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

October 14th, 2026
11:00 a.m.– 1:00 p.m.
Zoom Online Conference

MINUTES

The monthly meeting of the McKinley Community Health Alliance convened on Wednesday, October 14th, 2026, at 11am online via the Zoom online conferencing platform.

The following people/entities were present:

Christopher Hudson (he#him#his)—MCHA Program Manager/Health Council Coordinator
Brittany Yazzie—MCHA Core Team
Angela McCormick—Thoreau Community
Anthony Arviso—Enchantment Physical Therapy Gallup
Charlotte Jameson—BeWell New Mexico
Cynthia Killough #she/ella—UNM Health Sciences, UNM SW CACTI
Debra Martinez—Gallup Behavioral Health
Gerilyn Antonio—New Mexico Alliance of Health Councils
Anna Rondon—New Mexico Social Justice & Equity Institute
Donnica Dunlap—NM Public Education Department Contractor
Hope Wilson—Community Member (WR, NN/AZ)
Connie Liu—Mckinley Community Physician (OBGYN), Gallup Community Health
Jennelle Mitchell—New Mexico Department of Health, McKinley Health Promotions
Kimberly Martin—Sexual Assault Services of NW New Mexico
Latawnya Tan—HPDP Specialist NAIHS- Crownpoint Service Unit
Loxitawny Campbell— MCHA Public & Community Health Intern (Winter 2026)
Olivia Muskett—UNM Comprehensive Cancer Care
Ophelia Hudson—New Mexico Department of Health
Patricia Largo—NMSU McKinley County Cooperative Extension
Paula Seanez—Department of Diné Education
Raina Schmidt— Santa Fe Recovery Center with HIV Care & MAT Programs
Randell 'Randy' Benally—UNM Health Sciences, UNM SW CACTI
Maria Calderon Rose— McKinley County Juvenile Substance Abuse Crisis Center (JSACC)
Ray Daw—McKinley Community Member/Consultant
Rory Wheeldon—MCHA Public & Community Health Intern (Fall 2026)
Sam Henning—New Mexico Alliance of Health Councils
Tasha Baker— Gallup Project Venture (NIYLP)
Cheryll Atine—Student Counseling Services, Navajo Technical University
Anita Muneta—MCHA Core Team/Housing Justice Team/Health Profile Team
Theresa Yazzie—GIMC/Crownpoint HIS/OEH
Joyce Hudson—NM Social Justice Equity Institute
Eirena Begay—MCHA Housing Justice Community Organizer
Lacey Cellicion—Teen Court, McKinley County Community Services Department
Janeya Johnson—Youth Shelter & Family Services

Marlisha Trevizo—Battered Family Services
Guillermina "Gigi" Osoria—Health Action New Mexico
Ken Collins—Hozho Center for Personal Enhancement
Riah Davis

The monthly meeting of the McKinley Community Health Alliance convened this month to welcome Anthony Arviso, with Enchantment Physical Therapy Gallup, to present on their services. Following the presentation, we received a welcome introduction to our newest Fall 2026 Public and Community Health Intern, Rory Wheeldon. Finally we held space for our regular partners updates & community announcements, openly made by those present and in the chat log.

Notes by Rory Wheeldon, MCHA Public & Community Health Intern (Fall 2026)
Thank You! - Ahéhee'- Gracias – Elahkwa

NOTES:
Community Health Meeting Notes

Enchantment Physical Therapy Presentation

- Anthony Arviso
- Located in Gallup, NM and Rio Rancho, NM
- Opened in Feb 2006
- https://enchantmentpt.com/gallup/

Introduction

- Works to help community members with pain and generational pain. Provide physical therapy or as they call it manual therapy. Manual adjustments to help people with examples of lower back pain. Working towards helping community members with long term pain in 3-4 months. Connection between the brain and pain from research in Australia. Supports members from the Navajo Nation, Zuni Tribe, and Gallup/surrounding areas. People from around the country even NFL player to help support them.

The Brain and Pain

- Finding that connection between the brain and pain. How pain receptors and nerves communicate. Pain is a chemical. It is a neurotransmitter from our brains that tells our bodies we are in pain. Chronic pain causes the brain to be stuck. Even if the injury is healed. The brain continues to send pain signals and chemical releases. Environmental connection as well to long term unresolved pain. For example, continue driving past the area where you crashed your car. The brain is sending pain signals because it remembers the prior pain.

