



SPRING REGIONAL HEALTH COUNCIL GATHERING

May 2nd, 2017

SPRING INTO COLLABORATION!



EVERYONE YOU WILL EVER MEET KNOWS SOMETHING YOU DON'T
bill nye



On May 2nd, the Northeast Region Health Promotion Team, the New Mexico Alliance of Health Councils, and the New Mexico School for the Deaf hosted a gathering for the health councils and community members in the Northeast Region of the state.

The theme for the day was collaboration among counties, networking, and finding common ground in our work with community health. The Health Promotion Team led the group in activities, providing opportunities for connecting and strategizing about health priorities.

During a mixer activity, where the group had quick one-on-one conversations with each other, the participants were surprised by how much their communities had in common and the intergenerational and intercultural elements they all share, as well as the fact they are all navigating the lack of resources to work on their concerns.

Another activity gave the group an opportunity to discuss and identify strategies to address the top health priorities they all have in common: access to healthcare, behavioral health, nutrition and physical activity, and youth engagement. They broke into smaller groups, documented their ideas on posters, and then reported back to the larger group.

At the end of the day, the attendees said they felt inspired by the amount of passion and the commitment to real community engagement they all have in common.

Overlapping Health Concerns in the Region:

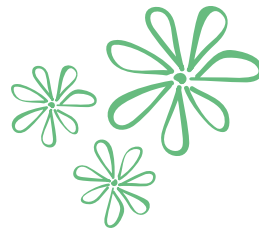
- Substance Misuse
- Youth Engagement
- Farming & Food Access
- Gaps in Healthcare

Services



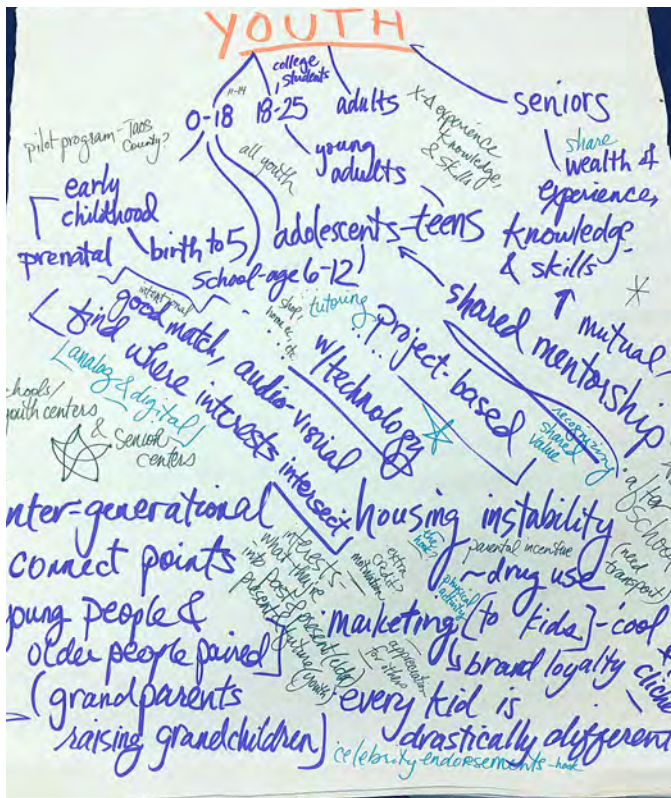


Health Priorities & Collaboration Activity



YOUTH ENGAGEMENT

Each group wrote out their ideas for addressing specific health priorities/communities in the Northeast Region



- More opportunities for connecting youth and elders
- Youth and elders working on projects together
- Shared mentorship

"Let's create an information exchange between our youth and elders where they can teach and learn from each other, i.e. woodworking, computer use, or creating a community project together..."

Group Members:

