

# EL AVISO

March 2007

## Announcing Las Clinicas del Norte School Base Health Center (SBHC) at Pojoaque High School

In addition to the SBHC Las Clinicas operates at Mesa Vista School a new SBHC at Pojoaque is now opening. A cooperative effort between Pojoaque Valley Schools, Las Clinicas del Norte, and the New Mexico Department of Health-Office of School and Adolescent Health has recently funded a School Based Health Center located in Pojoaque High School.

A School Based Health Center (SBHC) is an accessible, friendly place located in a school where students can receive a wide variety of health care services.

School-Based Health Center's play an active role in helping to improve the lives of New Mexico children because they provide services right where they are needed-in schools! SBHC's support student success because healthy students learn better, and educated students keep healthier. Across America, SBHC's are providing medical and behavioral health services, serving over a million students each year.

The SBHC at Pojoaque is open to all students at the school. We will soon be offering services to families and staff of Pojoaque school. We bill all Medicaid and private insurance and are able to see students free of charge if they are without insurance. We see students that have a primary care provider other than LCDN and will send the child's Primary Care Provider a report regarding the student's health. We are able to provide all the services that are offered at any other health clinic.

### Medical Services

- Routine health care
- Physical exams
- Laboratory services
- Illness care
- Sports exams
- Immunizations

### Health Education and Prevention Services

- Preventing and quitting smoking
- Alcohol and drug abuse prevention
- Exercise and fitness
- Other injury prevention such as helmet safety, drowning prevention, etc.
- Suicide Prevention
- Healthy eating

### Emotional and Mental Health Services

- Depression
- Conflict Resolution
- Feelings of suicide
- Anger management
- Stress
- Relationship issues
- Drug or alcohol use

Las Clinicas del Norte's new staff members who will be working in the Pojoaque School Based Health Center are:

### Mary Ellen Lopez, MSN, CFNP, SANE-A

Mary Ellen is a native of Santa Fe currently working as a nurse practitioner at a pediatric practice in Santa Fe. She also is a sexual assault nurse examiner and provides the medical forensic examinations on children who may have been victims of sexual abuse.

Her interests are community education for prevention of sexual abuse and adolescent healthcare.



### Tracy Martin, Physician Assistant



Experienced as a primary care provider, Tracy's goal is to not only treat illness but to educate patients so they can maximize their lives to the fullest. She is a team player and able to work independently. Her most recent work experience is in a busy pediatric setting.

Tracy is married to our Dr. Patrick Martin and they live in Santa Fe with their three small children.

**LAS CLINICAS DEL NORTE: A Community Health Center, Established in 1972**

Serving the communities of Abiquiu, Ancones, Barranco, Cañon, Carson, Chili, Cañones, Cañon Plaza, Duranes, El Llanito, El Pueblo, El Rito, Gallegos, Gavilan, Ghost Ranch, La Cueva, La Madera, La Mesa, La Zorro, Las Casitas, Las Tablas, Los Pinos, Medanales, No Agua, Ojo Caliente, Olguin, Petaca, Placitas, Plaza Blanca, Rio Chama, San Miguel, Servilleta, Servilleta Plaza, Silvestres, Tierra Azul, Tres Orejas, Tres Piedras, Tusas and Vallecitos and Youngsville

### ► News from Mesa Vista School Based Clinic

The Mesa Vista School Based Health Clinic took ten students to the School Health Day celebration at the New Mexico State Legislature this year.



Left to Right Back Row: Shadow Salas, Nicholas Manzanaras, Carmelita Trujillo, Cody Calkins, Laura Lopez, Greg Trujillo, Kenny Sandoval. Front Row: Lillie Greenman, Ryan Chacon, Crystal Gutierrez.

### Cody Caulkins of Abiquiu spoke at the School Health Day Event

Following is a Letter to Cody from Debbie Birhauser, Program Manager of the New Mexico Assembly on School Based Health Care

"Thank you for being a student speaker at the School Health Day celebration at the New Mexico State Legislature. This event was designed to showcase the programs and services at school-based health centers in New Mexico. It was also an opportunity for staff and youth from these centers to visit with their legislators and advocate for health services for students.

