

# JUNE 30, 2024

## PEOPLEWORKS- NM NEWSLETTER

Summer greetings to all! As I write today, I am mindful of the devastation of the South Fork fire in Ruidoso, where three of our staff live or have property. We have served the area of Ruidoso and Mescalero for the greater of 3 years. We watched helplessly knowing the devastation is not only physical but also has significant emotional impact. Thankfully our staff in the area remain safe but we will be determining how to help, even though our Community Health Worker grant from UNM comes to a close at the end of June.

We are pleased to welcome two new staff members during this past quarter. Susie Koestner, LMHC, is a great addition to our Problem Gambling Program; and Naomi Roibal, LCSW, joins us as an experienced child, teen and young adult therapist. Additionally, we are pleased to continue our online Family Caregiver Support Group through the summer, thanks to the generous donation of Presbyterian Healthcare Services. We are so grateful to our committed, talented and steadfast Therapy staff, who are the reason we continued our Therapy Program!



**Elisabeth Kubler Ross:**

**“The most beautiful people we have known defeat; known suffering; known struggle; known loss and have found their way out of the depths. These people have an appreciation, a sensitivity, an understanding of life that fills them with compassion, gentleness and a deep loving concern. Beautiful people do not just happen.”**

**We celebrate our beautiful staff, and the many beautiful people in our communities.**

# JUNE 30, 2024

## COUNSELING PROGRAM

*We have  
Openings!*

For years, Peopleworks' counseling program has been the core service offering, and we are rebuilding our capacity. The addition of Naomi Roibal, LCSW as a child and teen and young adult therapist is very timely. Currently three providers are providing sessions for EAP, commercial and Medicaid insurance clients. (Two additional providers see clients with gambling problems). We now see ages 2 to 64! Some of our specialties include childhood problems, depression, anxiety, trauma, military populations, college students, and family caregivers. However, we are able to see clients with a multitude of problems. Most sessions are conducted virtually but Naomi is able to see clients in person and virtually. We also hope to further expand our capabilities to see clients with substance use problems or other addictions. Stay tuned, as we plan to add a Parenting Group (Circle of Security) and an Addictions group to our offerings. The Parenting Group would be in person at our Rio Rancho office and the Addictions Group may be hybrid.

## PROBLEM GAMBLING PROGRAM

We thank RGANM and Sandia Casino Responsible Gaming for their generous donations which allow Peopleworks to provide treatment FREE of charge. We see the devastation of gambling out of control but always keep hope for those in the midst of the struggle. We have several gamblers in treatment and welcome both gambler and family members to take advantage of free counseling. Our Financial Coach, Dawn Esquibel, is also able to offer services confidentially and free to persons in need of financial and debt management.

On the prevention and education front, we continue to visit churches, senior centers, senior living facilities, and financial institutions to discuss problem gambling and leave our brochures. We are planning for a Facebook Live event in July, and, will be attending the RGANM conference at Isleta. We tabled at the Isotopes Game in May, and at a Health Fair with a focus on recovery. We also tabled at Erna Fergusson Library, and at CNM's Wellness Center. Several presentations are scheduled in the Fall at Erna Fergusson Library, and we are planning for many tabling events! We hope to reach a lot of people in Indian country and various areas of the state through radio PSAs. This work could be unlimited, but we will do our best with a combination of digital and in person outreach!

# JUNE 30, 2024

## COMMUNITY HEALTH WORKERS

We are very sad to wrap up our Behavioral Health project in Ruidoso and Mescalero. Our Community Health Workers in these areas (launched in early 2023 as a part of a Department of Community Health initiative at University of New Mexico) are winding down their activities, as of June 30. This coincides with the devastation of the South Fork fire which has rocked this community, so we are saving some funds to address the emotional impact to the community. It appears fire victims are receiving good support in terms of food, water, other supplies; but psychological impact is not as measurable and yet – could be lingering.

Our CHWs have done a lot for these communities in the past three months. Their accomplishments include working with a middle school to set up a relaxation room (“Restoration Station”), tabling at several community events; spearheading a Mental Health Awareness Walk in Mescalero; helping preschool parents with brief educational presentations; helping many clients connect to resources and obtain emotional support, even helping with animal evacuation during the fire and obtaining supplies. As one of our outgoing activities, we will be creating stickers announcing the 988 line which are appropriate for youth and adults.

If you live in the Lincoln/Mescalero area, feel free to contact the Lincoln County Health Council for information and referral: 575-937-5085.

Additionally, our therapists are available via telehealth to community residents in need of counseling.

## ONLINE GROUPS AND CLASSES

Online Family Caregiver Support Group: Our group meets every other Saturday, via Zoom and has 10-12 group members, some of whom attend intermittently. Many live outside of the Albuquerque area. We are currently accepting new group members and are thankful to be able to offer group through the summer due to Presbyterian Healthcare Services’ sponsorship. Janis McGlone, MSW, enthusiastically continues to facilitate this group. We network with Family Caregiver Center of NM Agency for cross referrals, to assist our caregiver population. We need further financial support to continue the group throughout the Fall.

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! We are well aware of the need for an online grief group, which we may consider launching if we obtain funds.

peopleworksnm@gmail.com  
505-990-4186

DONATE



Website: Peopleworksnm.org  
YouTube: @peopleworks-nm  
Facebook: PeopleWorksNM