

The OSAH Brief, Volume 1, Issue 1

The Office of School and Adolescent Health (OSAH) is proud to announce our quarterly newsletter. We strive to educate and provide resources to educational staff, physical and behavioral health professionals, and community members who serve adolescents. This newsletter aims to inform you about helpful resources, trainings, and technical assistance. We promote health, wellness, and resilience. To learn more about OSAH, [click here](#).



UPCOMING EVENTS

- [Nat'l Assoc for Rural Mental Health Conference](#)
August 26 - 29
- [MGT41 7Crisis Management for School Based Incidents](#)
Gallup, NM Sept 4-5
- [PER374 Active Threat on Campus](#)
Hobbs, NM Sept 11
- [Rio Rancho, NM Sept 20](#)
- [AFSP Out of Darkness Walks](#)
Sept 14 in Albq Sept 21 in Las Cruces
Sept 28 in Clovis Oct 12 in Farmington
- [WONCA World Rural Health Conference](#)
October 12 - 15
- School Health Educators Institute
Nov 18-19
- Training By Request: [QPR](#), [CALM](#), [YMHA](#), [CISM](#) (contact OSAH for additional topics)
- [Mental Health First Aid Training Locator](#)

UPDATES

NW Region school districts are working on their school safety plans, procedures, and drills, and evaluating the gaps. They are improving their school health advisory committees (SHACs), starting them up, inviting key players from the community, and holding meetings regularly as they grow their SHAC memberships.

NE Region New Mexico Highlands University is hosting a QPR Suicide Prevention Gatekeeper training for their Housing staff July 29th. This training adds to the depth of their "[HU Cares](#)" program, which supports student mental health.

Metro Region hosted an outstanding Head to Toe (H2T) Conference! Check out the 2019 [agenda](#) and join us in 2020. We are excited to welcome new School Health Advocate (SHA) Lynn (Barbara) Wheeler to the OSAH team; she has a passion for school nursing and is excited for the opportunities her new position will bring. Watch for her "Spotlight" in our next edition.

SW Region welcomes the new School Mental Health Advocate (SMHA), Teresa (Samaniego) Stoyanof to the OSAH team; stay tuned for her "Spotlight" in an upcoming edition.

SE Region Look the SMHA position posting on the [State Personnel Office \(SPO\)](#) website, soon.

School Health is working on the [Framework for 21st Century School Nursing](#), redesigning Health Assistant training, and working jointly with PED on the NM Healthy schools grant for chronic disease management.

Statewide School Based Health Center (SBHC) - Proposals for funding were reviewed in May; allocations will be finalized by July.

Statewide Positive Youth Development (PYD) hosted 60 enthusiastic and engaged youth @ H2T.

Statewide Behavioral Health is working with the [SSW MHTTC](#) to implment a statewide school mental health framework.

Statewide Youth Suicide Prevention is scheduling summer and fall trainings, and collaborating with the DOH [Epidemiology & Response Division](#) on a statewide strategic plan for suicide prevention.

Helpful Sites

School Climate/Bullying

pulltogether.org
[American Federation of Teachers](http://AmericanFederationofTeachers.org)
[National School Climate Center](http://NationalSchoolClimateCenter.org)
stopbullying.gov

Cyber Bullying/ Social Media

[NM Attorney General](http://NMAttorneyGeneral.gov)
[State Police Social Media Presentation](http://StatePoliceSocialMediaPresentation.org)
cyberbullying.org

Safe Schools/Emergency Management

[Readiness & Emergency Management for Schools](http://Readiness&EmergencyManagementforSchools.org)
Ready.gov
[Sandy Hook Promise](http://SandyHookPromise.org)
[NM PED Safe & Healthy Schools](http://NMPEDSafe&HealthySchools.org)

School Nurses

[New Mexico School Nurse's Association \(NMSNA\)](http://NewMexicoSchoolNursesAssociation.org)