As one of the featured speakers, you articulately explained to the audience why it is important to locate health services for students in schools. I congratulate you as a student leader and advocate for school-based health centers."



## Early Childhood Mental Health

Doreen Tso-Olivas Campbell, an infant mental health specialist with Las Clinicas del Norte was featured in an article on children's mental health in the Albuquerque Journal last month. Excerpts from this article follow.

"Things get in the way of parents being fully there to interact with their child," said Deborah Harris, director of the Early Childhood Mental Health Training Institute, which is financed and operated by Las Cumbres Community Services in Española. This institute is one of the first of its kind in the nation and its goal is to rid homes of the ghosts that can haunt children by teaching parents how to nurture their young through consistent, loving interaction. That is what early childhood mental health is all about.

### *Moving on up*

Early childhood mental health programs could go a long way toward moving New Mexico off the bottom of infant and child health indicator lists, proponents say. "We're talking about changes in generational problems that have been entrenched in the state for a long time," Harris said. "Work has to be done in the context of the person caring for the child."

Children who aren't regularly comforted, touched and talked to are at risk for a lifetime of problems including depression, personality disorders and drug use, according to recent brain research.

"At the very least, their emotional and mental growth can be thwarted", said Doreen Tso-Olivas Campbell, of Las Clinicas del Norte. "We're trying to get caretakers to see these babies are little humans who are absorbing everything," she said. "Kids who aren't getting a positive experience every time they're picked up remember that."

Harris said children whose basic needs aren't being met don't have the opportunity to develop higher parts of the brain. "They are focused on survival," she said.

Not surprisingly, parents who are living in poverty, addicted to drugs, are teenagers, or are chronically depressed may be too distracted to meet their children's emotional needs.

But even parents who aren't in those categories might be putting their children at risk. While the concept of talking, holding and looking at a baby is basic, some parents have no idea how important those interactions are, say social workers and therapists who work with families. ►

**Remember -  
LCDN runs the School-based Health Clinic at  
Mesa Vista School**

**Every Tuesday and Thursday  
Now open and Newly Remodeled**

**Walk-in or call Ojo Caliente clinic, 583-2191**

**Also open to family members and staff of  
Mesa Vista. Call to schedule an appointment.**

Doreen Campbell said "I tell moms that, every time they pick up their baby or look at them, they are helping their babies make connections in their brains and helping them learn. A lot of these moms have never heard that and don't realize how important these things are."

### **Focus on training**

Over the past three years, the Children, Youth and Families Department has spent about \$80,000 to fund an early childhood mental health policy advisory group, host training sessions for providers and parents, establish training standards and provide seed money for organizations to set up programs, said Jack Callaghan, family services director for CYFD.

Last September, the effort got a big boost when the Early Childhood Mental Health Training Institute began training 25 therapists, pediatricians, social workers and psychologists from all over the state.

Doreen Campbell is one of the trainees. They are half way through the first years training. The group will meet one to two times a month for two years to learn about brain development, identifying at-risk children and providing family intervention. Mentors contact the students weekly to help them integrate what they are learning into their daily work.

### **Vastness and culture**

Delivering family services in New Mexico presents unique challenges, said Soledad P. Martinez, a CYFD employee and student at the institute. Not only are there vast rural areas to be navigated, but diverse cultures and lifestyles must be taken into account when working with families.

The isolation of New Mexico communities has actually been an advantage for Doreen Campbell as she works with families in Abiquiu, El Rito and Ojo Caliente. Parents starved for social interaction are often eager to come to her play groups.

Harris said such play groups, along with home visits, are opportunities for workers to discover what is preventing a parent from nurturing their child, whether it be poverty, sickness or mental health issues. Helping parents overcome those obstacles can make all the difference in the life of a child, she said.

"Children need people to understand them and respond to them," she said. "When they get that, they give it back."

Excerpts from article printed in the Albuquerque Journal, Feb. 19, 2007

There is now \$500,000 in proposed training money before the Legislature for Early Childhood Mental Health Training.

