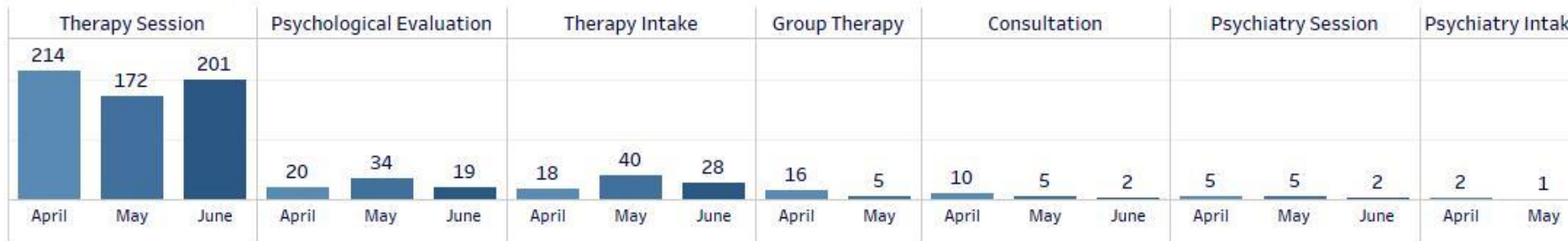
Behavioral Sciences Section Quarter 2 Highlights

Total Appointments by Clinicians



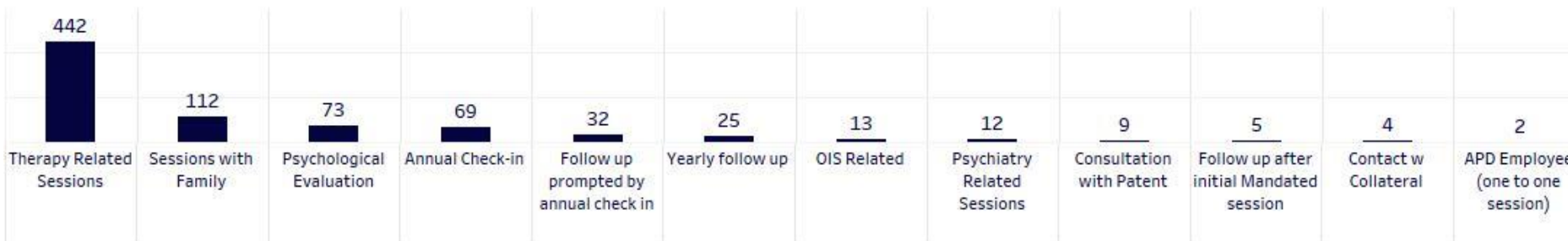
Considering data for the second quarter of 2023 and distribution of appointments among clinicians, Jennifer Puetz, Troy Luna and NM Solutions accounted for 35.4%, 29.3% and 24.3% of the total appointments, respectively.

Appointment Type by Month



Therapy sessions comprised of the highest type of service provided by the BSS similar to previous quarter. Psychological evaluations and therapy intakes also showed slight variations from April to June followed by group therapy, consultation, psychiatry sessions and intake which accounted for 7% of the total appointments held during the second quarter of 2023.

Service Description



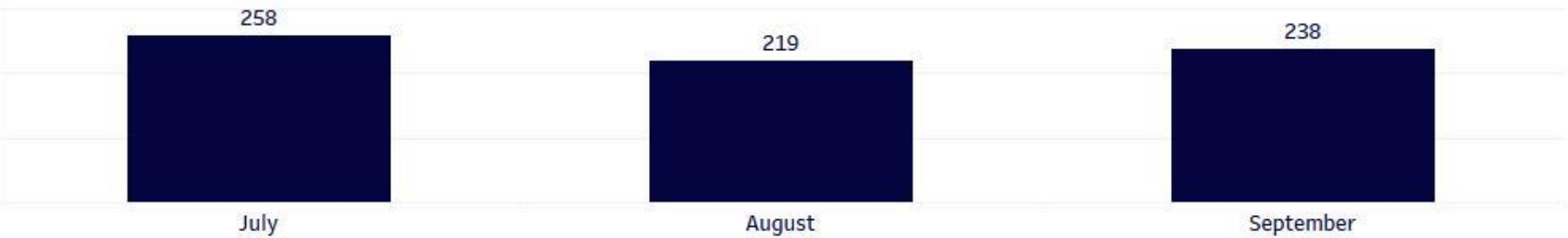
For service descriptions, therapy related sessions similar to last quarter comprised of the majority of the appointments with a total of 442 or 55% of the total.

*Service Description – 1 Appointment was missing information about service description.



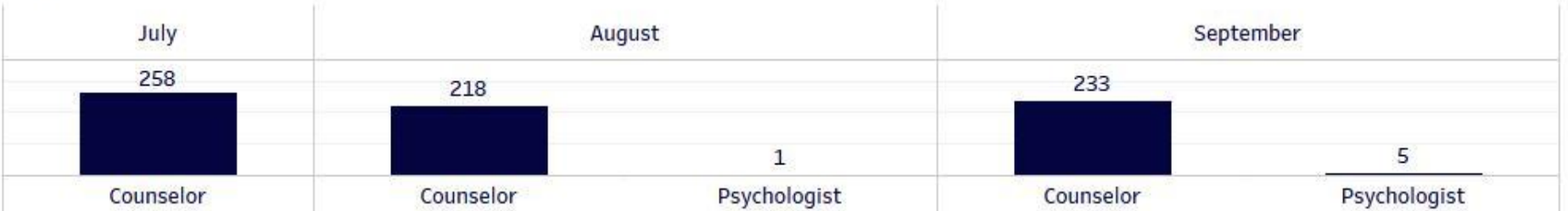
Behavioral Sciences Section Quarter 3 Highlights

Appointments by Month



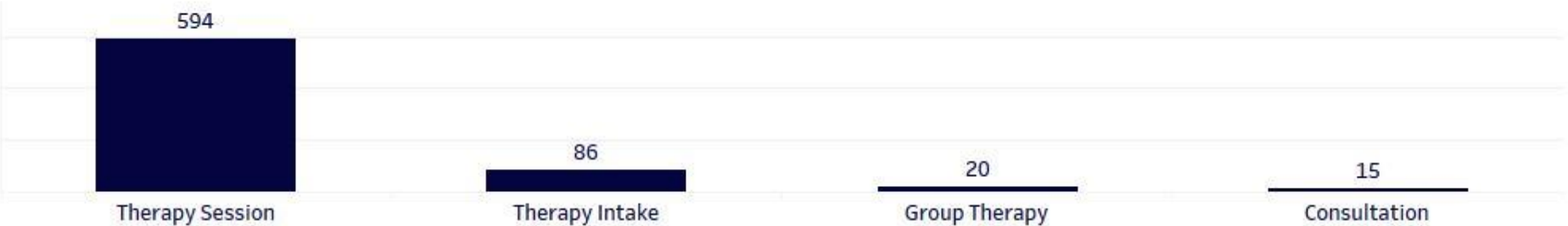
Looking at the data for the third quarter of 2023, the number of appointments slightly fluctuated across the months of July, August and September. July saw the highest number of appointments at 258, followed by September with 238 and August with 219 appointments.

