

# - *EL AVISO* -

*February 2005*

## **SUBSTANCE ABUSE**

### **We Can Help – Now!!!!**

SBIRT is a federal grant to provide substance abuse services to rural New Mexico Health Clinics. The national Center for Substance Abuse Treatment gave grants to 6 states and New Mexico was one of these. This grant has money to place 20 substance abuse counselors throughout much of rural New Mexico. The grant is being administered by the Santa Fe based Sangre de Cristo Community Health Partnership.

Bryan Stuppy is the new SBIRT counselor who has been placed at Las Clinicas del Norte. Bryan is a licensed alcohol/drug counselor (LADAC).

SBIRT stands for Screening, Brief Intervention, Referral and Treatment. We implement this grant by giving a short one page substance abuse screening form to all patients at the clinic. They may fill it out or not as they wish. This program is totally voluntary. If they fill out the screen and it is scored as positive, the patient may see the SBIRT counselor for a Brief Intervention, if they choose. This intervention is another simple survey which takes approximately 5 minutes.

Recent scientific research has demonstrated that a short brief intervention such as this by a doctor or counselor can lead to a reduction in substance use six weeks later in up to 50% of patients.

The SBIRT counselor is also available to see patients in individual counseling on a weekly or monthly basis. Substance abuse group therapy is a possibility in the future. Anyone in need of these services or has any questions about them please contact Bryan Stuppy at any of the Las Clinicas del Norte clinics.

If alcohol and/or drug use are creating problems like:

- Adding to existing health problems
- Affecting your self-worth
- Creating legal or financial hardship
- Creating employment difficulties
- Straining relationships with your family and friends

Remember,

No additional charges for these services.  
Everything is completely confidential –  
no one else needs to know.

This is completely voluntary.

Ask your primary care provider.

Bryan Stuppy will be available at:

El Rito Clinic Monday and Thursday,  
Abiquiu Clinic on Tuesday  
Ojo Caliente Clinic on Wednesday

Resources in New Mexico (and elsewhere) to get treatment for people with alcohol/drug problems are scarce. There is usually some waiting list period or other admissions process which takes some time to get people into treatment facilities.

Sangre de Cristo Community Health Partnership has contracted with several treatment providers in Northern New Mexico to provide some funding upfront for these client admissions. This will help to expedite and facilitate clients to get into treatment, although this will not guarantee immediate admission. Contracts that Sangre de Cristo has negotiated can provide the initial funding to get clients started into their program.

*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

## ⌘ How Substance Abuse ⌘ Affects Us All

There are very few among us whose lives have not been affected by the substance abuse of a friend or relative. Our fears are many. Motor vehicle accidents claim the lives of many innocent victims, as well as those who cannot control their drinking or drug use. Eventually we realize that the problem is more than we alone can handle. Complications from substance abuse can exacerbate medical conditions and lead to death as well. Too many of us have experienced these losses. Here in northern New Mexico we have some of the highest rates of death related to substance abuse in the country.

It can seem like a hopeless situation, yet there is much that can be done. The first step to recovery is admitting that the use of drugs and /or alcohol has gotten out of control. To admit that help is needed is a first step to recovery. For the addict/alcoholic this first step may take years. But for friends or relatives of a substance abuser, there is help available **right now**.

For far too long most people have believed that drug and alcohol abuse are shameful behaviors. This prevents people from seeking the help that they so desperately need. Professionals in the medical field now recognize substance abuse and dependence as diseases just like diabetes, heart disease or cancer.

Genetically, this predisposition toward addictive behavior can run in families. Just like other illnesses, substance abuse can be successfully treated and lives can be saved. The substance abuser is not a **bad** person. He/she is a **sick** person who needs medical care in order to recover. Speaking to your doctor or calling your local clinic for a counseling appointment is the beginning of a journey that leads to recovery.

Addicted persons often won't admit that they have a problem. They will minimize the amount of use or compare themselves to others who are "worse" than they are. This is called **denial**. A counselor is trained in helping to break down the defense of denial so that recovery is then possible. If the substance abuser in your life is not willing to get help, help for you is available. Living with active substance abuse takes its toll on spouses, parents, children, relatives and friends.

As you learn how to better take care of yourself, you will also learn how to provide the best help you can to the substance abuser. In addition to counseling, there are free support groups in the community (See listing or calendar below.)

Recovery from substance abuse is a physical, mental, emotional and spiritual process. It is a transformation from illness to health and from despair to hope. Once a person begins to recover, a whole new life is possible!

