

PEOPLEWORKS- NM NEWSLETTER

MARCH 30, 2024

The Evolving Version 2.0 of PEOPLEWORKS

WELCOME TO THE SPRING EDITION OF PEOPLEWORKS' NEWSLETTER!

After a slow start to the New Year (we believe winter illnesses took over people's lives), we welcome new clients and business partnerships. In fact, we are now searching for our next part-time therapist, have welcomed a new Community Health Worker in Ruidoso, and have onboarded a new prevention staff member for our Gambling Program! We are exploring new ways to deliver services for certain populations (for example, i.e. through digital media) and are excited for the outreach activities of our Community Health Workers in Ruidoso, Mescalero, and Alamagordo. It is a pleasure to work with our team members as I observe the heart they have for their clients and communities.

With that summary, please check out our 3 tips for our emotional wellness this season:

EMOTIONAL SPRING CLEANING

Spring is a time to bring in the new and purge out the old! Here are tips for this time of year (and scrub with kindness!):

1.

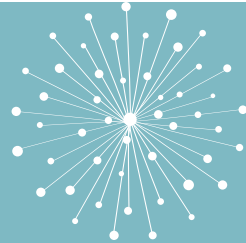
Examine what relationships are not serving you. If interacting with a person makes you feel badly most of the time, then take a closer look. Is this relationship able to be improved or do you need to distance?

2.

Examine what resentments you are holding onto. Resentments become toxic to us, and take up our energy. Find ways to stop focusing on resentments and work toward letting go, if you cannot forgive at this time.

3.

Examine your reflective self talk. Do you put yourself down, feel shame and not worthy as a person? Today is a day to start over, learn from mistakes and move forward!



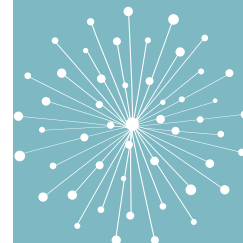
"I enjoy empowering clients to successfully meet life challenges, and do my best to provide empathy and understanding, along with practical guidance."

– Dr. Lawry



"I love being a Community Health Worker in Mescalero. It allows me to give back to my community. I especially enjoy helping and empowering the youth."

– Shannon



Thank you for supporting us. As a nonprofit we welcome donations to support our work, which are tax deductible. See our website to easily donate from the Donate button.



COUNSELING PROGRAM

For years, Peopleworks' counseling program has been the core service offering, and in 2023 we revamped our program. Currently three providers are providing sessions for EAP, commercial and Medicaid insurance clients. (Two other providers see clients with gambling problems) We see persons ages 16 to 64, and we specialize in trauma, military populations, college students, and family caregivers. However, we are able to see clients with a multitude of problems (including substance misuse, depression, anxiety) and most of our therapists have many years of experience. All therapists at this time are doing sessions virtually. We see clients from several counties in NM via telehealth, though the majority of our clients reside in the Albuquerque Metro area. We are close to being at capacity and are actively searching for an additional therapist. Stay tuned, as we hope to find a provider who can also see younger teens/children or a provider who can see a handful of clients in person at our Rio Rancho office!

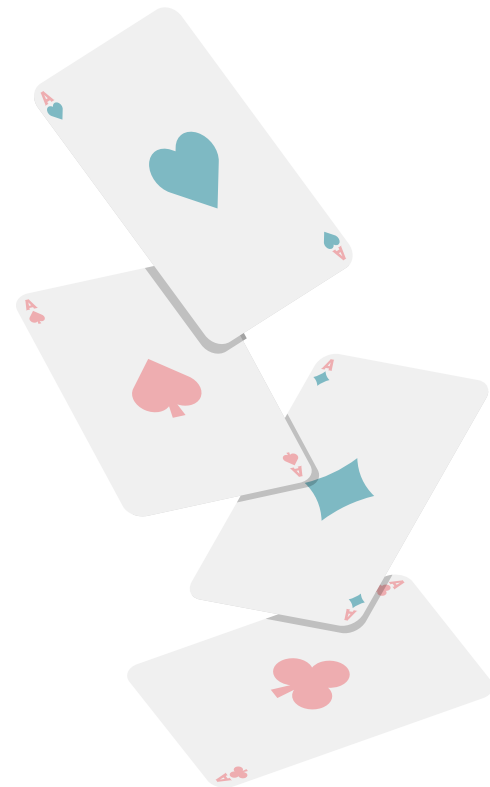
PROBLEM GAMBLING PROGRAM

March is Problem Gambling Awareness month.
Sports betting is on the rise, and has become quite accessible.

