



Mental Health Newsletter

Cooperative Extension Service • Extension Family and Consumer Sciences • Fall 2022 Edition

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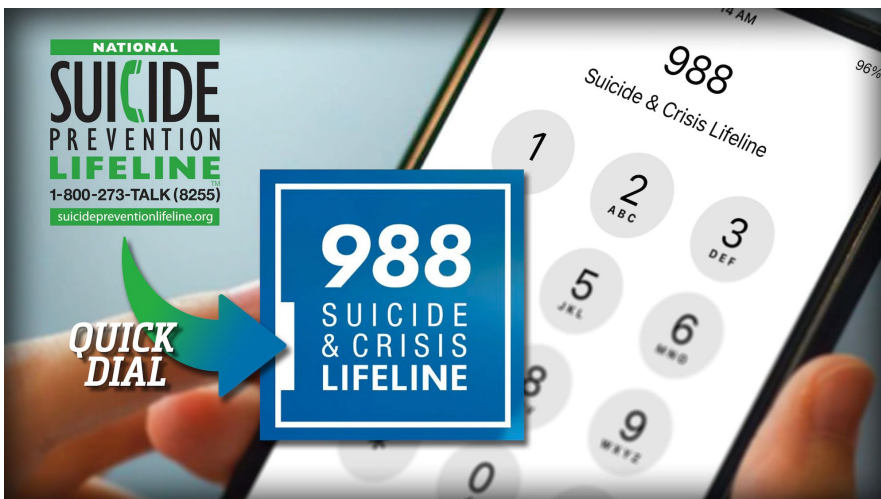
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SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

STAY **YOU ARE LOVED STRONG CAPABLE VALID**



The purpose of this quarterly newsletter is to keep Extension professionals informed of programs and resources to promote mental health and wellness in your communities. Please let us know your recommendations for topics or information to include in future newsletters.

988 Lifeline- Vital New Tool for Suicide Prevention

By Marcy Ward, PhD, Extension Livestock Specialist
LaJoy Spears, PhD, Extension Evaluation Specialist



Suicide is one of the most difficult issues for people to talk about, especially if they have lost someone in this way. Sadly, statistics are showing a rise in suicides across all demographics and professions. Currently 130 people take their own lives every day. Individuals involved in mining, oil and gas, and agriculture carry the heaviest burden of this statistic. In 2020, mining, quarrying, and oil and gas industries were ranked number one, and agriculture industries ranked 4th in national suicide rates in the United States (cdc.gov). All of these industries are typically rooted in smaller rural communities.

One potential reason for this is that rural communities have a particularly challenging circumstance, as they simply don't have the local resources to combat mental health challenges and suicide. And when someone dies by suicide it can impact an entire town. These incidents can also result in others having mental health challenges. Rural "culture" is typically not open to discussing mental health challenges. If there are problems of this nature, individuals, even entire families, will internalize it. Anonymity is important for people in rural communities.

September is suicide prevention month. With this comes an invaluable tool for all individuals suffering from mental health challenges or suicidal thoughts. They can reach out any time to a trained professional over the phone. The US Department of Health and the federal communications committee proposed that a national 3-digit communication line be made available specifically for those going through a mental health crisis. Similar to 911, 988 will direct people to trained professionals to assist them anonymously with the goal of preventing a person from taking their life. This valuable resource will allow anyone anywhere across the United States access to get the help they need. For more information visit <https://www.samhsa.gov/find-help/988> Just remember **988** for you, your family, friends, or coworkers. It could save a life.



Crisis Resources

- If you or someone you know is experiencing a mental health crisis, [call](#) or [text 988](#) immediately.
- If you are uncomfortable talking on the phone, you can chat the Suicide & Crisis Lifeline at 988lifeline.org.
- You can also text **NAMI** to **741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.
- [Know the Warning Signs and Risk Factors of Suicide](#)
- [Being Prepared for a Crisis](#)
- [Read our guide, "Navigating a Mental Health Crisis"](#)
- [What You Need to Know About Youth Suicide](#)
- Need more information, referrals, or support? Contact the [NAMI HelpLine](#).

