



NEW MEXICO FIRST
People. Ideas. Progress.

New Mexico First and Project SHARE NM Newsletter

Stay Informed and Engaged

July 13, 2020

Funding Opportunity Closing Soon!

Con Alma Health Foundation COVID-19 Assistance Funding Closing on July 17th

In response to the many applications reflecting high need and urgency of emergency relief, the Foundation has adjusted its initial timeline and will be closing access to the application under this grant opportunity on **Friday, July 17, 2020 at 5:00 PM**. Stay tuned for a new round of COVID-19 funding opportunities focused on relief for immigrant communities in NM. [See Grant Details](#).



The peregrine falcon is often seen as a symbol of success, victory and rising above a situation.

Staying Mentally Healthy During COVID-19

Impact of COVID-19 on Mental Health in NM

To no one's surprise, the COVID-19 pandemic and resulting economic downturn have taken a toll on mental health for many people. The U.S. Census Bureau's new experimental [Household Pulse Survey](#) is designed to quickly collect and report data on how people's lives have been impacted by the COVID-19 pandemic. A [recent analysis of the data](#) by the Kaiser Family Foundation found that during an average week in June 2020, 36.5% of adults in the U.S. reported symptoms of anxiety or depression, up from 11% in 2019.

[New Mexico statistics](#) tend to follow national trends, with 35.4% reporting symptoms of anxiety or depression, with one notable exception. New Mexico's age adjusted suicide rate of 25 per 100,000, compared to 14.2 per 100,000 in the

US, is the highest rate in the country.

This is coming at a time when mental health resources were already strained, and people with mental health diagnoses often face barriers to care. In New Mexico in 2017-2018, over 60% of adults with mild or moderate mental illness and 39% with serious mental illness did not receive treatment.

Mental Health Resources

Everyone reacts differently to stressful situation. How you respond to stress during the COVID-19 pandemic can depend on your particular situation, social support from family or friends, your financial situation, health and emotional background, and the community you live in, among other factors.

With this in mind, the [Centers for Disease Control](#) has compiled resources to address a range of stressful situations, including those who caring for sick family members, serving on the frontline, in essential services, have existing mental health issues, substance use, or disabilities, and those who are social isolated, living alone or in rural or frontier areas.

If you are a family member, friend or significant other of an individual living with a mental health condition, [NM NAMI](#) invites you to join their online version of the NAMI Family Support Group. Group meetings are currently being conducted in English on Zoom on Tuesday Nights from 6:00-7:30 PM and Wednesday Mornings from 10:00-11:30 AM. A Spanish group meets currently on the second and fourth Thursdays each month from 6:00-7:30 PM. [Register here](#).

Help in a Crisis

Download a listing of [crisis hotlines and helplines](#). More resources are available

by searching SHARE New Mexico's [Resource Directory](#). Enter your location in [this search](#) to find behavioral health resources near you.



Moving Forward to Recovery

It's been a challenge for many in recovery to know where to find help during the COVID-19 emergency. The federal Substance Abuse and Mental Health Services Agency has a comprehensive list of online and phone supports that are available now. This includes a long list of online groups for those in recovery and their family members as well as tips on how to set up a 12-step virtual group using various online platforms. [Check it out here](#).

Plans of Care for Babies and Caregivers. The rate of New Mexico newborns exposed to addictive substances increased 324% between 2008 and 2017. These babies may struggle with health, learning, and social challenges for the rest of

their lives. The Comprehensive Addiction and Recovery Act, (known as “CARA”) requires states to keep track of infants born exposed to drugs or alcohol and to assure that there is a Plan of Care for each infant and family.

In New Mexico, pregnant women who identify as using drugs or alcohol will be offered support through a [Plan of Care](#), developed together with the mother and/or caregiver. Centennial Care coordinators then work with the family to ensure free access to services to support the baby and family. These services may include early intervention services for the child or home visiting services for the family.

The program is administered jointly by Children, Youth and Families Dept. and the Dept. of Health. While CYFD does receive notification of all substance exposed babies, “notification” is NOT a referral for investigation by protective services. For more information, download the [program brochure](#).



