

JANUARY 2026

THE RETURN OF THE



# SERNA SOLUTIONS NEWSLETTER



## ONE BATTLE AFTER ANOTHER

If you haven't seen *One Battle After Another* make the time this weekend. There might not be a better mirror about what we are going through as a society than this well written, superbly acted piece of art. That said, when I watched it I found it way too real. The imagery of mass detention facilities Hispanic Americans, secret societies like the Christmas Adventurers Club, and the relentless pace of the events were all unsettlingly accurate to what is happening across our country. This got me wondering how we are coping as a society, and what type of strategies can we utilize to better approach the challenges as they continue to unfold, *one after another*.

Right now, it feels like we are living in a fabricated reality. We see videos of hard-working people being thrown to the ground, parents kidnapped and separated from children, and murder in the streets with no arrests being made.

### **A Trauma-Informed Toll on Us All**

As behavioral health professionals we know that all of this strife, stress, fear, anger, and rage does not stay theoretical - it infects our bodies.

From a trauma-informed perspective, prolonged exposure to threat, instability, and dehumanization pushes individuals—and entire communities—into chronic survival states. When people repeatedly receive signals that they are unsafe, unprotected, or unwanted, nervous systems adapt. Hypervigilance rises, trust narrows. Fight, flight, freeze, or fawn states stop being temporary responses and start becoming default postures. That isn't pathology, it is physiology.

## WANT TO JOIN OUR TEAM?

We are currently looking for clinicians for our ABQ, Española and San I offices. The positions are flexible, (PT/FT) and come with a ton of benefits. Please reach out to Katy at: [katy@sernasolutionsllc.com](mailto:katy@sernasolutionsllc.com) for details

## WANT TO SEND A REFERRAL?

You can send us referrals for your self or someone else through our safe, secure, portal using this QR Code:



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### **The Limits of the “Survivor Spirit”**

Behavioral health professionals are often praised for resilience—for staying neutral, and composed in intense circumstances. But resilience without agency is simply endurance, and we can forget that we are only human and incapable of endurance without end.

We need to remember that a survivor posture constricts the nervous system. It prioritizes getting through the day over shaping what comes next. It teaches symptom management instead of confrontation. It whispers, *“Don’t draw attention. Don’t make it worse. Just survive, this can’t last forever.”* Those whispers are certainly present for me as I write this newsletter.

Listening to the whispers may keep you functional—but it shrinks imagination, erodes dignity, and quietly serves the very systems causing the harm.

### **Choosing a Different Posture**

Recently, I have made a deliberate energetic shift towards the world. Surviving and laying low no longer have any allure for me. Instead I have decided to reconnect and cultivate a warrior posture rather than a survivor stance.

Practically speaking, I have returned to martial arts after many decades — not just for fitness or nostalgia, but for the community, the discipline, and the energetic shift in energy I need right now.

In the practice of martial arts we learn more than learning how to knock someone out or break arms in creative ways, we also acquire crucial nervous-system training. Martial arts cultivate grounded posture, clear boundaries, and emotional regulation under pressure. They teach us how to stay present in the face of threat without collapsing or becoming reckless. Ultimately, they don’t teach us aggression but integration. The type of warrior I want to be is not looking for an excuse to participate in violence, but will also not shut down and collapse in the face of threats.

A warrior posture is regulated readiness. It says:

- I can recognize danger without being consumed by it.
- I can stay embodied rather than dissociated.
- I don’t easily confuse compliance with safety.

As a Latino man, a clinician, and a leader, the shift from survivor energy to warrior energy matters—especially when I see echoes of a dark period of history in our streets and halls of government.

## State Sponsored **TRAININGS** FOR YOUR CALENDAR.

All workshops provide CEUs and are completely free to the participant.

Simply click on the dates to register!

All training times are 9- 4 pm MST unless otherwise specified

### **SUPERVISING MOTIVATIONAL INTERVIEWING PRACTICE:**

March 19 - 20

June 23 - 24

### **ADOLESCENT COMMUNITY REINFORCEMENT APPROACH (A-CRA):**

April 30 - May 1

June 4 - 5

July 14 - 15

### **CLINICAL SUPERVISION AND LEADERSHIP**

March 5

July 29

### **ETHICS IN CLINICAL SUPERVISION:**

June 18

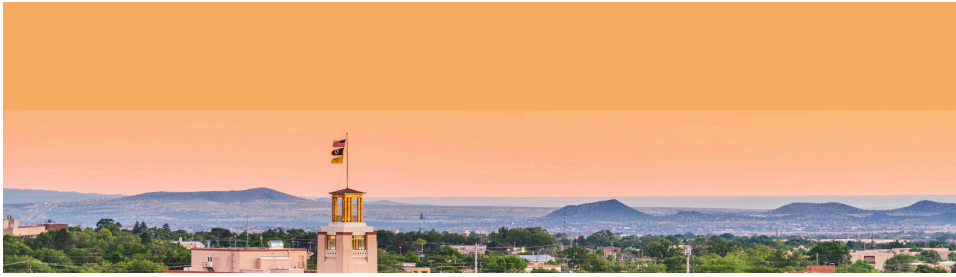
August 20

### **ETHICS: BEST PRACTICES IN TELEHEALTH FOR BH PROVIDERS**

March 12 (1 - 4 PM)

May 27 (9 AM - 12 PM)





**To My Colleagues in Behavioral Health**

This isn't a call to sacrifice more or to hunker down and endure. We've done that already, and it is not sustainable or effective. I'm calling on you to find your warrior stance, whatever that looks like to you. A warrior stance is more sustainable because it cultivates clarity, limits, and discernment. It trains and mobilizes our nervous systems for the stress of now and the future.

