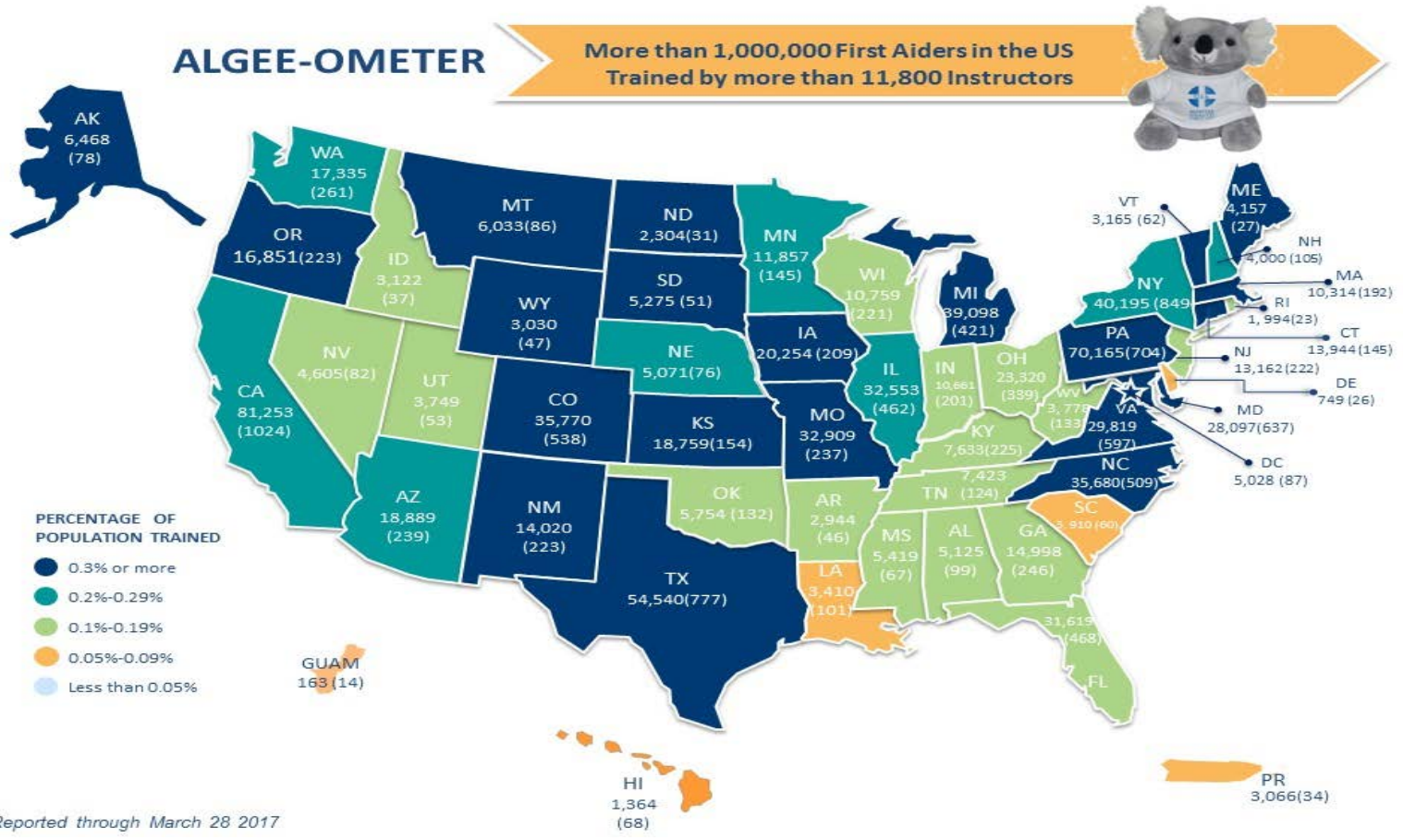




**Presentation to the Legislative Finance Committee  
Director Wayne W. Lindstrom, PhD, BHSD  
CEO, BH Collaborative  
June 7, 2017**

# Recognizing & Responding to BH Needs: Mental Health First Aid



# Recognizing & Responding to BH Needs: Emotional CPR



- ▶ **eCPR** teaches people to assist others through an emotional crisis by three simple steps:
  - **C** = Connecting
  - **P** = emPowering, and
  - **R** = Revitalizing.
- ▶ **Two-Day eCPR Training**

June 16 & 17, 2017 in Albuquerque

Daniel B. Fisher, MD & Gordon Eagleheart

PSRA of New Mexico & BHSD

# Connecting to BH Services:

- ▶ NMCAL is a statewide BH crisis line & peer support service
  - Crisis assessment
  - Intervention and support
  - Coordination with emergency services
  - Referral to appropriate services
- ▶ 24 hours a day, 7 days a week, 365 days a year
- ▶ Crisis line staffed by professional counselors
- ▶ Warm line staffed by certified peers
- ▶ Over 16,000 calls annually
- ▶ Accredited: American Association of Suicidology
- ▶ Call 1-855-662-7474



