

Acoma Pueblo-

Governor Vallo Activates the Pueblo of Acoma Health Command Operations Center-COVID-19

In response to the concern regarding a steady increase in positive COVID-19 cases in Cibola County and on the Pueblo of Acoma, Governor Brian D. Vallo activated and appointed members to the Health Command Operations Center (HCOC) --COVID-19 to further organize the tribe's efforts to serve and protect the Acoma community.

The newly formed team is working closely with tribal leaders as well as IHS, NMDOH, the CDC and other state and federal oversight agencies in order to ensure the daily management of the COVID-19 pandemic is in alignment with public health best practices. Because the nation's top experts in epidemiology and infectious disease are still learning about the nature of the new SARS-CoVid-2 virus, it is imperative for Tribal leadership to have access to the most current information available.

The HCOC's early initiatives have been focused on the health and safety of Acoma Tribal members as reflected in the Governor's Executive Order, and in accordance with the Pueblo of Acoma Public Health Emergency Declaration issued on March 13, 2020. The Declaration was accompanied by Orders to: Stay at Home, Close the Pueblo to all non-Residents, Institute a daily curfew for Pueblo Residents, and Limit public and family gatherings to 5 or less.

Since then, the HCOC team has organized multiple activities designed to minimize the spread of the disease on the Pueblo and assist residents to access necessary resources while sheltering in place. Some of these services include drive-thru COVID-19 testing, temperature monitoring of high-risk members, non-congregate isolation and quarantine shelter options, including mobile home units provided by the Pueblo's Health & Human Services Division, Personal Protective Equipment (PPE) acquisition and issuance to essential tribal employees, weekly drive-thru food distribution organized by the newly formed Emergency Community Food Pantry, and regular informational messaging posted on multiple social media platforms to keep community members informed of critical information, including schedule updates, safety demonstrations, infection trends on the Pueblo and surrounding communities, and tips for healthy living while sheltered in place.

Future goals of the HCOC include developing a comprehensive plan for telehealth and remote patient monitoring to enable community members to have continued access to quality health care as well as the option for mental health counseling and chronic health conditions from the safety of their homes, ongoing development of health education related to COVID-19; surveillance of epidemiology patterns of COVID-19, implementation of an Emergency Notification System (ENS) for updated public health alerts, Database Development and Management, and the on-

Bernalillo County-

A task force is working with NM Alliance of Health Councils intern to do community recovery planning

Started a mask wearing campaign call #IMaskUP

Moved to Zoom meetings in April

Moving classes to zoom

Bernalillo County

Long Term Recovery Meeting - *Recovery is figuring out how we end up stronger through this.*

Brainstorm 1 – *What are things that have been working in this period of time in response to COVID that we would like to see stay in place?*

- You don't have to do things differently, if you work on Beh. Health keep working on Beh. Health, if your strength is the power of convening, keep doing that
- There aren't standard playbooks for anything
- We need to keep meeting to build this together
- This will be successful if it's led by orgs. outside of government agency
- Farmers lost restaurant clients, schools and farmers markets; new CSAs emerging of farmers partnering to provide food shares to those who can and can't pay
- Farm to food bank, paying farmers fair price for the food; fundraising and BernCo funding farm to food bank
- Shift agrobusiness to support local family farms, shift agrobusiness from big farm = big subsidies, to ways to support small, local farms
- Needs will be diverse across the county
- Telephone counseling, removing barriers to telehealth/video encounters, reaching people who are isolated in urban areas
- Free government phone minute restrictions have been lifted
- Comments from those who use food shelf at Roadrunner (RRFB) is that they like the new telehealth access, especially when encountering transportation issues
- Changes have had to be made in organizations, now is time to reflect on if those changes have been beneficial (ex. drive up food box pick up rather than in person pick up – will these changes stay? are they helpful?)
- Working from home – will this have a permanence to it?
- RRFB Health and Wellness Initiative has shifted nutrition education to online and is offering it to all stakeholders; thus much broader reach
- Communication has changed to more phone and text, introduced new text platform, this is having high use, more than we would have imagined
- Caution about moving too far into telehealth, we miss signs and indicators when we don't see people in person, and telehealth doesn't work for everyone
- Relaxed restrictions on substance use medications need to stay in place, change in Standard of Care, stigma for accessing treatment has changed
- Online resources have been more available online
- Access to physical therapies is harder

What are Health Councils Doing to support Communities during the Covid Pandemic?

