

UNM SCHOOL OF MEDICINE
SUPPORT GUIDE



SCHOOL OF
MEDICINE

PROFESSIONAL WELLBEING

Equal Opportunity

The University has an enduring commitment to support equality of employment and educational opportunity by promoting a diverse environment free from unlawful discrimination and harassment. The University forbids unlawful discrimination and harassment based on considerations of race, color, age, ancestry, national origin, gender identity, genetic information, serious medical condition, mental/physical disability, pregnancy, religion, sex, sexual orientation, spousal affiliation, or veteran status.

Issues regarding equal opportunity should be directed to the Office of Compliance, Ethics, and Equal Opportunity (CEEO) at 505-277-5251.

UNM School of Medicine Support Guide 2024-2025

Dear Students:

Welcome to the University of New Mexico School of Medicine. Your years in training to become a health care professional or biomedical scientist may be some of the most satisfying and rewarding years of your lives.

You will inevitably face many challenges on your long and rigorous journeys to becoming clinicians and scientists. At times, you may feel overwhelmed or confused, stressed or disillusioned.

The “SOM Support Guide” will provide you with resources to use during the times you feel well and the times you feel challenged. Knowing how and when to seek help is an important skill to have when you are a health care professional or biomedical scientist. Often intervention with a trained professional can facilitate your capacity to cope with and resolve problems in a constructive and growth-related manner.

Please do not hesitate to contact any of the people or resources listed, and please let me know if you come across information in this guide that will be useful to others in the future.

Best,
Kristina Sogar, MD and Cori Poffenberger, MD
Interim Co-Directors
[Office of Professional Well-being](#)
KSogar@salud.unm.edu
CPoffenberger@salud.unm.edu

Caitlin Armijo, MD
Director, Medical Student Well-being Initiatives
[Office of Professional Well-being](#)
Carmijo5@salud.unm.edu

Need a place to hang out and relax?
Check out the STUDENT LOUNGE
Domenici Center Auditorium Building, east end
24/7 access with HSC badge

When Should I Seek Help?

- When you have discussed your feelings with family and/or friends and they/you do not feel they can help.
- When you choose not to discuss your feelings further with family and/or friends for fear of “burdening” them.
- When you feel isolated and believe that you have no one who cares about how you feel.
- When you don’t spontaneously snap out of feeling badly within a few days to several weeks.
- When you feel stuck in a behavior, thoughts, or feelings that you want to change but can’t change on your own.
- When you want the perspective of a trained professional.
- When you believe your work and/or relationships may be compromised by how you are feeling, thinking, or behaving.
- When you want to learn a specific coping skill, i.e., relaxation, biofeedback, assertiveness, etc.
- When you and your partner want help communicating better (couples counseling).
- When your self-esteem seems to be draining away and/or you feel overwhelmed with responsibilities.
- When you don’t necessarily feel you have a problem but would like to think “preventively” about your emotional health and personal growth.
- When you feel you are using alcohol or illicit drugs to “self-medicate” or to make yourself feel better.
- When you feel burned out and/or emotionally exhausted.
- When you are thinking about self-harm or about suicide.
- When you are engaging in self-harm or self-destructive behavior.
- Whenever you think it would be helpful to you.

Selecting a Mental Health Professional

Just because someone calls themselves a counselor or mental health professional is no guarantee of quality. Consider the following:

- **CONNECTION**

Trust your intuition when you speak with any counselor. If you do not feel safe or comfortable, choose a different counselor or mental health professional.

- **EDUCATION**

Ask when and where degree was earned, along with subsequent relevant training, if any.

- **EXPENSE**

Hourly fee, charge for introductory session, sliding fee scale, covered by insurance.

- **EXPERIENCE**

Counselor's work experience (i.e. public or private sector, clientele).

- **PHILOSOPHY**

Philosophical approach taken (Freudian, Jungian, Rogerian, existential, etc.).

- **TIME COMMITMENT**

Number of sessions considered appropriate as a normal intervention.

