

The OSAH Brief, Volume 1, Issue 3

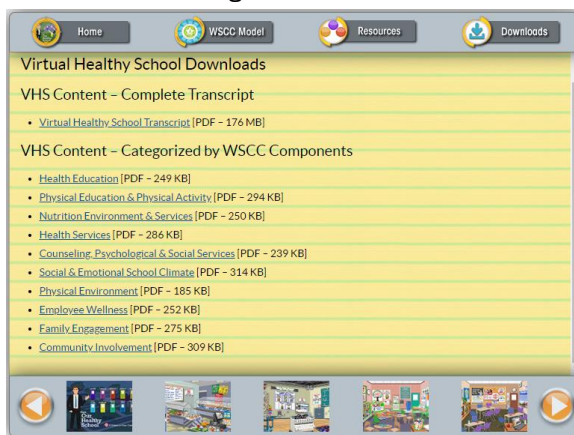
The Office of School and Adolescent Health (OSAH) strives to educate and provide resources to educational staff, health and behavioral health professionals, and community members who serve adolescents. This newsletter aims to inform you about helpful resources, training, and technical assistance. We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



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Designed for anyone in the school community, the [CDC's Virtual Healthy School \(VHS\)](#) is an interactive tool that demonstrates through familiar scenes how schools can support health and academic achievement of students. Visits the School Map to learn how they've integrated the Whole School, Whole Community, Whole Child (WSCC) model. Features:

- ✓ Downloads
- ✓ Also in mobile app format
- ✓ WSCC Model components
- ✓ Resources –helpful websites and tools



Upcoming events

[Head 2 Toe 2020](#)

April 14 – 16

[“Keeping Young People Safe: How we can all help prevent suicide”](#)

Jan 21 @ 6:30pm

[2020 New Mexico Partners in Preparedness \(NMPiP\) Conference; Partners + Resources = Resilience annual conference](#)

March 3-5

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 School Health Advocate and School Mental Health Advocate are working with schools to increase immunization compliance and enhancing mental health services by providing technical assistance and training to school staff. They have been assisting in Flu immunization outreaches, providing Narcan training for schools, and supporting the Farmington Youth Summit on Opioid Awareness with over 250 attending.

NE Region Health Promotion Team [Information Sheet](#)

Metro Region is in full swing for planning the 2020 Head 2 Toe Conference. Check out the 2019 [agenda](#) and the 2020 agenda is coming soon. The SHA has been working with public, private and charter schools to increase immunization rates.

SW Region Resiliency Leaders of Doña Ana County held a Summit to review county-wide survey data on health disparities. They focused on health disparities in 10 sectors and how a lack of resources relate to ACE scores. Socorro's SCOPE (Health Council) hosted a school mental health day at a Socorro Charter School. The SMHA presented on Social Media and Teens and educated on the importance of social emotional wellbeing.

SE Region hosted two QPR Train the Trainer Sessions and now has a phenomenal team of new trainers, who have Gatekeeper trainings lined up for January 2020. The SHA is busy assisting schools with immunizations. The SMHA position for the SE Region has closed, stay tuned to meet our newest member of the OSAH team!

School Health The NM DOH will be hosting Health Assistant Training in Albuquerque on January 9th and 10th 2019. If you have employees needing this required training for NMPED licensure, register [here](#).

Statewide School Based Health Center (SBHC) Please check out our newly released [4 year report](#). It's packed with great data!

Statewide Positive Youth Development (PYD) OSAH advocates for youth to have a voice on health issues and topics that affect them their schools/communities. We are so thrilled the Title V Grant is wanting young people's input on this year's assessment. OSAH, in partnership with the Family Health Bureau, are gathering data on what youth think are the top adolescent health issues in their schools/communities. Questions about youth friendly healthcare practices are also included. Stay tuned for results . . .

Statewide Behavioral Health highlights the [Nat'l Hispanic and Latino MHTTC](#) webinar: [School-Based Mental Health Innovations in a High Trauma Setting](#)

Statewide Youth Suicide Prevention is promoting the revised (OCT 2019) [Model School Policy on Suicide Prevention](#), from the American School Counselor Association, the National Association of School Psychologists, the American Foundation for Suicide Prevention, and the Trevor Project.

