

# The OSAH Brief, Volume 1, Issue 2

The Office of School and Adolescent Health (OSAH) strives to educate and provide resources to educational staff, health and behavioral health professionals, and community members who serve adolescents. This newsletter aims to inform you about helpful resources, training, and technical assistance. We promote health, wellness, and resilience through evidence-based practices and programs. To learn more about OSAH, [click here](#).



OSAH is excited to announce that we have been awarded the [Garrett Lee Smith Youth Suicide Prevention Grant](#).

In collaboration with our partners from [CYFD](#), [PED](#), [NMCAL](#), [UNM](#) and [DOH Epidemiology](#) we intend to . . .

- [increase the number](#) of youth-serving organizations able to identify and assist youth at risk of suicide
- [increase the capacity](#) of clinical service providers to assess, manage, and treat youth at risk of suicide
- [improve the continuity of care and follow-up](#) of youth identified to be at risk for suicide, including those who have been discharged from emergency department and inpatient psychiatric units

**Stay tuned for upcoming statewide training opportunities!**

## Upcoming events

[AFSP Out of Darkness Walks](#)

Sept 28 in Clovis      Oct 12 in Farmington

[Active Threats on Campuses: Protective Measures &](#)

[Response PER-374](#)

September 20

[ASHA National Conference](#)

October 2 - 4

[WONCA World Rural Health Conference](#)

October 12 - 15

[School Health Education Institute \(Conference\)](#)

November 18 - 19

[Head 2 Toe 2020](#)

April 14 - 16

*Keep an eye out for the call for presenters!*

Training By Request: [OPR](#), [CALM](#), [YMHFA](#), [Trauma Sensitive Schools](#) [CPI](#) [CISM](#) ([contact OSAH](#) for more topics); [Mental Health First Aid Training Locator](#)

## Updates

**NW Region** has been focusing on expanding the Narcan for Schools and the Emergency Stock Medications in Schools programs as well as providing technical assistance around the intersection of school health services and safe school planning.

**NE Region** School Health Advocate participated in the U.S. Dept. of Health & Human Services, Office of the Assist. Secretary for Preparedness & Responses' "Crimson Contagion 2019." NM was the only state to engage in a full-scale emergency exercise! The Santa Fe Public Health Office offered a GOT SHOTS! back to school immunization clinic for its community, while practicing the emergency preparedness exercise.

**Metro Region** is in full swing for planning the 2020 Head 2 Toe Conference. Check out the 2019 [agenda](#) and join us in 2020. We have partnered with [CABQ](#) to provide [QPR Gatekeeper suicide prevention training](#) to the community.

**SW Region** welcomes the new School Mental Health Advocate (SMHA), Teresa Samaniego to the OSAH team; watch for her upcoming "Spotlight." Las Cruces is hosting their first NM Youth Summit with The Mark Wahlberg Youth Foundation October 21, focusing on polysubstance misuse while promoting "A Healthy Lifestyle."

**SE Region** is excited to welcome our new SHA Marisa Pisana. Look for her upcoming OSAH "Spotlight." Check out the SE SMHA position posting on the [State Personnel Office \(SPO\)](#) website.

**School Health** is excited to announce our partnership with BHSD to continue "Narcan in the Schools." For opioid overdose prevention, recognition, response training, and Narcan Nasal Spray for students and families in your school, contact Bernie at [lievinggroup@gmail.com](mailto:lievinggroup@gmail.com)

**Statewide School Based Health Center (SBHC)** is excited to announce that OSAH funded SBHC's will be increasing across the state. We have added 8 new SBHC's in 4 additional counties.

**Statewide Positive Youth Development (PYD)** Welcomes newly funded *NM Youth Peer to Peer Helper Program* sites: Eldorado HS, La Cueva HS, Navajo Prep, Jemez Valley HS, Maxwell MS & HS, Vista Grande HS, T or C MS & HS (combined w/The Club), Artesia MS & HS, Carrizozo MS & HS.