Counseling and Psychotherapy Services
ALL SERVICES ARE FREE AND CONFIDENTIAL

OFFICE OF PROFESSIONAL WELL-BEING

(Available for School of Medicine Students, including HPP and BSGP students – if you want to get scheduled with the first available clinician in our office, please email OPW@salud.unm.edu)

Raven Cuellar, PhD (Available to all SOM Students & Residents)

Raven Cuellar, Ph.D. is a licensed clinical psychologist and Assistant Professor in the UNM Department of Psychiatry and Behavioral Sciences. Dr. Cuellar's clinical approach is broadly relational, multicultural, and empowerment based. She is trained in a variety of evidence-based treatment models. She has also trained extensively in somatic and archetypal psychology, which informs her approach to fostering wellness and resilience in all learners in the SOM.

Dr. Cuellar also specializes in professional wellbeing and resilience; coping with stress, trauma, and grief reactions; recognizing and responding to secondary traumatic stress, burnout, and moral distress; issues related to identity and self-development throughout the lifespan; and methods of promoting empowerment, equity and justice.

Dr. Cuellar can be reached by at ravencuellar@salud.unm.edu.

Rebecca Ezechukwu, PhD

Rebecca Ezechukwu, PhD, is a licensed clinical psychologist and Assistant Professor in the UNM Department of Psychiatry and Behavioral Sciences. Dr. E approaches psychotherapy from multicultural, developmental, and relational perspectives. She is trained in a variety of evidence-based treatment approaches and is available to see all SOM learners.

Dr. E's areas of specialized training, education & practice: treatment of anxiety, depression, stress and trauma-related disorders, including burnout and secondary traumatic stress; provider resilience and human development; multicultural stress, identity development, and cultural bias reduction; archetypal and experiential approaches to psychotherapy.

Dr. E can be reached by e-mail at REzechukwu@salud.unm.edu

Stephen Sanchez, MD

Dr. Sanchez is a native New Mexican and lifelong Lobo. After earning a Bachelor of Arts from the University of New Mexico, he completed his medical degree and general psychiatry residency at the University of New Mexico, School of Medicine.

He is currently an Assistant Professor in the Department of Psychiatry and Behavioral Sciences with positions in the Office of Professional Well-Being (OPW) and the outpatient Clinic Director of SRMC. His professional interests include college mental health, occupational and organizational psychiatry and sports psychiatry.

School of Medicine students can email Dr. Sanchez at ssanche0@salud.unm.edu for in-person and virtual appointments.

Kristina Sowa, MD

Dr. Sowa is Interim Co-Director for the Office of Professional Well-being, and also the Program Director for the General Psychiatry Residency at UNM. She has a passion for supporting well-being amidst the challenges of medical training and careers.

Dr. Sowa is available to meet with students in a safe and confidential setting either virtually or in person to discuss any question, concern or problem that may arise concerning wellness. In this setting, options are explored, and solutions sought, and, if indicated, referrals will be made to professionals within the therapeutic community.

Dr. Sowa is available by appointment. To schedule an appointment, please contact her directly at KSowa@salud.unm.edu.

Cori Poffenberger, MD

Dr. Poffenberger is Interim Co-Director for the Office of Professional Well-being, and also the Vice-Chair for Wellbeing in the UNM Department of Emergency Medicine. She is dedicated to creating an inclusive environment for learners and faculty, one where all members of the SOM can be engaged and professionally fulfilled.

Dr. Poffenberger is available to meet with students in a safe and confidential setting either virtually or in person to discuss any question, concern or problem that may arise concerning wellness. In this setting, options are explored, and solutions sought, and, if indicated, referrals will be made to professionals within the therapeutic community.

Dr. Poffenberger is available by appointment. To schedule an appointment, please contact her directly at cpoffenberger@salud.unm.edu.

Caitlin Armijo, MD

Dr. Armijo is Director of Student Well-being Initiatives in the Office of Professional Wellbeing. She is an assistant professor in the Department of Psychiatry. She is a Learning Communities mentor and also the Associate Program Director for the General Psychiatry Residency at UNM. Dr. Armijo helps run the Student Well-being Advisory Council, or SWAC, along with Dr. Poffenberger. Her interests include student well-being and support.

UNM STUDENT HEALTH AND COUNSELING CENTER

The University of New Mexico Student Health and Counseling (SHAC) has a multidisciplinary professional staff (psychiatry, psychology, and counseling) with expertise and experience in the difficulties generally encountered within a student population. Counseling Services offers assessment and referral, counseling, and workshops in addition to crisis intervention.