### **FREE LOCAL SUBSTANCE ABUSE RECOVERY SUPPORT GROUPS:**

El Rito **AA (Alcoholics Anonymous)** Tuesday and Thursday evenings at 7pm. Catholic Church Parish Hall located on Route 554.

Abiquiu **Al-Anon (for families and friends of substance abusers)** Monday at 5:30 pm. Abiquiu clinic, 581-4471 or 685-4503.

Abiquiu **AA (Alcoholics Anonymous)** Friday, 12 Noon, St. Thomas Parish Hall

## *Announcements & News Briefs*

**Welcome to Bryan Stuppy**, LMSW, LADAC, and our new SBIRT counselor. (See previous article). Bryan was born in Santa Fe. He spent 20 years in the United States Air Force and after retiring, he returned to live in Santa Fe in 1992. He has worked in the addiction field at Pinon Hills Hospital and the Santa Fe Municipal Court Drug Court. Brian has been certified as an addictions counselor in New Mexico since 1997. He received his Masters in Social Work at Highlands University in Las Vegas, NM in 2002.

Also welcome to **Patti Henderson-Macomber**, LISW, our new counselor. Patti has grown children and now lives in Los Alamos with her husband. She has counseling experience with both adults and children, and with substance abuse and anger management. Patti will be visiting the local elementary schools and will be located at all three clinics and Mesa Vista clinic.

**Patricia Brescia**, MSW, LISW, has moved into the Directorship of the CCS Department. Welcome to these new people in the Counseling and Community Services Department. ►



**J. Rolando Flores, MSN, CFNP**, works in Ojo Caliente full-time and is Las Clinicas' newest family practice nurse. Rolando received his degree in 1999 from the University of Pittsburgh and then worked at local retirement communities. Health Essentials Inc. brought

him to Albuquerque to a geriatric practice, serving patients in nursing homes and medical outreach programs. He also worked at UNM Hospital and has specialized in diabetic wound management and intensive care.

Rolando lives in Servilleta and plans a long term stay here in northern New Mexico. He says that "this is the best fit culturally for me, the chemistry is good". Rolando is bilingual, was born in Guatemala and moved as a teenager to Los Angeles. His three children, Rolando, Luke and Meg live in Rio Rancho and regularly visit to hike with their dad, a favorite pastime. He and the children have hiked the Grand Canyon three times. He is at Ojo Caliente clinic Monday through Thursdays.

### Dental Visits for Kids

Parents - Help children understand the importance of dental health by explaining that their teeth help them chew food and speak clearly. Explain to your children that their teeth can have bacteria that sometimes cause cavities and that seeing a professional is good for their health.

Kids should know that a dental hygienist will clean their teeth, give them extra fluoride and examine their mouth, teeth and gums.

Clean, healthy teeth will help keep the rest of the body healthy, letting kids do the things they want to do and have fun.

### Dangers of Plastics

Burning plastics in your wood burning stove, fireplace, etc. as well as outside in your backyard, produces known cancer causing agents. This has been medically proven.

Burning your plastic garbage puts these chemicals into the air all around us. Ever notice how the air smells acrid sometimes, plastic like, instead of just the simple sweet smell of wood burning?

The plastics in our garbage should be sent to the landfill or recycled. Let's try to minimize the variables in our immediate environment that can cause serious health problems, like the "sneaky" agents of cancer.

## ⊗ Community Events ⊗

Contact Person, Joan Tollefson, Editor, 581-9103 or 581-4728

**Las Clinicas 24-hour Emergency Number** – 1-888-678-6160

### El Rito

**Las Clinicas del Norte Board Meeting** – every 3<sup>rd</sup> Monday, 6 pm, El Rito clinic Community Room

**El Rito Library** – Tues, Wed, Thurs, 11 am – 6 pm, and Sat, 11 am – 3 pm.

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

**AA Meetings El Rito** – Tues, & Thurs, 7:30pm –8:30pm, at Catholic Parish Hall, open discussion. Contact Ed S. 581-4559

**New-AA mtg.** – Sun, 5pm, El Rito Library

**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, call for info. 581-4516

**Recycling El Rito** – every 4<sup>th</sup> Saturday, 9 am – 2 pm, behind Martins Store Gas Station

### Abiquiu

**Recycling Abiquiu** – 4<sup>th</sup> Sunday every month, 9 am-2 pm, Abiquiu Las Clinicas clinic parking lot

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

**Al-Anon Meetings Abiquiu** – Monday, 5:30-6:30 pm, Abiquiu clinic, contact numbers, 581-4471 or 685-4503

**New – Alcoholics Anonymous Meetings Abiquiu** – Friday, 12 Noon, St. Thomas Parish Hall

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

**World Peace Meditation** – 1<sup>st</sup> Sunday each month, Jan 2, 10-11am, at River Spirit Yoga Center. For location, call 685-4549

