

Otero County Community Health Council

Minutes

September 2, 2008

Attendees:

1. Vickie Clark American Cancer Society
2. Penny Downs CHINS
3. Dee Swope CHINS
4. Denise Lang Peace & Justice of La Luz
5. Larry Wisecup CYFD/Protective Services
6. Grace McMillin Otero County Community Health Council
7. George Brown Quantum Stress Management
8. Carol Manchester-Brown Quantum Stress Management
9. Sue Stringer Airmen and Family Readiness/HAFB
10. Michael Murphy Disability Resource Center
11. Tina Godby-Ware Sexual Assault Nurse Examiner
12. Ellen Madison-Holts HAFB
13. Janet West Holloman Pubic Health
14. Kassie Helmer LC 12
15. Eddie Reeves OTEC
16. Robert Hawkins CAPPED/Alamogordo Cross Disability Coalition
17. Jim Kerlin The Counseling Center
18. Allen Stenger OTEC
19. Ardena Orosco Mescalero Prevention
20. Raginée Mendoza Ben Archer Health Center
21. Sylvia King Community Addiction Treatment

Services

22. Maria Gallegos HELP NM Child Development Division
23. Janis Wimmer Otero County Council on Alcohol
24. Amy Rivers
25. Patricia Tsosie Mescalero Prevention
26. Lee Ann Loney Otero County Community Health Council
27. Tim Basha Otero County Council on Alcohol
28. Perry Lawson COPE
29. Eugene Downer Otero County Council on Alcohol
30. Kristie Eamello Alamogordo Public Schools/CAFÉ
31. Warren Robinson CAPPED
32. Jake Meyer CHINS
33. Nate Cote State Representative
34. Brandi COPE and CHINS intern

Visitors (multiple, count unknown, 5-8)

President Sylvia King opened the meeting with introductions.

Program: Mescalero Region Community Prevention Coalition – Ardena Orosco gave a brief overview of the Mescalero Prevention program and the Mescalero Region Community Prevention Coalition (MRCPC). Historic Trauma: Why kids do what they do? Ms. Orosco talked about learning about her family history. Her grandfather was brought to Mescalero, served in the navy, etc. Veterans have their own history as well. Many families experience an absent father, alcohol problems, etc. Her father was raised by his grandmother and was shipped off to boarding school and

hardly ever saw his parents. He had difficulty displaying emotions. He didn't have the parenting to show him or teach him what he needed to know. Often families like this do not pass on their language or culture. The Native American community was there to help but not the same as parenting. He wanted to keep his family together to have what he didn't have growing up. He would get in trouble at school for speaking his language. He had much pain from childhood. He has since learned about his trauma and pushes language and culture to the youth in Mescalero now. There is now healing. When Ms. Orosco does her work she uses this knowledge and tries not to be judgmental. Children face many obstacles: poverty, single parents, etc., so she tries to bring as much as possible back to Mescalero. Here are some of the programs.

Parenting program – skills to be a better parent

- Dare to be you
- Wednesday evenings 5:30-7:30
- Facilitators: Eloise Damon, Ardena and Patricia Tsosie
- Mescalero Empowerment Complex
- 10 sessions
- Participants receive \$100 stipend for completion of class.

School Prevention Program

- Botvin Life Skills curriculum – grades 3-9 at the Mescalero

Apache School

- o Self esteem
- o Decision making
- o Smoking information
- o Advertising

- o Dealing with stress
- o Communication skills
- o Social skills
- o Assertiveness

“Be a “smart Indian” so you can make your own decisions”

After school program – grant from Office of Juvenile Justice Delinquency program

- Homework help
- Scheduled activity
- Transportation
- Snack

Alternative activities

- Weekends
- School breaks
- Holidays
- Activities provided – recreational, educational, cultural
- Emphasis on well being and making healthy life choices

SPF-SIG grant – Strategic Prevention Framework (from SAMHSA)

Objective: to implement a comprehensive data driven strategic plan that includes environmental, host and agent prevention strategies directed at changing the intervening variables that contribute to underage and young adult binge drinking and drinking and driving behaviors. So what does that mean? – They are working with ages 15-24, reducing alcohol access, awareness, prevention. There is a plan to change community, and it is heavy in evaluation so they can determine if they are really making

progress. Intervening variables – low enforcement, low perception of risk, retail access. Working with all law enforcement agencies so they can communicate with each other and help each other to make law enforcement stronger.