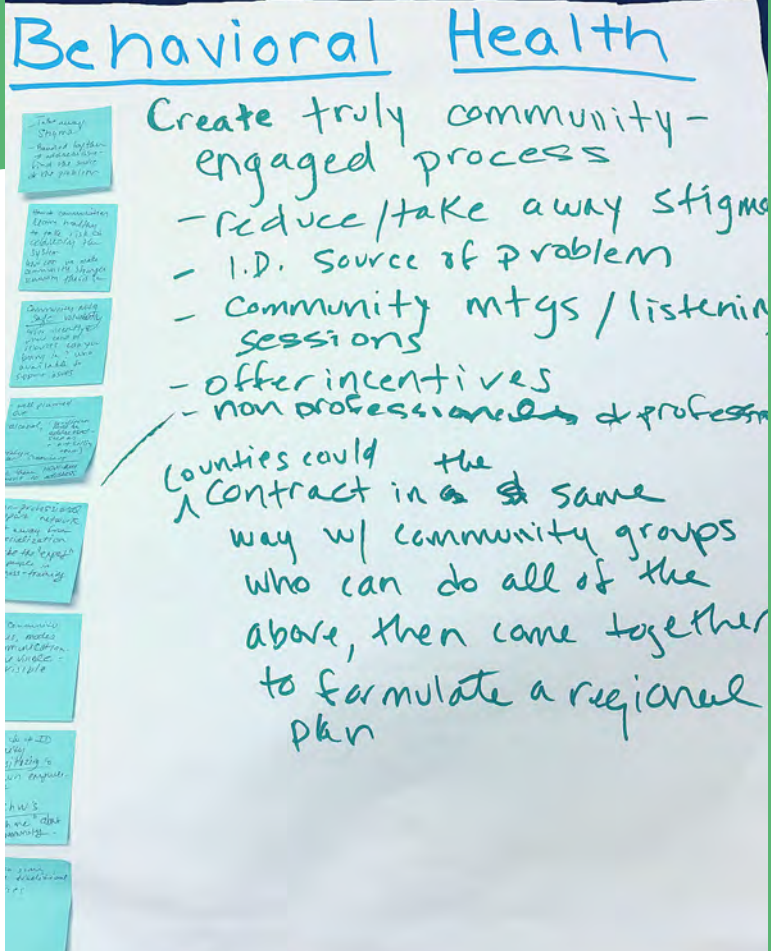
- Amanda Bissell** - Picuris Penasco Community Coalition
- Ken Hendricks** - Home Instead Senior Care
- Irene Loy** - Dream Tree Project
- Isaac Ochoa** - Community Member
- Nancy Guthrie** - Many Mothers
- Suzanne Canfield** - Los Alamos Community Health Council



Behavioral Health

- Reduce stigma
- Listening sessions in communities
- Identify the source of the problem
- Formulate a regional plan

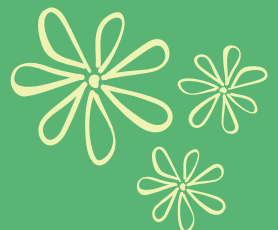
"This issue requires deep community engagement in order to create better outcomes for our community members..."



Group Members:

Kyra Ochoa - Santa Fe County

Trinidad de Jesus Arguello - Compostela Community & Family Cultural Institute





Obesity, Nutrition, & Physical Activity

Obesity / Nutrition / Physical Activity

② BARRIERS
 Distance
 Finances
 Time off/Limitations
 Transportation
 Schedules
 Communication
 Support from Organization

④ CONCRETE STEPS
 Establish time line/plan
 MOU
 Share info/tools/Knowledge at Community Councils
 Partnerships
 Engage advisory council.
 Establish financial support - grants, fund raising

⑤ Referrals to facilitate networking.
 Accountability to your collaborators
 Create Campaign w/ branding
 Celebrity

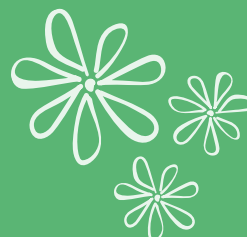
How to COLLABORATE
 Connect with Key leaders/gatekeepers
 Supplement existing programs/events
 Identify goals/objectives
 Using subject matter experts (dietitians, fitness etc.)
 Engage members of community who are "front line."

- Connect with community leaders
- Supplement existing programs
- Work with subject matter experts
- Create a campaign with branding and local celebrity endorsement

"What will work to address these issues in our rural communities?"

