



# **Northeast Region Spring Health Council Gathering**

**Summary Report**

**MARCH 29, 2023**

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# Health Council Gathering Theme: No Borders



The objective of the meeting was to engage, share and learn from one another by breaking from our borders and boxes of confinement to support capacity building and collaboration with one another. The purpose of the March 29th Gathering was centered around NO BORDERS. The intent of this virtual gathering was to allow NE Region Health Councils to hear from one another about what they're doing, to address health priorities, and learn about new resources to support mental and behavioral health.

Bringing together health councils elevates and refreshes the everyday experience by providing a larger pool of ideas. We heard from three county health councils and got a behind the scenes look into how 988 operates. These presentations increase our awareness of what else is happening in New Mexico.

It's easier to see a bigger picture when we shift our focus beyond the borders of our individual counties. A gathering of health councils cultivates an opportunity to connect with peers facing similar challenges.

## Shaking off Borders through Wellness

To take care of ourselves before we settled into the rest of the day of collaboration and content, this wellness activity had two parts: an energizing movement, as physical manifestation of breaking free, and stretching, since we move within our range of motion, but perhaps don't always get incorporated into our usual activities.



To get everyone moving and counting at the same time together, we did a pattern of four moves: 8 shakes with the right hand, left hand, right foot, left foot a total of five times to Taylor Swift's song "Shake it Off,"



Stretching can really help our posture and reduce stress and stiffness.

Heather led the group in four stretches: chin tilts, neck stretches, wrist stretches, and shoulder rolls.

# HEALTH COUNCIL TRIVIA



## PLATFORM FOR TRIVIA: SLIDO

Jeremy and Amy encouraged participants to navigate to the Slido website on their computer, through a link provided in the chat, or on their phone, through a QR code on the PowerPoint slide.

Additionally, participants could also answer the trivia questions in the Zoom chat but that prevented them from being on the Slido leaderboard.



## GETTING TO KNOW ONE ANOTHER

Health Councils had an opportunity to engage in a fun trivia game centered on data and fun facts about all 15 NE Region communities. This part of the agenda engaged participants in various questions related to each of the NE Region communities and participants responded via a Slido platform. The goal was not to have a winner, but to share insight about health council related initiatives and data highlighting areas communities are doing well in related to specific indicators.



## THE SLIDO WINNERS

- 1) Carol Linder
- 2) Kristen Samuel
- 3) Elaine Luna
- 4) Ashley Medina
- 5) Kenneth Reid

Thank you all for engaging and playing with us!

# HEATH COUNCIL PRESENTATIONS

## PRESENTATION HIGHLIGHTS

### GUADALUPE

Shelly Eiland, health council co-coordinator, is working to establish a new EMT license category for nurses as a very promising idea to address limited emergency healthcare access. Currently, nurses with EMT basic licenses cannot practice as registered nurses on ambulances. Shelly met with the NM EMS Bureau Chief to discuss feasibility.

For more information, contact Shelly Eiland at [shellyreiland@gmail.com](mailto:shellyreiland@gmail.com)

### SANTA CLARA

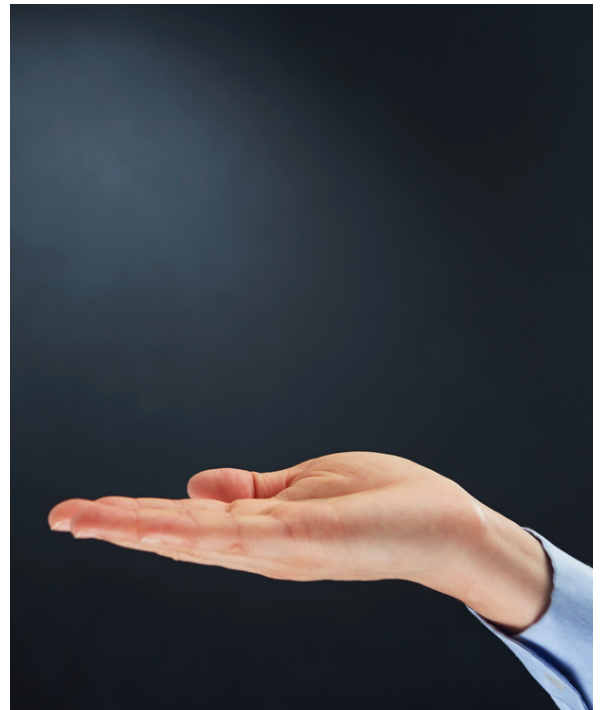
Kenneth Reid, health committee chair, described their unique Health Committee structure as members manage their own Tribal Programs internally with federal funding. He shared a video on how Santa Clara helped form the VOWA Act; giving them the ability to arrest and charge non-Native people who commit criminal acts on the Pueblo.

