

# FEBRUARY NEWSLETTER

## THE FEBRUARY ISSUE

# BLACK HISTORY MONTH

## LC3

## Our Vision

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.

## The Highlights:

- **Upcoming Trainings**
- **LC3 Annual: Recap Video**
- **Free CEU's, Upcoming Trainings**
- **Highlights, Featured & Welcome Hope!**



## February LC3 General Meeting

In case you missed it, you can click below to view February's meeting presentation!

CLICK HERE



## Next LC3 Meeting:

### WHEN:

Tuesday, March 19, 2024

### WHERE:

1320 S Solano Dr, Las Cruces  
NM 88001 (HYBRID)

**RSVP Here!**

Or go to [www.tinyurl.com/LC3MarchGM](http://www.tinyurl.com/LC3MarchGM)



### CONTACT INFO:

**JAVIER GUERRERO**

HE, HIM, HIS

ICS COMMUNITY COORDINATOR, FYI-



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Check out the LC3 Annual Meeting Recap video with special guests from the LC3 Action teams, officials, and the Lt. Governor of New Mexico!

Photos taken by Raquel Madrigal & B-Roll by NMCO.  
[www.tinyurl.com/LC3AM23](http://www.tinyurl.com/LC3AM23)

**Check out the LC3 Annual Meeting Recap Video!**



Check out the special events local to Las Cruces, Hosted by NMSU in celebration of Black History Month!

<https://www.lascrucesbulletin.com/stories/nmsu-to-commemorate-black-history-month-with-special-events,70743>



NM STATE

## HIGHLIGHTS

### Board Positions Assigned and Votes



**Board Chair**

**Paul Ford**

LCFD  
2020 - 2026



**Board Vice-Chair**

**Carol Lane**

Oxford House  
2024 - 2027



**Board Secretary**

**Sherri Echten**

NAMI-SNM  
2024 - 2027



**Member at Large**

**Julie Medina**

FYI+  
2020 - 2026

Board members voted on positions within the LC3 Board, showcasing dedication and teamwork. Diverse perspectives will guide future directions, helping navigate challenges and drive positive change.

## UPCOMING:

RSVP: LC3 Trainings and Event Calendar

**FREE CEUs, FREE Courses, FREE Food!**

\*\*\* SPOTS LIMITED (Feb: 15 Spots, Mar: 30 Spots)

**TRAINING: 2.29.24 (NLBHA)**

**Mental Health First**

Aide (Adult - Blend)(9:00 am-3:30 pm)

RSVP: [https://bit.ly/MHFA\\_Feb29](https://bit.ly/MHFA_Feb29)

CLICK HERE



**CEUs: 6**

**TRAINING: 3.20.24 (COI) In-Person Training**

**Nurtured Heart**

Approach - (9:00 am - 4:00 pm) 6HRS

RSVP: [www.tinyurl.com/LC3March](http://www.tinyurl.com/LC3March)

CLICK HERE



**CEUs: 6**

## Heart & Soul

**Caitlin Talty**

**She/Her/Hers**

Caitlin Talty is a Licensed Clinical Social Worker (LCSW) who has practiced in New Mexico over the last three years. She graduated with a Masters of Social Work in 2018 from Western New Mexico University. She currently provides individual and family therapy at Heart and Soul of New Mexico, working with both adolescents and adults, and also serves as a group facilitator for the New Way of Life group. Prior to clinical work, she built experience in case management at a community health agency, and worked with Juvenile Justice Services in Grant County as a facilitator for their Community Youth Building Project. Before that, you may have seen her as a local barista, serving the community in a different, but very important way.



**Amanda Vaccaro**

**She/Her/Hers**

Amanda Vaccaro is a licensed and registered Occupational Therapist, who has practiced in New Mexico and Arizona over the last 3 years. She was recently hired with Heart & Soul to provide occupational therapy services, as well as provide CSS services to the Las Cruces area. She graduated with her Doctorate in Occupational Therapy from A.T. Still University in 2020. She has worked in a variety of settings such as skilled nursing, hospitals, and outpatient clinics. At Heart & Soul, she hopes to use her training as an OT to promote physical, emotional, and spiritual wellbeing to their clients.