Appointments by Clinician Type



Examining appointments by clinician type, the counselors similar to last quarters handled the majority of appointments. With 258 in July, 219 in August and 238 in September. No appointment by psychologists was held in July and there was a total of 6 appointments conducted by them during this quarter.

Appointment Type

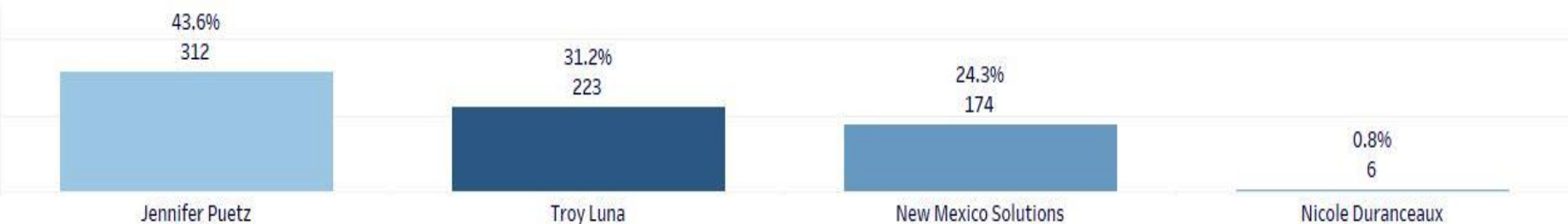


Considering appointment types, therapy sessions were the most common comprising the majority of appointments at 594 for the quarter consistent with the past two quarters.



Behavioral Sciences Section Quarter 3 Highlights

Total Appointments by Clinicians

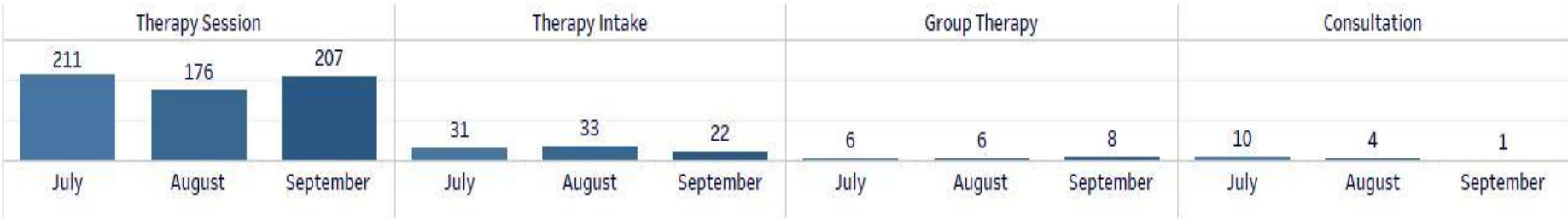


Considering data for the third quarter of 2023 and distribution of appointments among clinicians, Jennifer Puetz, Troy Luna and NM Solutions accounted for 43.6%, 31.2% and 24.3% of the total appointments, respectively.

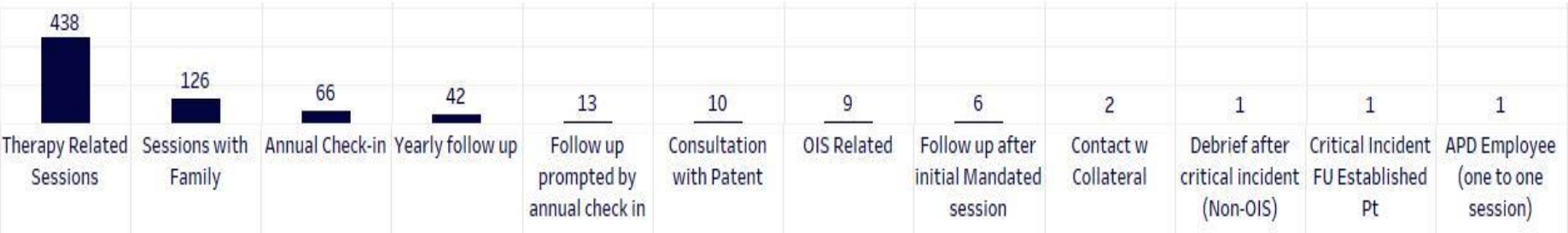
Therapy sessions comprised of the highest type of service provided by the BSS consistent with the last two quarters. Therapy intake, group therapy and consultation sessions accounted for 17% of the total appointments held during the third quarter of 2023.

For service descriptions, therapy related sessions similar to last two quarters comprised of the majority of the appointments with a total of 438 or 61% of the total.