Community Impact of Suicide

- Annual prevalence of serious thoughts of suicide, by U.S. demographic group:
 - [4.9%](#) of all adults
 - [11.3%](#) of young adults aged 18-25
 - [18.8%](#) of high school students
 - [45%](#) of LGBTQ youth
- The [highest rates](#) of suicide in the U.S. are among American Indian/Alaska Natives followed by non-Hispanic whites.
- Lesbian, gay and bisexual youth are [nearly 4x](#) more likely to attempt suicide than straight youth.
- Transgender adults are [nearly 9x](#) more likely to attempt suicide than the general population.
- Suicide is the [leading cause](#) of death for people held in local jails.

Data from CDC, NIMH and other select sources.

FREE Instructor Training (Train-the-Trainer)

Mind Matters: Overcoming Adversity and Building Resilience

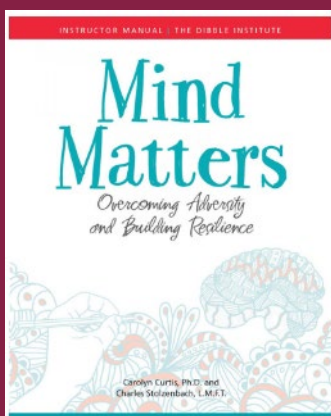
Mind Matters is a curriculum designed for youth 12+ and can also be used with adults. It helps decrease stress and trauma symptoms and increases coping skills. The Mind Matters curriculum is designed to be delivered in 12 lessons (1 hour each) or 21 lessons (15-20 minutes each).

Instructor training (train-the-trainer) is not required to provide the program but is available through the Dibble Institute for those who are interested. The instructor training is valued at \$950 per person but is available for FREE to Extension employees and community partners through support from the Farm and Ranch Stress Assistance Network Grant. The training is held via Zoom for 5 days, 3.5 hours per day.

If you and/or a community partner are interested in attending, please contact Karim Martinez at karmarti@nmsu.edu or 575-646-2390.

For additional insight into the training, contact the following Extension Agents who completed this highly interactive training in August and gave it excellent reviews. Some of their recommendations are to (1) avoid multitasking during the training because it is highly interactive and (2) schedule about a 30-minute break between the end of the training and your next activity to give yourself time to decompress.

- Augusta Ahlm, San Juan 4-H FCS Agent, arahlm@nmsu.edu
- Bea Favela, Doña Ana FCS Agent, bfavela@nmsu.edu
- Charlene Carr, Southern Pueblos Agent, ccarr@nmsu.edu
- Dianne Christensen, Bernalillo FCS Agent, diannec@nmsu.edu



<https://www.dibbleinstitute.org/our-programs/mind-matters-overcoming-adversity-and-building-resilience/>

Mental Health Programming Information and Networking Sessions

By Karim Martinez, PhD
Extension Family Life and Child Development Specialist

If you are delivering or interested in delivering programming to support mental health, you are invited to attend one or all of the following Zoom sessions to learn about programs and network with colleagues who are delivering programs in their communities. If you can't attend any of these sessions, contact Karim Martinez to schedule a one-on-one Zoom meeting, karmarti@nmsu.edu or 575-646-2390.

Session Overview:

- **Question, Persuade, and Refer (QPR):** a program to help people learn 3 steps to help save a life from suicide. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.
- **Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHA):** a program that teaches how to identify, understand and respond to signs of mental illness and substance use disorders. It provides the skills to reach out and provide initial help to someone who may be developing a mental health or substance use problem or experiencing a crisis.
- **Mind Matters curriculum and instructor training:** A program to help decrease stress and trauma symptoms and increasing coping skills.
- **Resilient Parent, Resilient Children:** a general stress and resilience program
- **Here to Help NM campaign:** mental health resource and social media campaign for Ag communities. This is a project funded by the Farm Stress Assistance Network grant.

Attend one or all sessions:

Tuesday, October 4 at 10am

Tuesday, November 8 at 10am

Tuesday, December 6 at 10am

Join Zoom Meeting

<https://nmsu.zoom.us/j/91804407574>

Meeting ID: 918 0440 7574

One tap mobile

+13462487799,,91804407574# US (Houston)

+16694449171,,91804407574# US



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