

McKinley Community Health Alliance

“It is the mission of the McKinley Community Health Alliance to affect and facilitate change in systems that perpetuate health, education, economic and environmental inequities by engaging individuals and agencies to understand and address the underlying “root” causes of poverty/income inequity, institutional racism and multi-generational trauma.”

Health Alliance Monthly Meeting

December 11th, 2024

11:00 a.m.– 1:00 p.m.

Zoom Online Conference

MINUTES

The monthly meeting of the McKinley Community Health Alliance convened on Wednesday, December 11th, 2024, at 11am online via the Zoom online conferencing platform.

The following people/entities were present:

Christopher Hudson (he#him#his)—MCHA Coordinator
Brent J. Crowe—The Community Pantry- Gallup NM
Cynthia Killough #she/ella—UNM Health Sciences
Meeksee Tsotaddle-Yatsayte—Four Corners Detox Recover Center/Navajo Nations
Missing Persons Update/Missing & Murdered Dine Relatives
Randy Benally—UNM Health Sciences
Alyson Kee—United Healthcare
Diana Good—New Mexico Department of Health
America Escobar—BeWell NM
Kasha John—Four Corners Detox Recover Center
Julia Platero—Blue Cross and Blue Shield of NM
Debra Martinez—Gallup Behavioral Health
Ophelia Manning—Social Justice/Community Health Worker
Nate Sayas-Porter—Four Corners Detox Recover Center
Tierra Johnson—New Mexico Legal Aid
Colleen Roan—McKinley County Early Childhood Education Coalition
Latasha Chiquito—MCHA Internship 2025 Applicant
Stephany Lilly—Four Corners Detox Recovery Center
Anna Rondon—NM Social Justice Equity Institute
Kimberly Martin—Sexual Assault Services of NW NM
Patricia Largo— NMSU McKinley County Cooperative Extension Service, Family and Consumer Science/4-H Agent
Eirena Begay—MCHA Housing Justice Community Organizer
Zunneh-bah Jim—Gallup Community Health
Surphina Oyebi—New Mexico Department of Health, Office of School & Adolescent Health
Nicole Lujan—New Mexico Department of Health
Sam Whitehair—NM Social Justice Equity Institute
Ophelia Hudson—New Mexico Department of Health
Vangie Redsteer—State of NM-Aging and Long-Term Services Department
Regina Gonzales—Blue Cross and Blue Shield of NM
Jessica Olivas—United Healthcare
Cassandra Bahe— Sexual Assault Services of Northwest NM
Devon Norberto—NM Social Justice Equity Institute

Tyrell Morgan—Youth Shelter & Family Services
Vicki Casias—New Mexico Department of Health
Mallery Chino—New Mexico Department of Health
Anita Muneta—MCHA Housing Justice Team/MCHA Core Team
Vanessa Bowekaty

The monthly meeting of the McKinley Community Health Alliance convened this month to hold a McKinley Community Suicide Awareness Discussion and Response. After an initial request for McKinley County data on suicides by the MCHA core team, NM DOH supplied us with McKinley County suicide data rates and charts (appending below). Given the alarming trending increase in the McKinley Community, we all came together today to discuss and respond accordingly. Finally, we held space for our regular partners updates & community announcements, openly made by those present and in the chat log.

Notes by Cynthia Killough, UNM Health Sciences Center
Thank You! - Ahéhee' - Gracias – Elahkwa

Monthly McKinley Community Health Meeting

December 11th, 2024

11:00 a.m. – 1:00 p.m.

