



Behavioral Health Collaborative
Building the Ideal Behavioral Health System Together

Contact Information:

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August 2022 Newsletter

Next LC3 Meeting:

September 20,
11:30am–
1:00pm

The LC3 Collaborative - Our Aspiration:

To build a behavioral health system that is inclusive, organized, centered on the individual and family, and is committed to advocating for and providing comprehensive mental health and substance use disorder services for people across Doña Ana County, New Mexico.

Take the SIMS Survey!

LC3 Strategic Impact Measurement Survey

August 16, 2022
LC3 Collaborative Meeting



The LC3 project evaluator, Dr. Wendy Chi, launched the Strategic Impact Measurement Survey (SIMS) during our August general meeting. The SIMS survey is designed to assess capacity, activity, reach, engagement and impact in your organization and LC3 as well as the progress of LC3's goals. If you have not had the opportunity to take the survey, please click on the link below to provide your feedback. Thank you!

[Click here to access the survey.](#)

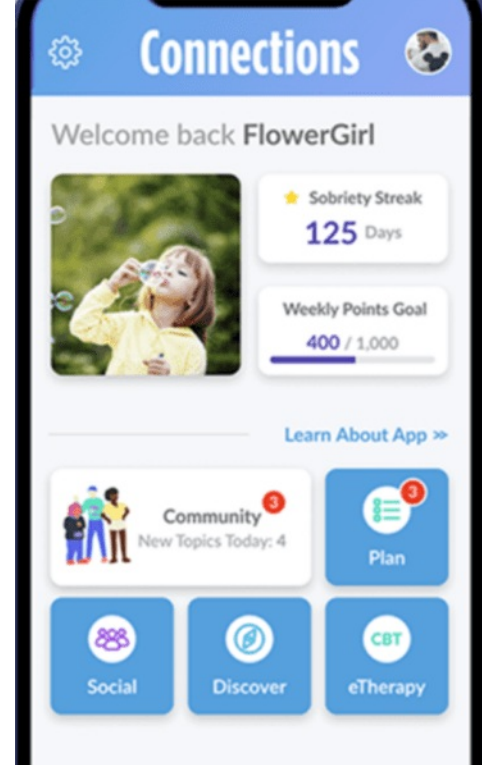
LC3 Resource Spotlights

Connections App

The New Mexico Human Services Department (HSD) partnered with CHES Health to provide a set of evidence-based digital tools and peer support as an extension of treatment and therapy for substance use disorder. These tools help individuals reduce isolation, build confidence, and adhere to a treatment and recovery plan. The Connections app is available at no cost to providers and patients through tribal health

centers, community health centers that are federally qualified health centers, sober living residences, and through other resources such as the 988 crisis support line. The app is also available to directly to community members through the link below

Click here to sign up for the app and join the community today.



Mateo Ortega presents at 988 Kick-Off Event

988 Suicide & Crisis Lifeline

LC3 and FYI+ staff were invited to help organize the recent 988 kick-off event in Las Cruces, New Mexico. Guest speaker Dr. Neal Bowen, Director of NM Behavioral Health Services Division, spoke on the launch and progress of 988. Various community organizations were on-site providing information on community resources. We are very excited on this new resource and the impact it will have on those experiencing crisis.

988 is now live and available for use in Dona Ana County.

Click here for more 988 information.

LC3 Resources

Please remember other resources can be found on our LC3 webpage:

<http://www.healthypasodelnorte.org/lc3>.

**Wellness Wednesday
Highlight**

For the month of August, LC3 had the honor of hosting Jessica Figueroa-Meme, Intimate Partner Violence Program Coordinator at the VA. Jessica gave a insightful and informative presentation on Intimate Partner Violence (IPV) and resources for those experiencing IPV. Please see the full slideshow by clicking the link below.



WHAT ARE THE EFFECTS OF IPV? MENTAL HEALTH

- Sadness, Feeling "on edge", Difficulty concentrating, Trouble relaxing, Trouble sleeping, Nightmares, Feelings of shame or guilt, Blaming yourself for what happened.

PHYSICAL HEALTH

- Pain, Headaches, Pregnancy complications, Stomach problems, Bruises/cuts, Broken bones, Fatal injuries, Female health problems.

