

College of Health, Education, & Social Transformation

MENTAL HEALTH & WELLNESS

Dr. Alexa Doig, Director, School of Nursing

Dr. Rick Marlatt, Dean, College of HEST



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New Mexico State University

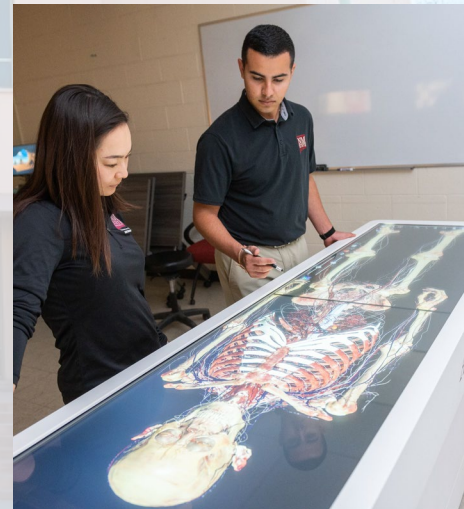
College Overview

- HEST serves over 2,700 undergraduate students in Fall 2025
- HEST serves over 1,200 graduate students in Fall 2025
- HEST supports over 200 faculty members & nearly 200 staff members
- HEST's research expenditures in FY26 are \$9.26M
- **2025-2026 HEST Priorities**
 - Embody NMSU's Land-Grant Mission
 - Prioritize Student Success & Social Mobility
 - Amplify Experiential Learning & Cooperative Education
 - Unify & Operationalize systems, practices, & processes
- **HEST Through-Lines**
 - Mental & Health & Wellness
 - Social-Emotional Learning
 - Trauma-Informed Practices
 - Transdisciplinary Collaborations



Academic Units

- School of Nursing
- School of Teacher Preparation, Administration & Leadership
- School of Social Work
- Kinesiology Department
- Public Health Sciences Department
- Counseling & Educational Psychology Department
- Communications Disorders Department
- Sociology Department
- Borderlands and Ethnic Studies Department



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Clinics, Experiential Learning, & Research & Outreach Centers

- Nursing Skills & Simulation Lab
- Mental Health Clinic for Clinical Psychology & School Psychology
- Papen-Aprendamos Autism Diagnostic Center
- Edgar R. Garret Speech & Hearing Center
- Glass Family Research Institute for Early Childhood Studies
- STEM Outreach Center
- Myrna's Children's Village and School for Young Children
- Doña Ana County Head Start & Early Head Start
- Internships in hospitals, health centers, community agencies, etc.
- Paid practica in schools, higher education campuses, communities, etc.
- Center for Latin American Studies & Border Studies
- Crimson Research
- Educators Rising





School of Nursing
**DELIVER CARE THAT
CHANGES LIVES**

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School of Nursing Update

Addressing the
Mental Health
Workforce Shortages
in New Mexico

Alexa Doig, PhD, RN
Director, School of Nursing



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Psychiatric Mental Health Nurse Practitioner Education At New Mexico State University



