

FAMILY AND COMMUNITY HEALTH COUNCIL

Planning for the Future

In January, the Health Council held a planning retreat at Luna Community College. Ron Hale, from NM Department of Health facilitated the process. Montanas del Norte AHEC sponsored us by getting the room and providing a nice brunch. We had 18 attendees, 7 members, 3 staff, and 8 guests.

Attendees requested more interactive discussions at Health Council meetings around our priority areas. Discussions should involve ways that the Health Council can support community agencies.

Health Council members would like to have more input into the DOH contracts and to revisit our priorities. Our new contract should be out by April, so look for it in your email—for comment. Next year begins the new RFP process, with proposals being due sometime in the Spring. This will guide the next 4 years of work and contracts.

The planning framework that we are currently working on will meet the other requests of the members, in that it will have concrete action steps and help us measure outcomes.

Other suggestions were to have a newsletter to provide information on items that were usually in the Coordinator Report and to post this information on the website and advertise the site in the Optic. Health Council members would also like to see more interaction with nearby councils, perhaps having quarterly regional meetings.

Our next steps are to look at the planning framework for the Council and clean up the document, putting the items into objectives and activities and prioritizing for a 1 year work plan.

Activities for March

Advocate for public policy objectives	Actively supported Health Security Act
Communicate info to community regarding the Health Council	Continue to distribute Resource Directories (14 this mo) Met with Barbara Nail Chiwetalu UNM Health Sciences
Community assessment & planning	Working on Community Health Assessment Survey—LV Optic will put it on their website!
Coordinate programs & services in community	Assist with resource index for emergency planning
Educate community about health related issues	Memorial Middle School, parent night—info on “sexting”
Implement health programs or services	Received funding for Women’s Health Week Activity—planning teen workshop
Assist with funding for community programs	Assist with grant application to start a community garden at El Centro Feedback to Detention Center on application for VO funding for detox & crisis services
Mobilize resources	Assist to organize LV coalition to end hunger
Other:	Presented with statewide partners to UNM Center for Participatory Research

Interpersonal Violence Committee

The Interpersonal Violence Committee will be completing work on the planning framework. The objectives that need to be prioritized are: Advocating for the reimplementation of a multidisciplinary team to discuss cases/ strategies/etc, work with the 3 school districts to assess what programs are in place, assess what is awareness programs are in place in the community, implement a program similar to the Safe Haven project in Santa Fe, support efforts to establish a shelter for victims of domestic violence, awareness of existing policies & agreements.

Diabetes/Obesity Committee

The Diabetes Committee continues to meet with our statewide and local partners. We have been working on the problem analysis and planning framework.

We met with Michell Aragon (LVCS) and Julie Garcia (Alliance for a Healthier Generation) to talk about activities in the schools—policy, school lunches, PE, physical activity, etc. Yolanda Carrillo (WLV) was not able to make the meeting.

We did some work with Adam Metcalf to obtain funding for a community garden at the Las Vegas El Centro. El Centro will be able to use 3 small plots of land. The garden will be used as educational and physical activity for diabetic clients. Clients will then be able to take some of the harvest home.

Jeannie McKinley held a Cooking Class for Diabetics, with 23 participants.

We also supported and helped plan and facilitate the meeting to address Hunger in Las Vegas on March 17. There was a good turnout, about 24 people. (see arti-

cle page 3).

The committee is hoping to facilitate a discussion on Diabetes/Obesity at the April Health Council meeting. We will invite: El Centro, Recreation Center, Headstart Chile Project, Dr. Ruiz, Lee (Pecos), East & West School Clinic/ Wellness Center, Casa de Cultura, Riverwalk, Jeannie McKinley, Farmer's Market & County Extension Agent.

Presenters will be asked: What screenings are they doing (if any)? How are they following up? What outreach & program activities do they offer? What problems are they seeing in the community? How can the Health Council help them to reach their goals?

Teen Pregnancy Committee

The teen pregnancy committee chose a new chair—Erika Derkas, who is a sociology professor at NMHU.

We are finalizing work on the planning framework.

We have also received a \$1,000 mini-grant to hold an activity during Women's Health Week in May. The group decided to work on a teen town hall, similar to the Believe in Girls Conference we worked on a couple of years ago. We are still in the planning stages, and are recruiting community members who can help plan this event. We are also contacting schools to work with them.

The Social Work Department has agreed to sponsor the event with a location.