Group Members:

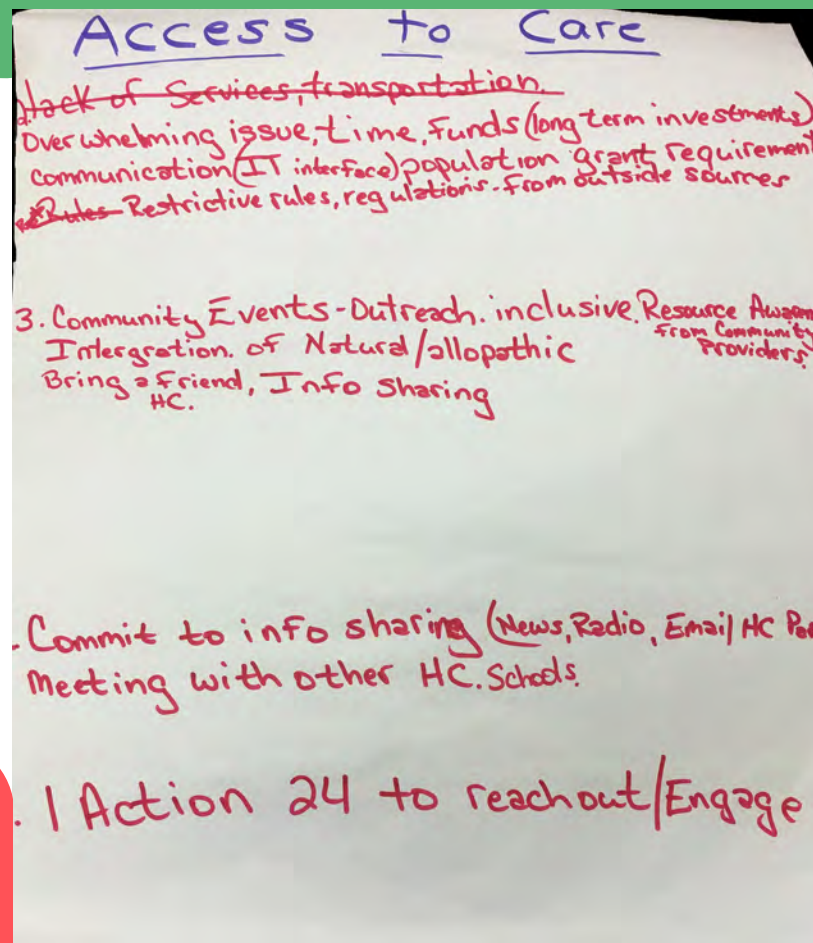
- Angela Gonzales - Blue Cross Blue Shield NM
- Carmela Quintana - Office of US Senator Tom Udall
- Janet Johnson - Santa Clara Pueblo Health Committee
- Joyce Richins - Los Alamos Medical Center
- Terrie Rodriguez - New Mexico Alliance of Health Councils
- Vanessa Martinez - Rio Arriba County Cooperative Extension Service
- Winona Gishal - Blue Cross Blue Shield NM



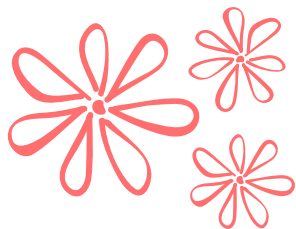


Access to Care

- This issue requires long-term planning and investment
- Commitment to sharing information through different media outlets
- Community events could provide information about resources for healthcare in the community



"Health Councils need community members and professionals to work on this health priority together..."



Group Members:

Angie Fernandez - Taos County Health Council
 Debbie Ortiz - Colfax County Health Council
 Deni Fell - Los Alamos Community Health Council
 Lore Pease - El Centro Family Health
 Lauren Reichelt - Rio Arriba County Health Council
 Rosa Lopez - NMDOH Epidemiology and Response Division



Regional Collaboration: Next Steps



After our activities, the group discussed next steps. These steps included continued discussion, planning, collaboration and eventually possible implementation of a joint project or activity with multiple counties.

The Health Promotion Team encourages our gathering attendees to continue their discussions and solidify the connections made during the gathering to stimulate future collaborations.



Health Councils could...

- Begin working on a shared deliverable or project to be completed in the coming year.
- Share grant opportunities and multiple counties could work on a grant application jointly.
- Continue to share information with fellow health councils on what they are working on so that successful projects or initiatives can be replicated in the Northeast Region.



Contact List

Attendees

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Northeast Region Health Promotion Team

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NORTHEAST REGION HEALTH PROMOTION PROGRAM

Our Vision

Engaged communities striving for a healthy and happy life span for all people in the state of New Mexico.

Our Mission

We exist to empower and mobilize our diverse communities to create positive and lasting solutions to the public health issues they face, as well as locate resources and assist with health initiative development.

We
Connect
the Dots



Valentina White
Christa Hernandez
Desiree Valdez



Naomi Brodkey
Gwendolyn Gallagher
Amy Sandoval



Rachel Wexler
Nichole Romero