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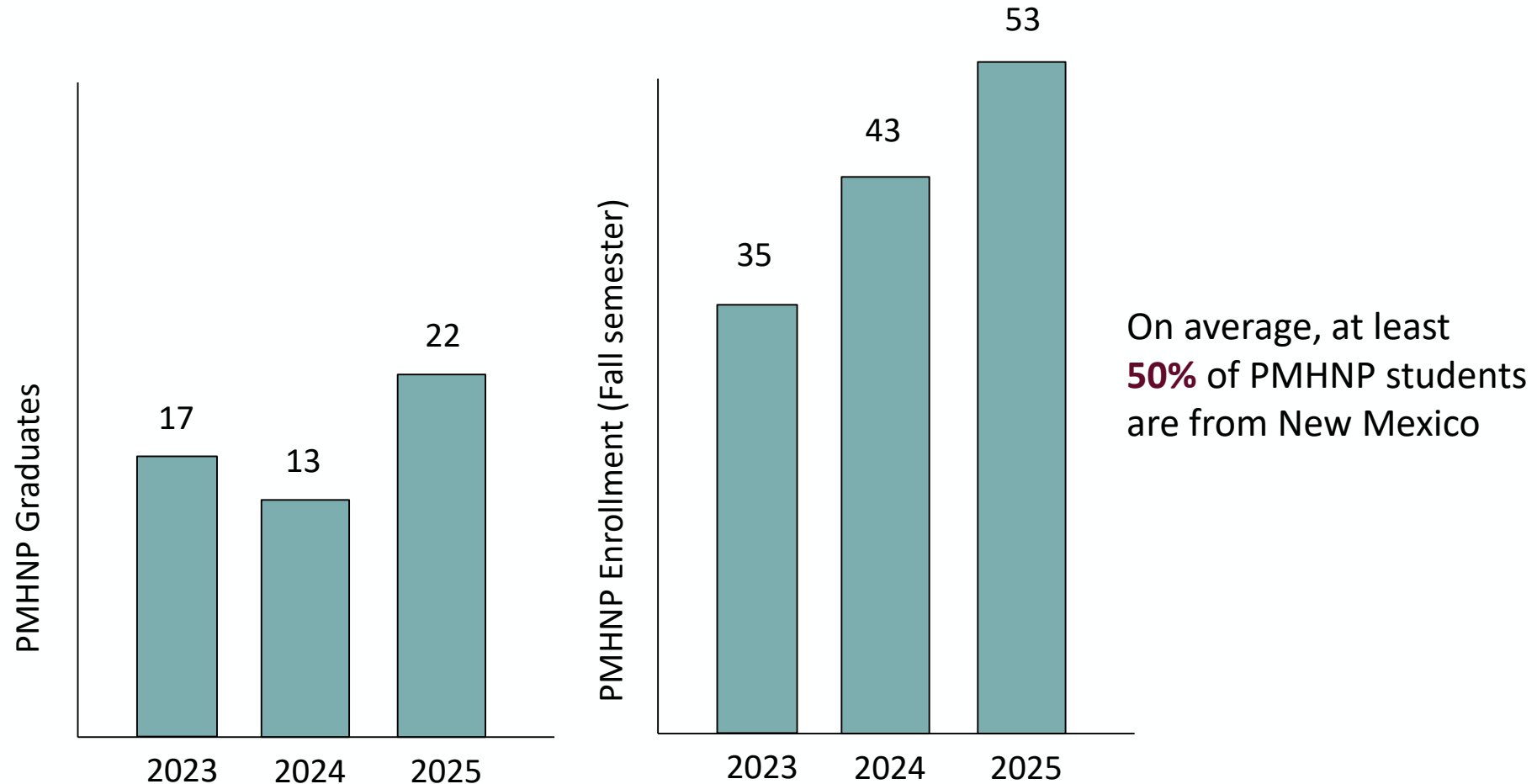
Psych Mental Health NP Education

- Nurse practitioner education at NMSU is a **Doctor of Nursing Practice (DNP)** degree
- **Distance education** technology allows nurses from across the state to complete the 3-year DNP program in their hometowns
- The School of Nursing also offers an 18-credit **post graduate certificate** that allows other nurse practitioners to sit for PMHNP certification
- All DNP students conduct a quality improvement project to address issues related to delivery of mental health care
- Many nurse practitioner students have clinical experiences in rural areas of New Mexico and/or with underserved populations



PMHNP Program Enrollment

RPSP Goal: To increase the number of mental health nurse practitioners



Integrated Healthcare

SON Initiative: To increase the number of nurse practitioners who are dual-certified as PMHNPs (e.g., FNP + PMHNP certification)

- The 18-credit **post graduate certificate** allows other nurse practitioners to sit for PMHNP certification
- New course – Integrated Primary Care and Behavioral Health

NURS 6352. Integrated Care for Diverse Populations
2 Credits (2)

This course examines integrated health care as an approach to health care delivery characterized by a high degree of collaboration and communication among health professionals. Students expand their knowledge of interprofessional competencies and learn the concepts of the development of comprehensive treatment plans to address the biological, psychological and social needs of the patient in diverse patients across care settings. The focus is on delivering behavioral or biomedical health interventions relevant to everyday clinical practice across disciplines and practice settings. There is a strong emphasis on feasible brief interventions in a fast-paced clinical context and on adapting interventions to each patient's unique biopsychosocial, socioeconomic, and cultural context.