# Targeted Intervention/Prevention: NM Suicide Prevention Program

- ▶ NM Suicide Prevention (NMSP) Grant, 2014–2017
  - Implements the National Strategy for Suicide Prevention
  - \$1.4 million over 3 years
  - Pilots evidence-based suicide prevention strategies for adults in two counties (Curry & Otero)
  - Creates a roadmap to eliminate suicide statewide
  - Pilot sites conducted monthly Question, Persuade, Refer (QPR) trainings that included NA facilities
  - UNM conducted primary care & ED suicide prevention trainings at Gallup McKinley Indian Hospital
  - UNM & Gallup Regional Medical Center partnered to provide suicide prevention training during trauma rounds
  - Additional training webinars broadcast through IHS network to connect with IHS providers

# NM Suicide Prevention–II: Building on Success

- ▶ NMSP–II proposes to pilot a comprehensive suicide prevention model for adults in McKinley County, 2017–2020 if funded (\$1.4 million over 3 years)
- ▶ Proposed project goals:
  - Promote suicide prevention as a core component of health care services
  - Implement effective clinical & professional practices for assessing & treating those at risk
  - Provide care & support to those affected by suicide to promote healing & implement community strategies to prevent suicides
  - Integrate suicide prevention into values, culture, leadership, & work of facilities/communities

# Native American Suicide Prevention: Ongoing Efforts

- ▶ Two suicide prevention summits held in 2017
  - Youth Summit, “Youth Voices: Honoring Life, Creating Choices,” April 7–8: Approximately 90 youth and youth mentors attended, representing 13 tribes
  - Crisis Response Summit, “Weaving Partnerships for Community Wellness & Response,” May 8–9: 100+ participated, representing 15 NA communities
- ▶ BHSD partnership with UNM CBHTR supports telehealth webinars to educate clinicians working in rural, NA communities
- ▶ Training & TA provided to tribal communities on trauma treatment by UNM CBHTR
- ▶ Honoring Native Life initiative continues

# Targeted Intervention/Prevention: Opioid Use Initiatives

- ▶ Partnership for Success (PFS) Grant, 2015–2020
  - Purpose is to address underage drinking & youth prescription drug abuse
  - 5 year grant for \$8 million
  - San Juan College participates as part of the Higher Education Prevention Consortium
  - Providers receive training and ongoing TA in prevention best practices & strategic planning for prevention implementation
  - The five higher–education institutions, participating in the Higher Education Prevention Consortium, were awarded SAMHSA’s Coaching for Success honor in 2017
    - NMSU, NM Tech, SFCC, SJC, & UNM



# Opioid Use Initiatives – cont'd

- ▶ Prevent Prescription Drug/Opioid Overdose-Related Deaths (PDO) Grant, 2016–2021
  - Purpose is to reduce number of prescription drug/opioid overdose-related deaths & adverse events for adults in 4 key counties: Rio Arriba, Santa Fe, Bernalillo, & Dona Ana
  - \$5 million for 5 years
  - Trains first responders & other key community sectors to prevent opioid overdose deaths & implement prevention strategies
  - Purchases & distributes naloxone to first responders
  - Sponsors Harm Reduction 101 & naloxone trainings
  - Supports overdose prevention & naloxone use
  - Creates advisory board for statewide strategic planning

# Opioid Use Initiatives – cont'd

- ▶ Strategic Prevention Framework for Prescription Drugs (SPF Rx) Grant, 2016–2021
  - Purpose is to raise awareness about dangers of sharing medications & risks of over-prescribing to youths & adults
  - \$1.86 million over 5 years
  - Promotes collaboration between states, pharmaceutical and medical communities
  - Brings prescription drug abuse prevention activities & education to schools, communities, parents, prescribers, & patients.
  - Tracks reductions in opioid overdoses & promotes increased incorporation of PMP data into needs assessments & strategic planning

# Opioid Use Initiatives – cont'd

- ▶ Opioid Strategic Targeted Response Initiative (STR) Grant, May 2017–2019 (\$9.5 million over 2 years)
  - Project goals:
    - Develop a comprehensive response to the opioid epidemic
    - Implement a coordinated & sustainable approach to OUD services expansion
    - Expand opioid prevention, treatment & recovery services & supports
  - Implementation:
    - Utilizing a hub and spoke model to support implementation of evidence-based practices
    - Comprehensive planning will include a needs assessment
    - Training on buprenorphine & naloxone

# Upstream Investments: PAX GBG

- ▶ PAX Good Behavior Game
  - Evidence-based intervention targeting elementary-age children (ROI is \$60 for every \$1 expenditure)
  - Children learn to “self-regulate”
  - Decreases classroom behavioral problems (60% average reduction in NM schools in 1<sup>st</sup> 3 months)
  - Proven to have a long-term positive impacts: reductions in drug and alcohol additions, serious violent crime, & suicide attempts; increases high school graduation rates & college attendance
  - Implementation of PAX in BIE schools through partnership with NM Indian Affairs Department using STR funding
  - Will build “whole school” programming to support PAX environment within each school

# Upstream Investments: Education/Awareness

- ▶ A Dose of Reality (ADOR) is an integrated public relations, social marketing and advertising approach aimed at:
  - Educating & raising awareness about NM's opioid misuse & overdose problem
  - Providing information about prevention, treatment, & recovery resources
- ▶ ADOR has received national recognition
- ▶ PDO & STR funding will build upon/expand public education campaign
- ▶ Local communities can use materials to customize their own messages

# Questions

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