



As Behavioral Health providers, we know that you have seen firsthand the effects that the Covid-19 pandemic has had among individuals of all ages. There have doubtless been times when your staff has recognized that some individuals who come to you are exhibiting signs of acute depression, anxiety, loneliness, increased substance use, anger and even self-harming behaviors or suicidal ideation, or attempts.

Our agency, Awake and Aware, LLC, located in Albuquerque, provides a comprehensive behavioral health program called Dialectical Behavior Therapy (DBT) for adolescents and adults. DBT is an evidence based, cognitive behavioral treatment and emphasizes individual psychotherapy and group skills training classes to help individuals learn and use new skills and strategies to maintain emotional health.

WE OFFER OUR FULLY COMPREHENSIVE DBT PROGRAMS VIA TELE-HEALTH!!

For our adolescent clients, DBT also involves the entire family! Our adolescent clients and their parents/guardians meet with the client's therapist in Family sessions (as needed). Additionally, the parents/guardians also attend their own DBT Parenting Skills classes, which are designed to help them understand more about what their adolescent is experiencing and improve their own skills in communicating with their adolescent, for better outcomes.

To inquire about an Intake, or for more information, please call Crystal, our Intake Manager, at 505-503-7946 Ext. 134. To schedule an adolescent Intake, we do require that the adolescent client and parent call us to do an Intake Screening over the phone, which takes about 15 minutes. We accept BCBS and Presbyterian Centennial (Medicaid) insurance, as well as BCBS and Presbyterian commercial plans, Molina Marketplace, Friday Health Plan and True Health.

If you would like any additional information, or have any questions, please feel free to call me at 505-503-7946 Ext. 105, or email me at lmollica@awakeawareabq.com.

Thank you and best wishes,

Linn Mollica
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