### Ojo Caliente

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

### Northern New Mexico Community College – El Rito

**February 1** - Our New NNMCC President, Dr. Jose Griego, begins his new post.

**February 4** - Last day to withdraw without a grade or obtain a refund.

**February 27-March 5** - Spanish Immersion Class (Spanish 1).

### Open to the community

**Computer lab** - 6-9 PM Tuesday thru Friday.

**Grant Gym** - 7-9 PM Monday thru Thursday.

Our Spanish Immersion classes with Alejandro Lopez are going great. Call Dr. Dorothy Duran at 581-4115 for more information on our weekend and week long Spanish classes.

On behalf of our staff and faculty we would like to welcome Dr. Griego as President of Northern. I encourage community members to visit with him and solicit new ideas for our beautiful campus.

We also would like to wish President Sigfredo Maestas and his family the very best.

Happy New Year everyone. For more information on new classes or any up coming Continuing Education classes feel free to contact Cecilia at 581-4100.

# EL RITO LIBRARY

Ph. 581-4608

**Your Local Resource for Books-Videos-Computers-  
Books on Tape- Literacy for all ages**

**Our new winter hours are: Tuesday, Wednesday,  
Thursday, 10 am - 5 pm Saturday 11 am – 3 pm**

## EL RITO LIBRARY BOARD OF DIRECTORS

During the past year, the Board of Directors of the Library has revised our By Laws, updating them to reflect current needs and seeking to reconcile them with our actual practice.

The old By Laws stated that the members of the Board would be chosen at a public meeting, to be held in April, and would serve for two-year terms to end at a subsequent April meeting, at which time they would either be re-elected or replaced. In actual practice, Board members can, and have, resigned at any time of year, for a variety of personal reasons. In order to keep the Board functional, the remaining members have had to recruit and vote in new members without the input or approval of the Community at large. Gradually, the concept of an annual public meeting was forgotten.

The current Board has become concerned that the Library may now be seen by some as a sort of private club that is unconcerned with the views of the public that it serves. Therefore, we are reinstating the April public meeting. At this meeting, we will describe our activities and policies and take questions and suggestions from the floor. After this, we will seek a vote of confidence in the Membership of the Board. All individuals present at this meeting may vote. We will also be seeking additional members to be nominated from the community at large, which will be individually voted upon.

The board will continue to recruit new members throughout the year, as necessary, but these will be considered provisional until confirmed by a positive vote at the April public meeting, at which time their official two-year term will begin.

If you would like to nominate yourself or anyone else for a position on the Board, please send your written nomination to Christine Trujillo, Library Director, P.O. Box 5, El Rito, NM 87530.

Nominations will be accepted now, and up until the meeting in April. The time, date and location of this meeting will be announced later.

John H. Caster, President of the Board of Directors

## SATURDAY STORY TIME

Hey kids, every Saturday here at the El Rito Library is Story Time starting at 11:00 a.m. until 11:30 a.m. Come listen to our Adults and Older Kids read books during this half hour. You can bring your favorite book if you like. Anyone interested in coming to read to our kids is certainly welcomed. Just call the Library and the Librarian know what Saturday you will be available.

## THANK YOU

A GREAT BIG thanks to **Manya Snyder** who has volunteered to be our Project Leader for the new automation system. Manya has been and will continue working many hours setting up the system in the computer and ironing out all the kinks before we get more volunteers to start inputting the data.

## NEW ARRIVALS

**Audios:** The Golden Compass/Philip Pullman; and The Subtle Knife/Phillip Pullman.

**Books:** North American Indians Before the Coming of Europeans/Smithsonian; Chicago Stores: Collected short Stores/John Miller; The Art of the Story/Halpern; among Schoolchildren/Kidder; The Old Farmer's Almanac 2005/Thomas; A Short History of Nearly Everything/Bryson; Searching for Everardo: A Story of Love, War, and the CIA in Guatemala/Harbury BIO; Skeleton Man/Tony Hillerman; The Amateur Marriage/Anne Tyler; The Sunday Philosophy Club/ McCall Smith; and Hermit's Peak/Michael McGarrity.