## The Opioid Advisory Council - DAC HHS

**Shara Thorpe**

**She/Her/Hers**

Shara Thorpe is the Opioid Settlement Coordinator with the Health and Human Services Division. She, as well as HHS staff, will be conducting focus groups for the Opioid Settlement Project, in order to identify gaps, barriers, in treatment and recovery services, and develop pathways for prevention, with the ultimate goal of establishing priorities for the use of opioid settlement funds



**Jamie Michael**

**She/Her/Hers**

Jamie Michael serves as director of the Doña Ana County Health and Human Services Department where she oversees county health care funding, health promotion programs, as well as behavioral health and criminal justice efforts.



**Liz Olivares**

**She/Her/Hers**

Liz Olivares is the Opioid Settlement Project Evaluator with NMSU, Crimson Research. She and her team compile data and conduct project research and will be drafting up a needs assessment for this project. Liz is also an active member in the Opioid Settlement Advisory Council.



*A big thanks to our February speakers!*

## February

### Meet our new Intern!

## Hope

*She, Her, Hers*



"My name is Hope Brigham (She/Her) and I'm from New London, Connecticut. Recently, I relocated to Las Cruces to finish my Masters in Public Health at NMSU! I love going to the beach, traveling to new countries, and my favorite ice cream is Mocha Chip."



## Featured Trainers & Organizations



**Liz Bennett, MPH, LMSW (she/her)**  
Program Manager - COI

Liz earned her dual Master in Social Work and Public Health at New Mexico State University in 2018. She serves as a strategic partner in the planning and implementation of Youth Peer Support, Mindfulness-Based Stress Reduction, and the Nurtured Heart Approach, among other programs that advance a values-based approach to behavioral health across the state.

**Enas Khaleq, (they/them)**  
Program Manager - COI

With their background in anthropology, communication studies, and public health, Enas develops and co-trains curriculum that accurately represents the culture, strengths, and needs of New Mexico children and families



The Center of Innovation for Behavioral Health and Wellbeing is an externally and self-funded program housed in the Extension Family and Consumer Sciences Department. Through collaborative partnerships with the State of New Mexico including CYFD, BHSD, and the Administrative Office of the Courts, the Center of Innovation works to strengthen and support the behavioral health system of New Mexico.

## National Latino Behavioral Health Association NLBHA

The National Latino Behavioral Health Association (NLBHA) was established to fill a need for a unified national voice for Latino populations in the behavioral health arena and to bring attention to the great disparities that exist in areas of access, utilization, practice based research and adequately trained personnel.

## FEATURED TRAINING - NLBHA

TRAINING: 2.29.24 (NLBHA) 9am-3:30pm  
Mental Health First Aid (Adult - Blend)

RSVP: [https://bit.ly/MHFA\\_Feb29](https://bit.ly/MHFA_Feb29)



## MENTAL HEALTH FIRST AID

### WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

### WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,  
**130**  
people die by  
suicide every day.

Source: American Foundation  
for Suicide Prevention

From 1999 to 2019,  
**841,000**  
people died from  
drug overdoses.

Source: Centers for Disease  
Control and Prevention

Nearly  
**1 IN 5**  
in the U.S. lives  
with a mental illness.

Source: National Institute  
of Mental Health

Sources:  
American Foundation for Suicide Prevention. (n.d.). Suicide statistics. <https://afsp.org/suicide-statistics/>  
Centers for Disease Control and Prevention. (n.d.). Drug overdose deaths. <https://www.cdc.gov/drugoverdose/deaths/index.html>  
National Institute of Mental Health. (n.d.). Mental illness. <https://www.nimh.nih.gov/health/statistics/mental-illness>

### REGISTER TODAY!

#### Delivery Format:

2 hours of online prework with 5.5 hours of instructor led in-person course

#### Date and Time:

Feb. 29, 2024 from 9am to 3:30pm (MT)

#### Location:

Community Action Agency, 3880 Foothills Rd, Las Cruces, NM 88011

Sign up here: [https://bit.ly/MHFA\\_Feb29](https://bit.ly/MHFA_Feb29)

The course will teach you how to  
apply the MHFA Action Plan (ALGEE):

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

Click Flyer to download!



## Our Partners



WANT TO STAY TUNED? CLICK TO JOIN OUR MAILING LIST!