For more information, contact Kenneth Reid at [kreid@santaclarapueblo.org](mailto:kreid@santaclarapueblo.org)

### UNION

Kristen Christy, health council coordinator, presented the Council's annually updated resource guide and their Pathways Community Navigator Program. Bobbi Riley currently runs that program at the Senior Center in Clayton every week, identifying and addressing barriers in access and service gaps for our seniors.

For more information, contact Kristen Christy at [kchristy@nem-nm.org](mailto:kchristy@nem-nm.org)



## GREAT JOB PRESENTERS!

Getting up before a cadre of your peers is never an easy task. Hearing from each other provides energy and motivation to keep doing the hard work. Thank you!



# 988 Presentation

by Emily Everhart, Serna Solutions



## What is 988?

988 is a coordinated national effort to support 911 crisis intervention diversion for behavioral health emergencies as of July 16, 2022

You can call for any kind of emotional distress OR if you are worried about a loved one.

80% of calls go to the New Mexico Crisis and Access Line (NMCAL).

Contact Wendy.Linebrink-Allison@nmcrisisline.com to ensure your area is accurately represented in the NMCAL 988 referral system



## How does it work?

Callers hear a greeting while they are routed, **by the area code of their phone number (not geolocation)**, to a local network of trained crisis counselors.

Texting connects to Lifeline crisis centers. Texters are provided a pre-survey that identifies their main area of concern. If they have to wait, a wait-time message will appear.

## Take Aways

- Mobile Crisis Teams can be dispatched from the 988 call center and are operated by behavioral health providers to provide acute mental health crisis stabilization.
- Crisis Triage Centers are also available to provide crisis stabilization in a safe non-judgmental environment. (La Sala in Santa Fe, Dona Ana Crisis Triage Center in Las Cruces, and Crisis Stabilization Unit in Albuquerque on CARE campus.



# Attendance List



## **Colfax County Health Council**

Ashley Medina  
Erika Meadows

## **Guadalupe County**

JoAnn Velasquez  
Shelly Eiland

## **Harding County**

Bary Floersheim  
Jerry Hicks  
Mary Laumbach

## **Los Alamos**

Jessica Strong

## **Mora County Health Council**

Cathy Martinez  
Sara Martinez

## **Nambe Pueblo**

Rhonda Vigil  
Monica Vigil

## **NMDOH Metro Region**

Diana Lopez  
Michelle Pacheco  
Diana Good

## **NMDOH NW Region**

Christina Morris  
Ophelia Hudson

## **Picuris Pueblo**

Racheal Pyne

## **Rio Arriba County Health Council**

Tana Beverwyk-Abouda

## **San Ildefonso**

Raelene Martinez

## **San Miguel County Family and Community Health Council**

Carol Linder  
Elaine Luna  
Pat Leahan

## **Santa Clara Pueblo**

Kenneth Reid

## **Taos County**

Erika Meadows

## **Tesuque Health Council**

Charlotte Hena  
Dashayne Samuel  
Kristen Samuel

## **Union County Health Council**

Bobbie Riley  
Erika Meadows  
Kristen Christy

Angela Gonzales, BCBSNM

# THANK YOU!



## N o r t h e a s t R e g i o n P u b l i c H e a l t h P r o m o t i o n T e a m

From left to right -

**Nichole Romero**, Health Promotion Specialist  
for Colfax, Union & Harding Counties

**Valentina White**, Health Promotion Specialist  
for San Miguel, Mora & Guadalupe Counties

**Candice Wilhite-Quiroga**, Health Promotion Specialist  
for Rio Arriba, Los Alamos,  
Taos Counties, Picuris & Santa Clara Pueblos

**Heather Burnham**, Health Promotion Coordinator  
for Community Health Partnerships

**Jeremy Espinoza**, Community Health Epidemiologist  
and **Amy Sandoval**, Health Promotion Program Manager



Hover your phone's camera  
over this QR code to get the  
link to our info sheet and  
contact information.