- We had 35 people in attendance
- Community Suicide Awareness Discussion & Response
 - Ophelia Hudson was able to get some statistic for us
 - Rates have been increasing over time at an alarming rate; only up to 2022
 - We plan to have someone from 988 to come and present on this in January
 - Chris shared data on suicide rates
 - Members shared info on local resources: SNAP-SA
 - SNAPS-SA Coalition
 - Next meeting, we can continue discussion of QPR
 - Phina Oyebe is a QPR trainer, the training will take 90 mins
 - Jan. 8th during next meeting we will do a QPR training
 - Our legislative update will be 60 days
- Monday 12/16 we have core meeting
- Updates
 - NMDOH- Ophelia Hudson
 - In the process of hiring McKinley Health Promotion Specialist
 - McKinley Collaborative for Health Equity/New Mexico Social Justice & Equity Institute
 - Updates- Anna Rondon
 - Training with HEROS and regional HEROS with UNM Health Sciences to build knowledge base for project
 - Hired full time CHW
 - Planning October 2025 International Uranium Film Festival
 - Jan. 8th 4-7pm- Convergence of Community Voices Symposium; Conversation about project 25 and American Agenda

- April 15-18, 2025 Policy for water resiliency caucus meeting at Hotel Albuquerque, bringing in Acequia workers
 - Hired social justice, comparative analysis of bills and impacts of indigenous peoples
- Gallup Behavioral Health Updates Debra- dropped a lot of flyers in the chat
 - Book club
 - Stress Reduction Clinics- December 12th, 4 pm-6 pm Stress Reduction Clinic- Octavia Fellin Public Library
 - Chris Hudson will send out list of events for health alliance members
- MCHA Housing Justice Project Updates—Eirena Begay, MCHA Community Organizer
 - Medicine bundles to hand out; they found a person to help with the herbs
 - Last meeting will be hybrid, Dec 19th 3-4pm at Camille's Café
- Health Alliance- Chris Hudson
 - Internship application due this Friday
 - Funding from the state increased- not recurring funding, big push for legislator to continue to fund health councils and make it recurring
 - Give your representatives a call
- Zunneh-bah shared flyer to PAPapalooza Dec 14th, 2024
- Meskee
 - Crisis Services Santa Fe flyer
 - Holiday party for families impacted by the missing and murdered indigenous people crisis- please RSVP
- Patricia Largo- NMSU McKinley County Cooperative Extension Agent
 - PEARLS Program for older adults who have depressive symptoms, not clinical depressed, work with folks who do not have drug addiction, to help people get back to what they want to be
- Tierra- Legal fair event cohosted with NM Center on Law and Property
 - Come share your story about challenges you face as a mobile home park resident
 - Dec. 17, 2024, Gallup Community Center

Zoom Chat Log

11:01:28 From America Escobar to Everyone:

Hi Everyone!

I am America an outreach and engagement specialist at BeWell.

I wanted to share two links that will be helpful to the community.

The first link is for the events calendar.

<https://bewellnm.com/Events/>

Our virtual events are also popular you can find the details on the event calendar.

and the second link is to our the scheduling tool

<https://bewellnm.com/appointment/>

11:06:30 From Nate Sayas-Porter to Everyone:

Nate Sayas-Porter...Email: nsayas@fcdrecovery.org

11:06:39 From Cynthia M Killough to Everyone:

Good morning! Cynthia Killough, Community Engagement Liaison, UNM Health Sciences ckillo@salud.unm.edu

11:06:48 From Alyson K. to Everyone:

Alyson Kee- United Healthcare

11:06:52 From Diana Good: to Everyone:

Happy to be here till about 11:45. Diana Good, she/her from New Mexico Dept. of Health. Health Promotion Program

11:07:05 From Patricia Largo to Everyone:

Patricia Largo, NMSU McKinley County Cooperative Extension Service, Family and Consumer Science/4-H Agent at plargo@nmsu.edu

11:08:11 From Stephany Lilly to Everyone:

Good morning everyone, Stephany Lilly, Admissions Advocate Supervisor with Four Corners Detox Recovery here in Gallup. slilly@fcdrecovery.org

11:08:56 From Brent Crowe to Everyone:

