



Behavioral Health Collaborative

Building the Ideal Behavioral Health System Together

Contact Information:

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March 2021 Newsletter

Thank you for participating in the initial Strategic Planning design sessions!!

The LC3 Collaborative Strategic Planning Outcomes to Date

- Launch of the LC3 Strategic Planning Process on January 27, 2021
- Six unique engagement sessions with members of the LC3 Collaborative, Board of Directors and Strategic Planning Committee involving almost 60 members
- Over 40 members participated in two different 2-hour strategic planning sessions
- Revision process of the LC3's purpose (see below)

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 addictions services for people across Doña Ana County, New Mexico.

- Identification of key priorities (see below) to help strengthen and further develop the Ideal Behavioral Health System.

FROM CRITICAL SHIFTS TO STRATEGIC PRIORITIES

Grow Capacity and Collaboration: The LC3 Collaborative will strategically enhance awareness, access, advocacy and coordination of the behavioural health system in Doña Ana County. For example, the LC3 Collaborative will play a role in advance the communications strategy for the Mobile Crisis Unit.

Build Trauma-Informed Curriculum and enhance services for Children and Families: Convene community-based, youth-serving and education system partners to develop and deliver trauma-informed curriculum, training, and capacity building supports.

Advance integrated Housing and Long-Term Residential Treatment: Convene housing partners and build an integrated community approach to affordable, supportive, transitional and long-term housing for behavioural health consumers.

Increase Virtual Care Access through a shared Information System: Leverage community capacity in the delivery of virtual behavioural health services for consumers and develop a coordinated service plan to extend virtual services to rural residents and investigate the development of a shared information system between service providers.

Integrate a Peer Support System which includes Client Advocates: Build and integrated, people-centered approach to peer support workers and client advocates in Behavioural Health Service Providers across Doña Ana County which assist clients live better lives.

- Creation of the LC3 Backgrounder ([click here to view](#))
- To view the entire presentation of the LC3 Strategic planning session on 3/16/2021 from Liz Weaver, Tamarack Institute, please contact Jessika jromero@fyinm.org.
- We will continue to work through the Strategic Planning process in order to have a clear action plan for the priorities.

SMI Adviser Trainings

Courses offered by SMI Adviser are FREE and do offer continuing education credits (CME, Psychology CE, Nursing NCPD)

Please click the links below to find trainings that are provided by SMI/SAMSHA.


- [SMI Adviser List](#)
- [Training Spreadsheet \(Mixture of SMI and MHTTC\)](#)


In order to track LC3 members who have completed training sessions, please include your zip code and email address when registering for a training.


National Hispanic and Latino MHTTC

****Training Spotlight****


March 24- connected to one of the Strategic Planning priorities- Building Trauma-informed Curriculum. Please register here. Email Jessika certificate of completion.

MAR 24  **Trauma-Focused Cognitive Behavioral Therapy: A Culturally Adapted Therapy to Work with Latino...**
The Phyllis & Harvey Sandler School of Social Work at Florida Atlantic University® and the National

MAR 25  **Supervision as Co-vision: A Multidimensional Framework for Cultural and Social Equity in...**
CEU's will be provided for this event.** Clinical supervisors are not socially or culturally neutral

APR 05  **Suicide Prevention in Latino and Indigenous Populations**
The Phyllis & Harvey Sandler School of Social Work at Florida Atlantic University® and the National

APR 13  **SMH Curriculum 'Always and Now' Learning Series Module 5: Mental Health Promotion for All (Tier 1)**
About the Learning Session: The MHTTC Network is hosting an 8-part training series using the

APR 15  **Stress Management: The Aftermath of the COVID-19 Pandemic for Latino Families**
The Phyllis & Harvey Sandler School of Social Work at Florida Atlantic University® and the National

CLICK HERE to visit website with more information about the above trainings and to register.

Note: National Hispanic and Latino MHTTC trainings are FREE and do not offer Continuing Education Credits.

Make sure to email Jessika with the certificate of completion in order to keep track of LC3 members who have completed a training.

[Click to view full Hispanic/Latino MHTTC Full Training Calendar](#)

Collaboration Corner

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: **Shannon Hernandez**
shema8349@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 to view resources, training opportunities and watch video of the 2020 Recovery Night.

Upcoming Events

March 22:

LC3 Monday Mindset Power Hour- Session 4 in "Personalities of Leadership" 12-1pm

March 29:

LC3 Monday Mindset Power Hour- Session 5 in "Personalities of Leadership" 12-1pm

April 6:

LC3 Board Meeting 11:30am-1pm

April 7:

LC3 Lunch Bunch, Community

<https://www.lcsuicideprevention.com/>
Meets the 3rd Wed. of each month.

UPI! Coalition:

UPI'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.

"Talk. They Hear You" Campaign recently launched!

Contact: Alyssa Myrick amyrick@chi-phi.org

Wellness Wednesdays 12-1pm

Please read more information about the Community Wellness Wednesdays below.

April 20:
LC3 General Meeting

NEW

LC3 Lunch Bunch Wellness Wednesdays



OPEN TO THE PUBLIC

WHEN: THE FIRST WEDNESDAY OF EACH MONTH FROM 12-1PM

WHAT: PRESENTATIONS TO INFORM AND EDUCATE OUR COMMUNITY ABOUT HEALTH AND WELLNESS PROGRAMS THAT ARE AVAILABLE IN DOÑA ANA COUNTY.