The committee is having weekly phone meetings at 9am each Thursday to plan this event; the call in number is 1-866-617-3400 access code 836916#

AGRICULTURAL CO-OP
EXPLORATION MEETING

SATURDAY, APRIL 4, 2009
1:00 TO 3:00 PM
LEVEO SANCHEZ LECTURE HALL, NMHU
DONNELLY LIBRARY

LOCAL GROWERS, PRODUCERS, CONSUMERS & LEADERS ARE ENCOURAGED TO ATTEND

BRING YOUR QUESTIONS, CONCERNS,
IDEAS AND NEIGHBORS

YOUR INPUT IS NEEDED TO TAKE THIS
PROJECT TO THE NEXT LEVEL

***WORKING TOGETHER TO DEVELOP OUR
LOCAL ECONOMY FROM WITHIN***

SPONSORED BY THE TRI-COUNTY FARMERS' MARKET IN COLLABORATION WITH THE ROCKY MOUNTAIN FARMERS UNION COOPERATIVE DEVELOPMENT CENTER AND THE U.S. DEPARTMENT OF AGRICULTURE RURAL DEVELOPMENT OFFICE

ALL NEIGHBORING COUNTIES, TOWNSHIPS, FARMS & RANCHES ARE WELCOME! THIS MEETING IS OPEN TO THE PUBLIC

For more information, call:

575-421-3166;

email nay-montoya@yahoo.com

MSG & TCA

MSG Consumers held a memorial at the Richards Drop-In Center for a Consumer who passed away and had no family in the area, it was very well attended.

MSG Family Member Committee sponsored a Family Day Training provided by Value Options. The training was attended by Family Members and Providers. Some of those in attendance were Juvenile Probation and Parole Officers, Foster Parents from Namaste, Inc., and other Family members of children with special needs. The MSG Family Group is working with Value Options to schedule another training to be held in April 2009.

There was a very good turnout for the first provider meeting held in Mora county. Pro-

viders in attendance were asked to present a synopsis of the services they each provide.

MSG Housing Task Force/Housing Coalition has been meeting regularly, at least once a month. During the first meeting on January 15, 2009, Tim Gallegos presented on the Veterans Housing Project. The February 5, 2009 meeting was more focused on establishing goals for the coalition. The next meeting is scheduled for April 9, 2009 at 11:30 am at Luna Community College, Humanities Building room 102.

MSG agreed to consider doing a Quality Service Review (QSR) Pilot Project. Only two locations in New Mexico will be doing Adult QSR; Santa Fe and Las Vegas (MSG). This project will consist of Consumers and Providers reviewing cases of selected agencies. The individuals participating from the MSG

Group will review cases in Santa Fe and vice versa.

The MSG Group TCA Project has been selected to pilot a project focusing on providing services to National Guardsmen and women. TCA was selected for this because of the Central Intake model being used here. There will be five vouchers available for this service and they will be issued on a first come first serve basis. First priority should be given to these individuals. The TCA is requesting training be provided for the Clinical and Recovery Support Service Providers; training has not yet been scheduled.

Community Coalition News & Updates

The **DWI Council** sponsored a video made with a local man who was involved in a DWI crash. Hearing his firsthand message of the choices he has made and consequences he has faced has a huge impact. His courage to put his experience out there is impressive. We also had a short demonstration of the Protecting You/Protecting Me program.

The **LVCS SHAC** has a new provider, Theresa Okoro is providing services on Weds to students and staff, (transportation is an issue). The School Health Report Card assessment was done at RHS, the next step is to reconvene committees to work on a plan for improvement. There was discussion with the food service director on vending issues, meals, etc. Recently the district was instructed to

begin charging for lunches at RHS, this impacted the count of students eating in the cafeteria with a drop from 115 to 70. The district is also working on an in-depth AED (code orange) policy.

LEPC reported that the AM Alert System is 1670am.

The **detention center citizen advisory** is working on advocacy for detainees. No funds have been available for the reintegration center through capital projects. However, a proposal was submitted for Value Options funding to enhance services for individuals in crisis or detox.