Appointment Type by Month



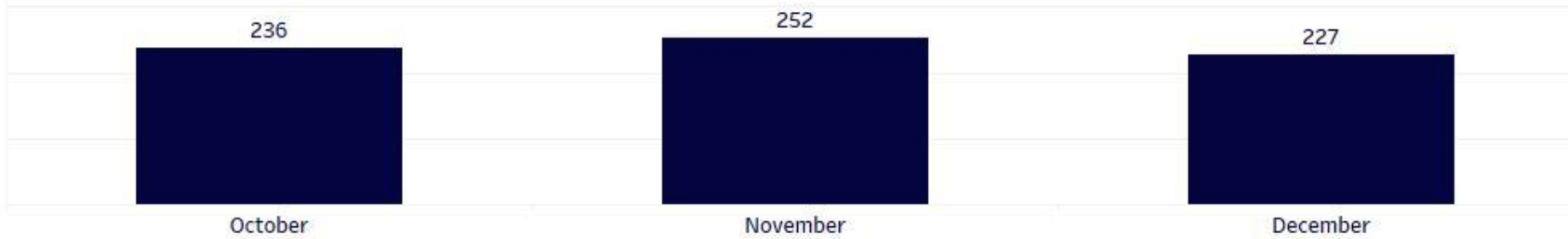
Service Description





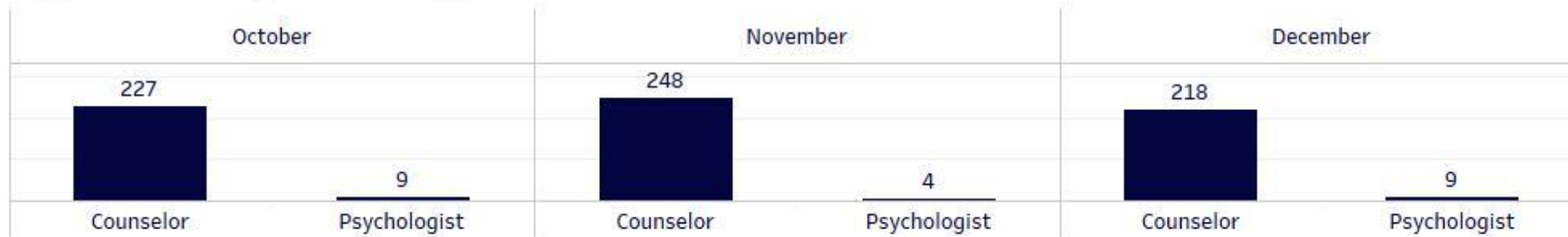
Behavioral Sciences Section Quarter 4 Highlights

Appointments by Month



Quarter 4 data suggests a slight variation in the total number of appointments from October to December, with November recording the highest at 252 followed by October with 236 and December with 227 appointments.

Appointments by Clinician Type



Examining appointments by clinician type reveals that counselors consistently held majority of the appointments across all three months compared to psychologist. The trend remains the same throughout the year.

Appointment Type

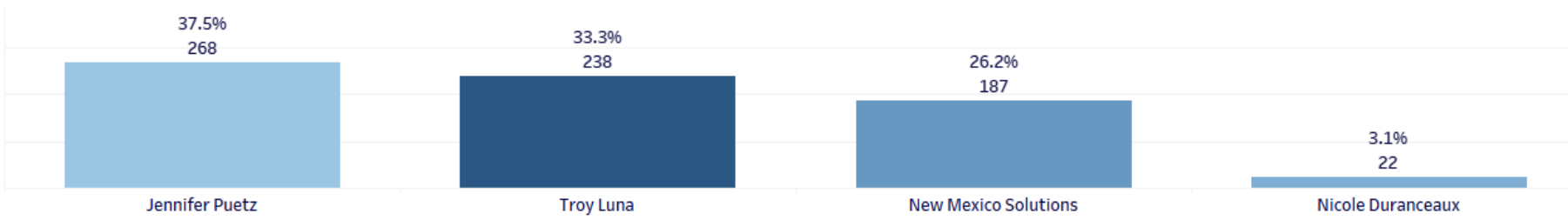


Therapy sessions again were the most common appointment type during this quarter with a total of 598 appointments. It is consistent with the data from the last three quarters. Appointments for therapy intake were the second highest during this quarter with 85 appointments followed by 18 consultations and 14 group therapy.



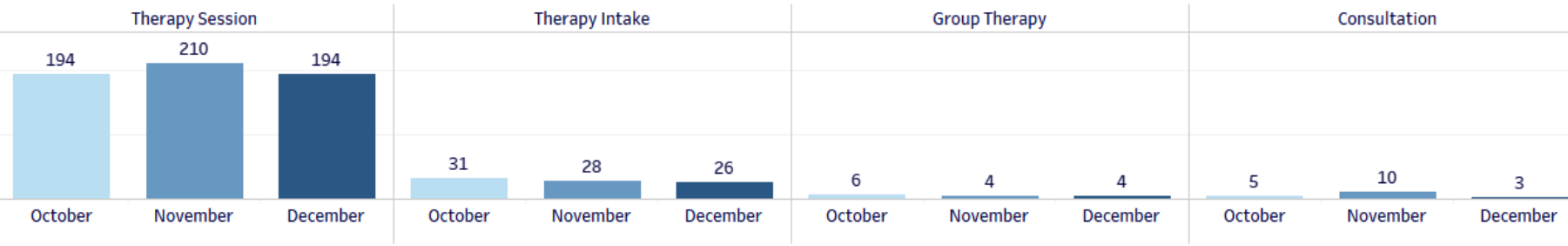
Behavioral Sciences Section Quarter 4 Highlights

Total Appointments by Clinicians



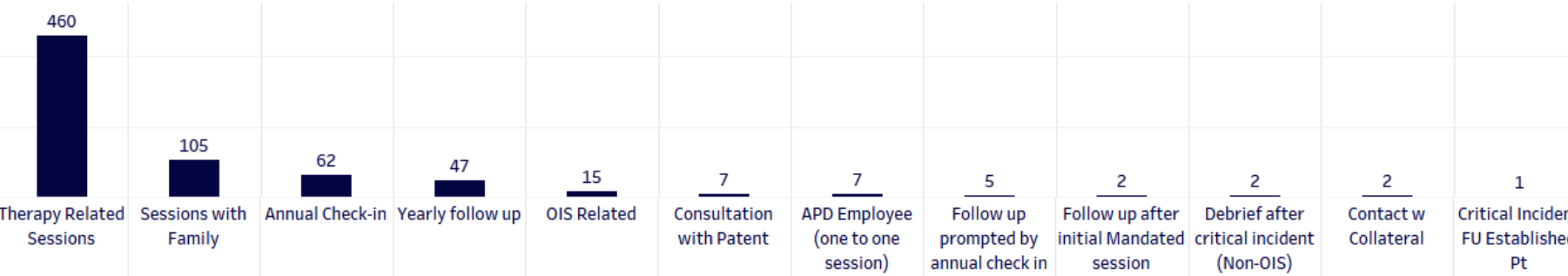
Examining the data for the fourth quarter of 2023 and distribution of appointments among clinicians, Jennifer Puetz, Troy Luna and NM Solutions accounted for 37.5%, 33.3% and 26.2% of the total appointments, respectively.

