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Dr. Teresa Meehan has joined Rehoboth McKinley Christian Health Care Services as director of WellSpring Recovery Center.

Dr. Meehan has over 25 years of experience in education and in the helping professions. She has a Ph.D. from the University of New Mexico and is a tenured Associate Professor of Linguistics and Psychology at New Mexico State University-Grants. Her far-reaching experience includes 12 years at Cibola General Hospital as a social service provider, providing crisis intervention services in the emergency department and providing case management services in both inpatient and outpatient settings.

Most recently, Meehan served as a consultant to organizations pursuing accreditation from the Commission on the Accreditation of Rehabilitation Facilities. She was part of the consulting team that assisted WellSpring Recovery Center in achieving its CARF accreditation this summer.

Meehan is an advocate for indigenous populations. She is dedicated to developing and implementing programs that fully integrate the holistic wellness philosophy expected in person-centered programs and alternative healing approaches, which are an integral part of the thought, and philosophy of many Native American communities.

A long-term goal of Meehan's is to expand treatment and recovery options at WellSpring Recovery Center to include outpatient and community-based services so clients have the opportunity to receive services along the full continuum of care. As part of the planned program, she also plans to address the long-standing issues of health inequity and racial disparity that negatively affects the collective wellness of our community.

"It's time to stop using a band aid approach in treating addictions," Meehan said. "The addictions are the effect of multiple traumatic life experiences, so we have to address the effects of the traumas in order to help individuals make the permanent life changes they desire."

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