**Statewide Behavioral Health** is excited to bring the [Trauma Sensitive Schools Curriculum](#) to NM, sponsored by the [SSW MHTTC](#). If you are interested in bringing this curriculum to your school, please contact the Statewide Behavioral Health Consultant at [Shayna.Klassen@state.nm.us](mailto:Shayna.Klassen@state.nm.us)

**Statewide Youth Suicide Prevention** is providing QPR training, collaborating with the DOH [Epidemiology & Response Division](#) on a statewide strategic plan for suicide prevention, continuing QPR training with CYFD Juvenile Justice Services staff, and planning for the GLS grant.

## Helpful Sites

### School Climate/Bullying

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

### Cyber Bullying/ Social Media

[NM Attorney General](http://NMAttorneyGeneral.org)  
[State Police Social Media presentation](http://StatePoliceSocialMedia.org)  
[cyberbullying.org](http://cyberbullying.org)

### Safe Schools/Emergency Management

[Readiness & Emergency Management for Schools](http://Readiness&EmergencyManagementforSchools.org)  
[Ready.gov](http://Ready.gov)  
[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)  
[OvercomingObstacles](http://OvercomingObstacles.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)  
[NM Alliance for School-Based Health Care](http://NMAllianceforSchoolBasedHealthCare.org)

## OSAH Spotlight



### Metro School Health Advocate Lynn Wheeler, MSN, RN, NCSN

Lynn (Barbara) Wheeler was a school nurse for Rio Rancho Public Schools and then became their Resource Nurse, before joining the OSAH team. She is a nationally certified school nurse and recently graduated with her Master's in Nursing Education from the University of New Mexico. Lynn loves school nursing and the opportunity it offers to support the families of New Mexico and is excited about the new opportunities in her role as the Metro School Health Advocate.

## Public Health Regions Office of School & Adolescent Health

### ① NW

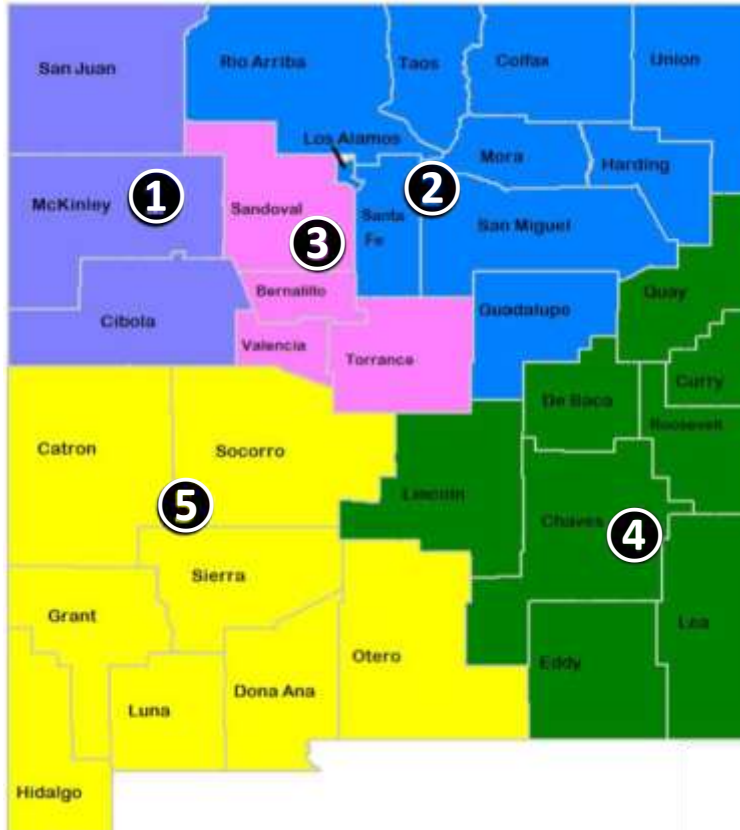
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