**Videos:** Touching Evil 3; Prime Suspect: The Lost Child; Young Frankenstein; The Black Cauldron; A Bug's Life; The Aristocats; Oliver & Company; Babe; Mulan; Tarzan; The Iron Giant; The Hunchback of Notre Dame; 101 Dalmatians; Hercules; Dinosaur; The Lion King; The Rescuers; Lady and the Tramp; Peter Pan; Beauty and the Beast; Toy Story; Toy Story 2; Pocahontas; Bambi; The Little Mermaid; Fantasia; Fantasia 2000; The Best of Roger Rabbit; Shrek 2; Dial M for Murder; Strangers On a Train; The Return of the King (Lord of the Rings Series); and one DVD - Treasure Planet.

## ABIQUIU PUBLIC LIBRARY

Ph: 685-4884

Our great Endowment Effort is underway and to a successful beginning! THANK YOU to many of you who have been so supportive in our educational foresights. Those of you who are still considering, please come by anytime and talk to us about the efforts we'd like to continue. Our goal is presently about a quarter of the way and has slowed down much too soon! It is ESSENTIAL for us to meet a matched amount in order to accomplish this Endowment that will keep the Abiquiu Public Library and its special community programs going perpetually. Please do what you can to help us.

We have available the Herencia CD, Volumes 1 through 40 dating from 1994 to 2004. If you wish to look up a previous article or just scan through it, come in and use our computer lab freely.

The following articles are available for reading on sight as reference materials at the Library now:

Who Wrote the Land Grant Petitions?  
 Classification of Black Pottery Pigments  
 Miscellaneous Powers of the Mesta  
 The Genizaros  
 The Spanish Origin of Indian Rights in the US Law  
 The Role of Judicial Decisions and Doctrine in  
 Civil Law and in Mixed Jurisdictions  
 Mexican Americans and the Administration of  
 Justice in the Southwest  
 Beginnings of Representative Government in NM  
 Lawyer-Induced Partitioning of NM Land Grants  
 The Spanish and Indian Law: New Spain  
 The Charles Bent Papers  
 Navajos-Catholic Church Records NM 1694-1875  
 NM Historical Review-Fray Silvestre and the Hopi  
 Breaking the Chains of Dependency  
 Springs-Creeks and Groundwater in 19<sup>th</sup> Century  
 The Population of San Juan Pueblo, NM 1968

Our Teen Advisory Board sat in on our last monthly meeting and will be assisting Eugene Corrales who works for I-Leap and Hands across Cultures in coordinating youth projects. They will be holding basketball tournaments in April and invite you to come up with your own teams of boys and girls for friendly competitions. Our next monthly board meeting will be held on February 9<sup>th</sup> at 6 PM in the Library. Everyone is welcomed to attend.

Be sure to congratulate our new Board of Directors President Alice Garcia & Vice-President Max Doak, we are all looking forward to a great start with our board and the New Year!

The 4<sup>th</sup> annual Spring Fling Dance fundraiser to be better than ever this year, with a great band and the attendance of all of our very good friends! The Rio Chama Network group will be helping us with the preparations of this event and will be having a presentation called; "Honoring Living Legends" during the night. There will be a time set before the event for a social hour, during that time we can come in early and visit with all our friends, just to help get the fun started. More information will be in the March 2005 issue.

We have now added a few books specializing in the sacred prayers, chants and songs of the traditions used by the Hermanos of the Morada del Alto of Abiquiu.

One of these books is titled:

"OH, SANGRE DE MI JESUS;  
OH, LAGRIMAS DE MARIA!

Come in and see these books and many more from our "Special Collection". If you would like to read more about our Sacred Moradas, we have "En Divina Luz" by Michael Wallis. These books will surely help you understand more about the Penitente Moradas of New Mexico.

If you are looking for something to do for the day come in to the library and see what can be found inside our doors! You can go surfing! Via the Internet! Or set down with a good book like; Nicholas Evans' "The Smoke Jumper", or the great mysteries of Robert Parker. We also have a collection of Agatha Christie's mysteries just sent to us from a one-time visitor in from Chicago.

We had a great time with Renee and Jerry during their presentation of "Native American Story Telling". We had kids lying around on the floor just concentrating on the stories and even joining in at times. The Adults join in as well with all the fun. At the end of this program all the children were happy to hear that this would be and on going presentation and that Renee and Jerry will be here several more times to continue the stories. The first and second part of the series "Third Ear" was held in January and will continue into a four part series. Next time set for the story telling will be Thursday February 10, 2005 at 4:30 pm. Everyone is WELCOME!