Counseling is initiated through a walk-in Triage process. You may walk-in Monday through Friday between 10:00am and 4:00pm. Ongoing appointments are scheduled by calling 505-277-3136 between 8:00am and 5:00pm, Monday through Friday. Further information is accessible through their website at: <https://shac.unm.edu/services/mental-health/index.html>.

If you are in crisis that cannot wait until regular SHAC clinic hours, call SHAC Counseling Services After-Hours On-Call Service (for UNM students only) at 277-3136; select option #3. A licensed counselor will receive your call and convey your need to the Director of Counseling Services. You may use this line 365 days a year.

Health Sciences Center (HSC) Resources

OFFICE OF MEDICAL STUDENT AFFAIRS - for medical students

Alfonso Belmonte, MD, Associate Dean of Students

Justin Baca, MD, Career Advisor

Elenna Bissell, MD, Career Advisor

Chandler Todd, MD, Career Advisor

Drs. Belmonte, Baca, Bissell and Todd are available to discuss planned and emergent leaves of absence as well as many other topics. Please contact them directly.

Dr. Belmonte: ABelmonte@salud.unm.edu

Dr. Baca: JTBaca@salud.unm.edu

Dr. Bissell: EBissell@salud.unm.edu

Dr. Todd: ChTodd@salud.unm.edu

RESEARCH EDUCATION OFFICE - for BSGP students, MD/PhD students and postdocs

Please reach out to the SOM Research Education Office (SOMREO@salud.unm.edu), BSGP

Director Dr. Kathryn Fritze, Postdoctoral Affairs Director Dr. Bryce Chackerian, or Sr. Associate Dean for Research Education Dr. Tom Resta.

APPLIED COGNITION IN THE MEDICAL SCIENCES PROGRAM

(At this time, this service is only available to medical students. Please check back as we are working to expand our services)

Tom Markle, PhD, Director

The Applied Cognition in the Medical Sciences Program (ACMSP) focuses on the use of cognitive science to enhance student abilities throughout medical school. ACMSP teaches advanced techniques for retaining medical knowledge, and methods of transferring complex information into problem solving skills for medical exams or clinical settings. ACMSP provides workshops and walk-in support for preparing for USMLE Step 1 & 2 exams; developing data driven study habits; improving memory by understanding neural networks; and understanding the science of comprehending high volumes of information. For more information, [click here](#).

You can schedule an appointment with a learning specialist by contacting the team at HSC-ACP@salud.unm.edu

ASSESSMENT AND LEARNING

(At this time, this service is only available to medical students).

Jacob Imber, MD

Dr. Imber is an Associate Professor in the Division of Hospital Medicine and is the Executive Director of Assessment and Learning at the School of Medicine. He has experience teaching in all phases of the medical curriculum from facilitating Doctoring and Clinical Reasoning blocks to in-patient mentorship for sub-interns. Dr. Imber and his office are available to review any performance or computer-based testing assessments as well as provide support and feedback on all

assessments. He has availability most days of the week by appointment and can be reached via e-mail at jimber@salud.unm.edu or at 505-272-8028.

HEALTH PROFESSIONS PROGRAMS

(If you are an HPP student, please always feel free to reach out to your leadership for support and for information about resources)

Anesthesiologist Assistant Program

Cassie Langhals, EdD, MEdI, MMSc, CAA, MSA
Program Director
Department of Anesthesiology and Critical Care Medicine
cmlanghals@salud.unm.edu

Dental Hygiene

Christine Nathe, RDH,
MS Professor and
Director
Division of Dental Hygiene Vice
Chair
cnathe@salud.unm.edu

Emergency Medical Services Academy

Lindsay Eakes, MBA,
NRP EMS Academy
Director
lireilly@salud.unm.edu

Medical Laboratory Sciences

Barbara Masten, PhD, F(ACHI), MLS(ASCP)
Professor, Department of Pathology
Director, Medical Laboratory Sciences Program
bmasten@salud.unm.edu

Occupational Therapy

Janet L. Poole, PhD, OTR/L
Professor, Division Chief, and
Director Occupational Therapy
Graduate Program
jpoole@salud.unm.edu

Physical Therapy

Beth Moody Jones, PT, DPT, EdD, MS
Professor & Division Chief
Physical Therapy Graduate Program
Bmjones@salud.unm.edu