Las Vegas Coalition to End Hunger www.endnmhunger.org

Nancy Pope (with the NM Coalition to End Hunger and Communities for All Ages) and Marshall Poole (with Northern New Mexico Regional Community Foundation) have been working on getting a group together to focus on Hunger in Las Vegas. Last year, Nancy's group worked with the schools on the summer food programs and provided weekend food bags for the youth. There are 2 pools of funding available for Las Vegas: \$12,000 (\$6,000 for the east side and \$6,000 for the west side) - Most, about \$5,000 per site, is used for weekend food bags and \$1,000 per site for intergenerational community gardens; There is also \$5,500 through Communities for All Ages for the community to complete a survey and create a plan defining how to change hunger. These are due June 1st. More funds will be available for subsequent years.

Victoria Sanchez, UNM and Ron Hale, NM Department of Health facilitated a needs analysis. It was expressed by those in attendance that we need to find an effective way to get people to food and food to people. There are many environmental barriers that exist. The poor live day to day, the middle class live month to month and the wealthy live year to year. How do we increase the ability for people to plan? There was also interest by some of the groups for cold food storage and emergency food rations. Kayt Peck facilitated a discussion around values the entire group share (why we were there). The three overarching values were: Everyone has the right not to be hungry, Human dignity, Whole & Healthy Community. Participants worked on a list of who needs to be at the table.

Next meeting will be - April 7th, 3pm to 5pm - we will see if we can use the Student Services Building—meeting room. The meeting is open to anyone interested. The group will be working to map resources—who's doing what. The Plan of Action needs to be done by June 1st. The plan needs to integrate multiple generations. The community group will come up with the plan and NNM Regional Community Foundation will put it together.

San Miguel County Family & Community Health Council

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MEDLINE PLUS: is a free, comprehensive, authoritative, up-to-date health information Web site from the world's largest medical library, the National Library of Medicine on the National Institutes of Health. * over 700 topics on conditions, diseases and staying well * Interactive tutorials with sound and pictures * Illustrations and pictures in the medical encyclopedia * Information about prescriptions and over the counter medications, herbs and supplements * surgery videos *contact info for local & state-wide health services

<http://medlineplus.gov>

UNM Health Sciences Library also offers training on the use of health information resources, such as:

Cancer Resources Evaluating Health Information
Evidence Based Medicine Health Education Materials
Public Health Resources

contact: Barbara Nail-Chiwetalu, PhD, MLS—Distance Services
505-272-0757 BNail-Chiwetalu@salud.unm.edu

Upcoming Meetings

- Mar 26—Teen Pregnancy Phone Conference— 9am—1-866-617-3400 access code 836916#
- Apr 1—NMHU Field Fair-11am-5pm-Kennedy Hall
- Apr 2—Teen Pregnancy Phone Conference— 9am—1-866-617-3400 access code 836916#
 - TCA Operations Meeting with VO—9am—1-866-918-6358 access code 7326871#
 - Riverwalk Community Meeting—6pm—Luna Community College—Library Lecture Hall
- Apr 4—Agricultural Co-op Exploration Meeting 1pm-3pm—NMHU Donnelly Library
- Apr 8—LEPC—10-12— LV Police Department Training Room
 - Detention Center Citizen Advisory Committee—1:30
- Apr 9— Blood Drive 10:30am-4pm Student Center Ballroom call 454-3495
 - MSG Housing Coalition 11:30-1:30—Luna Community College Humanities Bldg Room 102
- Apr 10—Diabetes Committee—10am-noon— Public Health Office
 - Teen Pregnancy Committee Noon-1:30pm—Public Health Office—Lunch will be provided
- Apr 14— Health Council Quarterly Meeting 10am-4pm—Santa Fe
- Apr 16-Teen Pregnancy Phone Conference— 9am—1-866-617-3400 access code 836916#
 - TCA Operations Meeting with VO—9am—1-866-918-6358 access code 7326871#
- Apr 17- MSG Meeting—10-12—Las Vegas—location TBA
 - MSG Family Meeting—Noon— Location TBA
- Apr 20— Safe Kids Coalition—Noon—Charlie's Spic N Span
- Apr 21—MSG Provider Meeting 10-12—Faith Hall
 - TCA Provider Meeting 12-1—Faith Hall—lunch will be provided
 - Diabetes meeting with statewide partners—2pm—Diabetes Prevention & Control Offices, Santa Fe
- Apr 23-Teen Pregnancy Phone Conference— 9am—1-866-617-3400 access code 836916#
- Apr 28— Health Council Meeting—9am-11am— Public Health Office
 - Interpersonal Violence Committee—11am-12—Public Health Office