MRCPC is a coalition of many partners, including the faith based community. Their goals and objectives: elect officers; make public activities during ongoing community events alcohol and intoxication free.

TASU – Teens Against Substance Use

Teens from the Community have Community projects:

- Sticker shock
- Can pick up
- Attend MRCPC meetings
- School projects – dances, video tournament, community dinner

OCCHC Business:

1. Health Council Priorities Update:
 - a. Substance Abuse:
 - i. Otero County Substance Abuse Awareness Coalition (formerly Meth Coalition) – Next meeting Tuesday September 9, 11:30am at The Counseling Center – Grace said this group along with the Substance Abuse Research Group is working on a grant with Oscar Cereceres’ Teen Court program “Too Good For Drugs”. Also, they are planning activities for Red Ribbon Week. They plan to use recovering users as panel members as this is

very effective. They are looking at a Safe Night in the spring.

b. Obesity/Diabetes:

i. Otero County Diabetes Education and Prevention Collaborative –

Next meeting is Thursday September 18, 12:00-1:00pm at Otero PATH – this group is planning a Walk Out West event which will incorporate a Ciclovía. This will be a big day of fun physical activity. Also, the Diabetes Success Group will meet next Monday, 1pm at PATH.

2. Otero Health Council Business:

a. Membership Roster FY09 – Lee Ann Loney presented the roster that was submitted to the County Commission for approval. The Commission will vote on it September 18.

b. Nomination of HC Officers (election in October and they will begin January 09) Lee Ann Loney said that all current officers, according to the bylaws, are eligible for another term. President Sylvia King said that she would like others to have the opportunity she has had, so she will not put her name in for president again. The following slate was nominated for elections in October.

President - Allen Stenger

Vice President – Sylvia King, Tina Godby-Ware

Secretary – Denise Lang, Sue Medina (Sue was not in attendance, but Lee Ann will find out if she accepts.)

c. Update from Chamber of Commerce Government Relations Committee – Allen Stenger said the Chamber is endorsing the Go Bonds in the November election. They are also endorsing the Space Port Tax.

Community News (If you bring handouts, please take any leftovers with

you. Thanks.)

Ellen Madison-Holt said there will be a meeting today for “Domestic Violence the Musical” immediately following the HC meeting. They hope to bring the show here in October with a matinee at HAFB and an evening show in Alamogordo.

Sharon Hodges has flyers and registration for volunteer fair September 20.

Vickie Clark said that the American Cancer Society meets the 1st Thursday of each month at 11:30 at CHINS. If you want to be on a call list, contact 437-1327.

Penny Downs talked about Tobacco prevention in schools. They also work with drug court, and have a new program training YTAP (Youth Tobacco Awareness Program). This teaches how to cope with out turning to substances.

Denise Lang helped with local forums on substance abuse and health care, and said there is another one coming up. Also, Peace and Justice of La Luz helps provide books to the jail and OCCAAA. They want spiritual, self help, etc., and only paper back for the jail and though OCCAAA can take hard back books.

Raginée Mendoza said Ben Archer Health Center is working with the Breakfast Lions Club on the 26th to provide eye screenings for children

age 2-4. This will cover those not in day care or preschool.

Sue Stringer of Airmen and Family Readiness said that they consult about military family life and can go to homes or places of business to provide the counseling services to those who need it (Active Duty and dependants, only). Call 572-7754.