Shared Story

- Outback camping and gets a small scratch and then goes into the water. Next thing he wakes up in the ICU after months. First anglo man to survive a snake bite from this deadly snake. He survived for months but was bedridden and weak. His recovery was

long but was so successful that he returned to work. Taking a woman on a tour he believed he was bit again by that snake. He had a reaction to a scratch by a twig believing that it was a snake. The brain's response was quick because it had previously experienced that pain. He was occupied by stress and worry and his brain was quick to respond to a small pain into a bigger pain than it was.

Takeaway

- The body keeps the score. Long term stress, anxiety, or hurt. This affects more areas in the body than the original injury. Affecting peoples everyday lives especially in our small area where a person is likely to revisit that space of hurt.

MCHA Public & Community Health Intern (Fall 2026) Introduction

-Rory Wheeldon
-Finishing (Dec. 2026) Bachelor of Science in Interdisciplinary Studies with Concentrations in Health Sciences and Education, at Western NM University
-Always wanted to be involved in improving health; inspired through personal experience in program.

Gallup Behavioral Health Updates

- Questions on warming shelter or just relying on NCI.
- Winter awareness campaign from Debra Martinez- email for flyer

Department of Health Updates Ophelia Hudson

- Job announcement
- Looking to Provide mobile unit events for Mckinley or Cibola County.
- Reach out if you would like to get involved with that.

New Mexico Social Justice & Equity Institute/MCHE Updates—Anna Rondon and/or Joyce Hudson , NMSJEI/MCHE

- Early voting collaboration to educate the public on early voting and the importance. Finding how to support the community to access voting sites.
- Rain issues that prohibited people from voting because of road access.
- Report on the 7 generation survey being generated. Reports are also being given to decision makers.
- Outreach in Zuni and surrounding areas to support community members.
- An adult living assistant was hired working alongside the office manager to provide greater support.
- Traveling to the Ute area to join in on a walk against the uranium concern.
- Native American Hero Conference Call every second Wednesday of every month from 9 to 11 am.

McKinley Community Health Alliance Updates—Christopher Hudson, MCHA
MCHA Strategic Planning+ Core Team Work Session (Next TBD (Oct./Nov.), NMSJEI Office,

- Share a meal updates at next weeks meeting
- Sucide Awareness training next week, send your info if signing up to keep information straight.
- Core team work session meeting coming up. All should join to contribute to set up by laws and such working towards non-profit.
- Moving fiscal sponsor to Gallup Community Health.
- The next meeting was November 11th. Looking to move the meeting as Nov 11th is Veteran's Day.
- Core Team meeting is next Tuesday October 20th from 11 am to 1 pm. Mostly internal work but open to those wanting to get involved or listen in.
- Sucidie Prevention Team Dinner celebrating work that has been done and where they are going.

Ray Daw

- Suicide deaths among Native American have been declining based on state report.
- The state offered to put up murals in Gallup, NM from a city council meeting. Asked city administration to put up murals 12x12 to be placed in parts of the city.
- Through UNM released suicide prevention toolkit. Available online, ask him for a copy through his phone number.

Janeya Johnson – Youth Shelters and Family Services

- Trunk or treat on Tuesday Oct 20th at Us Bank parking lot.
- Eviction prevention program details coming soon.
- Collecting gently used jackets and winter gear. Information on the flyer

Patricia Largo Updates

- Free gardening series. First one in November at the Community pantry in Gallup, NM. They go through April of next year.
- NM Diabetes Advisory Council (NMDAC) Lunch & Learn to learn about programs, partnerships, and opportunities that help cultivate a culture of care. Friday, October 23, 2026 12:00 - 1:15 p.m. Virtual via Zoom
- https://nmsu.zoom.us/meeting/register/4SNTcnRiQAKdJ6I-WFVsaQ

Eirena Begay

- State funding concerns with the warming shelter. Location and proximity concerns because of the distance of the warming shelter. Asking questions for clarity on agencies and local places on how they can access the funding. Potentially iron out those issues.
- https://hsc.unm.edu/medicine/departments/psychiatry/cbh/y26_tribes_suicide-prevention-workbook_web-min.pdf

Other links

- https://sites.google.com/view/ctscstudies/resources-and-print-materials Cynthia Killough

Zoom Chat Log

2026-10-14 11:00:37 From Global Donnica to Everyone:
Good morning everyone

2026-10-14 11:01:34 From Global Donnica to Everyone:
Yay !!!!