Food Insecurity Still a Crisis

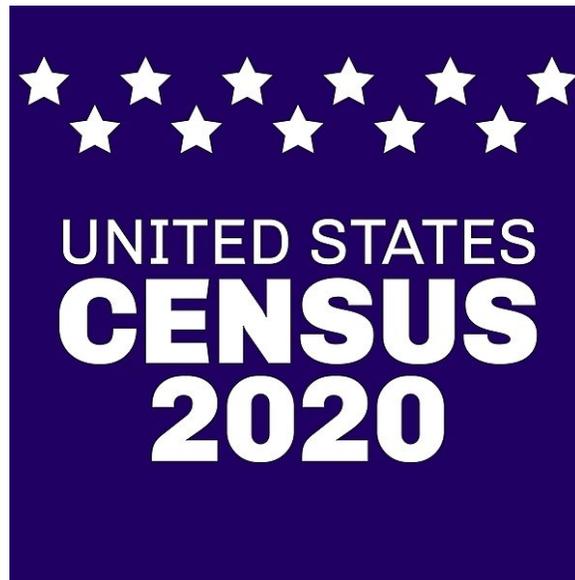
Assistance with a Project Developing Food Insecurity Measures. Researchers at the Gretchen Swanson Center for Nutrition (www.centerfornutrition.org) are in the early stages of a study seeking to develop new household-level measures to address current measurement gaps related to food insecurity. They are seeking interviews with individuals who are currently experiencing food insecurity, and professionals serving this population. All interviewees and data collection sites will

be provided with an incentive/donation as a thank you for their assistance. If interested, please contact Eric Calloway at ecalloway@centerfornutrition.org and/or Katie Stern at ksfern@centerfornutrition.org.



Register for the New Mexico First Town Hall. Health: Body, Mind, and Spirit

Register for the New Mexico First Town Hall. Health: Body, Mind, and Spirit is the topic this year, and there are many ways to get involved and help build consensus-backed decisions to strengthen health policy and systems in New Mexico. Due to the need for social distancing, the town hall will be conducted remotely through a series which will allow for dialogue, deliberation, and decision-making. Interpretation services are available. [Register here to reserve your space.](#) [Versión en español-Haga clic](#)



Hey New Mexico! Get Counted!

You have not missed your opportunity to help your community for the next ten years. An accurate census is critical because it is used to determine the distribution of federal dollars and political representation for the next ten years. New Mexico receives over \$7 billion each year through federal programs that benefit the entire community: health care, nutrition, highways, education, housing, jobs and more that allocate funds on per capita basis. Missing just 1% of New Mexicans means the loss of \$780 million dollars over the next 10 years. Help make sure we get our fair share of our tax dollars. You can still respond online, by the phone or by mail. [I'm ready to get counted! Let's go!](#)



Register to Vote

In New Mexico, you can register to vote on-line. Visit the [Secretary of State's website](#) to learn more and register to vote today. Do you think you're already registered to vote but want to make sure? Visit the [Voter Portal](#) and enter your information to double-check that you're registered and ready to participate in the next election. By taking care of this now, you avoid the fall rush and can have peace of mind that your voice will be heard in the upcoming general election.



Decision-Making About Programming and Policies

To avoid unintended consequences of decision-making about programming, policies, and systems designed to serve new Mexicans who are challenged by diagnosed and undiagnosed behavioral and mental health conditions, trauma-informed approaches require a person-first framework.

When people are addressed only on the basis of their challenges and needs, the outcomes intended usually miss the mark. Person-first approaches consider the whole person in the context of their families, communities, and cultures. When we consider the whole person in context, we are also able to see people's strengths and assets.

Given the prevalence of people who struggle with addictions and work mightily to

manage mental health issues in New Mexico, we are working at a disadvantage when we fail to intentionally consider what people with lived experiences have to offer to problem solving, program design, systems and policy change. When we invite people to show up as all of who they are, we tap into greater resourcefulness, creativity, and deeper analysis of thorny public policy issues.

People who have behavioral and mental health needs are not simply passive recipients of the programs that come from public policy. Rather, they can be co-creators of sound policy solutions. This section is authored by Lilly Irvin-Vitela, President and Executive Director of New Mexico First. She invites you to connect! Email her at lilly@nmfirst.org.

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Our Mission. Our Values.

Our Mission

To be a catalyst for positive change by engaging citizens in policy and enabling action.

Our Core Values

Meaningfully engaging New Mexicans in public policy; Striving for and respecting consensus; Pursuing and respecting diverse points of views; Ensuring inclusion and transparency; Rising above partisan politics; Changing policy to improve people's lives; Creating an informed citizenry that is powerfully motivated; Reaching out statewide including rural and tribal communities; Partnering with others; Promoting civility and Democracy at its best!

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