Welcome to the first LC3 newsletter! We hope that you will find this to be a useful means of communicating and will submit any items (dates to remember, brief articles, helpful websites, etc.) you wish to have published. Initially, the newsletter will be distributed quarterly; however, if the volume of information becomes too great for a 3 month period, the newsletter will be distributed monthly.

Oct. 5 Joint Meeting, Crisis Triage Center project
Oct. 22 Applications for Behavioral Health Planning Council positions due by 5 pm to LC3 Exec Committee
Nov. 2 Election Day
Dec. 15 Deadline for “STAR” nominations and scholarship applications for BHPC/LC Summit and Behavioral Health Day
Feb. 16, 2011 BHPC/LC Summit in Santa Fe
Feb. 17, 2011 Behavioral Health Day in Santa Fe

Ongoing Meetings:
Oct. 14, Nov. 11, and Dec 9

**LC3 Membership Meetings**
Oct. Guest Speaker: Michelle Patterson
Developmental Disabilities and Mental Health

Oct. 19, Nov. 16, and Dec. 21

**BH Subcommittee Meetings**
2121 Summit Court (ISD building)
Substance Abuse Work Group – 8:30 am
Adult/Substance Abuse Subcommittee – 11 am
Child/Adolescent Subcommittee – 2:30 pm
Medicaid meets quarterly (Dec. 21) – 1 pm

Oct. 21, Nov. 18, and Dec. 16

**Healthier Life Styles meeting**
Branigan Library
Oct. 25, Nov. 22, and Dec. 27

**LC3 Executive Committee Meeting**

**Resource Corner**

Information on Supportive Housing: [http://www.bhc.state.nm.us/BHCollaborative/HousingInitiative.html](http://www.bhc.state.nm.us/BHCollaborative/HousingInitiative.html)


Information and free publications on Substance Abuse and Mental Health issues: [http://www.samhsa.gov](http://www.samhsa.gov)

New Mexico Youth Campaign: [http://www.bhc.state.nm.us/BHTools/getHelp.html](http://www.bhc.state.nm.us/BHTools/getHelp.html)
Behavioral Health Planning Council Subcommittees

Within the Behavioral Health Planning Council (BHPC) structure exists five Subcommittees, which were created with the common goal of enhancing the goals of the Collaborative. They were established by statute as part of the BHPC. There are currently five subcommittees who meet once a month. They are:

Adult Subcommittee - To make recommendations to the Behavioral Health Planning Council regarding services for adult consumers and their families across the full spectrum of needs. The LC3 representative is Tim Miller.

Children’s Sub Committee - Mission of the Children's Subcommittee of the Behavioral Health Planning Council serves to: advocate for families, children and adolescents with or at-risk of emotional, neurobiological and behavioral disorders, including substance abuse and co-occurring disorders; encourage and support the development of a comprehensive, integrated, culturally competent, high quality and timely community-based behavioral health system, which includes local collaboratives; and advise and make recommendations for increased and improved behavioral health service for families, children and adolescents. LC3 is fortunate to have Rick Chafino, Cory Lucas and Mickey Curtis participating on our behalf.

Medicaid Sub Committee - The mission of the Medicaid Subcommittee to the BH Planning Council is to educate and advise the Council and the Medicaid Advisory Committee on matters relating to behavioral health in New Mexico’s Medicaid program. Rick Chafino and Christena Scott represent LC3.

Native American Sub Committee - The Native American Subcommittee’s mission is to assure excellence in behavioral health services to all Native American people in New Mexico. Co-chaired by the Indian Affairs Department, the NASC is comprised of Planning Council members from Region 6-the Native American Region and other Planning Council members and non-members interested in Native American behavioral health needs and services. Lesley Cruz has been attending these meetings as the LC3 representative.