Appointment Type by Month



Therapy sessions comprised of the highest type of service provided by the BSS consistent with the last three quarters. Therapy intake, group therapy and consultation sessions accounted for 16% of the total appointments held during the fourth quarter of 2023.

Service Description



For service descriptions similar to last three quarters therapy related sessions comprised of the majority of the appointments with a total of 460 or 64% of the total.



Peer Support Program



HOME > POLICE > OFFICER WELLNESS > SUPPORT SERVICES > PEER SUPPORT

Peer Support

Information about peer support for APD officers.

APD Peer Support Team

A confidential, safe, and supportive environment for law enforcement personnel.

Who We Are

Team members are current law enforcement and civilian personnel who are familiar with, have experienced, or understand the pressures and stresses of law enforcement.

What We Do

Provide assistance and emotional support during and after a critical incident, serious illness, or injury. We also provide resources and referrals for professional assistance. A member of the Peer Support Team is available 24 hours a day / 7 days a week.

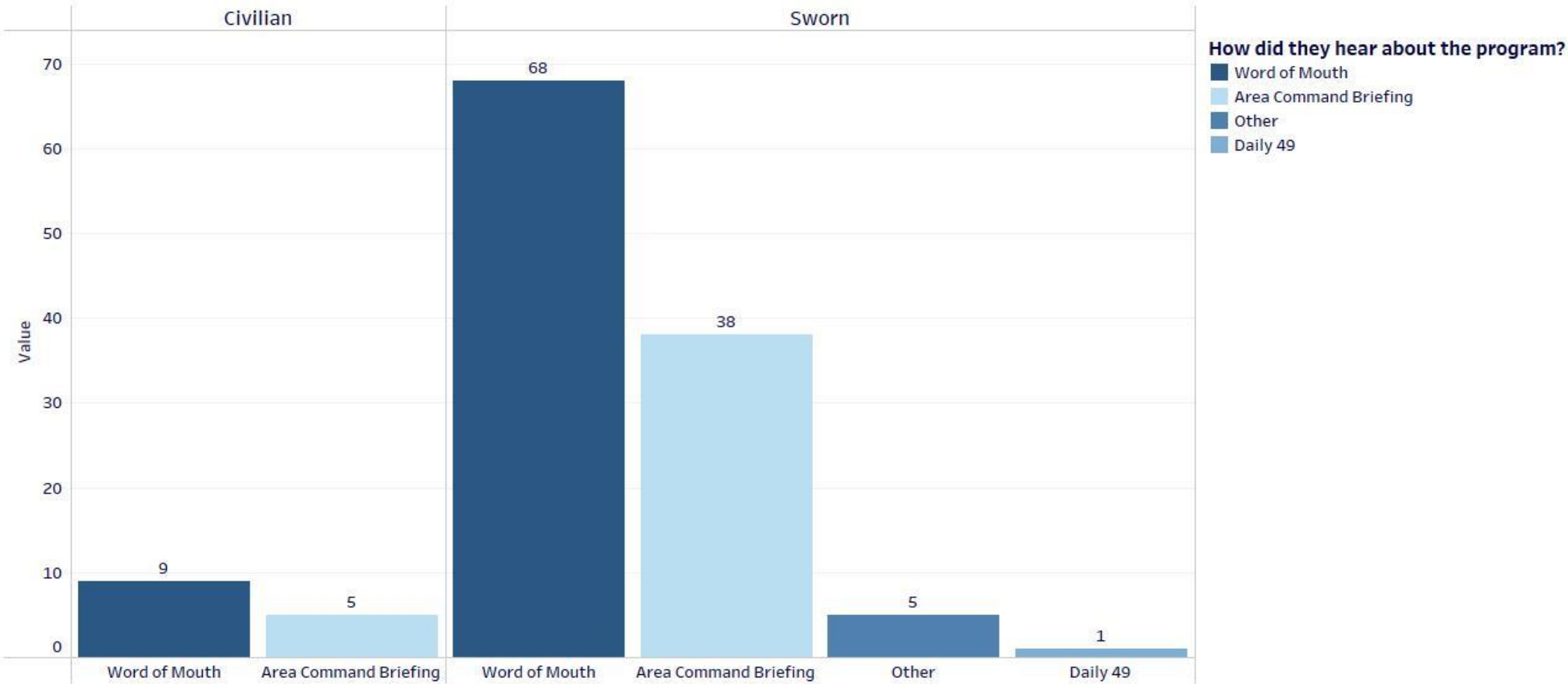
If you have questions, need answers, or have a suggestion, please email us at apdpeersupport@cabq.gov.