[Click here to un/subscribe.](#)

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

Safe Schools/Emergency Management

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

School Nurses

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

Data

- [Education & Early Childhood Gallery](#) of interactive maps and apps describing early childhood risks, services & resources in NM neighborhoods
- NM [Indicator-Based Info System](#) (IBIS) Public Health Data

Suicide Prevention

[After a Suicide: A Toolkit for Schools](#)
[Preventing Suicide: A Toolkit](#)
[A Model School Policy on Suicide Prevention](#)
[Suicide Prevention Resource Center](#)

General Behavioral Health

[Mental Health First Aid](#)
[OvercomingObstacles](#)

Postvention

[LPC-MT booklet for educators](#)
[Psychological First Aid for Schools](#)

Substance Abuse

[Substance Use Prevention Guide](#)

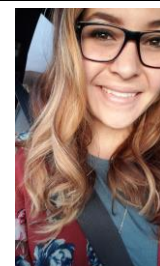
School-Based Health Centers

[School-Based Health Alliance](#)
[NM Alliance for School-Based Health Care](#)

OSAH Spotlight

Southwest Public Health Region School Mental Health Advocate (SMHA)

Teresa Samaniego, MA, LMSW is the School Mental Health Advocate in the Southwest Region. She has a Masters of Arts in Social Work with a focus on rural communities. Before coming to OSAH Teresa worked with Children Youth and Families Department, Protective Services Division for four and a half years. She spent two additional years with CYFD completing her internships. There, she trained foster parents, licensed foster homes, and reunified families. Teresa is a Licensed Master Social Worker (LMSW) and a Question Persuade Refer (QPR) Gatekeeper for suicide prevention Instructor. Teresa enjoys advocating for and supporting for her region, communities, and schools.



Public Health Regions Office of School & Adolescent Health

STATEWIDE STAFF

Director James.Farmer@state.nm.us (505) 222-8682
 Behavioral Health Consultant Shayna.Klassen@state.nm.us (505) 222-8683
 Adolescent Health Coordinator Tessa.Medina-Lucero@state.nm.us (505) 222-8681

State School Health Consultant Susan.Acosta@state.nm.us (505) 222-8680
 SBHC Clinical Operations Manager Kristin.Oreskovich@state.nm.us (505) 841-5876
 Youth Suicide Prevention Coordinator Victoria.Waugh-Reed@state.nm.us (505) 222-8605

① NW

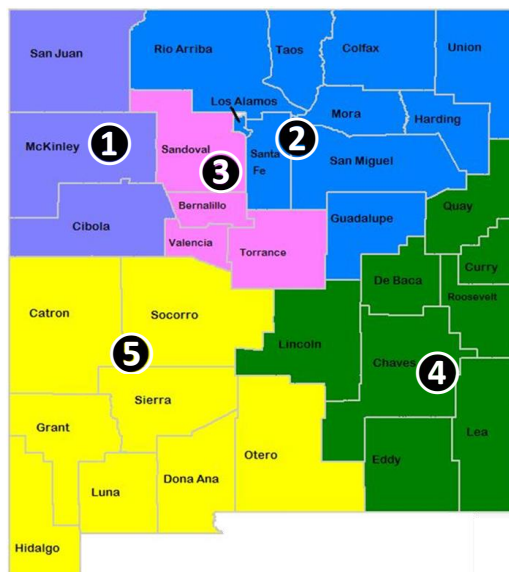
School Health Advocate
Leslie.Berry@state.nm.us
 (505) 863-4561
 School Mental Health Advocate
Twila.Becenti-Fundark@state.nm.us
 (505) 566-0515

③ METRO

School Health Advocate
Barbaral.Wheeler@state.nm.us
 (505) 841-4129
 School Mental Health Advocate
 -Vacant-

⑤ SW

School Health Advocate
 -Vacant-
 School Mental Health Advocate
Teresa.Samaniego@state.nm.us
 (575) 528-5169



② NE

School Health Advocate
Jennifer.Downey@state.nm.us
 (505) 476-2653
 School Mental Health Advocate
 -Vacant-

④ SE

School Health Advocate
Maricelda.Pisana@state.nm.us
 (575) 347-2409
 School Mental Health Advocate
 -Vacant-

[Click here to un/subscribe.](#)