

LxGarcia@mariposachc.net. Medication-Assisted Program is receiving patients for Suboxone. Contact Stephanie at szepeda@mariposachc.net. Lastly, MCHC continues delivering prep programs about STI, HIV, pregnancy prevention such as Love Notes, mental health presentations. Anyone interested in learning these topics contact Arely at AZavala@mariposachc.net.

- For the Mariposa Youth Coalition, they are recruiting High School students interested to join the group to do after school activities. Also, applications are being received for the Summer Youth Institute until March 9. Lastly, Yoshi, the tool on the MCHC website that can start a chat is being updated. For more information contact Alexa at AJLopez@mariposachc.net.
- Os3 Movement will be organizing a Quarter Marathon, along with a health fair this Spring. More information to come or contact Edgardo at Os3movement@gmail.com.
- SEAHEC is collaborating with Brothers and Sisters Charity of Nogales to distribute COVID information along with food every Wednesday at 7 am, also they are collaborating with the Consulado de Nogales to educate the community on the vaccine application days. Also, they are educating people from several counties about health and COVID-19.
- The candidates for the available positions at Circles of Peace are being interviewed, so we will have new team members very soon.
- The Boys and Girls Club are accepting teens from ages 5 to 17 for the after-school program working in-person. Anyone interested in enrolling contact Aissa at aacuna@mediacombb.net.

Agenda item: SENIOR PROJECT PRESENTATION **Presenter:** Nicole Felix

Discussion:

- What is mental health?
 - Emotional, psychological, social well being
 - Affects mood, thinking and behavior
 - Determines how we handle stress

 - Childhood – adulthood
 - 200 types
 - Top 10 mental disorders: depression, anxiety, attention – deficit / hyperactivity disorder (ADHD), insomnia, addiction, and substance abuse, bipolar, schizophrenia, post-traumatic stress disorder (PTSD), eating disorders, borderline personality disorder.
- The causes of mental illness
 - Medical problems
 - Stress
 - Bullying
 - Experiences
 - Family genetics
- Symptoms
 - Feeling sad
 - Inability to concentrate
 - Feelings of fear
 - Mood swings
 - Low energy, sleep problems
 - Alcohol and drug abuse
 - Detachment from reality

- Anger
- Sexually active at an early age
- Trouble understanding people or things
- Suicidal thoughts
- Parents impact

Positive

- Taking kids to therapy
- Listening and talking to them
- Helping them cope
- Deep connection
- Spending time together
- Being Attentive to children

Negative

- Comparing kids to others
- Not asking enough questions
- Not listening or understanding
- Being close minded
- Gaslighting
- Not having respect

- Treatments
 - Therapy
 - Meditation
 - Prescribed medications

Agenda item: SUBCOMMITTEES UPDATE

Presenter: Jessica Gallego

Discussion:

- Youth-serving organizations
 - Adult podcast

It was mentioned on the last meeting the idea of making a podcast where adults will do a follow up the subject that the youth were talking about in their podcast. The youth-serving organizations subcommittee decided that we are going to start this recording at the We ♥ Nogales studio.

- Health fair/ Os3 Movement Race/ Día del Niño event.

Os3 Movement mentioned in the meeting that they are planning a fundraiser event here in Nogales around the date of the Mexican holiday "Día del Niño" where they are inviting people to participate in a race of 5k and 10k and plan to give information and resources to the community.

Therefore, the Youth-Serving Subcommittee decided to participate in this event handing out candy and information to kids.

- 4-H Digital Workshop

Norma Ruiz shared in the meeting that the 4-H youth group is having an 8-session workshop to people that wants to learn more about computer/internet skills, like how to build stronger passwords. Workshop is being offered to groups of adults 18+. For more information contact Norma at normaelisarui@arizona.edu.

Agenda item: UPCOMING EVENTS

Presenter: Jessica Gallego

Discussion:

- ACE's training (Feb 17)

The community is welcome to attend this 3-session training via Zoom.

- Rx360 Presentation (Feb 10)

The YADA group will give a Valentine's Day Rx360 presentation for the community at the Nogales Border Park at 2 pm. Everyone is welcome. Snacks will be provided.

- Radio Shows

This month we have several radio shows where we talk about health and important topics for the community. We will go to Maxima and KNOG to share this information.

Agenda item: CLOSING

Presenter: Melissa Gallegos

Discussion:

Thanks for attending the meeting and for the great work that you all do. We hope to continue working together in this amazing team effort that we have been doing in the past years. We hope to see you all next meeting.

Next meeting:

March 9th, 2022 @ 2:00 PM THROUGH ZOOM

Join Zoom Meeting

<https://us02web.zoom.us/j/84306162192>

Meeting ID: 843 0616 2192