Peer Support Referrals

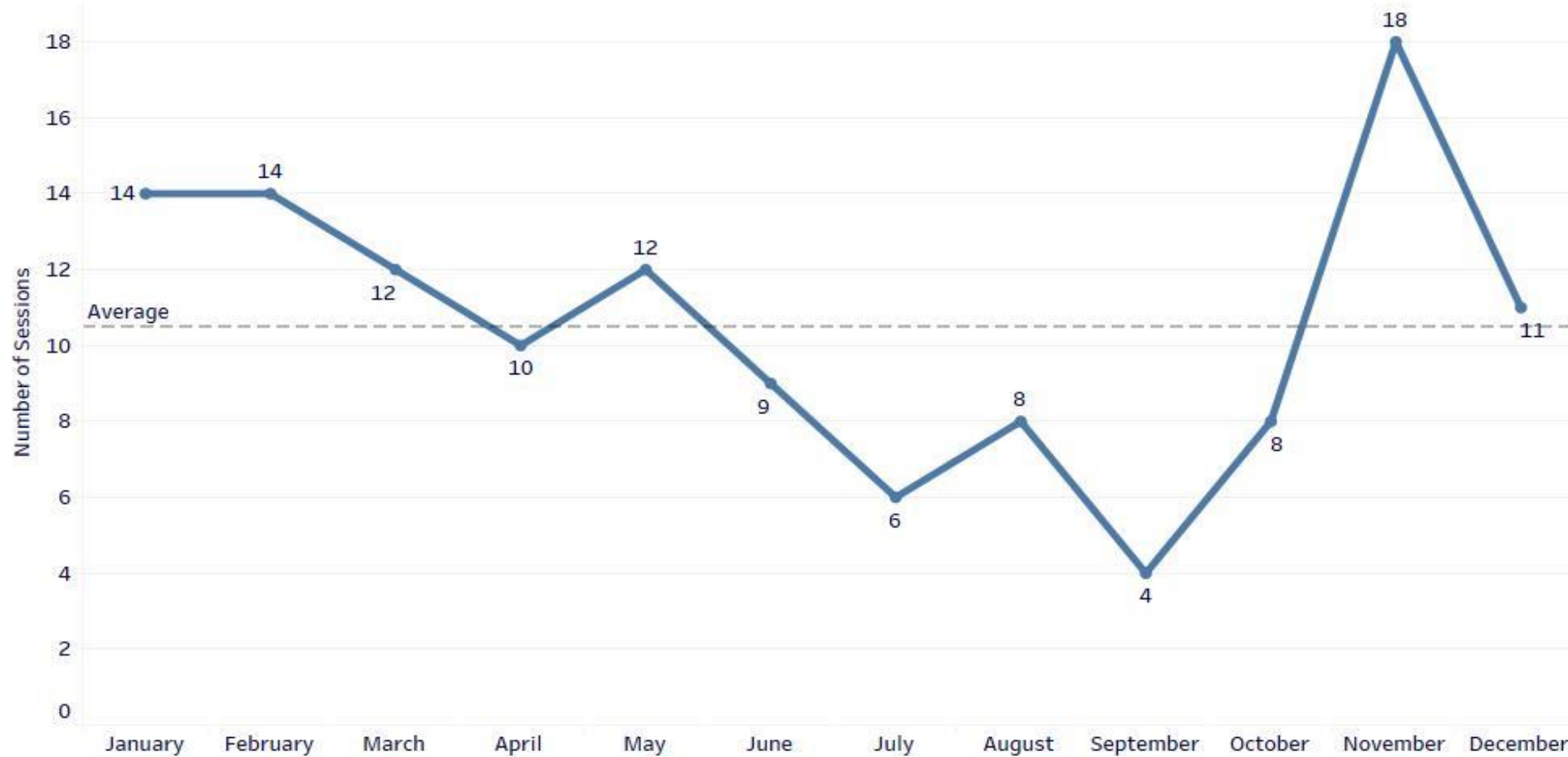
Source by which Informed About the Peer Support Program (Total 126)



Out of 126 sessions conducted by Peer Support, the data suggested 77 mentioned they were informed about the program via Word of Mouth, 43 by Area Command Briefing , 1 by Daily 49 and 5 were listed as other.



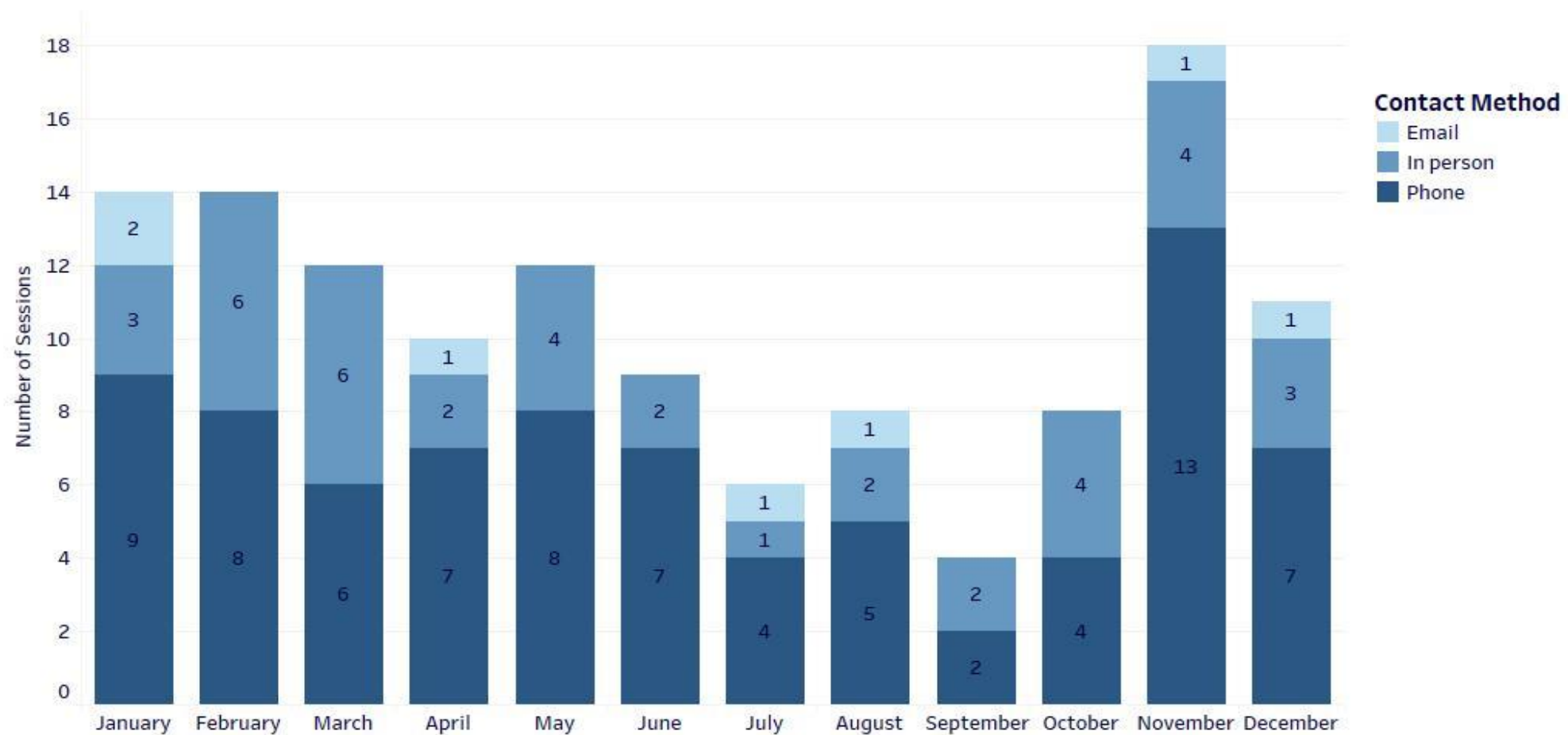
Peer Support Sessions (Monthly) (Total 126)



Majority of the Peer support sessions were held in the month of November– total of 18. Followed by January and February which both had a total of 14 each. Least number of sessions were held in the month of September with a total of 4 sessions.