The American Gaming Association estimates that Americans will legally wager 2.72 BILLION during March Madness! We are concerned for the younger populations – teens and young adults – who may be developing a problem. We aired a radio ad on March madness betting on W-105, which covers 5 counties (based in Lovington.) Casino based gambling and lottery tickets also remain primary ways of gambling. This is fun for most, but devastating for others!

We are reaching our communities in a variety of ways, hoping to not only reduce the shame and stigma of problem gambling, but to also offer treatment for gamblers and/or their families. Treatment is FREE of charge, due to the generous contributions of RGANM and Sandia Casino Responsible Gaming. We retain the specialty of serving older adults in this program, but are also focused on finding new ways to serve teens and college students. Often financial problems result and need fixing also! As a result, we have a Financial Coach, Dawn Esquibel, who is also able to offer services confidentially and FREE to persons facing this problem. We created videos for our YouTube channel – and hope to continue adding more! (Check us out!) We also distribute our brochures to businesses and social service agencies and churches, sometimes in person. So don't be surprised if we stop in to see you.

Our staff attended trainings in this quarter, most notably the Sandia ICRG conference in March. Cindy Anderson was invited as a presenter and over 200 persons attended!





COMMUNITY HEALTH WORKERS

Our Community Health Workers in Lincoln County and Mescalero (launched in early 2023 as a part of a Department of Community Health initiative at University of New Mexico) continue to participate in activities, serve individual clients and volunteer at local projects. Based in Lincoln County and Mescalero, our program has three staff persons: Desarae, Shannon and our newest staff member – Alisha! We also participate in community activities in Otero County. In March we had a booth and table at both the Maze of Life for 8th graders at ENMU and the Native American Youth Conference. The Maze of Life is an interactive game for eighth graders to teach them about life choices and obstacles, as well as the possible outcome of their choices. We provided ways to identify emotions, and provided coping skills and information about the 988 mental health line as ways to overcome obstacles in their life. We did similar activities at the Native American Youth Conference. There were 173 participants at Maze of Life and 48 participants at the Native American Youth Conference. Our booths/tables were colorful and inviting, using figures from Inside Out!

During the first quarter our CHWs had over 50 client visits during which we assisted with resources and provided emotional support. We continue to participate in the Mescalero Food Pantry, the Lincoln and Otero County Health Councils, and will volunteer at the new shelter at High Mountain Youth Project. We hope to present material to middle and high school students on coping skills. We have several activities planned in April and May, before we wind down the project late June. Please note that we are planning a collaborative event in May for Mental Health Awareness Month, held in Mescalero. This will be a partnership between Peopleworks, Lincoln County Community Health Council and Otero County Community Health Council! Look for Facebook postings on our Peopleworks' Lincoln Mescalero Facebook page!

ONLINE GROUPS AND CLASSES

Our Caregiver Support Group

for family members has been a steady support to isolated and overwhelmed caregivers, many of whom reside in rural parts of NM. Group members come from 8 counties in NM currently! We've opened the group now to new members this Spring. Our group meets every other Saturday, via Zoom and is facilitated by our faithful leader, Janis McGlone, MSW, who has a wealth of knowledge about caregiving and older adult needs. We are grateful to receive funding from Presbyterian Healthcare Services in 2024! We need further financial support to continue the group throughout the year. Any individual contribution is helpful!

Other Groups/classes are not currently offered. However, we will consider offering Money Management courses to any business or social service agency who wants their clients or employees to attend. In addition, look for our Facebook or YouTube short videos on financial, gambling, or other mental health topics!



CHECK US OUT!

WEB: PEOPLEWORKSNM.ORG

YOUTUBE: @PEOPLEWORKS-NM

FACEBOOK: PEOPLEWORKS-NM