Behavioral Health Planning Council Quarterly Videocast

*Tentatively* scheduled for December 14, 2011 from 9 am to 3 pm

Videoconference site in Las Cruces: 2121 Summit Court

**Ongoing Meetings:**
- October 13, November 10, and December 9 - 11:30 am  
  **LC3 Membership Meetings**
- October 13, November 15, and tentatively December 20, 2011  
  **BH Subcommittee Meetings**  
  2121 Summit Court (ISD building)
  Adult/Substance Abuse Subcommittee – 10 am
  Child/Adolescent Subcommittee – 2:30 pm
- Medicaid meets quarterly (tentatively December 20) – 1 pm
- October 20, November 17, 2011, 3:30 – 4:30 pm (no December mtg.)  
  **Healthier Life Styles meeting**  
  Roadrunner Room, Branigan Library
- October 24, November 28, 12:30 pm (no December mtg)  
  **LC3 Executive Committee Meeting**
- October 26, November 30, and December 28, 2011, 9:15 am  
  **Adolescents in Transition Committee**  
  JPPO Office at 760 Motel Blvd
- October 14, November 11, and December 9, 2011, 1-3 pm  
  **Crisis Collaboration Committee**  
  L. C. Housing Authority, 926 S. San Pedro, Las Cruces

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**What Are Your Thoughts About the Future of Our Local Collaborative?** – respond to k3secretary2@gmail.com

1. Do you want to see LC3 continue working as a local collaborative?
2. If so, what do you think the primary function and work of the LC should be?
3. How do you think we can maintain consumer/family involvement with budget reductions to $3,000/yr. from OptumHealth?
4. Should LC3 seek alternative sources of funding? If yes, which?
5. Other than funding, what do you think LC3 needs in order to sustain?

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**Resource Corner**

Substance abuse, suicide, PTSD and life skills/transitions – check out a newly released book titled “Living and Surviving in Harm's Way: A Psychological Treatment Handbook for Pre- and Post-Deployment of Military Personnel” by Michael R. Hurst, MS, LADAC, CEAP.

For more information on fun fitness with children, go to the following online resources: workoutsforyou.com, letsmove.gov or parents.com.

Caring Bridge is a program that matches adults with an emotional illness, in a caring and trustworthy relationship with a friend/companion. Want to volunteer?...phone Kathy or David at 575-522-6404 or email bridge@nmsu.edu.
Doña Ana County Behavioral Health Collaborative Committee Updates

Crisis Collaboration Committee
(shared by Rebecca Shaw, Co Chair)
When: second Friday of each month, 1-3 pm
Where: L. C. Housing Authority, 926 S. San Pedro, Las Cruces
Who: anyone interested in bettering the crisis response system in our community; Rebecca Shaw and Officer Robert McCord – Co Chairs
What: in September, reviewing progress made on a flow chart of community crisis response resources available and how crises are handled at local hospitals. The group has identified gaps that exist in this system and overlapping areas. A recording secretary is needed for these meetings.

Healthier Life Styles
(courtesy of Helen Cooley)
When: third Thursday of each month; 3:30 – 4:30 pm
Where: Roadrunner Room, Branigan Library – any change of venue will be announced in advance
Who: anyone interested in the topic highlighted for the monthly meeting OR anyone wanting comradery. Co Chairs needed.
What: in July a speaker from DOH shared information about “Infectious Diseases; August focused on “Identity Theft” with S. Duran from Wells Fargo Advisors speaking, Caring Bridges presented a new program “Art for Recovery” at the September meeting, in October a representative from Community of Hope will talk with attendees about homelessness and housing issues, and in November Helen Cooley of SWCC will facilitate a session on “Stress and the Holidays”. There will be no meeting in December.

Executive Committee members and the Administrative Assistant support the committee by securing meeting places and presenters and also attending meetings to introduce speakers and show support for the committee.