We must, in loud voices, insist that our work is essential, now more than ever. Social workers, counselors, therapists, peer support workers: we are not optional and we can't be impartial when the communities we serve (and represent) are being targeted for violence, kidnapping and murder. We can no longer afford to be "neutral" with the events in our country. Neutrality doesn't protect you or your clients and certainly does not defend our nervous systems. Silence doesn't create safety.

**One Battle After Another—But Not the Same Way**

The best way to survive the never-ending stress is not to endure or to try to avoid conflicts, at least for me. I've decided that what I'm choosing now is not fewer battles (that is not possible) but a different orientation to them. One that is grounded, regulated, and unwilling to confuse survival with dignity.

-Brian Serna

**DID YOU KNOW?**

In 2025 Serna Solutions provided more than 80 training events nationwide, serving over 2,600 professionals

**ETHICS: CULTURAL HUMILITY, FLUENCY AND COMPETENCY:**

April 7

July 9

**MULTICULTURAL ISSUES IN NEW MEXICO:**

May 14

August 21

**YOU CAN ALSO CATCH US AT THE:**


Children's Law Institute

April 15 - 17

First Responder Crisis

Conference

February 25 - 28



Are you a peer support worker, therapist or another professional who is working in the addiction and recovery space? If so, why not join NMAAP? We provide networking, advocacy, and continuing education to addiction professionals from all disciplines, anywhere in the state. If you are interested contact President, Jeremy Lihte at [jeremy@nmleadersinrecovery.com](mailto:jeremy@nmleadersinrecovery.com)

**NMAAP**  
New Mexico Association of Addiction Professionals





# LEARN MORE ABOUT OUR PROGRAMS

Power to the Parents equips caregivers with the tools and confidence to support their children at any stage of their behavioral health journey. Parents learn practical CRAFT and DBT skills to improve communication, manage stress, and respond to challenging behaviors; receive up-to-date information on substances affecting teens and young adults; and gain a clear, practical understanding of how trauma and substance use impact the brain and behavior. This program helps parents feel more confident, less stressed, and better prepared to support their children.



**Power to the Parents**  
*Poder para los Padres*



**Intensive Outpatient Program**

With a strong focus on evidence-based practices, our IOP offers nine hours per week of treatment with experiential groups. We center our approach around two proven models: Dialectical Behavioral Therapy (DBT) and Community Reinforcement Approach (CRA). These practices have shown remarkable success and complement each other with their skills-based orientations.

Although we specialize in EBPs, we also understand the importance of holistic approaches to treatment and recovery. In addition to DBT and CRA sessions, participants in our IOP will have access to mindfulness training.

The Youth Empowerment Project (YEP) is a comprehensive program for adolescents ages 12-24 and their families that integrates prevention, treatment, family services, and aftercare into one model. The YEP! Program offers hope, recovery skills, emotion regulation and relationship skills, and an increased capacity to deal with the challenges many of today's youth face. Take a self-assessment, make a referral, and explore more about YEP!



**Youth Empowerment Project**





# LEARN MORE ABOUT OUR PROGRAMS

The Family Empowerment Project is based upon the CRAFT method pioneered by Dr. Robert J. Meyers at the University of New Mexico. This work helps families address addiction while creating a collaborative, culturally relevant circle of care around the individual seeking recovery. It is rooted in behavioral change principles and honest, positive communication between family members. Find out if the Family Empowerment Project is right for you.



## Family Empowerment Project

BLACK MESA  
BEHAVIORAL HEALTH  
505-370-7499



SERNA SOLUTIONS  
Counseling • Coaching • Consulting

Serna Solutions has partnered with the Pueblo de San Ildefonso to provide behavioral health services to their community members. The program launched in May of 2023 and is a true collaboration with the Pueblo's leadership and their Health and Human Services Division. We offer individual, couples, family sessions along with therapeutic groups. Services will build over time, so check back here for updates.

If you would like to make a referral for counseling for yourself or someone else, please make a referral.

## WANT TO JOIN A GROUP?

Currently we are offering the following groups:

- Grief Support Group
- DBT Skills Group
- CRAFT for Parents
- Family Empowerment
- Kundalini Yoga Therapy



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# Poder para los Padres

¿Buscas orientación y apoyo mientras tus hijo/a enfrenta problemas de salud mental? ¡No estás solo/a!

Nuestros servicios GRATUITOS incluyen:

- ✓ **Apoyo y Conexión:** Conéctate con padres que realmente comprenden tu situación.
- ✓ **Información útil:** Aprende cómo las sustancias y el estrés pueden afectar el comportamiento y las emociones de tu hijo.
- ✓ **Habilidades Prácticas para la Crianza:** Desarrolla habilidades de comunicación, estableciendo límites saludables, gestionando emociones intensas y respondiendo de manera que fomenten un cambio positivo.

## Únase a nuestras platicas de padres

Miércoles 25 De Febrero de 5:30 - 6:30 PM

📍 En línea - Accesible desde cualquier lugar

📞 Inscríbete hoy! Llámanos al: (505) 230-4949

No tienes que hacerlo solo. ¡Da el primer paso hoy!