

Southeast Region Health Council Coordinator Contact and Meeting Information

The Southeast Region Health Promotion team supports eight health councils located in their region. Health council contact information, meeting locations and times are listed below.

Chaves County

- Roswell Public Library
301 N. Pennsylvania, Roswell
TIME: 4th Wednesday 12:00 pm
Coordinator: Jennifer Smith
chavescountyhealthcouncil@outlook.com

Curry County

- County Admin Office
417 Gidding Ave. St. 100
Clovis
TIME: 3rd Thursday 12:00 pm
Coordinator: Nikki Lovett
nlovett@currycounty.org

De Baca County

- Family Practice Clinic
546 10th St., Fort Sumner
TIME: 2nd Tuesday 12:00 pm
Chair: Liz Stanton
lizstant@plateautel.net

Eddy County

- Carlsbad Museum & Art Center
418 W. Fox St., Carlsbad
TIME: 3rd Wednesday 3:00pm

- Artesia Public Library
205 W. Quay Ave, Artesia
TIME: 3rd Wednesday 3:00pm
Coordinator: Jameson Lucas
eddycountyhealthcouncil@gmail.com

Lea County

- Lea County Emergency Mgt. Office
1019 E. Bender, Hobbs
TIME: 4th Tuesday 9:00 am
Secretary: Elaine Hernandez
elaine.hernandez@nlgh.org

Lincoln County

- United Methodist Church Hall
220 Junction Rd., Ruidoso
TIME: 1st Tuesday 8:00 am
Chair: Shannon Dictson
lincolncountychc@gmail.com

Quay County

- Quay County Extension Office
(Terry Turner Bldg.)
216 E. Center, Tucumcari
TIME: 2nd Thursday 12:00 pm
Coordinator: Brenda Bishop
brbishop@nmsu.edu

Roosevelt County

- La Casa Family Health Center
1515 W. Fir, Portales
TIME: 1st Wednesday 11:30 am
Interim – Chair: Debbie Gentry
deborah.gentry@state.nm.us



Southeast Region Health Promotion Team

The Southeast Region Health Promotion team's success is dependent upon a strong NMDOH team and a network of reliable, knowledgeable partners. Health Promotion team members are based at either their administrative or local public health offices.

- Laurie Dudek, Health Promotion Program Manager in the Southeast Region is based at the Southeast Region Administrative Office in Roswell located in Chaves County. Laurie manages the operational functions of the Health Promotion Program.
Laurie.Dudek@State.NM.US
- Joann Palomino, Health Promotion Educator is based at the Southeast Region Administrative Office in Roswell located in Chaves County. Joann provides support for the health councils, health offices and other initiatives in Chaves and Lincoln counties.
Joann.Palomino@state.nm.us
- Debbie Gentry, Health Promotion Educator is based at the Portales Health Office located in Roosevelt County. Debbie provides support for the health councils, local health offices and other initiatives in Curry, De Baca, and Quay counties. Deborah.Gentry@state.nm.us
- Maegan Sanders, Health Educator for Tobacco Use Prevention and Control Program (TUPAC) is based at the Southeast Region Administrative Office in Chaves County. Maegan provides support, policy and initiatives in tobacco-related issues throughout all counties in the Southeast Region. To learn more about the TUPAC program email maegan.sanders@state.nm.us.
- Laura Wilson, Clinical RN-A, Health Promotion Specialist is based at the Ruidoso Health Office located in Lincoln County. Laura provides support for the health councils, health office and other initiatives in Lincoln County. Laura.wilson@state.nm.us
- Celia Fisher, Overdose Prevention Coordinator is based at the Southeast Region Administrative Office in Roswell located in Chaves County. Celia provides support and community-based initiatives in cooperation with many partners to change prescriber and patient behaviors, as well as increase access to the use of the Prescription Monitoring Program (PMP), to improved safe prescribing practices and prevent prescription drug overuse, misuse, abuse, and overdose.
Celia.Fisher@state.nm.us

Southeast Region Health Promotion Partners

The Southeast Region Health Promotion Team has been very fortunate in partnering with internal and external partners to make effective change in the region. The Southwest Region has a variety of health initiatives that are focused upon and are dependent upon the population being served and based on determined needs. The following partners assist the region in meeting these objectives:

- Local Public Health Offices
- Community Health Councils and Coalitions
- Healthy Kids Healthy Communities
- School Health Advisory Councils and District Administration
- Non-Profit Agencies
- Community Organizations and Churches
- County Extension and Administrative Offices
- County Health Coalitions
- City Administration Offices
- Local Physicians
- Children's Medical Services
- La Casa Family Health
- Eastern New Mexico Food Bank
- New Mexico State University Cooperative Extension Office
- Eastern New Mexico University Cooperative Extension Office
- National Park Service
- NMDOT
- Women, Infant, and Children (WIC)
- BLM

