

December Newsletter

A quick Look:

- 2024 LC3 Training Survey
- Highlights - What you Missed!
- End of Year Metrics Review

December - Seasonal Affective Disorder Awareness Month

Seasonal Affective Disorder (SAD) is a type of depression that affects millions of Americans, typically during late fall and winter when there is less sunlight. It causes mood changes and symptoms similar to depression, including feelings of sadness, hopelessness, fatigue, changes in appetite, difficulty concentrating, and social withdrawal. These symptoms usually improve in spring and summer. If you or someone you know experiences these, reach out to a healthcare provider for support and treatment options.



Learn more at https://namiguilford.org/sad_month/

2025 Training Calendar: Training Survey:



We are planning our 2025 LC3 training schedule and want your input to ensure our programs meet your needs. Your feedback will help us design effective and accessible training opportunities for the upcoming year.

Survey Timeframe:

12.17.2024 to 1.20.24

Available in English & Espanol

Take the Survey:

Scan the QR Code to your right, or go to

www.tinyurl.com/LC3TS24



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.

Contact Information



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Our Next Meeting

January 21st (Tuesday)
 11:30AM-1PM
 1320 S. Solano Dr.
 Las Cruces, NM 88001

December Highlights



Recently, LC3 lead coordinators Javier Guerrero (He/Him) and Amanda Vega (She/Hers) had the privilege of attending the El Paso Behavioral Health Consortium. The Consortium emphasizes collaboration, empowerment, and unity among all partners. The agenda featured a range of insightful presentations and discussions from key leaders in the behavioral health field. By participating in this Consortium, LC3 continues to build relationships and gather insights that will strengthen our local efforts in Doña Ana County.

Learn more at: <https://healthypasodelnorte.org/el-paso-behavioral-health-consortium/>

Our Community

The Las Cruces Suicide Prevention Task Force Stand Up Recovery Comedian - Bob Perkell

Friday, January 10th, 2025 -

The Las Cruces Suicide Prevention Task Force invites you to an evening of laughter and hope with Stand-Up Recovery Comedian Bob Perkell. Join us at the DACC East Mesa Campus, located at 2800 Sonoma Ranch Blvd., Las Cruces, NM 88011, for an inspiring performance focused on resilience and recovery. Don't miss this chance to connect, laugh, and reflect.



Doors: 5:30 PM | Show: 6:00 PM | Q&A: 7:00 PM
 Where: 2800 Sonoma Ranch BLVD., Las Cruces, NM, 88011
 DACC East Mesa Campus

RSVP: <https://tinyurl.com/SPTFLIR25>

Join us on Basecamp!

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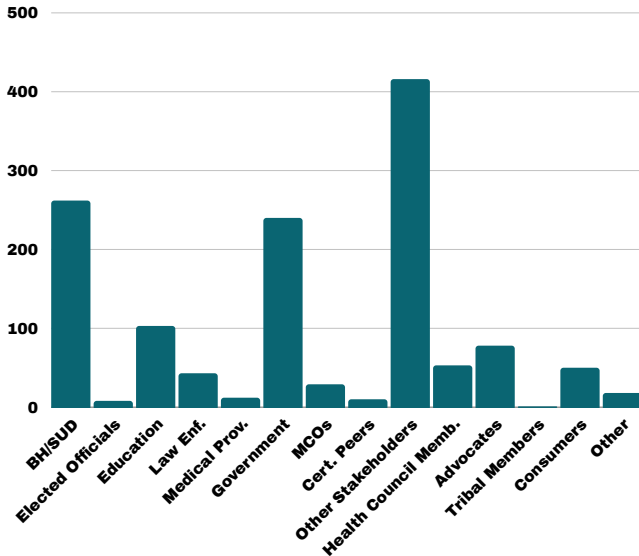
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End of Year Metrics



(Dec. 23, 2023 to Nov. 30, 2024)



Membership Growth

New Members from Trainings: 197
 New Members from Events/General Meetings: 210
 Total New Members Since Dec. '23: 407
 Total Unique Members Engaged: 631
 Total Unique Organizations Represented: 333

Participation and Impact

Training Attendees: 485
 Event/Meeting Attendees: 742
 Total Attendees Across Activities: 1,325
 Total CEUs Distributed: 1,633.125

Member Backgrounds

Behavioral Health/Substance Use Disorder (BH/SUD) Providers: 262
 Government Representatives (City, County, State): 240
 Education Sector Professionals: 103
 Stakeholders Providing Resources: 416
 Advocates: 78
 Certified Peers (Lived Experience): 10
 Medical Providers: 12
 Tribal Members: 1

LC3 serves as a critical platform for collaboration and resource-sharing, demonstrated by high attendance rates and the distribution of over 1,600 free Continuing Education Units (CEUs). These efforts saved New Mexico residents an estimated \$24,500–\$40,800, reducing professional development costs while enhancing access to vital training.



The New Mexico Mental Health Quarterly Surveillance Report (2024, Q3) highlighted the urgent need for behavioral health resources, with thousands seeking emergency care for mental health concerns. In response, LC3 hosted a two-day Strategic Reboot to address service gaps and develop community-driven solutions. The event brought together providers and community members, using insights from a comprehensive needs assessment to shape actionable strategies. The LC3 Board is finalizing action teams and incorporating community input into short- and long-term goals. These efforts underscore LC3's commitment to strengthening behavioral health infrastructure through collaboration, inclusivity, and equitable access.

A Special Thanks Our Partners & Funders

Our Funders:



Our Training & Community Partners:



for mental, emotional or substance use distress
 call or text
988
 anyone. any struggle. anytime.