"As we ask the profound question, 'What kind of caretakers will our children become?' the answer will be defined by how we care for, protect and nurture our children," said House Speaker Ben Lujan, D-Santa Fe, at a recent news conference at which he endorsed the bill.

### **CONTACT YOUR REPRESENTATIVES ABOUT HOUSE BILL 281**

*If you believe there is a need for more trained Early Childhood Mental Health Specialists, please contact the Representatives from the communities you serve and encourage them to support **House Bill 281 – The New Mexico Early Childhood Mental Health Training Institute.***

*If you do not know who your Representative is or how to contact him or her, go to <http://legis.state.nm.us/lcs/> and click on "Find your Legislator". Some of the local reps are:*

Nick Salazar 986-4300 x 4433 [nlsalazar@lanl.gov](mailto:nlsalazar@lanl.gov)  
Ben Lujan 9864300 x 4782 [ben.lujan@nmlegis.gov](mailto:ben.lujan@nmlegis.gov)  
Debbie Rodella 986-4300 x 4329 [debbie.rodella@nmlegis.gov](mailto:debbie.rodella@nmlegis.gov)

## **Las Clinicas del Norte Mi Hita / Mi Hito program**

**The next infant/parent group will begin on  
March 12.**

The Mi Hita / Mi Hito program promotes healthy families in Northern New Mexico by

- Increasing enjoyable parent/child interactions with families who have children 0-3 years old.
- Children will have opportunities to play and learn with their parents and other children.
- Various topics will be discussed: infant massage, attachment, temperament, development, discipline, etc.
- Parents receive support from each other and staff.

We are fortunate to have:

Patty Shure, Developmental Specialist from Las Cumbres; Mary Chavez and Doreen Campbell from Las Clinicas del Norte as facilitators for our group.

Call Doreen at 505-581-4728, ext. 230 if you would like to join our next group.

# Announcements and News

**Welcome to** Las Clinicas' two new employees featured on the front page.

## **Farewell to Patricia Brescia, LISW**

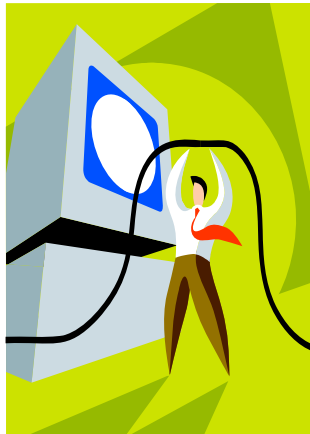
The clinic board and management are extremely grateful for the services that Patricia Brescia provided both as a therapist and for her leadership of the counseling dept this past year and a half. Under Patricia's leadership the dept grew by two staff persons and clients visits increased by 54% in one year. We wish Patricia well as she returns home to work and take care of her aging father.

**Kathy Albrecht, LISW, LCSW**, is now the Clinical Director for the Counseling and Community Services Department. Kathy has been a part of the Las Clinicas Counseling team for over a year.

**NOTICE: A NEW Electronic Medical Records System is now in place at Las Clinical del Norte**

During the next 8 weeks patients may experience delays in

- Appointments,
- Lab results and
- Billing statements.



Thank you for your patience during this transition. This new technology will make us more efficient and improve patient care.

If you have any concerns, please call Susan Dunn, Chief Medical Officer or Katie Meara, Director of Medical Programs, in El Rito at 581-4728.

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		**Come see our El Rito Children's Exam Room**		
		**Peds Patients Welcome**		
		**Well Child Exam - Vision, Hearing, Speech, Growth**		
		**EPSDT recommended every year**		
		**Call for appointment Same Day appointments**		
		*All insurances, Medicaid, sliding scale accepted*		
		=====		

# ⊗ Community Events ⊗

Contact: Joan Tollefson 1-505-323-1519/ 581-4728 x255/ email: joan@lcdn.org

For Health Advise when we are closed, call Nurse Advise New Mexico 877-725-2552 open 24 hours.