Southeast Region Activities/Initiatives

Chronic Disease

- **Prevent T2/Diabetes, My CD/Managing Your Chronic Disease, Cancer and Thriving support group**, and diabetes support groups are established in Roswell to coordinate with the workshops and other activities around chronic disease self-management.
- **Trail planning** efforts have developed because of the Southeast Region working with several partners including NM Dept. of Transportation, National Park Service, Bureau of Land Management, city government, county government, and among other partners.
- **Walk with a Doc** was started in Roswell with a local physician and obtained sponsorship through a local hospital. It is a walking program that is held during the weekend to allow interested participants while they walk to ask questions with the doctor or listen while they speak on a specific health related topic.
- **The Paths to Health New Mexico** is an initiative that includes several prevention and self-management programs. These programs are designed to help adults gain the confidence and skills they need to better manage or prevent chronic health conditions or injuries. These programs have been proven to work and improve quality of life.
- **Produce to the People in Roosevelt County** has been successful for families to have access to fresh and affordable produce. The [Eastern New Mexico Food Bank](#) in Clovis has aided in providing the produce.

Obesity

- **Healthy Kids Healthy Communities (HKHC)** coordinators working with the Southeast Regional Health Promotion Program will assist in the collection of Body Mass Index (BMI) data in public elementary schools (Kindergarten and 3rd grade) each fall to better understand statewide prevalence, identify at-risk groups, guide state and local prevention efforts, and inform appropriate resource allocation. HKHC has been active in the counties of Chaves, Curry, Roosevelt, and Lincoln.
- **Healthy Kids 5210 Challenge** encourages students for 21 days to eat five (5) fruits or vegetables every day, with (2) two hours or less of screen time, (1) one hour of physical activity each day and (0) represents drinking water. All who complete the challenge receive medals

Substance Abuse

- Health Promotion Teams throughout the state partner with the Drug Enforcement Administration (DEA) to host Drug Take Back events across New Mexico. These events provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.
- Professional Service Contracts have been made between various county community partners and NMDOH to handle Drug Overdose Prevention to expand Naloxone availability, safe prescribing, increase access to Medication Assisted Treatment (MAT) through Primary Care Physicians (PCP) and other Substance Use Disorder (SUD) treatment to reduce overdose death rates throughout the state.
- La Casa Behavioral Health in Chaves County received funding through a Partnership for Success Grant from the Office of Substance Abuse and Prevention

(OSAP) which ends June 2020 and will carry on with a new grant by the Substance Abuse and Mental Health Services Administration (SAMHSA) starting July 2020.

- In 2019, DOH developed new positions for Overdose Prevention; these positions will coordinate and meet the needs of each region of the state and correlate with the above community resources to see what other efforts are needed to take in place in each specific location.
- Promotional efforts include the film “There is Another Way”–tackling the Opioid Crisis or www.AnotherWayNM.com people share their stories as well as resources.

Health Education/ Awareness

- **Regional Health Council Meeting** Annual meeting with the representatives from each county health council and a representative from the New Mexico Alliance of Health Councils. Topics covered the roles of the health council., developing a structured health council that included the use of the Community Toolbox. It also stresses the importance of following standard meeting protocol and the roles of the Executive Committee.
- **Access to Care** Promotion of Public Health initiatives and services– thru health fairs, public appearances, press releases and collaboration with other partners.
- **Maze of Life** The Health Promotion Team assists with several Maze of Life Events in their various counties. The MAZE of Life is an interactive life-sized game designed to expose students to a variety of life and social issues that they are currently facing or might face in the future that will increase their knowledge of health, education, and future career opportunities. Students will take part in activities and learn how to make important life choices and decisions. Students will visit booths set up by various organizations and businesses on topics like smoking/vaping hazards, suicide and pregnancy prevention, and the consequences of drinking and driving. Students will also learn about health, career/technical, and other academic programs.
- **QPR/Suicide Prevention** The Southeast Region Health Promotion Team is QPR certified (**Question, Persuade, Refer**) suicide prevention training to learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.
- **SWAG/Success with Adolescent Goals** The program is designed to help young people to set and achieve positive goals for their lives, make positive contributions to their communities and to engage in positive health behaviors, including postponing sexual involvement.
- **MyPower** It is a non-profit organization that empowers young women to successfully navigate the teen years by making good choices, setting goals, succeeding academically, and avoiding teen pregnancy.
- **Buckle Up New Mexico/BUNM** Southeast Region has Certified Child Passenger Safety Technicians on staff. They are trained in the skills, experience, and knowledge required to educate parents and caregivers on the proper selection, installation, and use of their child safety seats

- **Tobacco Use Prevention and Control (TUPAC)** Program and its partners use a comprehensive, evidence-based approach to promote healthy lifestyles that are free from tobacco abuse and addiction among all New Mexicans. TUPAC works with communities, schools, and organizations across the state to implement activities and services that decrease the harmful and addictive use of commercial tobacco, outside of its traditional, sacred or ceremonial purposes. This will reduce tobacco-related illness, save lives and save money. Activities that encompass this comprehensive approach include:
 - Community-based programs
 - School tobacco policy
 - Cessation services
 - Public awareness and education campaigns
 - Initiatives to reduce health disparitiesFor more information on TUPAC please visit their website at <https://www.nmtupac.com>