Physician Assistant

Laura Wylie, MPAS, PA-C
Physician Assistant
Program
lamurphy@salud.unm.edu

Radiologic Sciences

Rebecca R Blankley, MFA, RT R M
CT MR Director Radiologic Sciences
rblankley@salud.unm.edu

LEARNING ENVIRONMENT OFFICE

(Available to all SOM learners)

Diana Martínez, MPH, (she, her, ella) Director

Emma Naliboff Pettit, MA, (she, her, ella) Assistant Director

Brenda Loya, (she, her, ella) Case Management Specialist

The mission of the Learning Environment Office (LEO) is to foster an inclusive learning environment where teachers, staff, and learners thrive, and relationships are mutually respectful and beneficial to each other and to our institutional climate. The primary goals are to increase exemplary behavior and decrease incidents of learner mistreatment. Diana, Emma, and Brenda are available to discuss incidents of experienced or observed mistreatment and review your options for documenting, reporting, and responding.

If you have experienced or witnessed potential Title IX concerns (Sexual Misconduct or Sexual Harassment), and you are not sure if you want to report it, please consider speaking directly with Diana, Emma, or Brenda who are Confidential Reporters and not required to report such details to the UNM Office of Compliance, Ethics, and Equal Opportunity (CEEEO). Reach out to LEO at any time with questions or concerns.

Diana can be reached at deemb@salud.unm.edu, Emma at ecpettit@salud.unm.edu, and Brenda at blloya@salud.unm.edu.

Learn more about LEO at: <https://hsc.unm.edu/medicine/education/leo/>

LGBTQ SUPPORT

(Available to all SOM Students)

Cameron Crandall

Dr. Crandall is a Regents' Professor in the Department of Emergency Medicine and the Associate Vice Chancellor for LGBTQ Diversity, Equity, and Inclusion in the UNM HSC Office for Diversity. Dr. Crandall is available to LGBTQ students who may need support or with career planning. He can be reached at: ccrandall@salud.unm.edu.

SOM OFFICE FOR DIVERSITY, EQUITY AND INCLUSION (DEI)

(Available to all SOM Students)

Assistant Dean, Kathleen Reyes, MD, kreyes@salud.unm.edu
Executive Diversity Officer, Anita Fernander, PhD,
afernander@salud.unm.edu

The office helps to support the academic, professional and personal well-being and success of diverse learners across the SOMs graduate and certificate programs, including the MD Program, Residencies/Fellowships, the Health Professions Programs, and Research Education Programs. Learn more about office staff, resources, and programs via <https://hsc.unm.edu/medicine/diversity/>.

UNM HSC ACCOMMODATIONS

(Available to all HSC Students)

If you think that you might need accommodations while you are in school and/or for national standardized testing for a disability, diagnosis, or chronic health condition, please contact Kelly Cano Martinez at kcanomartinez@unm.edu. Kelly Cano Martinez is the HSC Accommodations Specialist through the Accessibility Resource Center. You may also contact us at arcsrvs@unm.edu. Further information is available at the [Accessibility Resource Center](#).

FAMILIES-IN-MEDICINE

(Available to all HSC Students and Residents)

Sign-up/list-serv: <https://app.smartsheet.com/b/form/0f0d4fa4fe1d47efa5b4e862dbb38e84>
Facebook: https://www.facebook.com/groups/3064481010489882/?ref=share_group_link

CHILD CARE CENTER (CHILDRENS CAMPUS)

If you have any questions regarding the program or options for care, please contact the UNM Children's Campus at (505) 277-3365 or send an email to:

unmccenrollment@unm.edu for all waiting lists and enrollment inquiries. This includes submitting health screenings, immunization records, student schedules, and all other registration-related documents.

unmccbilling@unm.edu for all billing inquiries. This includes questions about rates, questions about your bill, flexible spending requests, tax information, etc.

weecare@unm.edu for general inquiries not concerning the waiting list, enrollment, and billing.

If you'd like to speak with an Administrator at any point, please feel free to contact:

Daniela Baca (Director, danielah@unm.edu; 505-277-8819)

Lisa Ortiz (Associate Director, lortiz33@unm.edu; 505-277-3365)

UNM-SOM CROSSROADS

(Available to Medical Students ONLY)

Crossroads is a student advocacy organization promoting the health and well-being of all medical students. It is their goal to provide a forum in which to identify and diffuse stress issues and to offer confidential support to all students, especially those in danger of impairment and to educate peers on recognition of these issues and avenues for self-help.