2026-10-14 11:05:10 From Cynthia M Killough to Everyone:
Morning! Cynthia Killough, Senior Program Manager, UNM SW CACTI; ckillo@salud.unm.edu

2026-10-14 11:06:02 From New Mexico Alliance of Health Councils to Everyone:
Good morning - Sam Henning NM Alliance of Health Councils

2026-10-14 11:06:19 From Brittany Yazzie to Everyone:
Brittany Yazzie MCHA Core Team Member

2026-10-14 11:06:49 From ophelia.hudson to Everyone:
Good morning all. Ophelia Hudson, NMDOH Health Promotion Manager.

2026-10-14 11:07:12 From Tasha Baker to Everyone:
Hello all! Tasha Baker with Gallup Project Venture

2026-10-14 11:07:17 From Cynthia M Killough to Everyone:
Welcome Angela!

2026-10-14 11:12:01 From ConnieLiu to Everyone:
Connie Liu, OB/GYN, Gallup Community Health, connielresist@proton.me

2026-10-14 11:12:04 From Paula Sorrell Seanez to Everyone:
Paula Seanez, Dept of Dine Education paulaseanez@nndode.org

2026-10-14 11:11:51 From Hope Wilson to Everyone:
Hello, my email is hwilson51@hotmail.com

2026-10-14 11:12:21 From Patricia Largo to Everyone:
Hello! Patricia Largo, NMSU McKinley County Cooperative Extension, Family & Consumer Science Agent, plargo@nmsu.edu

2026-10-14 11:12:30 From Randy Benally to Everyone:

Randy Benally, Community Engagement Liaison, UNM HSC SW CACTI, Ranbenally@salud.unm.edu

2026-10-14 11:12:52 From Anthony Arviso to Everyone:
Anthony Arviso, Enchantment Physical Therapy

2026-10-14 11:12:50 From Jennelle L Mitchell to Everyone:
Jennelle Mitchell, Health Extension Regional Officer-NW Region UNM Health Sciences Center jelmitchell@salud.unm.edu

2026-10-14 11:12:51 From Raina Schmidt- SFRC to Everyone:
Raina Schmidt, Santa Fe Recovery Center with HIV Care & MAT programs, rschmidt@fcdrecovery.org

2026-10-14 11:13:10 From Anthony Arviso to Everyone:
anthony@enchantmentpt.com

2026-10-14 11:13:27 From Latawnya Tan to Everyone:
Latawnya Tan, HPDP Specialist NAIHS- Crownpoint Service Unit, Latawnya.Tan@ihs.gov (505)786-6425

2026-10-14 11:13:45 From Rory Wheeldon to Everyone:
Rory Wheeldon Fall 2026 Intern wheeldon.rory@gmail.com

2026-10-14 11:14:08 From Olivia Muskett to Everyone:
Olivia Muskett, Community Outreach Liaison

2026-10-14 11:14:51 From ophelia.hudson to Everyone:
Hi Paula!

2026-10-14 11:15:53 From RayiPhone to Everyone:
Ray Daw, NM 988 Outreach

2026-10-14 11:15:55 From Cynthia M Killough to Everyone:
Hi Randy 😄

2026-10-14 11:16:31 From Global Donnica to Everyone:
Donnica Dunlap
NW Regional Coordinator-NM PED
Donnica.dunlap@ped.nm.us

2026-10-14 11:17:15 From Angela McCormick to Everyone:
Thoreau, Email: thewellnesswithinllc@gmail.com

2026-10-14 11:19:50 From Gerilyn, NMAHC Tribal Liaison to Everyone:
Gerilyn with the NM Alliance of Health Councils, tribal liaison 🎃

2026-10-14 11:20:31 From McKinley Community Health Alliance to Everyone:
Mission Statement: “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.”

2026-10-14 11:24:38 From McKinley Community Health Alliance to Everyone:
https://enchantmentpt.com/gallup/

2026-10-14 11:24:59 From McKinley Community Health Alliance to Everyone:
https://enchantmentpt.com/meet-our-team-gallup/

2026-10-14 11:25:15 From McKinley Community Health Alliance to Everyone:
https://enchantmentpt.com/

2026-10-14 11:44:57 From Debra Martinez to Everyone:
10.15.26 (2).pdf

2026-10-14 11:48:34 From Debra Martinez to Everyone:
One Death is too many Flyer2025 (3).pdf

2026-10-14 11:52:03 From ConnieLiu to Everyone:
SUCH AN AUNTIE JOKE HAHAHAHHA

2026-10-14 11:55:22 From Debra Martinez to Everyone:
PSA Electric Dept. transmission line outage Oct 2026.pdf

2026-10-14 11:55:27 From McKinley Community Health Alliance to Everyone:
Suicide Prevention Training - MCHA Lunch & Learn CH Workshop (10.21.2026).pdf, Suicide Prevention Training - MCHA Lunch & Learn CH Workshop (10.21.2026).jpg

2026-10-14 12:00:19 From ConnieLiu to Everyone:
hi there i need to hop off! FYI there is a Kids Vote activity at the Gallup Library, Arts 123, Gallup Children's Museum and Gallup Community Health - it will run through early voting period. We're hoping to boost kids awareness of voting as rates of voting <35 yo have remained flat even as older folks are voting at higher rates ever since the NM Voting Rights act of 2023 was passed.

