



IN THE KNOW

The Monthly Update for the Behavioral Health Collaborative

December 12, 2008

Message from Linda

Linda Roebuck, MSSW
CEO, Behavioral Health Collaborative

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What better way to start the holiday season than with The New Mexico Behavioral Health Purchasing Collaborative's Inaugural Conference, "A Place in the Community...and Beyond"?

The first conference of the collaborative offered the same feelings as the holidays – promise and hope. It also offered information on best practices, experiences and skills enhancement. Each workshop added a paving stone to the path we're building toward transformation: working to bring communities together to offer holistic services that are both locally and culturally relevant and support recovery and resiliency.

The conference overlaid specifics onto the broad concept of transformation. We learned about efforts to validate traditional Native American healing practices, how mainstream services were made more accessible, how clients were empowered to choose their own paths to recovery and how to break down 'cubicle mentality' and 'institutional silos' to assure a full spectrum of services is made available to those who need them.

We are in difficult financial times but the depth and breadth of our first conference also show how rich we are in knowledge, experience and models for success.

Emphasis on Veterans

The last day of the Inaugural Conference focused on veterans' issues. With 1.5 million people serving in Iraq and Afghanistan and another 24.3 million vets in the US, and the behavioral and psychological consequences of war only partly understood, a large task lies ahead for behavioral health professionals.

The second leading cause of visits to VA hospitals or clinics is mental health issues, Kristy Straits-Tröster, PhD, with the Department of Veterans Affairs said. Those who do come forward for care must first overcome the barriers of fear of failure or success, stereotyping and stigma, avoidance and realistic concerns about availability and accessibility of treatment.

The VA is trying to address the growing need by developing more community-based services.

NM Veterans Services Secretary John Garcia, a veteran who referred to NM's vets as "my veterans", said he's following that model to meet the behavioral health needs of NM's 180,000 vets. His department is developing more VA centers and field offices around the state and creating two mobile units to provide a range of services.

"It's not a VA issues, it's a community issue," Garcia said. "We owe it to the vets to get in and take care of them and their families."

(More information on the conference, including downloads for two presentations, can be found at www.kessjones.com.)



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And the Winners Are...

The **2008 System of Care Award for Excellence** were presented during the conference to the individuals, groups and projects that have transformed the system of care through the media, legislation, advocacy, collaboration and as pioneers. The winners, by category, are:

Volunteer Advocate: Regina Begay-Roanhorse has a statewide perspective *and* impact, advocating for behavioral health needs that extend beyond her own local collaborative or region. She participates in numerous meetings, provides insight and input, has a team approach, and is active in initiatives across New Mexico.

Collaborative Project: Veteran and Family Support Services (VFSS) promotes the spirit of collaboration for the ultimate purpose of providing culturally sensitive services and care to veterans and their families. It has made over 2200 contacts to engage multi-agency and community support in the past year, involving government, religious public and educational organizations.

Legislation and Legislator: Senator Mary Kay Papen of Las Cruces is a strong advocate for persons who access the behavioral health system and has sponsored BH Legislative Day for the past two years, celebrating consumers and their families.

Media Event: Local Collaborative 6 “May Mental Health Month Campaign” was an anti-stigma campaign that included multi-county radio and television announcements and posters. As a result of the media education campaign, providers reported an increase in persons seeking services and community members expressing relief that it is OK to have mental illness.

Pioneer: Carol Luna-Anderson has served hundreds of consumers for over 20 years; offering housing, work and hope to those who otherwise might not find it. Through the Life Link in Santa Fe, she has designed and implemented programs that have gained national recognition. She has also been past Planning Council Chair and active in her local community.

Congratulations and thank you to all of the winners!



Tip line Gives Voice to Threats

A new school safety effort, SPEAK UP New Mexico, offers students an anonymous tip line to report threats of weapon-related violence and other crimes at school and in the community.

The focus is preventing gun violence, but the anonymous tip line also takes calls to help fight against bullying, vandalism, and crime.

The hotline (1-866 SPEAK UP) is toll-free, and available 24/7. It is staffed by professional crisis counselors and completely anonymous. Students who call the hotline to report weapon-related threats talk to a counselor. The counselor creates a report for school districts and law enforcement. Emergency calls are directed to 911.

A 2002 study by the US Secret Service and the US Department of Education found that in 81 percent of school shootings, at least one person had information about the attacker's plans or thoughts beforehand.