Brent J Crowe

Research Program Supervisor - STRONG FATHERS/Strong Man

Johns Hopkins Bloomberg School of Public Health

P.O. Box 889, Fort Defiance, AZ 86504

bcrowe4@jh.edu

office 928-729-1216

cell. 505-979-3065

11:11:40 From Tierra Johnson to Everyone:

Tierra Johnson, Community Justice Worker with New Mexico Legal Aid.
tierraj@nmlegalaid.org

11:12:09 From MeskeeTsotaddle-Yatsayte/FCDRC to Everyone:

Meskee Tsotaddle-Yatsayte (Strret Outreach Worker for Four Corners Detox Recovery Center/Santa Fe Recovery-Gallup. mtsotaddle@fcdrecovery.org 505-471-4985 ext 629 / 505-405-9440 I would love to collaborate with outreach workers in the community. Please reach out. Thank you.

11:12:28 From Anna Rondon to Everyone:

Ya at eeh, Anna Rondon, Project Director, NM Social Justice Equity Institute

11:13:37 From Colleen Roan MCECC to Everyone:

Colleen Roan, Coordinator - McKinley County Early Childhood Coalition - mceccgroup21@gmail.com

11:13:48 From Debra Martinez to Everyone:

Same

11:14:02 From Cynthia M Killough to Everyone:

Randy and I have a new website to help communities know about the different health studies they can participate in. Check it out: <https://sites.google.com/view/ctscstudies/home>

11:14:50 From Phina Oyebi to Everyone:

Surphina Oyebi, School Mental Health Advocate for the Office of School and Adolescent Health (NMDOH-OSAH). Email: surphina.oyebi@doh.nm.gov

11:15:13 From Kasha John to Everyone:

Kasha John MAI case manager at Four Corner Detox Recovery.

11:15:39 From Julz's iPhone to Everyone:

Julia Platero, Community Outreach/Tribal Liaison, Blue Cross and Blue Shield of NM, 505-508-9030, julia_platero@bcbsnm.com

11:17:15 From Randy Benally - UNM HSC to Everyone:

Randy Benally, Tribal Community Liaison, UNM HSC CTCS, RanBenally@salud.unm.edu. Check out our new website for health studies, <https://sites.google.com/view/ctscstudies/home>

11:20:35 From Nate Sayas-Porter to Everyone:

4H was everywhere going to school up in Wisconsin. Lots of farms around lol

11:20:54 From Patricia Largo to Everyone:

Reacted to "4H was everywhere go..." with 

11:20:57 From Anna Rondon to Everyone:

Please add your name, org contact info

11:21:56 From Jessica Olivas-UHC to Everyone:

Jessica Olivas Justice Liaison United Healthcare, jessica_olivas@uhc.com

11:21:57 From America Escobar to Everyone:

America Escobar- Outreach and Engagement at BeWell. (Aescobar@nmhix.com)

11:22:16 From latasha chiquito to Everyone:

Latasha chiquito possible intern
tulley_04@yahoo.com

11:22:34 From ophelia.hudson to Everyone:

Yaa'teeh Abini. Ophelia Hudson, NMDOH NW Health Promotion Manager

11:22:48 From ophelia to Everyone:

Good morning everyone. This is Ophelia Manning and I work with Social Justice/Community Health Worker. ophelia3644@gmail.com

11:22:49 From Eirena to Everyone:

Ya'atééh, Eirena Begay MCHA Housing Justice Community Organizer,

eirena.begay@mckinleyhealthalliance.org

11:24:21 From Zunneh-bah Jim to Everyone:

Zunneh-bah Jim, Gallup Community Health, zunnehbah@gallupcommunityhealth.org

11:26:28 From Vangie.Redsteer NW SHIP Regional Coordinator to Everyone:

Vangie Redsteer, State of NM-Aging and Long-Term Services Dept, NW SHIP Regional Coordinator, Evangeline.redsteer@altsd.nm.gov

11:27:13 From Cynthia Killough to Everyone:

Here is the link to the UNM summer internship flyer. Applications are due Feb 28th, 2025: <https://drive.google.com/file/d/1A5Paf9jcwfxksHS5TGdK0m7GldZGCDO/view>

11:27:42 From Cassandra Bahe- SAS to Everyone:

Cassandra Bahe, Sexual Assault Services of Northwest NM-Gallup.
cassandrab@sasnwnm.org

11:31:47 From Diana Good: to Everyone:

Have to hop off, but wow, what a great crowd today. I'm sure you'll have a great conversation on the topic today.