For more information, email Crossroads at crossroads@salud.unm.edu.

For additional information, contact HSC-OMSA@salud.unm.edu.

VASSAR HOUSE

Located at 917 Vassar NE, is the North Campus satellite office for the UNM Women's Resource Center. The Women's Resource Center offers free counseling and crisis intervention.

<https://women.unm.edu/>

CENTER FOR NATIVE AMERICAN HEALTH

If you are a current Native American HSC student and would like more information on student services and events, please contact Lorissa Garcia, Education & Engagement Manager at LoriGarcia@salud.unm.edu or 505-925-0776. For more information, [click here](#).

UNM BASIC NEEDS PROJECT

The UNM Basic Needs Project is an interdisciplinary collaboration of UNM faculty, students, and staff. Our goal is to improve the basic needs (food and housing) security of college and university students in New Mexico through a combination of data collection, research, and the development of evidence-based solutions. We also aim to build partnerships throughout the state with other schools, government, and civil society because together we can end food insecurity in higher education. Visit basicneeds.unm.edu for more information and to access information on a wealth of resources.

RELAXING ON CAMPUS

UNM SOM Student Lounge - *Fitz Hall Basement* - the student lounge is provided for MD students and is located in the basement of Fitz Hall (the room next to the vending machines). The student lounge is equipped with a microwave and refrigerator. There is also a ping pong table, foosball table and television. Sporting equipment (Hula hoops, footballs, soccer balls, etc.) is stored in the Student Lounge cabinet and can be checked out by visiting **OMSA**. Contact OMSA at HSC-OMSA@salud.unm.edu or 505-272-3414 for the current Student Lounge code.

Library Wellness Room - *HSLIC Rm 325* - space to relax, reflect, meditate and unwind

UNM HSC WELLNESS CENTER

Physical activity and exercise for mental well-being and cognitive function, directly impacts academic performance for students in healthcare professions. Regular exercise reduces stress, improves mood, and enhances memory and concentration, enabling students to manage the rigorous demands of their training more effectively and succeed. The Wellness Center is located on the second floor of Domenici Center West and is open 24/7. More information can be found at this link: <https://hsc.unm.edu/about/wellness/>

INTERESTED IN MORE RESOURCES?

Check out mentalhealth.unm.edu

Main Campus Resources

MANDATORY REPORTING

We care about discrimination and harassment and want all of you to have a respectful and safe place to learn. We are absolutely here to listen to you, but most faculty, administrators, and teaching assistants are what are called “mandatory reporters”. If you describe a behavior to us that is potential discrimination and/or harassment against protected classes, we need to report what we hear to the UNM Office of Compliance, Ethics, and Equal Opportunity (CEEO), per federal and state laws and UNM policy. UNM CEEO maintains confidentiality to the extent allowable by law and UNM policy. If you prefer to speak with someone who does not have an obligation to report to CEEO (an “advocate”), please reach out to advocates at the following locations:

[LoboRESPECT Advocacy Center](#)

[LGBTQ Resource Center](#)

****[SOM Learning Environment Office](#)**** - recommended place to start

[Student Health and Counseling \(SHAC\)](#)

[Vassar House](#)

[Women's Resource Center](#)

[Office of Compliance, Ethics, and Equal Opportunity \(Formerly Office of Equal Opportunity\)](#)

AGORA CRISIS CENTER

“Call us anytime. Call us about anything.” Agora is a hotline aimed specifically for students to talk about personal or academic problems they may be having.

Volunteers at Agora are trained peer counselors who offer compassionate and non- judgmental listening. Agora also acts as a referral service.

To contact Agora, call their hotline at 505-277-3013. They also offer walk-in counseling at 1820 Sigma Chi Monday through Friday, 8:00 a.m. to 5:00 p.m. Their website is accessible at:

<http://www.agoracares.org>.

CAMPUS SAFETY

Recognizing the safety needs of its campus community, the University of New Mexico has taken another step in its goal of enhancing safety for all its faculty, staff and students. UNM has added LoboGuardian, the latest technology-driven app designed to increase user safety through real-time interactive features that create a virtual safety network of friends and family. For a free download, go to <http://loboguardian.unm.edu/>. LoboGuardian allows users to designate “Guardians” to act as a virtual safety escort in timed Safety Sessions. From the LoboGuardian website, there are links to additional topics on campus safety.