Warren Robinson represents CAPPED and B&G. He announced a Premier Fitness promotion for B&G Club. You can purchase a 3 month membership to Premier for \$20, and proceeds go to the B&G Club. This is a fundraiser that others can use as well. Contact Premier Fitness for information.

Nate Cote talked about results from the recent special session. They voted on \$3.2 million for schools, increasing working family tax credit to 10%, child care program increased to 200% of poverty, highway projects, health care reform to cover children up to 18, \$10 million for DD waiver, \$2.5 million for behavioral health, \$58 million for tax rebate, \$5 million for Ruidoso, and \$1.6 million for election in November.

Sylvia King said that Ruidoso still is in need. Penny Downs added that Grace Methodist is also sending flood buckets. So there are several ways to help.

Perry Lawson has a domestic violence program he can present to any audience. Contact him at 442-6306.

Larry Wisecup reminded the group about the upcoming Local Collaborative 12 meetings. He added that they are planning to highlight programs during their meetings and are looking for presenters and ideas. Tina Godby-Ware will present about the SANE program at the next meeting.

Grace McMillin reminded everyone that she needs articles for the Health Happenings column. Also, send her (oterohealth@tularosa.net) information that should be included in the Resource Directory. She would like information also about support groups in the community to include in the directory.

George Brown is a private sector provider of hypnotherapy biofeedback. He added that the Heritage Salon provides free wigs and prosthetics for cancer patients. Contact Vivian smith at 434-5874.

Carol Brown said there will be an Open House at the Heritage Salon Friday from 11am-3pm. There will be demos of biofeedback, paraffin wax treatments, etc. and refreshments. The address is 723 Virginia.

Tina Godby-Ware announced a call to action for Take Back The Night this coming April 4. Kick off for planning is this Friday 4pm at Tays. She also introduced her niece, Amy Rivers, who does websites.

Kristie Eamello said that the CAFÉ program is getting started. Today is the 1st day and there are sites at several schools. They are funded by the 21st Century Grant and this is the 5th year of 5 the year grant.

They are trying to sustain program, but so many of the grants are for 501 C3 and not schools. They are looking for partners to continue the funding. Contact her at keamello@aps4kids.org or 812-5984.

Janis Wimmer said the Council on Alcohol is starting a new intensive outpatient program, and they have a new LADAC.

Sharon Hodges announced that Dance Otero is winding up for now. They will go on hiatus for 2 weeks and start again. Tomorrow is a meeting for the community advisors for youth council.

Sis still looking for more adult advisors to work with grades 9-12th.

They will ultimately have 6th-8th as well in a Junior council. The Otero County Walkability Advocacy Group (OWAG) is gearing up for October pedestrian safety. Also, Flu season coming up, so stay tuned for vaccine information. PATH is working on an Environmental grant from Southern Area Health Education Center for a Youth green house project, and more. .

Michael Murphy said the Disability Resource Center is working well. He said they need to get people to come to them before they apply for benefits. They have just doubled their office space. He serves on the Board for Universal Design NM, and will judge the parade of homes in Albuquerque. The DRC has money to help people modify their homes and for adaptive equipment.

Maria Gallegos said that Head Start is still taking applications for 3-4 year olds. Call 434-6313.

Jake Meyer asked to put the Play Group in the Resource Directory. It is 2-3 times a month for children up to 4 years old (and parent) at 10am at the Alta Vista community center. Also, Big Brothers Big Sisters is in need of volunteers.

Eddie Reeves talk about OTEC's next meeting on September 19 at noon at CHINS. They will be looking at reorganization.

Jim Kerlin said The Counseling Center started a new program July 1. It is Jail Diversion for kids. They have 24 hour oversight of the youth, who can go to school, work, or come to the center for programs.

Ardena Orosco mentioned that she was just back from a national conference on underage drinking. There was much discussion about the proposal to drop the legal drinking age to 18. Please let your legislators know how you feel about this.

Next meeting: October 7, 11:30am at The Counseling Center. There will be no program in order to allow time for election of Health Council officers.