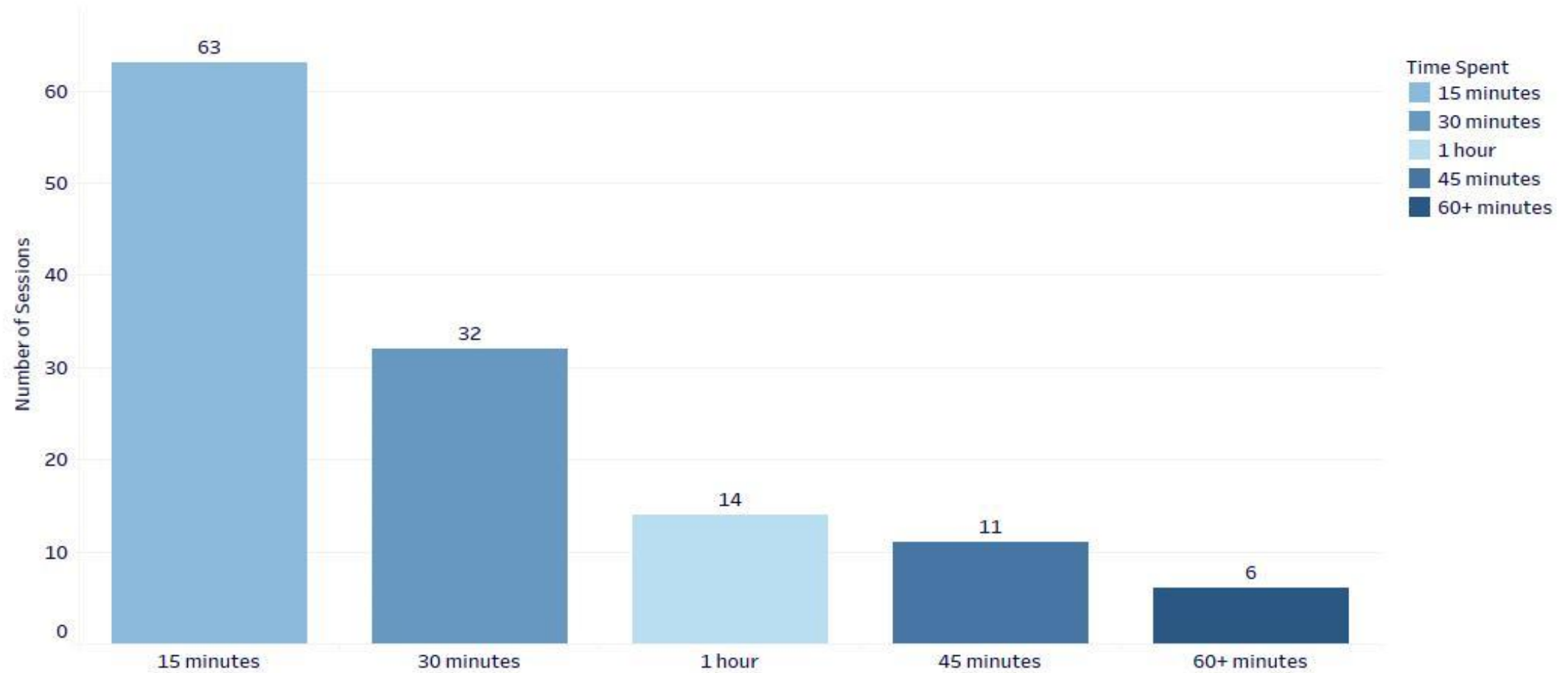
Peer Support Sessions (Monthly) Contact Method (Total 126)



Phone was utilized as a contact method for majority of the sessions with a total of 80 (63%). In person contact was made in a total of 39 sessions and email was utilized in 7 sessions during the year 2023.



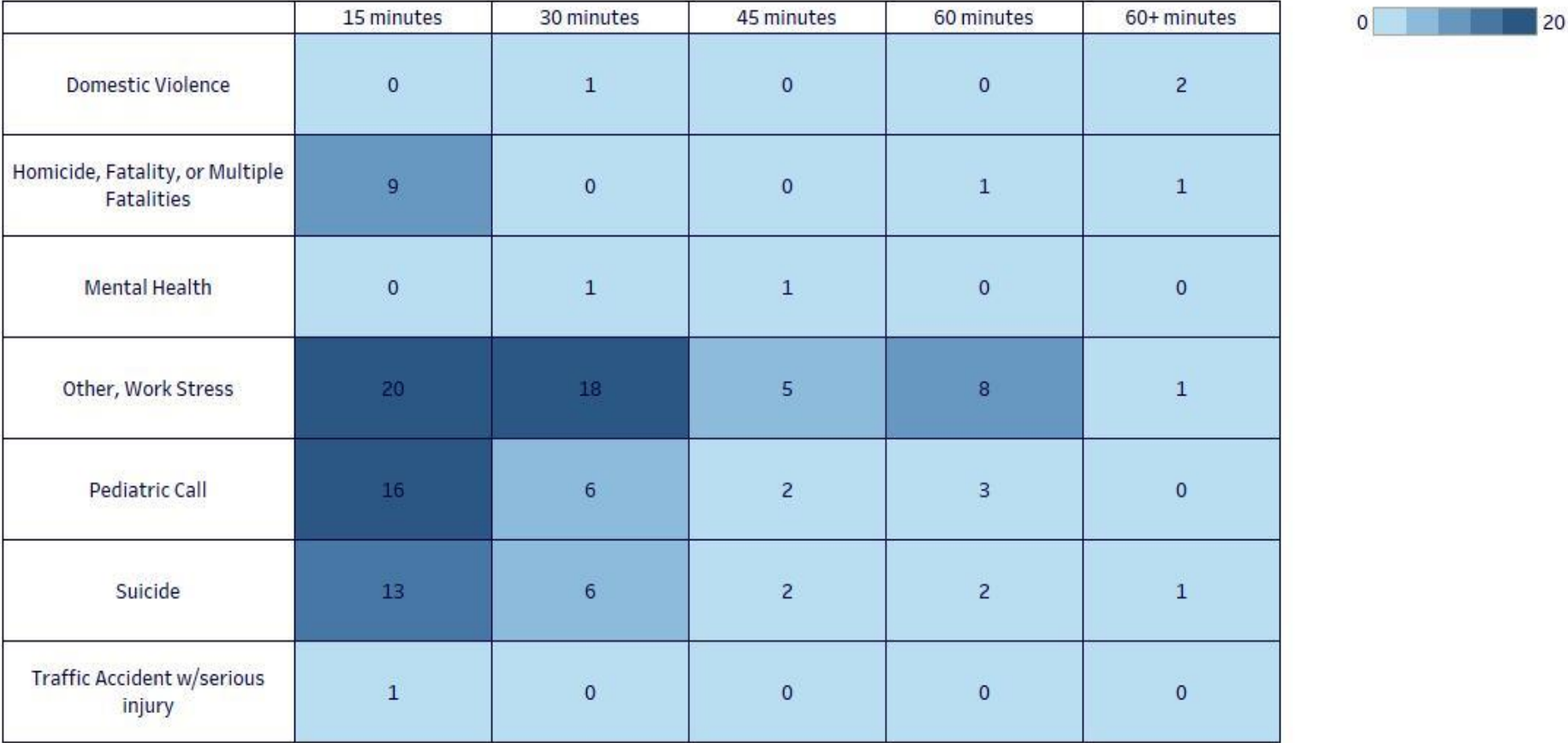
Peer Support Sessions Breakdown of Time Spent per Session



