



NEW MEXICO FIRST
People. Ideas. Progress.

New Mexico First and Project SHARE NM Newsletter
Stay Informed and Engaged
November 16, 2020



COVID-19 RESET

New Mexico's COVID-19 [infection and hospitalization rates](#) are now at their highest level ever and are trending upward. Our hospitals are at or over capacity, with healthcare staff stretched to the limit. In order to blunt the rise and lower rates going into the holiday season, Governor Lujan Grisham has ordered a "reset" effective today, November 16th, through November 30th. All in-person, non-essential services are closed, and New Mexicans are instructed to stay at home except those trips that are essential to health, safety and welfare, such as

for food and water, emergency medical care, to obtain a flu shot or to obtain a test for COVID-19. [Find more information](#) and a list of resources to assist during this challenging time.

The Village of Ruidoso's local first responders are asking people to wear masks to help stop the spread of the virus and protect them. "Our first responders are on the front line of this battle, and they have been since day one. They are our local heroes, and they are asking us to do one simple thing to help protect them," said Ruidoso Mayor Lynn Crawford. "With our local hospital operating at near capacity, it is crucial that our residents and anyone that comes to our Village take this simple step of wearing a face covering to protect themselves and our community. We have to stop the spread of this virus, and we can do it together." [Watch the PSA](#).

Protect yourself, your family, friends, community and those essential workers who are protecting and serving us during this pandemic.

- Stay home except for essential outings.
 - Wash hands frequently.
 - Wear a mask in public.
 - Practice social distancing.
 - Avoid groups larger than 5.
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Mental Health and COVID

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. In May 2020, almost 3 in 10 New Mexicans reported symptoms of anxiety or depression. By the end of October, almost 4 in 10 were reporting symptoms.

Some healthcare professionals are now worried that COVID-19 survivors will be at greater risk of mental health problems in the future. [One recent study](#) of 6.9 million patients, including 62,000 COVID-19 survivors in the U.S., found that 1 in 5 survivors was diagnosed with anxiety disorder, depression or insomnia in the following three months. This was twice as likely as patients who had the flu.

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. Nevertheless, help is available, and New Mexicans are encouraged to reach out to these resources.



Mental Health Resources

The [NM Crisis and Access Line](#) has professional and peer counselors waiting to answer your call for assistance. If you or a loved one is experiencing any kind of emotional crisis, mental health or substance use concern, you can find help 24 hours a day, seven days a week, by calling the New Mexico Crisis and Access Line at **1-855-NMCRISIS (662-7474)**. You can also download the new [Connect App](#) for IOS and Android phones and devices.

Healthcare workers and first responders, the State of New Mexico has launched a [support line](#) specifically for you. The line is available 24/7 to support those on the front lines of the state's pandemic response and connect them to a professional counselor. **Call 855-507-5509.**

Bernalillo County residents, you are invited to join Commissioner Elect Barboa and Margarita Chavez-Sanchez at the Virtual Town Hall on Behavioral Health issues, Wednesday, November 18th, noon – 1:00pm. The Town Hall can be accessed on the day of the event at www.bernco.gov/townhall. Please submit your questions in advance to behavioralhealth@bernco.gov. If you have questions during the presentation, please comment on Facebook or [behavioralhealth@bernco.gov](https://www.facebook.com/behavioralhealth@bernco.gov).

Family Support Groups. 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.](#)

For those in recovery, it's been a challenge for many 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. Other resources: [NM Alcoholics Anonymous](#) and [Rio Grande Region, Narcotics Anonymous](#).

Reverse opioid overdoses. If you or anyone in your household is taking narcotic drugs, including prescribed drugs, you are strongly encouraged to keep a supply of naloxozone (Narcan) handy in case of accidental overdoses. Naloxone is a safe “rescue drug” that reverses and blocks the effects of opioids. It's easy to use, but it's usually not self-administered. Tell others about the possible need to use naloxone, how to use it and where it's kept in case of overdose. Anyone can request naloxone from a local pharmacy without a prescription. Naloxozone is free for Medicaid clients; co-pays may exist for those with private insurance. For much more information, including videos on how to use Naloxozone, visit [A Dose of Reality](#).

If you are 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 substance use resources near you.



Healthcare: Body, Mind Spirit Implementation Teams are now at work on strategies to implement the consensus recommendations that emerged from New Mexico First's townhall. The Healthcare Workforce and the Food Insecurity Teams are meeting this week, and the Trauma & Resilience and Continuum of Care Teams are meeting next week. For more information and to sign up for a team click on the "Teams" tag on the [Townhall website](#).



November is Native American Heritage Month, and Native American youth invite you to join them in “Conservations about the Future.” On November 19th, 2:00 PM, a group of young Native “foodies” will be talking about indigenous food sovereignty. Native food systems and agricultural practices were disrupted upon European settlement and the displacement of Native peoples from their lands. Over the past century, the introduction of unhealthy food, combined with uneven quality of and access to medical care, continues to leave many Native Americans fighting an uphill battle for their health. Now many young people are returning to traditional food sources and sustainable ways to restore balance in their bodies and communities. [Register now](#) to join in the conversation.

Visit the National Museum of the American Indian for more online programming featuring “[The Power of Native Voice](#).”

Ag Resilience Meetings. In 2017, the Ag Resilience Task force summarized a series of community conversations in [The Resilience in New Mexico Agriculture Strategic Plan](#). For a two page summary of the Ag Plan and its recommendations click [here](#). The implementation of this plan is critical to achieving greater agricultural and natural resource resiliency, as well as a secure future for the generations of farmers and ranchers to come. Four action teams are at work on this effort, focusing on Economic Viability, Land & Water, Next Generation, and Value Chain. More information is available on the NM First [Ag Resilience Page](#). If

you would like to help with the agricultural resilience team efforts by joining any action team please email Erika Robers at erika@nmfirst.org.

Lower Rio Grande Groundwater Conservation Pilot Project. The New Mexico Interstate Stream Commission (NMISC), in cooperation with New Mexico First, will be holding one final Application Information Session tomorrow, November 17, at 1:00 for the Groundwater Conservation Pilot Project. Register at: <https://oseinformationsessions.eventbrite.com>

The NMISC will be accepting applications between November 9-23rd, 2020. The Program is focused on the conservation of groundwater. Program participants will receive grant funds to temporarily stop the use of groundwater so that impact to regional aquifers can be assessed. Visit the New Mexico First Groundwater website for application and more information, visit: <http://nmfirst.org/groundwater>.



Tip for Civic Engagement

"Do not be dismayed by the brokenness of the world. All things break. And all things can be mended. Not with time, as they say, but with intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you." L.R. Knost

L.R. Knost is the founder and director of the children's rights advocacy and family consulting group, Little Hearts/Gentle Parenting Resources, and Editor-in-Chief of Holistic Parenting Magazine. Her words are a reminder that meaningful connection and intentional action can and does create repair from brokenness. Engagement is fraught with challenges when people are tired, stressed, worried, or ill—common experiences during this pandemic. In Knost's short quote, she provides tips for helping people and communities heal and withstand the pandemic. What's one way you can be a light in this world?

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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