Adolescents in Transition
_reported by Mickey Curtis, Co Chair_
When: last Wednesday of each month, 9:15 – 10:30 am
Where: JPPO Office, 760 N. Motel Blvd.
Who: providers, family members, adolescents desiring to make the transition from child to adult services a smoother and improved process for adolescents. Mickey Curtis and Susie Kimble – Co Chairs

What: Norma Amador, Program Director of TLS at Families and Youth, Inc. will meet with the group in September. The local committee has been considering state level Adolescents in Transition ideas and determining what input they will provide.

La Clinica De Familia Healthy Start

If you missed the August membership meeting, you may not know about the Healthy Start program at LCDF. What services are included in this program?
- Prenatal and post partum care
- New born care
- Family planning (birth control, birth spacing, etc.)
- Counseling
- Health Education/Life Skills Training
- Teen Pregnancy Prevention
- Infant Mental Health/Child Development
- Father/Father Figure Involvement
- Breastfeeding Support
- Car Seat Safety/Distribution
- Home Visiting Family Support
- Smoking Cessation/Prevention, and
- Referrals

When an individual joins this program, he/she can expect to be able to take advantage of all services, resources, and events that the program has to offer for 2 to 3 years. Support is provided by a team of people who want members to improve the lives of babies/children and to prepare for the future.

Information: Jonah O. Garcia, LISW – 570 W. Griggs, 524-0767

SNMHD/GMS School Based Health Center

Vincent Ortega, CEO of Southern New Mexico Human Development, proudly speaks about the school and youth based “School Based Health Clinic” project that his agency has initiated. With all the talk of integrating physical and behavioral health care, SNMHD partnered with Gadsden Schools to put the practice into action.

A health center is housed on the Gadsden Middle School campus and is staffed by a family practice doctor, nurse practitioner, a physician assistant, AND behavioral health licensed professionals. Services are provided via the NM Medicaid program or sponsored by private funding and are free or billed on a sliding scale.
School Based Health Clinic continued…..

In order to increase school performance, decrease alcohol and drug involvement, decrease health risk, and increase health care access to rural areas of southern Doña Ana County, the program functions under the following guiding philosophies:

- Health Equity – accessible, geographically based care
- Access to Care – elimination of barriers to access like transportation and economic issues
- Rural Barriers – increase alternatives of health treatments

Some of the services provided at the School Based Clinic include:

- Diagnosing and treating acute and chronic illness
- Treating minor injuries/illnesses
- Performing routine physicals and EPSTAT screenings
- Treating alcohol and drug disorders via counseling
- Providing health and behavioral education
- Prescribing and, at times, dispensing medications
- Conducting vision, dental and blood pressure check ups
- Providing reproductive health education and services
- Conducting comprehensive behavioral health assessments
- Offering anger management treatment, and
- Scheduling psychiatric services.

Want to know more? Contact SNMHD SBHC Department at 575-888-5101 or 575-882-6938.

**HJM 17 (House Joint Memorial 17)**

Maybe you’ve heard the acronym but aren’t quite sure what it represents. HJM 17 requested the Interagency Behavioral Health Purchasing Collaborative and its member departments to study the needs of and available resources for people with mental health disorders in crisis situations and to develop strategies to improve services, treatment and care outside of law enforcement and detention in order to reduce the number of people with mental health disorders who are in detention facilities or require law enforcement intervention. In response, the BHPC formed a task force to actively solicit input from MH consumers, family members and providers regarding what’s in place, currently in their communities, what is working and what is not working, and recommendations for the task force.

The response from local collaboratives around the state has been amazing. Rebecca Estrada, CYFD Cross Agency Team member, conducted focus groups with LC3 members at the August membership meeting and subsequently at the Crisis Collaboration Committee meeting the same month. The comments and recommendations received from the local behavioral health collaboratives (including LC3) on needed elements of a mental health crisis response system have been compiled and are available for review on the HJM 17 website (in addition to other informative articles).

https://sites.google.com/a/nmcounties.org/hjm17/home

**Art of Recovery**

(taken from Jose Caldera’s presentation at Healthier Life Styles)

BRIDGE Ministries has two programs currently underway in Las Cruces: “Caring Bridge” and “Art of Recovery”. Program participants meet one day a week from 4-6 pm with Caring Bridge meeting on Wednesdays and Art of Recovery on Mondays. Jose Caldera, the guest speaker for the September Healthier Life Styles meeting, leads the Art of Recovery meetings each week and is also a participant.