Substance Abuse Subcommittee - The Substance Abuse Subcommittee of the Behavioral Health Council serves to provide guidance and recommendations regarding substance abuse/dependence, prevention and treatment services for communities, families and individuals. The subcommittee is committed to the ongoing development of a system that recognizes substance abuse/dependence as a preventable and treatable illness for which high quality services are available. Our subcommittee member is Patrick Stafford.

LC3 encourages consumers and family members to attend any of these subcommittee meetings. See the first page of this newsletter for location and meeting dates/times. Info: Donna at 636-3726.

Healthier Life Styles Committee

Rodney Schuelke has a passion and is doing something about it! Rodney, LC3 Board Member at Large, often talked about how hard it is to stay fit – particularly if one is taking medications that have a side effect of weight gain. Rodney didn’t just talk about these concerns; he took the lead on creating the Healthier Life Style Committee and has gotten sponsorship by LC3. In addition to coordinating meeting logistics, Rodney lead the charge on purchasing work out room punch cards for Meerscheidt Rec Center for its members to use.

This committee meets monthly and focuses on improving all aspects of good health. As a reflection of their dedication to improving health in Dona Ana County, presenters from the community attend as guests and share their expertise. Healthy snack items are provided. The meetings are held in the Roadrunner Room at the Branigan Library from 3:30 – 4:30 PM on the third Thursday of the month. For more information or questions: Rodney 805-0976 or Laura 571-1861.

Eyes and Ears – Stigma Busters

Have you seen stigma in the news, entertainment or advertising media? You are our eyes and ears! Send a report to stigmabusters@nami.org. Because of the large number of messages received, they cannot all be answered individually; however, we appreciate every one and review and prioritize them for action. Please also contact the source directly--you have more power than you know! We also appreciate getting copies of responses you receive to evaluate. Your help makes a difference!
WHAT’S UP?

“Unlisted: A Story of Schizophrenia”
PBS stations will begin airing the film “Unlisted: A Story of Schizophrenia” during Mental Illness Awareness Week (Oct. 3-9).
Oct. 6 - EST: 10AM, 4PM, 6PM, 9PM, 2AM
(PST: 7AM, 1PM, 3PM, 6PM, 11PM)
Oct. 10 - EST: 7PM, (PST: 4PM)
Oct. 16 - EST: 5AM, (PST: 2AM)

NFL Community Huddle
“Taking a Goal Line Sand for Your Mind & Body”
The Satcher Health Leadership Institute of Morehead School of Medicine and the National Football League are joining forces to educate, motivate, and mobilize communities to create a "game plan" to reduce stigma towards mental disorders. For more information about this program: http://www.msm.edu/shlinfl.aspx

Hiking for Fitness
The City of Las Cruces invites residents to join in its Hiking for Fitness program which will begin on Saturday, October 16th. The program is open to teens, families and individuals interested in developing basic hiking skills as well as learning about the local trails surrounding the Las Cruces area. The cost is $2 per person, per hike. Some sites may require a parking fee. Please call 541-5181 for scheduled dates, times and locations. For additional information, contact Mesilla Park Community Center at 575/541-2455 or Club Fusion at 575/541-2181. The TTY number is 575/541-2661.

Las Cruces City Council Meetings
Can’t attend in person? Tune into Comcast Channel 20 or CLCTV.com, 24/7, to view videos, live or recorded city council meetings. Live broadcasts are on the 1st, 3rd and 4th Monday of each month at 1 pm; rebroadcasts are on the 1st, 3rd and 4th Wednesday of each month at 6:30 pm.