11:42:04 From Patricia Largo to Everyone:

Reacted to "Crisis Flyer (8.5 x 11 in).pdf" with 👍

11:45:29 From Debra Martinez to Everyone:

There is 2023 YRRS data available can we get that?

11:47:07 From Anna Rondon to Everyone:

Navajo EPI has data.

11:48:35 From Randy Benally - UNM HSC to Everyone:

Is Brandon on here from Dept of Health, he's with Behavioral Health.

11:50:21 From Randy Benally - UNM HSC to Everyone:

Is there a study involving Social Media use or are the questions in these studies include Social Media use?

11:51:34 From Debra Martinez to Everyone:

Reacted to "Is there a study inv..." with 👍

11:51:56 From Christopher Hudson (he, him, his) to Everyone:

<https://www.nmhealth.org/news/awareness/2024/9/?view=2123#:~:text=Suicide%20continues%20to%20be%20a,the%20U.S.%20as%20a%20whole>

11:52:50 From Jessica Olivas-UHC to Everyone:

I have to jump off for another meeting thank you all don't hesitate to reach out if anyone needs anything jessica_olivas@uhc.com

11:56:06 From ophelia to Everyone:

👋 5 minutes to 12:00 Noon

11:56:33 From Nate Sayas-Porter to Everyone:

I have to hop off the call. Thank your for the invite and again I am the new Street Outreach Organizer at the Four Corners Detox Recovery Center. Feel free to reach out to me about anything. nsayas@fcdrecovery.org

12:00:37 From Randy Benally - UNM HSC to Everyone:

Fyi, this wasn't in McKinley schools but just an example from another school district.

12:00:58 From Anna Rondon to Everyone:

Yes, new leadership is needed! Corruption is rampant.

12:01:31 From Colleen Roan MCECC to Everyone:

Chris, I would love to participate in the work in education.

12:01:49 From Bianca Paulette to Everyone:

Sharing for any Molina Members that may need Telehealth Behavioral Health Services we offer! We also have an APP for teens to help support BH needs.

12:08:19 From Christopher Hudson (he, him, his) to Everyone:

Replying to "Chris, I would love ..."

I will add you to the group email list

12:08:56 From Brent Crowe to Everyone:

Here is a brief overview of a new research program we are starting at Johns Hopkins to reduce substance use among native men 18 to 26 years old. Please consider reaching out to me so I can share about our program with your agency and/or clients. Happy to unmute and share more, if needed.

12:09:19 From Eirena to Everyone:

Can I join the snapsfa (?) meetings with schools?

12:09:44 From Vicki Casias to Everyone:

I believe it's still there

12:13:06 From Vicki Casias to Everyone:

vicki.casias@doh.nm.gov

12:14:49 From Debra Martinez to Everyone:

Join Zoom Meeting

<https://zoom.us/j/97584712196?pwd=7dgW5JTdPj7FCbHqqnbBeYUA0KhoeB.1>

Meeting ID: 975 8471 2196

Passcode: 5evny5

12:15:17 From Debra Martinez to Everyone:

SNAPS-SA Coalition

When Wed Dec 18, 2024 12pm – 1pm (MST)

12:15:37 From Debra Martinez to Everyone:

We are still meeting.

