

RMCHCS recovery center gets new name

Written by By William Madaras For the Sun
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Now called WellSpring Recovery Center

Rehoboth McKinley Christian Health Care Services has changed its name from the Substance Abuse Recovery Center to the WellSpring Recovery Center. The change better reflects the purpose of the center which is not to merely “recover” from addiction, but to change your life’s meaning and goals.

The Merriam--Webster Dictionary describes “wellspring” as originating before the 12th century from the Old English welspryng, which had the literal “spring” meaning. RMCHCS has taken that meaning and applied it to capture the spirit of the center as a place where wellness grows and renewal begins. Whether the spring season or action of springing, it symbolizes life and moving forward as the center’s residents do. They leave behind addictions and begin new lives.

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“The WRC brings us full circle to our goal of recovery and wellness,” David Conejo, CEO, RMCHCS, said. “While giving up any addiction such as alcohol and drugs is important, the center offers an opportunity to help make life changes, such as to stop smoking, learn healthy eating habits, reconnecting with friends and family, job opportunities and the ability to spring back to a life of wellness.”

Those entering the WellSpring Recovery Center often begin their journey by participating in the Saturday morning breakfast outreach at 8:45 am at the Nizonhi Laundromat parking lot, 1733 S. Second St. in Gallup. There, Conejo and about ten hospital volunteers along with William Camorata, president of the Immediate Action Group and recently named “Volunteer of the Year” by the New Mexican Coalition to End Homelessness, reach out to the homeless, many of whom are suffering from various addictions.

WRC Succeeds With 690 Graduates, Lower Relapse Rates, Local Hiring, Alternatives To Jail

At the outreach, participants are checked for any immediate illnesses like diabetes and are offered an opportunity to kick their habits and join the RMCHCS Alcohol and Substance Abuse Treatment Program. They then receive treatment, job training and an opportunity to rejoin the community as a contributing member of Gallup. So far 690 have graduated.

At the center, residents participate in the RMCHCS ASAT program for those with alcohol and substance use disorder, which is administered for 90 days of detoxification, treatment, and workplace preparation, instead of the traditional 30- or 60-day period. The extension allows for more time to establish sobriety and has demonstrated lower relapse rates than other programs. There has been a 40 percent relapse decrease for the 90-day program and a 74 percent decrease for the 120-day program.

The center also offers a heavy focus on career readiness and work placement. The program has grown from 3 to 69 clients enrolled in inpatient treatment and 32 in the work rehabilitation program. Clients are taught new skills and can hone their occupational expertise through supervised work placements and course work. Many of the clients are now employed by local businesses. Others have gone on to become independent artists.

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“While RMCHCS is a hospital, we also try and bring wellness to the community which is another way to look at our new name,” Conejo said. “The WellSpring Recovery Center does just that. Just ask some residents who have noticed a change in Gallup and surrounding areas compared to 20 years ago. Some graduates have been permanently hired by the employers they worked for during the work placement program and judges have offered positive remarks.”

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