 NM Campaign to End Child Homelessness
Work on the New Mexico Campaign to End Child Homelessness is moving full steam ahead! The group is working with local partners and the New Mexico Children, Youth and Families Department to develop a report that will respond to "House Memorial 7", legislation sponsored by Representative William O'Neill. The report, due in November, will offer legislative recommendations to the Interim Health and Human Services Committee about how to address child homelessness. Additionally, the New Mexico Campaign is planning an August launch for the Albuquerque-based Strong Starts for Children Initiative. The launch will kick off a series of neighborhood dialogues aimed at developing and implementing action plans to address and prevent child and family homelessness in New Mexico communities. Wendy Wintermute is the state coordinator; call at 505-843-6899, x 115 or email WendyW@clnkids.org. Want more information? www.familyhomelessness.org/NewMexico

Have you always wanted to have a little brother or sister?...read on

Big Brothers Big Sisters of Southwestern New Mexico’s mission is to help children reach their potential through professionally supported, one-to-one friendships. “Bigs” and “Littles” are matched one–to-one, and spend 4-8 hours per month together engaging in activities – during the school year, this may be one hour per week at the “Little’s” school site. There are HUGE benefits from this program for both the Mentor and the Child….check it out! Misty Snipes would be happy to share information. Call her at 523-9530 or email her at misty.snipes@bbbs.org. Website: WWW.BBBSOFWNM.ORG

Meerscheidt Recreation Center
This Rec Center has so much to offer. Mondays, Wednesdays, and Fridays, it’s open from 6 am to 9 pm; Tuesdays and Thursdays from 8 am to 9 pm and Saturdays from 9 am to 5 pm. They have swimming, basketball leagues, a weight room, fitness classes, racquetball and much, much more. There are even “Come Out and Play” nights – for adults, youth and families! The location is 1600 E. Hadley in Las
Cruces. Call to get information on programming: 541-2563.
Local Support Groups

Caring Bridge
This is an activity support group for adults in recovery from mental illness and meets from 4 to 6 pm every Monday and Wednesday at the Bridge, 2511 Chaparral St. in Las Cruces. Interested in volunteering to provide support or in participating, call Kathy or David at 522-6404 or email bridge@nmsu.edu.

Overeaters Anonymous
Overeaters Anonymous is a 12 step spiritual program that meets 3 times a week: Mondays at 7 pm at Unity Church, 125 Wyatt Drive (use back door), Wednesdays from noon to 1 pm at St. James Episcopal Church, St. James and South Main streets and Fridays at 2 pm in the library at Newman Center, St. Albert Church, 2615 S. Solano Drive.

Alcoholics Anonymous
Alcoholics Anonymous meetings are open to anyone affected by addictions and meets from 7 – 8 pm, Tuesdays at The Center, 1210 N. Main St, Las Cruces.

Pride on Main Al-Anon meets from 5:30 – 6:30 pm Tuesdays at The Center, 1210 N. Main St. and is open to all with a focus on the GLBT community.

Sexual Compulsives Anonymous
Meetings are held on Mondays from 7 to 8 pm at The Center, 1210 N. Main St. This is a 12 step program providing fellowship of men and women who share their experiences, strength, and help others recover from sexual compulsion. Info: 635-4902 or email info@newmexicolbtqcenters.org.

NAMI DAC
If you’re interested, our local NAMI group meets the third Tuesday of the month at 6:30 pm at the First Presbyterian Church (library) 200 W. Boutz in Las Cruces. For information: Shawna Mitchell, 373-0199 or 644-1142.

REMINDER: Reimbursement funds are available for consumers and family members attending state and local collaborative functions for child care and transportation (must be 30 minutes travel time from Las Cruces). Stipends are also paid to consumers/family members attending Subcommittee meetings.

Behavioral Health Planning Council Positions Open
Each Local Collaborative has two membership opportunities: Local Collaborative Representative and Member At Large. Applications must be submitted to the LC3 Executive Committee by October 22nd. Up to three names will be submitted by this Committee and the Governor will choose. Applications will be available at the October 14th membership meeting or may be requested from lc3secretary@gmail.com. Requirements: consumer or family member, attendance at Planning Council meetings and subcommittees or work groups formed, and active participation. For more information: Susie Kimble 640-6620 or Susie.kimble@psysolutions.com.

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

SUBMIT ITEMS FOR THE NEWSLETTER ANYTIME TO: lc3secretary@gmail.com
Publications are expected to be in October, January, and April.