12:16:44 From Patricia Largo to Everyone:

Reacted to "Join Zoom Meeting

ht..." with 👍

12:17:11 From Eirena to Everyone:

Reacted to "Join Zoom Meeting

ht..." with 👍

12:18:19 From Vicki Casias to Everyone:

Reacted to "Join Zoom Meeting

ht..." with 👍

12:24:27 From Nicole Lujan to Everyone:

I have to get off. Happy Holidays!

12:24:46 From MeskeeTsotaddle-Yatsaye/FCDRC to Everyone:

Reacted to "I have to get off. ..." with 🙏

12:25:28 From Randy Benally - UNM HSC to Everyone:

There's also, ASIST - Applied Suicide Intervention Skills Training

12:32:50 From Debra Martinez to Everyone:

Stress Reduction Clinics- December 12th, 4 pm-6 pm Stress Reduction Clinic-
Octavia Fellin Public Library

12:33:01 From Patricia Largo to Everyone:

I am a certified coach for the PEARLS program - Program to Encourage Active Rewarding Lives for older adults. Please share with any older adults who would like to reduce feelings of isolation and hopelessness. Questions: plargo@nmsu.edu

12:33:04 From Christopher Hudson (he, him, his) to Randy Benally - UNM HSC(direct message):


Replying to "at the time it was i..."

ok, ill look more into it

12:33:04 From Randy Benally - UNM HSC to Christopher Hudson (he, him, his)(direct message):

a 2 day training

12:33:11 From Patricia Largo to Everyone:

Reacted to "Stress Reduction Cli..." with 

12:33:34 From Christopher Hudson (he, him, his) to Randy Benally - UNM HSC(direct message):


Reacted to "a 2 day training" with 

12:33:42 From Patricia Largo to Everyone:

Replying to "Stress Reduction Cli..."

I've been once - it's great! Been meaning to come back.

12:33:50 From Debra Martinez to Everyone:

Reacted to "I've been once - it'..." with 

12:34:19 From Patricia Largo to Everyone:

Reacted to "NM Alcohol Harms and Tax Bill Info Session 12.18.24 Draft.jpg" with 

12:34:56 From MeskeeTsotaddle-Yatsaye/FCDRC to Everyone:

MMIP FAMILY DINNER Event. Abq, NM. Please RSVP to join. As the holidays come upon us we want to keep the families that have a Missing and/or Murdered Loved one in our prayers. Remember their names in your hearts.....☐

12:35:02 From Zunneh-bah Jim to Everyone:

From GCH: Please join us this Saturday to get caught up on mammogram and Pap smear needs. Our partners at DOH will be on site 9a-3p providing flu and COVID shots. We will also have HIV and syphilis testing available. Please call us to schedule your mammogram or Pap. For the other services, no appointment needed.


12:39:34 From Phina Oyebi to Everyone:

Reacted to "Stress Reduction Cli..." with 

12:40:49 From Phina Oyebi to Everyone:

I have to attend another meeting. Please keep me posted on any changes for QPR

12:46:47 From Christopher Hudson (he, him, his) to Everyone:

Reacted to "I have to attend ano..." with 

12:47:23 From America Escobar to Everyone:

I have to attend another a meeting, Thank you for having us. Happy holidays!

12:49:58 From Tyrell Morgan - YSFS to Everyone:

Thank you Everyone!! Happy Holidays and stay safe!!  

12:50:07 From Randy Benally - UNM HSC to Christopher Hudson (he, him, his)(direct message):

Ahee hee, Merry Kishmish and Happy Holidays!

12:50:11 From Anna Rondon to Everyone:

Excellent meeting Happy Holy Days

12:50:12 From Patricia Largo to Everyone:

Thanks everyone!

12:50:15 From R. Gonzales, LCSW to Everyone:

Will those flyers be sent out to everyone?

12:50:19 From Kasha John to Everyone:

Happy Holidays and Have a wonderful day everyone

12:50:23 From ophelia to Everyone:

Thank you everyone

12:50:25 From Julia Platero-BCBSNM to Everyone:

Happy Holidays everyone. Be safe.