- Can we check people's vitals at home?
- We have housed people due to this, those people need to stay housed
- Portable restrooms have been needed for a long time, they are now available, we need to keep them available
- Identifying problems have become clearer to what is needed
- More community members are volunteering, many are first time volunteers
- Public health's role is being elevated in emergency preparedness
- Equity concerns, where has testing been available first in BernCo?
- Decentralize services, development and implementation of basic sanitation
- There is a lot of networking coming out of this, how do we create a central hub for collaborative efforts
- Educate on how to use smart phones and devices to access telehealth
- Health in all policies moving forward, we need to get ourselves at these tables
- APS has provided internet hotspots for families that need it during this time. Internet access for all, city/county sponsored internet, other cities do this
- UNM, Pres and Lovelace keep working together with focus on prevention, coordinate together
- Paid leave needs to be available to everyone, how do we keep this high profile
- Increase wages for workers, money that wasn't there is now there, keep that up
- We get to see how important labor is.
- Learning that Meat Packers are more important than Hedge Fund operators
- Need to keep producing information in all languages, so info and services are accommodating for all

Brainstorm 2 – What are things we still need to work on?

- Economic support for families, 1 in 4 unemployed, housing and food support
- Economic support for people who are high risk and can't return to work, live with someone that is
- Long term needs for medically needed meals
- Universal paid sick leave
- Childcare concerns with summer programs and schools closed
- Universal health care
- Prepare for the 2nd wave
- Paradigm shift, acknowledge people's work as human beings, not only as cogs in the economic machine – we need to make policy around this
- Expand Centennial Care client benefits to everyone
- Prioritize Stigma and Services
- Look at Patriarchy and the normalization of violence. The effects of Toxic Masculinity in our society from violence to governmental entities
- Meet with other health councils, what are the difficulties in coordinating
- Helping people find their own power to help themselves.
- Asset mapping

Brainstorm 3 – What do we bring to monthly networking meeting?

- Present all of this, as a living document, list of ideas and list of participants (backgrounds and organization), and then add people/ideas in from there
- There are ideas for action coming up as people talk, how do we act
- We have resources, RRFB text and get food brought to you

What are Health Councils Doing to support Communities during the Covid Pandemic?

- Start simple, work in progress; something to build, move forward with and add to
- Prioritize items, look at what are steps needed to take this forward
- Create a public health system, have better infrastructure, be prepared in the future
- Opportunity to build a stronger community
- Have and keep a level of optimism
- Build trust; bring food to people in their homes, like in precolonial times, send a text and get food
- Send notes to this group, so people can add ideas to make these actionable items
- Carmela can help with this, put something together, lay the base, build off the notes

Lincoln County-

Helped to address food insecurity and has also advocated for expanded testing

Los Alamos County-

Requested food boxes from ALTSD to address food insecurity

Hosted drive up test location

Worked with health commons to coordinate testing

Senior Centers providing meals, shopping RX pickup and delivery

Luna County-

Paid a local seamstress to produce masks for the local public give away in concert with the Census

Health Council helped deliver food to the Mescalero Reservations

Printed and article in the local papers about the effects of Covid on mental health and provided resources such as suicide hotline numbers.

Provided free gun locks to gun owners to increase gun safety

Quay County-

Used survey monkey to find out community needs.

Called local agencies to ask what their clients needed.

Created an Instagram page to get out information about community services

Created an online parent support group to help overstressed parents with ideas for caring for kids and providing educational entertainment.

Use apps to make social media posts (pic monkey, adobe spark, and flyer maker)

Began Zoom meetings in March

Rio Arriba County-

Started a mask wearing campaign calls Rosie the Respirators

Holding zoom health council meetings and posting recordings on Facebook

Shipped beds to McKinley, San Miguel, and Taos hospitals.