AFRICAN AMERICAN STUDENT SERVICES

African American Student Services aims to recruit, retain, and uplift the Black student population at UNM by providing educational discourse, leadership development, holistic wellness, and community engagement. We support students in realizing their full potential self through collaborative advocacy, intentional allyships, and the exploration of the many facets of Blackness. As an essential resource, AASS contributes to the University’s commitment to a diverse campus culture by appreciating and creating space for Black student scholars to thrive. For more information, [click here](#) or call 505-277-5645.

ASIAN AMERICAN PACIFIC ISLANDER RESOURCE CENTER

The Asian American Pacific Islander Resource Center (AAPIRC, pronounced a-perk) was officially established in the 2021-2022 school year. Our Ribbon Cutting Ceremony took place on April 28th, 2022 in celebration of AAPI Heritage Month. We aim to build a sense of belonging for AAPI students during their studies at the University of New Mexico. AAPIRC also seeks to provide culturally relevant programs that cultivate Asian American and Pacific Islander leaders within communities. AAPI designation refers to all Asians including heritages in East Asia, Pacific Islands, Southeast Asia, West Asia/Middle East, South Asia, and Central Asia. We are inclusive of all AAPI-identified students including those who are multicultural/mixed race, adopted, and part of the widespread diaspora. For more information, [click here](#) or email aapirc@unm.edu.

AMERICAN INDIAN STUDENT SERVICE (AISS)

American Indian Student Services (AISS) was established during the 1980-1981 academic year to increase the recruitment & retention of Native students. Currently, American Indian Student Services provides a range of student support programming for American Indian students attending The University of New Mexico-Main Campus to ensure their academic achievement and assist in the development of personal, cultural, and social success. For more information, [click here](#) or call 505-277-6343.

EL CENTRO DE LA RAZA

El Centro de la Raza will positively impact the transition, retention, and graduation of students through an engaging environment built on academic, cultural, personal and professional activities. El Centro commits to cultivate a supportive community that helps students develop skills to fulfill their lifelong goals and expectations. For more information, [click here](#) or call 505-277-5020.

MEN OF COLOR INITIATIVE (MOCI)

The Men of Color Initiative (MOCI) is a project of the Division for Equity and Inclusion that focuses on educational success and the well-being for men of color. MOCI is driven by Asian/Pacific Islander, Black, Latino, Native and other men of color students organizing together with campus and community partners to increase access and success for men of color in education.

For more information, [click here](#) or call 505-277-2015.

PROJECT FOR NEW MEXICO GRADUATE STUDENTS OF COLOR (PNMGC)

Project for New Mexico Graduates of Color (PNMGC) is a student-led program working to retain graduate students of color through ongoing peer mentoring that provides academic, social, cultural and emotional support. For more information, [click here](#).

CENTER FOR TEACHING AND LEARNING – GRADUATE SUPPORT

For more information, [click here](#) or call 505-277-1407. You can also schedule an appointment with a Learning Specialist through email: ctlgs@unm.edu. To learn more, visit: <https://ctl.unm.edu/graduate-students/resources/index.html>.

OFFICE OF GRADUATE STUDIES (OGS)

Staff are always eager to assist students, and we often collaborate with UNM administrators, faculty, graduate students, and staff in implementing many programs and services. For more information, [click here](#) or call 505-277-2711.

CAMPUS ASSESSMENT RESPONSE EDUCATION (CARE)

CARE hosts a comprehensive online reporting form about students who are exhibiting any disturbing behaviors so students can receive or stay connected to the academic support and student wellness services. For more information, [click here](#).

CAREER SERVICES

Many free supports while you are a student and for life after graduation. Services include resume/CV, interviews, job search, personality assessments, career advice, etc. For more information, [click here](#) or call 505-277-2531.

CLINICAL LAW PROGRAM

Law students provide limited legal assistance with attorney supervision for a small fee. Call to schedule an appointment; 505-277-5265 or visit for more information, [click here](#).

PARKING AND TRANSPORTATION

Parking and Transportation Services supports the University's education, research and service missions by providing access to key programs for faculty, staff, students and visitors through a variety of parking and transportation services. For more information, [click here](#) or call 505-277-1938.