12:50:26 From MeskeeTsotaddle-Yatsayte/FCDRC to Everyone:



12:50:29 From Stephany Lilly to Everyone:

Thank you! Happy Holidays!

12:50:42 From Kasha John to Everyone:

Kjohn@fcdrecovery.org

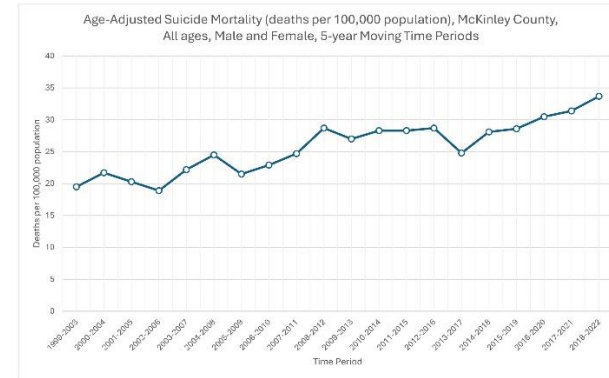
McKinley Community Health Alliance

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Age-Adjusted Suicide Mortality (Deaths per 100,000 population), McKinley County, All Ages, Male and Female, 5-year moving time periods

5 Year Moving Time Periods	Age-Adjusted Deaths per 100,000 population	95% Confidence Interval	Number of Deaths	Population Estimate (years combined)
1999-2003	19.5	(14.8 - 24.2)	69	371,801
2000-2004	21.7	(16.8 - 26.6)	78	371,773
2001-2005	20.3	(15.6 - 25.1)	73	369,983
2002-2006	18.9	(14.3 - 23.5)	68	368,199
2003-2007	22.2	(17.2 - 27.2)	78	366,413
2004-2008	24.5	(19.2 - 29.8)	86	364,629
2005-2009	21.5	(16.5 - 26.5)	74	362,844
2006-2010	22.9	(17.8 - 28)	79	361,093
2007-2011	24.7	(19.4 - 30.1)	85	361,818
2008-2012	28.7	(22.9 - 34.4)	99	362,759
2009-2013	27	(21.4 - 32.5)	94	364,552
2010-2014	28.3	(22.6 - 34)	99	366,994
2011-2015	28.3	(22.6 - 34)	99	370,246
2012-2016	28.7	(22.9 - 34.4)	99	369,943
2013-2017	24.8	(19.5 - 30.1)	87	369,205
2014-2018	28.1	(22.4 - 33.8)	97	366,442
2015-2019	28.6	(22.9 - 34.4)	98	362,478
2016-2020	30.5	(24.6 - 36.5)	105	360,468
2017-2021	31.4	(25.4 - 37.3)	110	358,899
2018-2022	33.7	(27.5 - 39.9)	118	357,907

Source: New Mexico Death Data: Bureau of Vital Records and Health Statistics (BVRHS), Epidemiology and Response Division, New Mexico Department of Health. (<https://www.nmhealth.org/about/bvrhs/vrp/>). New Mexico Population Estimates: University of New Mexico, Geospatial and Population Studies (GPS) Program. (<http://gps.unm.edu/>). Retrieved on November 20th, 2024.

