



Mental Health Newsletter

Cooperative Extension Service • Extension Family and Consumer Sciences • December 2021

In this issue

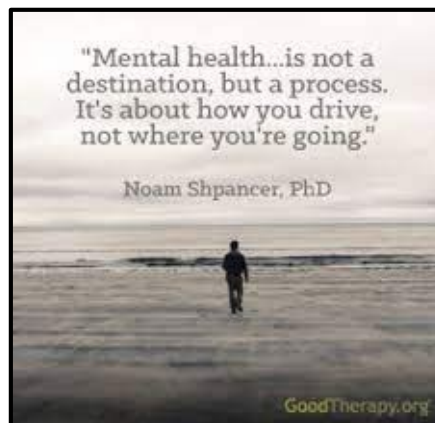
- Me & My Emotions: Online Resource for Teens
- Mental Health Professional Development Opportunities
- Adult Mental Health First Aid (MHFA)
- Youth Mental Health First Aid (YMHFA)
- Question, Persuade, Refer (QPR)
- Upcoming Trainings
- Funding for Farm and Ranch Stress Outreach

CES Behavioral Health and Wellness Team:

Amanda Benton
abenton@nmsu.edu
Laura Bittner
lbittner@nmsu.edu
Bea Favela
bfavela@nmsu.edu
Desaree Jimenez
deswhitf@nmsu.edu
Karim Martinez
karmarti@nmsu.edu
LaJoy Spears
lrspears@nmsu.edu
Marcy Ward
maward@nmsu.edu



The CES Behavioral Health and Wellness Team is happy to introduce a new quarterly newsletter 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.



Me & My Emotions: Online Resource for Teens

<https://meandmyemotions.org/>

Me & My Emotions is a (free) digital experience designed to support teens social-emotional learning (SEL) and development with engaging graphics and bite-sized lessons.

The website includes videos and activities to build skills in:

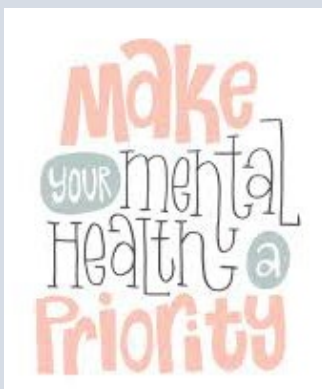
- o Self-Soothing and Mindfulness Practices
- o Managing Stress Effectively
- o Developing Empathy
- o Developing a life of Intention
- o Building and Using a Support System

STRONG
Teens

Me & My Emotions is based on the curriculum, Mind Matters, which uses practical, hands-on lessons to teach people aged 12 and up to heal from Adverse Childhood Experiences (ACEs) and other negative experiences with innovative methods based on current research and neuroscience.

<https://www.dibbleinstitute.org/mind-matters-overview/>

Contact Karim Martinez, karmarti@nmsu.edu if you are interested in the Mind Matters curriculum.



Mental Health Professional Development Opportunities

Mental health is an important topic for all program areas in Extension and there are several ways to participate.



The first option is attending programs as a participant to learn the information for yourself, for family and friends or for use with your clientele. The second option is to invite colleagues to deliver mental health programs for your community (virtual or in-person). The third option is to become an instructor along with a colleague, community partner or volunteer to co-deliver mental health programs in your community.

Please contact a member of the NM CES Behavioral Health and Wellness Team if you are interested in any of the following programs.

Adult Mental Health First Aid (MHFA) teaches how to identify, understand and respond to signs of mental illness and substance use disorders in adults. 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. This 6-8 hour workshop can be implemented virtually, blended, or in person.

Question, Persuade, refer (QPR) focuses on teaching 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, 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. The workshop is 2 hours and can be delivered virtually or in person to adults or teens.

Youth Mental Health First Aid (YMHFA) teaches how to identify, understand and respond to signs of mental health challenges and substance use disorders in youth. This 6-8 hour workshop gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (age 6-18) who may be developing a mental health or substance use problem and connect them to the appropriate care. Can be implemented virtually, blended, or in person.

QPR Instructor Training- Feb. or Mar. 2022

- NM Dept. of Health-Office of School and Adolescent Health is going to provide a virtual instructor training in Feb. or Mar. 2022 (date TBA), 1-day from 9am-4pm.
- If you are interested, please send Karim your name, email and physical address (no PO Boxes)
- You may also invite a colleague, volunteer or community partner to be trained so that you can co-facilitate QPR workshops in your community.

Youth Mental Health First Aid Workshop

- This in-person workshop will be held in Santa Fe on February 2 from 8:30am-5:30pm
- Contact Amanda Benton if you are interested in attending at abenton@nmsu.edu

Funding for Farm and Ranch Stress Outreach

The NM Farm and Ranch Stress Assistance Network Project is a collaboration between the NMSU Cooperative Extension Service, the NM Department of Agriculture and the NM Farm and Livestock Bureau. The goal of the project is to support health and wellbeing of Ag communities. Outreach can be to farm and ranch communities as well as 4-H members, parents and volunteers.

Funding is available for (1) Extension professionals to attend mental health professional development, (2) be trained as instructors in evidence-based programs such as Mental Health First Aid and/or Question, Persuade, Refer, etc. and (2) to support delivery of educational workshops that address issues of farmer stress. Topics may include, stress and resilience, finances, mental health, etc.

Contact Tom Dean, tdean@nmsu.edu, Marshal Wilson, mwilson@nmda.nmsu.edu, or Karim Martinez, karmarti@nmsu.edu, if you are interested in this project.



The College of Agricultural, Consumer and Environmental Sciences is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research, and Extension programs.