### El Rito

**Las Clinicas del Norte Board Meeting** - every 4th Monday, 6 pm, El Rito clinic Community Room

**El Rito Library** - Tues, Wed, Thurs, 11 am – 6 pm, Sat, 11 am – 5 pm

**El Rito Library Board Mtgs.** - every 2<sup>nd</sup> Wednesday, 6:30 pm at Library

**Al-Anon Meetings - new time:** 1st & 2nd Wednesday of the month only, 5:30-6:30 pm, Archive Rm. next to NNMC Library in the Cafeteria Bldg, contact # 581-4430.

**AA Meetings El Rito - new time:** Tues & Thurs, 6:30-7:30 pm, Sun, 5:00-6:00 pm, both at El Rito Library. Open discussion.

**El Rito Fire Dept. Mtgs.** - every 2<sup>nd</sup> Wednesday, 7 pm, at the El Rito Fire Station, open to the public

**Tutoring** - El Rito Save the Children Ctr, contact # 581-4516

**Recycling** - Last Saturday of each month behind Martin's Store. Pick-up trunk very irregular, info. from Joseph Lewandski of North Central Solid Waste 747-8459. Recycling at Esp. Wal Mart daily.

### Abiquiu

**Abiquiu Fire Dept. Mtg.** - every 2<sup>nd</sup> Thursday, 7 pm, Fire Dept.

**AA Meeting** - Saturday, 12 Noon, Abiquiu Library

**Al-Anon Mtg.-** 3rd & 4th Mon. of mo. 5:30-6:30, Abiquiu Clinic For info on unscheduled meetings in Abq. & E.R. call Jean 685-4490

**Abiquiu Library** - Mon, Tues, Wed, Thurs, 12:30 pm – 6 pm and Sunday, 9 am - 12 noon, located on the Plaza

**Recycling** - Last Sunday each month, pick up at Abiquiu clinic. Pick-up trunk very irregular, info from Joseph Lewandski of North Central Solid Waste 747-8459. Recycling at Esp. Wal Mart daily.

### Ojo Caliente

**Ojo Caliente Fire Dept. Mtg.** - every 1<sup>st</sup> Wednesday, 7 pm, Ojo Caliente Fire Dept.

## Northern New Mexico College—El Rito Campus March

6 Movie Nights to begin (Nature and Cultural Films) 6:30 PM Cutting Hall

5-9 Mid-Terms

9-10 African Drumming Class will begin

12-16 Spring Break

18-23 Elderhostel will be on campus

19-23 Retablo Making

26-30 We will be launching our new Wildland Fire Academy!

19-30 Weaving classes with Liesel Orend

20 We will have some entertainment for our Elderhostel in conjunction with Mesa Vista Schools as a community event- 6:00 PM at Cutting Hall

23-24 Medicinal Class

We have lots of pre-planned events coming this spring!

Please check our marquee sign and if you have any questions and feel free to contact us at 581-4100. Special events to pre-plan for are:

- Terrae et Mare (cantos y bailes de ayer y hoy) Traditonal music from Spain and France, coming to Cutting Hall April 26<sup>th</sup> 5-8 PM
- Adobe Conference May 17,18,19 - mark your calendars and plan to attend!

## EL RITO LIBRARY

### PART-TIME LIBRARIAN POSITION

Linda Archuleta has resigned her position as Saturdays' part-time librarian. This position is now open and we are accepting applications until **March 15, 2007**. If you are interested in working on Saturdays from 11:00 a.m. to 5:00 p.m. for a total of six hours per week (and maybe sometimes during the week), please send in your resume with a minimum of two (2) references. We are looking for someone who has the following skills: proficient with Microsoft Word; Internet skills; has a concept of library procedures with good organizational skills; and good people skills to be able to interact with customers of all ages. Must be dependable and self-motivated. You can mail your resume to P.O. Box 5, El Rito, NM 87530 or drop it off at the Library. Interviews will be scheduled after the March 15th deadline.

### IT'S YOUR LIBRARY PROGRAM

On February 14, 2007 thirty after-school children from the El Rito Elementary School visited the library. The children learned how to use their library. Librarian Barbara Heming explained the way books are organized in a library. Then they broke up into groups of four for a library scavenger hunt to find books in different categories. There were prizes for the winning groups.

We would like to remind parents and grandparents to encourage their young to come visit the library and take advantage of the wonderful books and videos we have for the children. A whole new Children's room has been created just for them. Starting them reading while they are young will be rewarding for them when they become adults.