Suicide Prevention

[After a Suicide: A Toolkit for Schools](http://AfteraSuicide.org)
[Hope Squad](http://HopeSquad.org)
[Preventing Suicide: A Toolkit](http://PreventingSuicide.org)
[A Model school Policy on Suicide Prevention](http://AModelSchoolPolicyonSuicidePrevention.org)
[Suicide Prevention Resource Center](http://SuicidePreventionResourceCenter.org)

General Behavioral Health

[Mental Health First Aid](http://MentalHealthFirstAid.org)
[Life Skills Curriculum: Overcoming Obstacles](http://LifeSkillsCurriculum.org)

Postvention

[LPC-MT booklet for educators](http://LPC-MTbookletforEducators.org)
[Psychological First Aid for Schools](http://PsychologicalFirstAidforSchools.org)

Substance Abuse

[Substance Use Prevention Guide](http://SubstanceUsePreventionGuide.org)

School-Based Health Centers

[School-Based Health Alliance](http://SchoolBasedHealthAlliance.org)

OSAH Spotlight

Statewide Suicide Prevention Coordinator

Victoria Waugh-Reed, ABD, CCISM



Victoria Waugh-Reed is new to OSAH, brings twenty years of School Counselor experience in rural and urban NM public schools to her role, and is a QPR Master Trainer. She has worked with school crisis intervention teams throughout New Mexico as an interventionist, leader, and trainer. She served on the New Mexico Crisis Support Team (formerly NM CISM Team) for 17 years, providing crisis interventions for first responders. Victoria holds a Bachelor of Science degree in Psychology and World Religions, a Master of Arts in Counseling and Guidance, and is a Doctoral candidate at UNM in Educational Leadership. [Contact Victoria](mailto:Victoria.Waugh-Reed@state.nm.us) for Suicide Prevention training, resources, and technical assistance.

Public Health Regions

Office of School & Adolescent Health

① NW

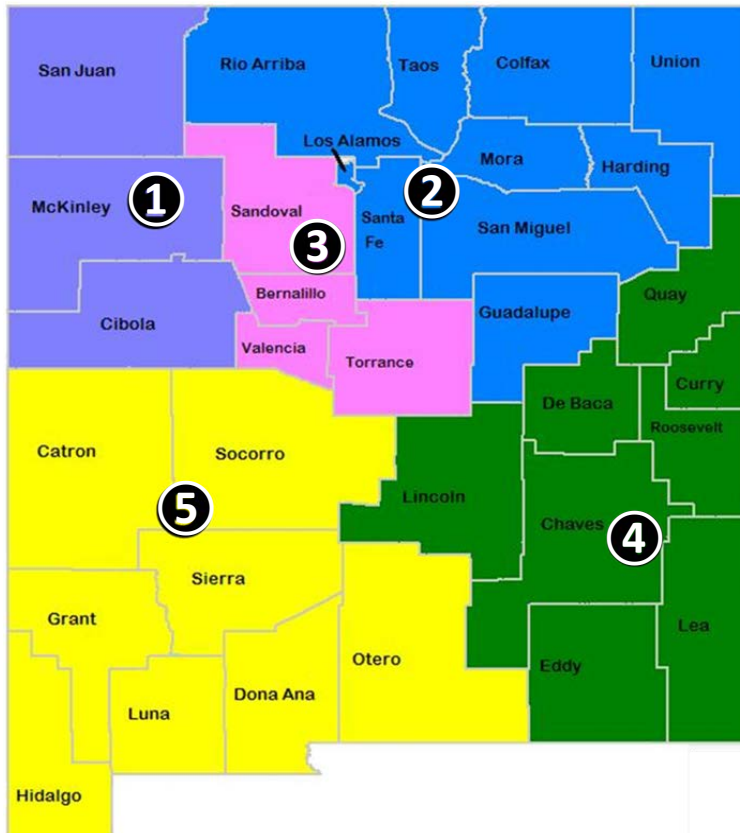
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