See you all the next meeting =)

2026-10-14 12:00:51 From Patricia Largo to Everyone:
Food security and nutrition access impact families and communities across New Mexico. Join the next NM Diabetes Advisory Council (NMDAC) Lunch & Learn to learn about programs, partnerships, and opportunities that help cultivate a culture of care.

🗓️ Friday, October 23, 2026
🕛 12:00 - 1:15 p.m.
💻 Virtual via Zoom
✅ Potential CEUs: 1.25
Hear from experts and community leaders as they discuss food security and nutrition access programs in New Mexico.
🎓 Scholarships may be available! Contact Dianne Christensen at diannec@nmsu.edu for scholarship information.
🔗 Register today:
https://nmsu.zoom.us/meeting/register/4SNTcnRiQAKdJ6I-WFVsaQ

2026-10-14 12:00:58 From ophelia.hudson to Everyone:
I have to jump to another meeting. Thank you everyone for all your work.

2026-10-14 12:02:58 From Cynthia M Killough to Everyone:
Hi everyone- please check out our website that has some really great print materials and resources for different health topics from our UNM Docs & PhDs:
https://sites.google.com/view/ctscstudies/resources-and-print-materials

2026-10-14 12:03:10 From Janeya Johnson - YSFS to Everyone:
Purple Orange and Black Spooky Illustrated Happy Halloween Flyer (2).pdf

2026-10-14 12:03:47 From Debra Martinez to Everyone:
Ray?

2026-10-14 12:04:42 From Anna Rondon to Everyone:
Excellent resources!!!

2026-10-14 12:07:06 From RayiPhone to Everyone:
907-205-1164 cell

2026-10-14 12:07:22 From Debra Martinez to Everyone:
If you have recommendations for placement on the 988 logo please share.

2026-10-14 12:07:49 From RayiPhone to Everyone:
20261014120746924790.jpg

2026-10-14 12:08:10 From RayiPhone to Everyone:
The QR code
Link to the suicide prevention toolkit

2026-10-14 12:08:12 From Eirena Begay to Everyone:
Thank you Christopher. I don’t have updates at the moment.

2026-10-14 12:08:57 From Patricia Largo to Everyone:

Free Gardening Series
842255285_1538551381631684_5726726788134299136_n.jpg

2026-10-14 12:09:37 From McKinley Community Health Alliance to Everyone:
Tribes_suicide-prevention-workbook_toolkit.pdf

2026-10-14 12:09:54 From McKinley Community Health Alliance to Everyone:
https://hsc.unm.edu/medicine/departments/psychiatry/cbh/y26_tribes_suicide-prevention-workbook_web-min.pdf

2026-10-14 12:11:16 From Cynthia M Killough to Everyone:
Sorry all- I need to hop off. It was awesome to be in this space with you. Have a good one.

2026-10-14 12:12:40 From Randy Benally to Everyone:
Thank you everyone! Have great rest of your day.

2026-10-14 12:16:55 From Guillermina Osoria to Everyone:
Thank you, Christopher! 💃Happy Wednesday to all!

2026-10-14 12:17:09 From Patricia Largo to Everyone:
Financial Lit Side gigs today, free, on zoom! Sorry for the late notice! Still time to register.
2026 Finance Friends Flyer Side Hustles October (2)-1.pdf

2026-10-14 12:18:11 From Ken Collins to Everyone:
Ken Collins Executive Director Hozho Center for Personal Enhancement 233 West Coal Avenue, Gallup, 87301 Office Phone: 505-870-1483 Cell: 505-330-1885

2026-10-14 12:18:57 From Patricia Largo to Everyone:
Thanks everyone! Have a great rest of your week!

2026-10-14 12:19:03 From Angela McCormick to Everyone:
Thank you for the invite MCHA. looking foward to any positions availalabe .

2026-10-14 12:19:05 From Lacey Cellicion to Everyone:
Thank you Chris! Good work everyone! :)