During the year 2023, there were 63 sessions lasting 15 minutes each followed by 32 sessions lasting 30 minutes. 6 out of 126 peer support sessions lasted over an hour in 2023.



Peer Support Sessions Time Spent (15 min blocks) by Professional Categories (Total 120, 6 Null)



Analyzing time allocation across professional categories, the data was available for 120 out of 126 sessions. The majority, 52 sessions were related to "Other, Work Stress" comprising 20 sessions lasting 15 minutes, 18 sessions lasting 30 minutes, 5 for 45 minutes, 8 for an hour and 1 session exceeding an hour. Second most prevalent category was "Pediatric Call" followed by sessions related to "Suicide".



Key Findings

- Total appointments held by the Behavioral Sciences Section (BSS) in 2023: 3068, compared to 2650 in 2022.
- BSS Averaged approximately 256 appointments per month in 2023 compared to 220/month in 2022.
- In 2023 79% of appointments were therapy sessions with a counselor while in 2022 it was 78%.
- Appointments held by BSS peaked in January (294), with the next highest peak coming in April (285). The highest daily spike in appointments occurred on May 15, 2023 (22) and July 6, 2023 (22). BSS Office held the majority of appointments 2,198 (71.6%) at it's location.
- APD Sworn and APD Non-Sworn (1-on-1 Therapy Sessions) made up 79% (2,424) of the Service Descriptions for the year of 2023. Considering 2022, it made up 61%.
- NM Solutions held 27% of all appointments in 2023, compared to 47% last year, a decrease of 20%.
- In 2023, the predominant method through which individuals seeking services learn about Peer Support Program was through word of mouth.
- November 2023 had the most peer support sessions with 18. Peer support primarily delivers services through phone contact, with in-person contact being the subsequent method used.
- A majority of peer support sessions, totaling 59 were completed within 15-minutes time frame.



Key Terms/Definitions

- **BSS-** Behavioral Science Section
- **Counselor-** an individual professionally trained in counseling, psychology, social work, or nursing who specializes in one or more counseling areas, such as vocational, rehabilitation, educational, substance abuse, marriage, relationship, or family counseling. A counselor provides professional evaluations, information, and suggestions designed to enhance the client's ability to solve problems, make decisions, and effect desired changes in attitude and behavior.
- **Consultation-** means consultation provided by members of psychology, social work, behavioral analysis, speech therapy, occupational therapy, therapeutic recreation, or physical therapy disciplines or behavior consultation to assist recipients, parents, family members, in-home residential support, day support and any other providers of support services in implementing a CSP.
- **NM Solutions-** Approved Local Contractor, which mainly administers counseling services for APD's Behavioral Science Section
- **OIS-** Officer Involved Shooting-The police officer discharges a firearm in the line of duty when the officer fires upon a threat or attack upon their person or that of another. This does not include shootings of animals.
- **Peer Support-** Team members are current law enforcement and civilian personnel who are familiar with, have experienced, or understand the pressures and stresses of law enforcement.
- **Psychologist-** an individual who is professionally trained in one or more branches or subfields of psychology. Training is obtained at a university or a school of professional psychology, leading to a doctoral degree in philosophy (PhD), psychology (PsyD), or education (EdD). Psychologists work in a variety of settings, including laboratories, schools (e.g., high schools, colleges, universities), social agencies, hospitals, clinics, the military, industry and business, prisons, the government, and private practice. The professional activities of psychologists are also varied but can include psychological counseling, involvement in other mental health care services, educational testing and assessment, research, teaching, and business and organizational consulting. Formal certification or professional licensing is required to practice independently in many of these settings and activities.



Key Terms/Definitions

- **Psychiatrist-** a physician who specializes in the diagnosis, treatment, prevention, and study of mental, behavioral, and personality disorders. In the United States, education for this profession consists of 4 years of premedical training in college; a 4-year course in medical school, the final 2 years of which are spent in clerkships studying with physicians in at least five specialty areas; and a 4-year residency in a hospital or agency approved by the American Medical Association. The 1st year of the residency is spent as a hospital intern, and the final 3 in psychiatric residency, learning diagnosis and the use of psychiatric medications and other treatment modes. After completing residency, most psychiatrists take a voluntary examination for certification by the American Board of Psychiatry and Neurology.
- **Psychological Evaluation-** the gathering and integration of data to evaluate a person's behavior, abilities, and other characteristics, particularly for the purposes of making a diagnosis or treatment recommendation. Psychologists assess diverse psychiatric problems (e.g., anxiety, substance abuse) and no psychiatric concerns (e.g., intelligence, career interests) in a range of clinical, educational, organizational, forensic, and other settings. Assessment data may be gathered through interviews, observation, standardized tests, self-report measures, physiological or psychophysiological measurement devices, or other specialized procedures and apparatuses.
- **Psychiatry Intake-** A psychiatry intake appointment can take 1 to 2 hours. This typically consists of filling out paperwork and performing assessments to help determine a diagnosis. After that you'll have a conversation with the psychiatrist and an NP or PA may observe. The doctor will get to know you and come to understand why you are seeking treatment. The aforementioned process helps the psychiatrist to create a treatment plan, and prescribe medication(s) within one to two sessions.
- **Psychiatry Session -** After the initial psychiatric intake, future psychiatry sessions will be shorter; on average between 15 and 20 minutes. You'll discuss how the medicines are working and give a concise overview of how you're doing. The doctor, NP or PA will decide whether to adjust your medications or not.
- **Therapy Intake-** an initial appointment to gather basic information about you and your background while you learn more about the services available to you. Potential topics of discussion include but are not limited to: Intake Forms, Review of Clients Background/Goals, Payment, Ethical Concerns, Therapeutic Relationship, Informed Consent Paperwork. Building a strong therapeutic relationship of starts at the intake session. They are often longer than your typical session: 90 minutes is fairly common.
- **Therapy Session-** means an occupational, physical, cognitive, or speech therapy, hands-on and/or face-to-face, interaction of the participant and therapist, performed individually or in group settings, not including the preparation of reports or progress notes. A session is equal to a unit of service for billing purposes.