The NM Public Education Department is working with the nonprofit PAX/Real Solutions to Gun Violence to promote the program. More information is available at www.speakupnm.org

Legislative Training for LCs Set for Monday

The internal workings of the legislative process, including how to decipher those sometimes puzzling Fiscal Impact Reports, will be demystified by HSD legislative liaison Steven Randazzo from 1:30-3:30 p.m. on Monday, Dec. 15.

This training will be videoconferenced to the following HSD locations:

- Santa Fe (main site)
- Albuquerque ([on Randolph Street off of Yale](#))
- Las Vegas
- Las Cruces
- Farmington
- Roswell

If you have questions or need the handouts, contact Steven.Randazzo@state.nm.us

Q: Why haven't we received "In the Know" for a while?

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A: It's extremely important for state partners in the Behavioral Health Collaborative to stay in touch with local collaborative members, advocates, families, consumers and other interested parties. Unfortunately, developing consistent communication has proven difficult for a few reasons.

But we'll keep trying. I'm Kay Bird, the Community Relations Director at the Department of Health. One of my responsibilities at DOH is trying to keep the department's 4000-some employees in the loop. I am taking on "In the Know" and hope to provide timely, relevant information to all of you.

I'll do a better job if you let me know what questions you have and what information is most important to you. Reach me at 505-827-2275 or kay.bird@state.nm.us. I look forward to working with you!



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Locals Meet! December...

12

LC2 1:30p-3:00p Steering Committee (12th & Griegos, Alb.)
LC 4 (MSG) 10-12, Santa Rosa

15

LC1 3:30-5pm Life Link, SF
LC1 3:30-5:30pm SF County Mtg. (Life Link, Santa Fe)
LC 11 10 a.m-1 p.m. Gallup Meeting, CYFD (Aztec St. in Gallup)
LC15 10am-2pm Shiprock mtg.
Legislative Training 1:30-3:30pm (New Building, SF)

16

LC1 8:30 a.m. - 5pm, Española

17

BHPC Meeting VC 9-2 at Plaza La Prensa in SF(Roswell, Las Cruces & Farmington)
LC 12 Alamogordo (Counseling Ctr)

18

LC 4 2-4 MSG Housing Leadership Mtg.
LC 11 9-11am Farmington Resource Ctr
Housing Leadership Mtg. 9:30a-12:30p (New Building SF)
BH Purchasing Collaborative Meeting

22

LC 10

23

LC 2 5:30p-7:00 BCLC (3701 Carlisle NE, Alb.)

25 State Holiday

29

LC10 12:15a-1:30p Meeting (Video Conf.)

BHPC subcommittees

Dec. 16: Video conference meetings for:

- Medicaid: 8 a.m. – 10 a.m.
- Adult: 10 a.m. – 12 p.m.
- Substance Abuse: 12 p.m. – 2 p.m.
- Children's: 2 p.m. – 5 p.m.

Call in number: 1 866-733-4616, pass code 9491173

Host site: BHSD conference room, 37 Plaza la Prensa, Santa Fe. (Please bring your own lunch or snacks.)

Remote HSD Sites: Albuquerque (Randolph site, different room than usual), Farmington, Las Vegas, Las Cruces.

- Native American Subcommittee: 9 a.m.. – 11 a.m.

Albuquerque HSD Randolph site

Videoconference or teleconference was not requested.

Next meeting Jan. 20! Details to come.

January...

1 State Holiday

5

LC13 3:30-5pm Exec. Comm. Conf. Call

9

BH Housing Leadership Team Retreat 9-1pm (New Building SF)

10

LC14 10-12pm Mtg. Homestead, Albq.

12

LC1 1-3pm SF Steering Committee (Life Link Bd Rm)

15

LC11 9-12pm Mtg. Farmington (Family Resource Ctr.)

16

LC11-15 10am-12pm Mtg. Gallup

19

LC1 3:30-5:30pm Mtg. Santa Fe (Life Link Zia Rm)

LC15 10-2pm Mtg. Shiprock

21 State Holiday

22

BH Purchasing Collaborative Meeting

23

LC13 10-1pm Mtg. Grants (Future Foundations)

****Behavioral Health Day at the Legislature will be held February 26, 2009!**

For more information, contact Letty.Rutledge@state.nm.us or at 505 476-9286