**WED. 3/3
12-1PM**

ZOOM INFO:

MEETING ID:
818 4257 8052

PASSCODE: 794100

Main presenters will be providing answers to the following questions... **What is the program? Who is the program for? How can I refer?**

Join us to learn about Peak Behavioral Health's outpatient programs, de-escalation and more!

Participants will have a chance to make a brief announcement.

**3/3 MAIN PRESENTER
RENEE MERAZ,
PEAK BEHAVIORAL HEALTH**

ABOUT: LC3 Lunch Bunch, Wellness Wednesdays was created to help introduce and share health and wellness programs that are available to our community. The main purpose is to inform participants how they can be referred to the program. The main presenter in March was Renee Meraz, from Peak BH. Please click on the program names below to review documents about some of the programs Peak has to offer.

Adult Partial Hospitalization Program- provide services to adults struggling with life stressors and substance use disorders resulting in disruption of daily routine

Adolescent Partial Hospitalization Program- serves adolescents aged 12 - 17. Programming is provided in person or via Telehealth M - F from 8:30am - 1pm allowing ample time for school

Assertive Community Treatment (ACT)- evidence-based mental health treatment program and carefully selected staff incorporate medication management, individualized therapy, nursing care, co-occurring substance abuse treatment, housing assistance, supported employment, daily life skills training, case management, 24/7 access to services and continual service enhancement to assist each patient in reaching their peak potential.

For more information please contact Renee Meraz, Community Liaison, Peak Behavioral Health- (915) 301 5804, renee.meraz@strategicbh.com

Next Presentation: Wednesday , April 7, 2021 12-1pm

Main Presenter: Anthony M. Maez, MA Special Agent in Charge, New Mexico Office of the Attorney General Commander, NM Internet Crimes Against Children Task Force- Topic: Internet Safety

Please contact Jessika jromero@fyinm.org if you are interested in presenting.

Resources for YOU! (Click on yellow links for more information)



[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

Other important information...

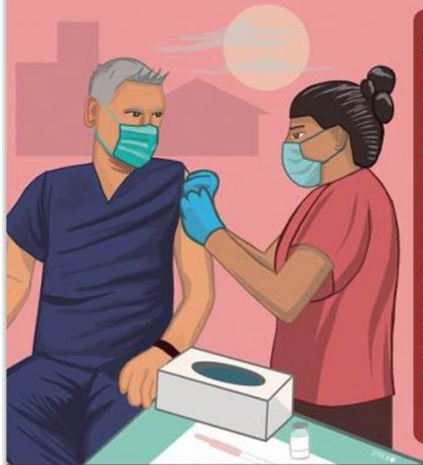
- **[COVID-19 Vaccine Fact Sheet](#)**
- **[COVID-19 En Espanol](#)**

Healing Americas Heroes, "Helping Vets Help Themselves"

"Healing America's Heroes (HAH), a 501(c)(3) Nonprofit Organization, was founded by Vietnam veteran Eddie Crain in 2014 in response to the large number of suicides of military members returning from combat – 22 per day according to a 2013 study by the U.S. Department of Veterans Affairs (VA). The mission of HAH has been to help heal combat

PROTECTION

Protect yourself. Protect your loved ones.
Together we can overcome this pandemic.



All vaccines have some side effects. COVID-19 Vaccine side effects may include:

- Muscle Pain
- Arm Soreness/Pain
- Headache
- Body Aches
- Chills
- Fatigue
- Fever

Vaccinate with confidence. These side effects are signs that your immune system is doing exactly what it is supposed to do. It is working and building up protection to the disease.

Most people who have been vaccinated report having some side effects, regardless of which vaccine they receive. Generally, side effects went away after a day or two and they are much less harmful than having COVID-19.

For more information, visit [CDC.gov/vaccines/covid-19](https://www.cdc.gov/vaccines/covid-19)



ACKNOWLEDGEMENTS: Developed in collaboration with SPIS Leadership Institute, Texas Women United, and UNM Native American Budget & Policy Institute

PROTECCIÓN

Protéjase. Proteja a sus seres amados.
Juntos podremos combatir la pandemia.



Todas las vacunas tienen algunos efectos secundarios. Los efectos secundarios de la vacuna COVID-19 incluyen:

- Dolor Muscular
- Dolor en el Brazo
- Dolor de Cabeza
- Dolores en el Cuerpo
- Escalofríos
- Fatiga
- Fiebre

Vacúnese con certeza. Estos efectos secundarios son signos de que su sistema inmunológico está haciendo lo que se supone que haga. Está trabajando y construyendo protección contra la enfermedad.

Muchas de las personas que se han vacunado reportan algunos efectos secundarios, sin importar cuál de las vacunas hayan recibido. Generalmente, los efectos secundarios desaparecen entre uno o dos días y son menos peligrosos que tener COVID-19.

Para más información, visite [CDC.gov/vaccines/covid-19](https://www.cdc.gov/vaccines/covid-19)



Reconocimientos: Desarrollado en colaboración con SPIS Leadership Institute, Texas Women United, and UNM Native American Budget & Policy Institute

veterans and active duty service members who suffer from Post-Traumatic Stress Disorder (PTSD), Military Sexual Trauma (MST), and Traumatic Brain Injury (TBI) by offering a 5-day program of recreational equine (horse) and piscatorial (fly-fishing/fly-tying) therapies in the peaceful and calming environment of beautiful rural Chama, NM, at no cost to participants. " [Click here to read more about HAH.](#)

Please watch introductory video below



Visit LC3 on Facebook.



Share with others!



LC3's webpage!



Visit FYI's website.