RECREATION FACILITIES & PROGRAMS

Recreational Services Department of the University of New Mexico is to provide a wide variety of opportunities to enhance the educational, recreational and cultural experiences for a diverse University community. For more information, [click here](#) or call 505-277-0178.

STUDENT ACTIVITIES CENTER

Enhance the academic student experience at the University of New Mexico by facilitating opportunities for students to develop and practice essential skills, cultivate meaningful relationships, and connect with the campus community. For more information, [click here](#) or call 505-277-4706.

VETERANS RESOURCE CENTER

Dedicated to providing the highest quality and comprehensive support to student veterans in an atmosphere that provides commitment, respect, and academic excellence. They provide education, administrative services, and job advisement to our student veterans, their families, and active-duty students, as well as outreach to military communities at large. For more information, [click here](#) or call 505-277-3181 or 505-277-3184.

LGBTQ RESOURCE CENTER

The LGBTQ Resource Center strives to create a welcoming and inclusive atmosphere for all members of the University of New Mexico and surrounding community. As a safe zone environment, we stand up against homophobia and value the worth and dignity of all people. Through education, we aim to bring a heightened visibility of the LGBTQ* community on campus and to issues that affect LGBTQ* individuals. Through leadership development, we promote a more civically engaged campus community committed to equality and equal opportunity for all people. For more information, [click here](#) or call 505-277-5428.

WOMEN'S RESOURCE CENTER

The Women's Resource Center is a place of advocacy, support, and safety for all members of the University of New Mexico and greater community. Through a feminist model of empowerment we offer educational, social, and cultural programming aimed at encouraging women's self-determination and community engagement. The Women's Resource Center promotes awareness and the advancement of women's rights to ensure equity regardless of gender identity, sex, race, ability status, age, sexual orientation, economic class, or religious affiliation. We seek to facilitate understanding and mutual respect among all campus and community members to achieve social justice, as well as foster a positive UNM environment. The Women's Resource Center provides the tools and resources necessary to enhance success within academic, personal, and professional aspects of students' lives. For more information, [click here](#) or call 505-277-3716.

SEXUAL HARASSMENT AND ASSAULT

The University of New Mexico is committed to maintaining a campus environment that is free from sexual harassment and assault. To ensure that the best and most effective services and process for handling sexual assault on campus are available, UNM has created a Sexual Misconduct and Assault Response Team (**SMART**).

SMART is part of the university's overall efforts to reduce sexual violence on campus. It is a victim centered, victim controlled coordinated response team composed of community and university organizations to quickly respond to cases of sexual violence while providing appropriate services to all parties involved.

SMART responders make services for victims a priority. Victims of sexual assault may choose to activate one, or all, components of the response team: medical, counseling, law enforcement, and/or the student conduct process.

If you have been sexually assaulted, it is important to remember it is **not your fault**. Seek the appropriate services so all your needs can be met. If you wish to be accompanied by a trained and sensitive advocate, you can **call the Rape Crisis Center's 24-hr hotline at 505-266-7711** and an advocate will meet you.

You can choose to utilize any or all components of the sexual assault response team.

Call the SMART responder that you feel most comfortable contacting:

<u>ABQ Sexual Assault Nurse Examiners (SANE)</u>	505-884-7263	24-hour hotline
<u>Rape Crisis Center of Central New Mexico</u>	505-266-7711	24-hour hotline
<u>Student Health and Counseling (SHAC)</u>	505-277-3136	24-hour number
<u>Counseling and Referral Services (CARS)</u>	505-272-6868	
<u>UNM Police Department (UNMPD)</u>	505-277-2241	24-hour number
<u>Dean of Student (DOS)</u>	505-277-3361	

Other contacts:

The LoboRESPECT Advocacy Center provides a safe and welcoming environment for students to receive support and advocacy services for several areas. It can be accessed at <http://loborespect.unm.edu>

The UNM Office of Compliance, Ethics, and Equal Opportunity provides information on UNM's response to campus sexual assaults. <https://ceeo.unm.edu/>

Albuquerque Psychiatrists, Psychologists, & Counselors Interested in Working with Health Sciences Students*