APD Behavioral Health Services

Last updated: December 2021



Service	Eligibility	Cost	Must be enrolled in Presbyterian Insurance	Anonymous	Hours	Address	Email or Website	For Appointment
Employee Assistance Program	<ul style="list-style-type: none"> Professional counselors Employee counseling Crisis intervention Referral services. Confidential, private, covered by HIPAA.	No Cost	No	Yes	On Call 24/7 & by appointment	400 Marquette Ave NW, Albuquerque, NM 87102	Eweb/EAP	Appointment 505-768-4613
COPLINE	National law enforcement hotline manned by retired law enforcement officers. Provides peer support for crisis intervention and referrals to mental health professionals.	No Cost	No	Yes	24/7	Phone Hotline	www.copline.org	800-267-5463
NM Crisis and Access Line	A professional mental health crisis line. Masters level clinicians provide mental health services to all persons experiencing any kind of emotional crisis, mental health or substance use concern.	No Cost	No	Yes	24/7	Phone Hotline	www.nmcrisisline.com	855-662-7474
Behavioral Sciences	Provides access to psychological services, including consultation and treatment, needed by sworn and civilian personnel and their family members. Confidential, private, covered by HIPAA.	No Cost	No	Yes	On Call 24/7 & by appointment	1501 Broadway Blvd SE, Albuquerque, NM 87102	apdbdsd@cabq.gov	505-764-1600
APD Chaplain	Provide a ministry of presence, support, and counsel to members of the Albuquerque Police Department and their families.	No Cost	No	Yes	On Call 24/7	400 Roma Ave NW, Albuquerque, NM 87102	apdchaplainunit@cabq.gov	768-2131 Primary Chaplain 235-0194 Backup Chaplain 270-9124 Head Chaplain 206-0449
NM Solutions	Provides access to psychological services, including consultation and treatment, needed by sworn and civilian personnel and their family members. Confidential, private, covered by HIPAA.	No Cost	No	Yes	By Appointment	Downtown 707 Broadway NE, Ste 500, Albuquerque, NM 87102	www.newmexicosolutions.com	Downtown 505-268-0701
						Westside 2551 Coors Blvd NW, Albuquerque, NM 87120		Westside 505-833-2300
Peer Support team	Private, safe, and supportive environment for law enforcement personnel. Volunteer law enforcement and civilian personnel provide emotional support for after crisis, serious illness, or injury, resources/referrals for professional assistance.	No Cost	No	Yes	On Call 24/7	400 Roma Ave NW, Albuquerque, NM 87102	apdpeersupport@cabq.gov	505-967-6587
Safe Call Now	Confidential, comprehensive, crisis referral service for all public safety employees and their family members.	No Cost	No	Yes	24/7	Phone Hotline	www.safecallnow.org	206-459-3020



APD Behavioral Health Services

Last updated: December 2021



Service	Eligibility	Cost	Must be enrolled in Presbyterian Insurance	Anonymous	Hours	Address	Email or Website	For Appointment
Presbyterian Talkspace Behavioral coaching app ages 18 and older. With Talkspace text therapy you can: <ul style="list-style-type: none"> Engage with a therapist the same day that help is needed, not weeks later Get matched to a therapist based on your unique needs Develop a one-on-one relationship with the same therapist throughout your engagement Live a happier, healthier life 	Available to employee and household family members with Presbyterian Health Plan	No Cost	Yes	Yes	24/7	Remote application and desktop	www.talkspace.com/php	Download on the App Store or Google play
Presbyterian Outpatient Behavioral Health Care <ul style="list-style-type: none"> Individual and group therapy Medication evaluation Medication management Psychological testing 	Available to employee and household family members with Presbyterian Health Plan	Applicable Copayment	Yes	Yes	Hours vary based on provider	Presbyterian 8312 Kaseman Ct NE Albuquerque, NM 87110	www.phs.org/doctors-services/services-centers/behavioral-health	505-291-5300
Presbyterian Inpatient Behavioral Health Services <ul style="list-style-type: none"> Acute psychiatric stabilization Diagnostic evaluation Medication management Group therapy Psychosocial evaluation Family engagement Inpatient care for child, adolescent, adult and geriatric patients. 	Available to employee and household family members with Presbyterian Health Plan	Applicable Copayment	Yes	Yes	M-F 6am-7pm, Weekends/ Holidays 3pm-5pm	Presbyterian Kaseman Hospital 8300 Constitution Blvd NE, Albuquerque NM 87110	www.phs.org/doctors-services/services-centers/behavioral-health	505-291-2560
Wellness at Work resources <ul style="list-style-type: none"> Online portal Create personalized health improvement plans Personal Health Assessment (PHA) Biometric screening results Workshops Articles and much more! 	Available to benefits-eligible employees, spouses and domestic partners	No Cost	Yes	Yes	24/7	Desktop application	www.mypres.org	Access through MyPres
On to Better Health <ul style="list-style-type: none"> Online programming for common challenges, such as trouble sleeping, feeling down, feeling tense or anxious. Helpful tips and videos based on your interests and needs. 	Available to employee and household family members with Presbyterian Health Plan	No Cost	Yes	Yes	24/7	Series of applications available remote and desktop	www.ontobetterhealth.com/php	Download on the App Store or Google play