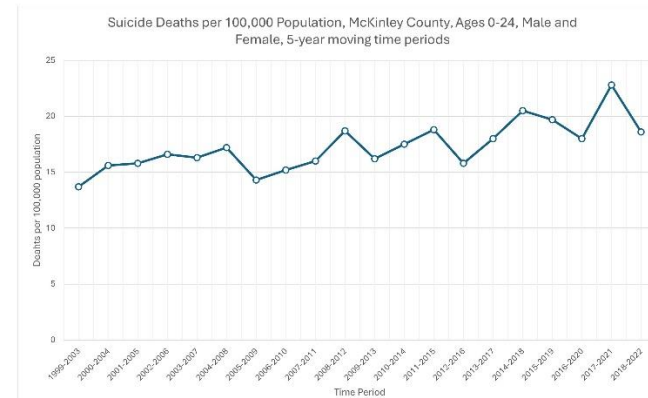


Source: New Mexico Death Data: Bureau of Vital Records and Health Statistics (BVRHS), Epidemiology and Response Division, New Mexico Department of Health. (<https://www.nmhealth.org/about/bvrhs/vrp/>). New Mexico Population Estimates: University of New Mexico, Geospatial and Population Studies (GPS) Program. (<http://gps.unm.edu/>). Retrieved on November 20th, 2024.

Suicide Mortality (Deaths per 100,000 population), McKinley County, Ages 0 - 24, Male and Female, 5-year moving time periods

5 Year Moving Time Periods	Deaths per 100,000 Population	95% Confidence Interval	Number of Deaths	Population Estimate (years combined)
1999-2003	13.7	(8.2 - 19.2)	24	174,967
2000-2004	15.6	(9.7 - 21.4)	27	173,432
2001-2005	15.8	(9.8 - 21.8)	27	170,862
2002-2006	16.6	(10.5 - 22.8)	28	168,292
2003-2007	16.3	(10.2 - 22.4)	27	165,718
2004-2008	17.2	(10.8 - 23.5)	28	163,147
2005-2009	14.3	(8.5 - 20.2)	23	160,575
2006-2010	15.2	(9.1 - 21.3)	24	157,930
2007-2011	16	(9.7 - 22.2)	25	156,387
2008-2012	18.7	(11.9 - 25.4)	29	155,452
2009-2013	16.2	(9.8 - 22.5)	25	154,707
2010-2014	17.5	(10.9 - 24.1)	27	154,278
2011-2015	18.8	(12 - 25.6)	29	154,260
2012-2016	15.8	(9.5 - 22.1)	24	152,246
2013-2017	18	(11.2 - 24.8)	27	149,763
2014-2018	20.5	(13.2 - 27.8)	30	146,247
2015-2019	19.7	(12.4 - 27)	28	142,093
2016-2020	18	(11 - 25.1)	25	138,661
2017-2021	22.8	(14.8 - 30.8)	31	135,995
2018-2022	18.6	(11.3 - 26)	25	134,107

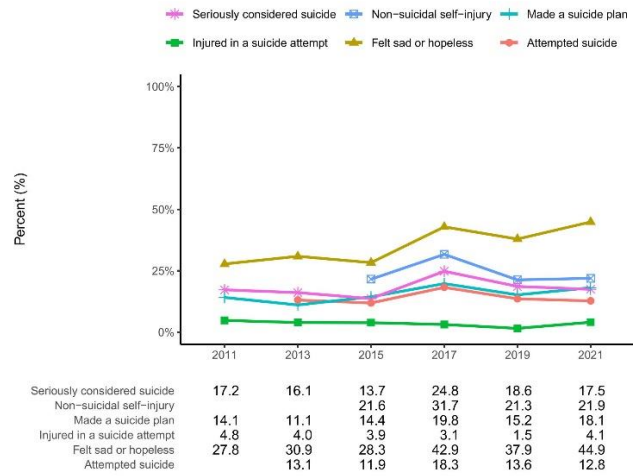
Source: New Mexico Death Data: Bureau of Vital Records and Health Statistics (BVRHS), Epidemiology and Response Division, New Mexico Department of Health. (<https://www.nmhealth.org/about/bvrhs/vrp/>). New Mexico Population Estimates: University of New Mexico, Geospatial and Population Studies (GPS) Program. (<http://gps.unm.edu/>). Retrieved on November 20th, 2024.



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Mental Health

*Mental Health
by Year, McKinley County
Grades 9–12, 2011–2021*



Mental Health and Suicidal Behaviors

*Mental Health and Suicidal Behaviors
by Year, McKinley County
Grades 6–8, 2011–2021*