Molly Adler, LCSW (LGBTQ community)	505-916-1081
Patricia Allaire, LPCC	505-514-8630
Debbie C. Gee, MD	505-837-9782
Linda Najjar, PhD	505-306-4144
Kevin Rexroad, MD	505-255-4701
Janet Robinson, PhD	505-206-7558
Matt Tandy, LPCC, LADAC (substance use)	505-385-7194
Eating Disorders Treatment Center	505-266-6121
Vivian Fernandez, PhD (Spanish, BIPOC & LGBTQ focus)	505-321-0833
Umoja Behavioral Health	505-633-8173
<u>Monarch Psychiatry</u>	505-582-2180
<u>Lewis Nemes, PhD (LGBTQ, chronic illness, chronic pain, and sexuality)</u>	505-345-6616
<u>The Center for Dynamic Practice (chronic health conditions, autism spectrum/neurodiversity, addictions, LGBTQ+, evaluations)</u>	505-416-8009
<u>Jamie Loor, PhD (insomnia, disordered eating, trauma, addictions)</u>	417-501-9423
<u>Vicki Hanfield, PsyD</u>	609-841-9159
<u>Juliet Kinkade-Black, LMFT (trauma, LGBTQ, bibliotherapy)</u>	505-484-2366
<u>Behavior Therapy Associates (mood, traumatic stress, relationships, chronic pain, fertility, perinatal & postpartum adjustment)</u>	505-345-6100
<u>Elevation Counseling (counseling and medication management)</u>	505-888-1686
<u>Wild Magnolia Wellness</u>	505-433-7561

* Please note that these clinicians are in private practice and are not necessarily covered by UNM student health insurance. All financial arrangements must be worked out individually. Group practices can offer a range of therapies and specialties with multiple therapists to select from. Reviewing the clinician bios, pictures, and specialties on the website can help you identify which therapist you might like to request to work with. If you are unsure where to start or have questions about starting therapy with any of these providers, contact OPW@salud.unm.edu and someone from the OPW

clinical team will be glad to support you in any next steps.

Support Groups and Community Resources

ALCOHOL AND SUBSTANCE ABUSE

<u>Adult Children of Alcoholics</u>	310-534-1815
<u>Al-Anon Information Service</u>	505-262-2177
<u>Alcoholics Anonymous</u>	505-266-1900
<u>Addictions & Substance Abuse Program (UNM)</u>	505-994-7999
<u>Cocaine Anonymous</u>	505-359-8224
<u>Narcotics Anonymous (Greater ABQ area)</u>	1-800-798-6649
<u>Prevent+Ed (formerly National Council on Alcoholism & Drug Abuse)</u>	

COMMUNITY MENTAL HEALTH RESOURCES

<u>Agora Crisis Center (24-hour hotline)</u>	505-277-3013
<u>Albuquerque Family Advocacy Center</u>	505-243-2333
<u>Catholic Charities of Central New Mexico</u>	505-724-4670
<u>Collegiate Recovery Center (UNM)</u>	505-277-0560
<u>Domestic Violence Resource Center</u>	505-248-3165
<u>National Suicide Prevention Lifeline</u>	988
<u>NM Crisis and Access Line (NMCAL)</u>	1-855-662-7474
<u>Outcomes</u>	505-243-2551
<u>Overeaters Anonymous</u>	505-261-3553
<u>Psychiatric Emergency Services</u>	505-272-2920
<u>Rape Crisis Center of Central New Mexico</u>	505-266-7711
<u>Sage Neuroscience Center</u>	505-884-1114
<u>Transgender Resource Center</u>	505-200-9086
<u>ULifeline</u>	1-800-273-8255
<u>UNM Dept. of Psychology Clinic</u>	505-277-5164
<u>UNM Psychiatric Center/Mental Health Center</u>	505-272-2800
<u>UNM Student Health & Counseling Center</u>	505-277-3136
<u>UNM Manzanita Center</u>	505-277-7311

A detailed list of helpful resources and organizations in the Greater Albuquerque area is also available at <https://www.cabq.gov/help>

Office of Professional Well-being
University of New Mexico School of Medicine
Fitz Hall Room 106
Albuquerque, NM 87131
505-272-7979

UNM SOM Support Guide 2024-2025
Revised July 2024

with thanks to Dr. Greg Franchini and Dr. Cheri Koinis, the original authors of this guide