Three BRIDGE Ministries staff, including Jose, responded to a Request for Proposal by OptumHealth and was awarded $25,000. This grant was used by BRIDGE Ministries to begin the Art of Recovery program. The funds were used to purchase supplies and equipment to enable participants to make arts and crafts that are sold at the Las Cruces Downtown Farmer’s Market on Saturdays and to provide a meal during the Monday meetings. Per Jose, people have been using their talents to produce wood carvings, jewelry, magnets, and scented soaps. The variety of crafts produced expands at the suggestion of group members. People not only make the artwork during the meetings, they also mentor each other by teaching new skills to those who want to learn.

When asked how Art of Recovery has helped him in his journey, Jose is quick to say he has become more self confident, learned leadership skills, and is more motivated. Not everyone who attends the Monday meetings is involved in arts and crafts – some people attend simply for the social benefit.
Ten Signs of Alzheimer's Disease
(taken from Sept. 2011 HealthyU)

1. Memory loss that disrupts daily life.
2. Challenges in planning or problem solving.
3. Difficulty completing familiar tasks.
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

If you recognize any of these signs in yourself, friends, or family members, you may want to read to learn more by logging onto www.alz.org.

Fall Wellness Fair
When: October 5, 2011 from 10 am to 3 pm
Where: first floor of NMSU Corbett Center
What: information and resources about staying healthy

Steps to a Healthier Life Style with Children

You don’t have to set aside a time to exercise with children in your life. There are many little things you can do to encourage children to be active. For example:

- Give “kids” toys that encourage physical activity (balls, kites, jump ropes, etc.)
- Use the stairs even when there’s an elevator or escalator available
- Limit TV time
- Take a quick “group” walk after a meal
- Give children an age appropriate responsibility for a household task i.e. taking out the trash, walking the dog, vacuuming the floor, gathering up dirty laundry.
- Take infants and toddlers on a bike ride, in a safe carrier
- Go to a park and push a child on a swing
- Dance! Turn on the music and enjoy yourself with a child.
- Try rollerblading or roller skating with a child
- Participate in fun run or walking events offered in the community

Exercise isn’t limited to lifting weights, yoga, or doing sit ups – it can be fun and will be if you involve children!

Recognizing A Stroke

Sometimes symptoms of a stroke are difficult to identify. Now, doctors say a bystander can recognize a stroke by asking three simple questions:

S  Ask the individual to SMILE
T  Ask the person to TALK and SPEAK A SIMPLE SENTENCE (coherently)
R  Ask him or her to RAISE BOTH ARMS

If the person has trouble with ANY ONE of these tasks, call an emergency number immediately and describe the symptoms to the dispatcher.

Another sign of a stroke…..ask the person to stick out his or her tongue. If the tongue is crooked, if it goes to one side or the other, this is a stroke indicator.

SUGGESTION BOX

Have suggestions on ways to improve:
- Local collaborative meetings
- The newsletter
- Collaborative efforts in Doña Ana County
Email your ideas to lc3secretary@gmail.com. Submissions will be shared anonymously.

Q & A

Submit any questions you would like to have answered about Behavioral Health Care in our community – we will find a Subject Matter Expert and publish the answer in the following issue. Email questions to lc3secretary@gmail.com

Job Fairs

October 4 – NMSU Workforce Solutions: Graduate and Professional Job Fair
October 25 – Division of Vocational Rehabilitation (DVR), 9 am to 4 pm at Hotel Encanto
April 18 and 19 – NMSU Work Force Solutions: Educator’s Job Fair

For more information, call Jose Armendariz at 575-514-6135.

SUBMIT ITEMS FOR THE NEWSLETTER ANYTIME TO: lc3secretary2@gmail.com.