Integrated Healthcare

SON Goal: To increase the number of NM nurse practitioners who are dual-certified as PMHNPs (e.g., FNP + PMHNP)

- New faculty hire using FY24 Nursing Endowment funding

Bridging primary, psychiatric care through nurse practitioner training

Alexa Doig for NMSU School of Nursing

March 1, 2024, 5:03 a.m. MT



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Philicia King, DNP, FNP-BC, PMHNP-BC Courtesy Of NMSU School Of Nursing

New Initiatives

- Develop a dual certification track in the DNP program
- Increasing the number of integrated healthcare clinical training sites/preceptors
- Apply for HRSA funding
- Promote the dual-certification role to healthcare organizations and payors throughout the state

Telemental Healthcare

- Telemental health is critical for rural access to psychiatric services
- All PMHNP faculty practice in telemental health settings
- PMHNP students are trained in the principles of telemental healthcare delivery
- The majority of PMHNP students have planned clinical experiences in telemental health
- Exploring partnerships with telehealth service companies to expand clinical training opportunities



Opioid Workforce Education Program

“Expanding the New Mexico SUD/ODU Treatment and Prevention Workforce through Interprofessional Education and Training”

\$1.3 Million HRSA Grant (2019-2022)

Project Outcomes:

- 15 PMHNP and 6 MSW student trainees were provided stipends and participated in additional SUD/ODU training
- Established 64 new clinical training sites in New Mexico that focus on behavioral health services and SUD/ODU evaluation/treatment
- 12 sites are dual FNP/PMHNP sites that provide integrated behavioral health and primary care
- All students in the PMHNP program benefited from the integration of SUD/ODU education and training that was threaded throughout the curriculum.

Dr. Shelly Noe, DNP PMHNP



NMSU School of Nursing to tackle opioid epidemic in NM with \$1.35 million HRSA grant



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Practitioner Education Grant

“Integrating Competencies in SUD Prevention, Screening and Treatment throughout a Family Nurse Practitioner Curriculum in the Rural U.S.-Mexico Border Region”

\$200,000 SAMHSA Grant (2020-2022)

Project Goal

Increase the number of FNPs in New Mexico and the surrounding border region who are trained to effectively identify, evaluate and treat all forms of SUD and prevent OUD through acute/chronic pain assessment and management using non-opioid alternatives.

Main Project Outcomes

Competencies in SUD/OUD were integrated throughout the core DNP as well as the FNP & PMHNP curricula specialty courses.

Interdisciplinary faculty and students as well as New Mexico healthcare providers participated in workshops on SUD/OUD topics

*Dr. Linda Summers, PhD
PMHNP, FNP*



NMSU School of Nursing continues to tackle opioid epidemic in NM with \$200,000 grant



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Other School of Nursing Mental Health Initiatives



Campus Suicide Prevention Program

“Campus Suicide Prevention and Mental Health Promotion
at a Hispanic Serving Institution on the U.S.-Mexico Border”

\$306,000 SAMHSA Grant (2022-2025)



\$50,000 NM HED Initiative (FY23)

\$8,000 from Johnson & Johnson

The purpose is to support academic success by increasing awareness of suicide prevention resources, increasing access to mental health care services, and reducing stigma associated with seeking mental health care.

The primary objectives are to develop a centralized coordination of campus resources, establishing a network for mental health treatment and crisis response, and the addition of case management services are key components of these efforts.



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VA Academic Practice Partnership

The NMSU School of Nursing is proud to partner with the New Mexico Veterans Affairs Health Care System through an innovative **Academic-Practice Partnership.**

This collaboration strengthens the preparation of our nursing graduates while supporting the VA's mission to deliver exceptional care to our nation's Veterans.

Collaborative Work

- Provided advising and support for a VA Office of Academic Affairs Psychiatric Nurse Residency Expansion grant
- Assisted with the accreditation of the VA's PMHNP and FNP residency programs
- Have reserved nurse practitioner student clinical placements within the VA system
- Recruitment of NMSU graduates for the VA residency programs



Questions



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