Masks: Convened the Council in March to find out what was needed for testing. When they learned that their FQHCs couldn't test because they didn't have a single mask between them, the health council organized seamsters to make masks. Later they convened providers to create a testing schedule. Now providers have masks, so they are making children's masks, masks with transparent windows for people who need to have their lips read, and masks for the hospital to give to the public.

San Juan

No Minor Sale Discussion

Desert View Wraparound Program

Community Information on Covid-19

Michael Kelly from the organization No Minor Sale, along with several high school students from San Juan County presented on laws around tobacco sales to minors. No Minor Sale is an organization that's goal is to educate New Mexico's communities, parents, and retailers on evolving tobacco regulations, the impact of selling tobacco to underage youth, and how people can help prevent illegal sales to minors in your area. Michael and the youth went through data and information on minor sales in New Mexico and how people can get involved in the group to support the mission.

Rick Quevedo and Ariel Homer gave a presentation on the Wrap Around program that Desert View offers. Wraparound is a youth and family-driven, solution focused process. It utilizes the strengths of a child and family as well as their supports to create an individualized plan. This plan is designed to meet the family's needs and reach their desired outcomes. Services can last up to 12 - 18 months depending on the time frame to complete the family's goals.

Requirements for this program includes:

- Youth ages 16-25 years of age
- Have a diagnosis of Serious Emotional Disturbance (SEO), Serious Mental Health (SMI).
- Are in or at-risk of an out-of-home placement.
- Involved in either two or more systems: protective services, juvenile justice services, special education, and/or behavioral health.

For more information contact Rick or Ariel at Desert View Family Counseling.

Georgette Allen from City of Farmington provided updates on some of the community information and gave the website address for the City of Farmington where updated information can be found

<https://www.fmtn.org/578/Coronavirus>.

Torrance County

- work with Viva Conects and other partners
- work with youth mental and substance use services offered through partnerships
- Narcan Training for both youth and public
- Free Gun locks
- Heal work including all the nutrition classes
- prevention efforts to include seniors

Valencia County

Reworking Healthy Eating Active Living CRUNCH. We were thinking about partnering with the free summer lunch program but have changed to working with the farmers market to reach a wider audience. We are also wrapping up our 100% Community Book Club which the CWC will vote on July 1st whether to implement it in our community or not.

Additionally, created this brochure with plethora of local resources

Southwest Family Guidance Center is a trauma-informed agency that is committed to providing personalized behavioral health services. Our expert and compassionate staff of qualified therapists are practicing in six New Mexico counties, offering a wide variety of services and programs for youth, adolescents, and entire families. Evidence-based practices and trauma-informed care are emphasized throughout our clinical services. Our Institute was created to provide ongoing professional development, training and education for community leaders, stakeholders and therapists, while actively producing and participating in community-wide initiatives and events. Both components of our agency are successful as a result of our emphasis on hiring professionals who are not only educated and credentialed but also committed and passionate. We prioritize staff and clients with a high degree of respect and compassion. Our programs and modalities produce the high-quality results you would expect from a sound foundation in industry best-practices and a positive, professional culture. **Call 505-974-5890** for an appointment.

Journey to Wellness is a therapy establishment which serves Valencia County and surrounding areas. The diverse population seen by JTW get their needs covered by mental health, behavioral health, substance abuse, as well as parenting issues. Clients are accommodated through psycho-therapy, equine (animal) therapy, and other evidence based methods, as well as various groups- children's coping skills, adult harm reduction group, parenting group, adolescents girls group. Journey to Wellness accepts self-referrals, Medicaid, and most major insurance plans. **Call 505-944-6626** for:

- Individual & Family Counseling
- Dialectical Behavioral Therapy
- Play Therapy
- Sand Tray Therapy
- Expressive Art Therapy
- Equine Assisted Psychotherapy

Additional Suggestions and Requests for Help:

Consider connecting with www.teeniors.com- connects teens with seniors using technology

Noticed and increase in domestic violence calls and are looking for resources

Continue monthly health council zoom meetings to share ideas

Continue to talk about community recovery planning

Would like to share ideas on violence prevention from the community and law enforcement

Would like to share ideas on substance abuse prevention

Would like to share ideas on housing, access to care, employment food security,

This could be a platform to offer training or data presentations too

Have a survey monkey sent out to find out what other health councils would like to see