SOCIAL HEALTH

- Avoiding new relationships, Feeling uncomfortable Or unsafe in relationships, Money problems, Difficulties trusting people, Pulling away or isolating from friends and family, Homelessness, Job issues

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[Click here to see full slideshow](#)



Building the Ideal Behavioral Health System Together

LC3 Collaborative Game Changer Action Team Work Session

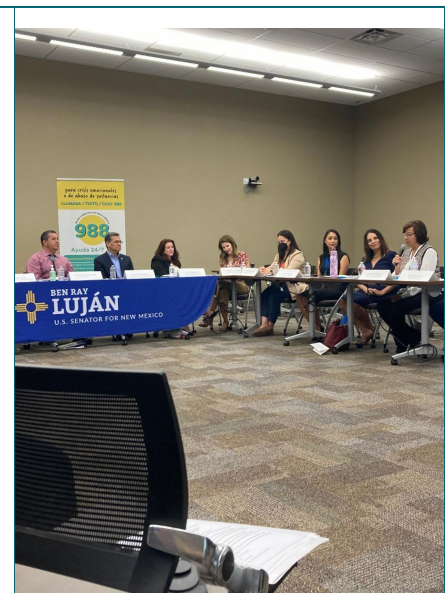
August 16, 2022

**LC3 Presentation
8/16/22**
[\(click here to view\)](#)

LC3 Media Spotlight

LC3 staff worked alongside Dr. Sona Saiz, Coordinator of Mental Health & Academic Counseling LCPS, Amy Himelright, Director of Mental Health and Academic Counseling LCPS, and Kasandra Gandara, District 1 City Councilor Las Cruces, to present on behavioral health in Las Cruces School Systems at a behavioral health round table. Democratic U.S. Senator Ben Ray Luján and U.S. Department of Health and Human Services Secretary Xavier Becerra hosted the round table and heard from behavioral health professionals and community members with lived experience to help guide their financial allocations with upcoming funding sources.

Please view links below for news articles on the roundtable.



Rose Ann Vasquez presents at round table

Partner News

Collaboration Partners

Resilience Leaders

(LC3 serves as the BH Sector):

The Doña Ana County Resilience Leaders program works to strengthen our county's system of survival and thriving by providing 100% access to quality service. Our work includes relationship building with community partners and training of agencies and communities to prevent Adverse Childhood Experiences (ACEs), trauma, and maltreatment by engaging, assessing, planning, acting, and evaluating.

Meets the last Friday of the month from 9am-11am.

Contact: Sylvia Chavez
sylviachaveznm@gmail.com

Mayor's Suicide Prevention Taskforce:

The Suicide Prevention Task Force primary focus is to raise awareness, educate, train and support our community by developing and sustaining partnerships, providing technical assistance, and contributing to policy and legislative initiatives related to suicide prevention.

Visit website

<https://www.lcsuicideprevention.com/>

Meets the 3rd Wed. of each month.

UP! Coalition:

UP!'s vision is that every community member in Doña Ana County has the opportunity to live a life free of alcohol, tobacco, other drugs, and adverse health behaviors.

Contact: Jessica Garcia jgarcia@chi-phi.org

Meets the third Thursday of the month.
10-11am

C.O.P.E Corner

For the past 2 years, FYI's Prevention Team has partnered with the NM DOH to reduce overdose death rates in Dona Ana County via COPE, or the **Community Outreach & Prevention Education** program. LC3 has recently joined the effort as a COPE partner. Overdose prevention is a part of building the IBHS, so we are ready to work together to increase awareness & bring more resources to the community.

Chloe Reichelt has taken some of the first responder fentanyl myths and made a fentanyl fact sheet. It is a great resource and source of insight. Please click below to view full fact sheet. Thanks for sharing, Chloe!

MYTH: You can overdose from just touching fentanyl residues.

FACT: Fentanyl cannot be absorbed in toxic doses through incidental skin exposure.

- Dry fentanyl cannot be absorbed by the skin— according to the American College of Medical Toxicology, skin absorption requires moisture + time.
- Even if a large area of the body were directly covered with fentanyl patches to ensure maximum absorption, it would still take 14 minutes to transmit a therapeutic (not toxic) dose of 100 micrograms.

MYTH: You can overdose from giving someone in overdose rescue breathing.

FACT: Fentanyl cannot be absorbed in toxic doses through accidental air exposure.

- The American College of Medical Toxicology report states: "At the highest airborne concentration encountered by [industrial fentanyl manufacturing] workers, an unprotected individual would require nearly 200 minutes of exposure to reach a dose of 100 mcg of fentanyl."
- "In an industrial fentanyl production plant there's going to be more fentanyl in the air than there would be at any crime scene," a representative from Johns Hopkins said.

FENTANYL EXPOSURE: MYTHS -VS- FACTS

Click here to view training and resource sheet.



State NM Connect App

NM 5 Actions Program
Self-Guided Roadmap to Understanding and Addressing Addiction in Your Life

Crisis and Access Line

Call for support and resources

1-855-NMCRISIS (662-7474)

Toll Free 24/7/365

711 for relay (hearing & speech impaired)

Language services available 24/7

Warmline

Call or text to connect with a peer

1-855-4NM-7100 (466-7100)

Call 3:30pm - 11:30pm

Text 6pm - 11pm

711 for relay (hearing & speech impaired)

City of Las Cruces Suicide Prevention Task Force Resources

Resources in the Las Cruces area

Healthcare Worker and First Responder Support Line

1-855-507-5509

Visit LC3 on Facebook.



Share with others!



Visit LC3's webpage!



Visit FYI's website.