### NEW COMPUTERS

We have just received three office and two more public access computers. Once these computers are installed, we will now have eight public access computers. Seven are PCs and one is a MAC. We would like to thank Renee Gregorio for the donation of the MAC computer. We would also like to again thank Andy R. Lopez and Desi Lopez from Las Clinicas Del Norte who donate their Information Technology expertise to the Library.

### El Rito Winter Library Hours

581-4608

Tuesday, Wednesday, Thursday  
10 am - 5 pm, Saturday 11 am - 5 pm

## Abiquiu Public Library

### *Abiquiu Read-A-Thon/ Draw-A-Thon*

**Santa Fe Community Foundation** has offered a Challenge Grant to Abiquiu Library and Cultural Center's at the next fundraiser on

**Saturday, March 18<sup>th</sup> from 10 to 6**

The

### **Read-A-Thon/Draw-A-Thon**

- This means that the foundation will match every dollar raised!
- We have plenty of readers and do need more sponsors.

The all day reading of the Dominguez/Escalante Expedition Journal of 1776 is a great way to educate locals and newcomers alike to actual facts of the immediate area while supporting reading and comprehension.

Please consider attending and/or sponsoring 15 minutes of education. Everyone present will benefit from this act.

Today! Call the library and mention names of readers and times to fit into the schedule.

The New Mexico Children's Foundation has also granted support of a focused reading development program with the library. Become involved in this important effort and volunteer to read together in the upcoming programs.

## Abiquiu Public Library

### Abiquiu Library Hours

685-4884

**Monday through Thursday and Sunday -  
1 pm—6 pm**

# Las Clinicas del Norte

## EL RITO CLINIC

PO Box 237, El Rito 87530

Phone: 581-4728

1-800-869-7624

## OJO CALIENTE CLINIC

PO Box 307, Ojo Caliente 87549

Phone: 583-2191

1-866-665-6832

## ABIQUIU CLINIC

PO Box 757, Abiquiu 87510

Phone: 685-4479

1-866-578-1662

### MEDICAL:

MON thru FRI 8 am- 6 pm

Confidential Family Planning Title X Services available

### MEDICAL:

MON thru FRI 8 am- 6 pm

Confidential Family Planning Title X Services available

### MEDICAL:

MON thru FRI 8 am- 6 pm

Confidential Family Planning Title X Services available

### COUNSELING: 581-4728, # 232

Call to schedule, Monday thru Friday

Spanish speaking on Friday

### COUNSELING: 583-2191

Call to schedule, Monday thru Thursday

Spanish speaking on Tuesday thru Thursday

### COUNSELING: 685-4479

Call to schedule, Wednesday & Friday

**DENTAL SERVICES:** Same Hrs.

**NO DENTAL SERVICES**

**NO DENTAL SERVICES**

## LCDN BOARD OF DIRECTORS

President George Flores, Vice-President Gary Salazar, Treasurer J. Curt Hoffman, Secretary Lillian Gallegos, Members: Tony Chacon, Trudy Drake, Peter Hansen, Erma Crim, Pauline Varoz, Gilbert Ferran, Marcos Garcia, Honorary Member: Jeremias Archuleta

## DONATIONS – will be listed for one year

### Las Clinicas would like to thank the following 2006 contributors

\$ 100 and under—In memory of Steven Patrick: Richard and Beth Patrick of Livermore, CA; William and Sally Sutcliffe; Bettie and Harold Ryan; Josephine V. Stout

\$ 300 - Andy R. Lopez, El Rito (3/06)

\$ 400 - The New York Community Trust, James Talcott Fund

\$ 500 - Elizabeth G. Paddon and Reta L. Ireland, La Madera (1/06)

\$1000 - Sam R. & Isabel E. Jewell, Abiquiu (1/06)

## Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

PO Box 237

El Rito, NM 87530

Bulk Rate Permit

No .1

PO Box 237

El Rito, NM 87530

**BOXHOLDER**



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NEW MEXICO DEPT. OF HEALTH  
PUBLIC HEALTH DIVISION