



Aspen House Women's Recovery Referral Packet

August 2025

**The Mountain Center
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Hello!

This is the first step of admission into Aspen House Women's Recovery at The Mountain Center (TMC). Whether you are an individual seeking treatment or helping someone who is, our referral packet is filled and signed by the individual seeking treatment as well as licensed professionals. All sections of this document are critical as it best informs us on whether or not the person this referral is intended for is a fit for our program. We strive to provide the best treatment option for our clients which makes it important to communicate as much as possible on this document.

About Us

The Mountain Center's Aspen House Women's Recovery was established in 2021 offering a trauma-informed, substance-free transitional living space for women recovering from substance use disorders. At The Mountain Center, we're able to meet the needs of women in recovery and explore how to balance the demands of life with the goal of long-term recovery. We work to reintegrate our clients back into the community with new self-awareness and stronger coping skills.

Who We Serve:

- Women from New Mexico ages 18 and up with a Substance Use Disorder (SUD) and may also have the following circumstances:
 - Are pregnant
 - Have a dependent child (age 4 or under)
 - Who are under the supervision of parole and probation
 - Who would like to continue with Suboxone or other Medication-Assisted Treatment for opioid use disorders

Who We Are a Fit For:

- Women who are ready for a path in recovery from addiction
- Women whose primary concern/diagnosis is a Substance Use Disorder (SUD)
- Women discharging from medical detox for SUD

Our Program is Not Suited For:

- Women who need psychiatric evaluations
- Women whose primary concern/diagnosis is a mental health disorder that requires psychiatric care
- Women who require extensive medical care
- Women who need medical detox
- Women who have a violent crime charge or child abuse charge/crimes
- Women with advanced mobility challenges

Please call us if you have questions about this document and our intake process. We strive to ensure that clients receive the best care, whether at our facility or at another.

The Program

Our program length is 90 days. For those needing a longer time in our treatment, the Aspen House Women's Recovery management and clinical team reviews each case and may extend to a longer stay. Below is an overview of services provided:

- Intensive Outpatient (IOP) Group Therapy (6 days a week)
 - Community/Office-Based
 - Nature and Adventure-Based
 - Outdoor Equine-Based
- Individual Therapy
- Case Management and Recovery Support Services
- Recurrence Prevention Group
- Health and Wellness Activities
- Life Skills Group Classes
- Circle of Security – Parenting™ Classes
- Services for mothers and pregnant Women
- Support for Women Under Parole and Probation (State and Tribal)
- Psychiatric Evaluation and medicine management in-house
- Medication-Assisted Treatment
- Transportation to routine medical appointments
- Discharge planning and aftercare

The Cost

Currently, housing and food expenses are covered by state and county contracts, as well as Medicaid. We expect clients in our program to cover personal expenses that may include cigarettes, clothing, personal hygiene products, etc.

The Approval Process

The first required step is to complete this referral packet. Management staff will then conduct an over-the-phone interview. Once approved, we will be in touch to set up a date and time for the intake. A medical clearance is required prior to intake or within your first 24 hours in the program. Forms will be sent upon your approval.

New client intakes happen on Tuesdays, Wednesdays, and Thursdays between 9:00 am - 2:00 pm.

Thank you,
The Aspen House Women's Recovery Team

Phone: (505) 690-0351

Email: intake@themountaincenter.org

The Mountain Center
Client Intake Questionnaire
(TO BE COMPLETED BY APPLICANT)

Please Print Clearly

Name: _____ **Date of Birth:** _____

Today's Date: _____

1. Please describe any personal history of substance use or misuse. What is your substance or combination of choice?

2. On a scale of 1-10, what is your desire for sobriety? What is your biggest motivation?

3. Are you currently experiencing thoughts of harming yourself or others? If yes, please describe.

4. Have you had a charge for violent behavior? If yes, please describe:

5. Are you currently pregnant? If yes, what is your estimated due date?



What to bring with you to The Mountain Center

- **Current driver's license or photo ID**
- **A 30-day supply of any prescribed medication** you're taking, with refills. If this is not possible, please bring in a written prescription so that it may be filled upon arrival and know that it may take up to two weeks
- **Outside Appointments:** Please be aware that any previously scheduled appointments may need to be rescheduled due to program needs.

And don't forget an adequate supply of items, and back-up for your extended stay

Bring Your Medicaid Card if applicable (including for your children, if any are coming with you)

Hygiene Items

- At least four towels and washcloths (scrubbies are allowed)
- Soap
- Toothbrush and toothpaste
- Shaving items
- Deodorant
- Laundry detergent
- Hair styling products
- Note: Alcohol-based hygiene products and sharps (razors, etc.) may be accessed during limited hours
- Cigarettes and lighters if you smoke, and sufficient funds for resupply as-needed

Clothing Items (*if you have these items, please bring them with you*)

- Weather-appropriate outer layers such as jackets and sweaters
- 3-4 pairs of sweatpants
- 5-7 pairs of jeans or casual pants, including shorts if desired
- 7-10 modest shirts (crop tops not allowed)
- Work out clothing, if desired (we have a gym)
- Socks
- Underwear and bras, including items appropriate for active wear
- Pajamas, house slippers, and a robe if desired
- 1-2 pairs walking shoes
- Shower shoes

Restricted Items (*these items will be stored for you securely on-site*)

- Cell phones or other personal technology
- Knives/weapons
- Clothing or personal items that have drug/alcohol/or sexual references, gang logos, etc.
- Pornography
- **Food of any kind.** We have plenty.

If you're pregnant, let the staff know immediately!

Additionally:

- A urine analysis (UA) and breathalyzer test (BA) will be required before admission can occur.
- Please, make your transportation aware that they will need to stay until the results of your UA and BA have been admitted.
- **Please stay in touch to confirm your arrival time and date.**
- Transportation is not provided for admission to our facility or at discharge. Please make transportation arrangements.
- Transportation Orders are required for clients coming from correctional facilities.

For the phone interview:

Best Phone Number(s): _____

Best Time(s) to Call: _____