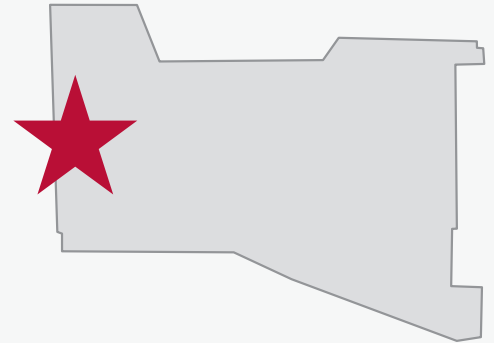


Presbyterian exists to improve the health of the patients, members and communities we serve.

TOGETHER WE'RE BUILDING A CULTURE OF HEALTH

- \$62,000** To support Valencia County Health Council activities (2017-19)
- \$11,000** To support creation of a regional, rural Behavioral Health Plan
- 7,002** Free Healthy Meals served to children at Presbyterian & Presbyterian Kaseman Hospitals
- 850** Community members reached through health fairs & community events
- 100+** Community members engaged in CRUNCHs
- 57** Wellness Referral Center referrals from Belen
- 19** Community partners in Valencia County
- 10** Presbyterian employees participated in Day of Service at Sundance Elementary School (2019)
- 5** Communities impacted: Belen, Rio Communities, Peralta, Bosque Farms, and Los Lunas

Valencia County



HEALTHY LIVING IS EASIER IN VALENCIA COUNTY

In partnership with the Valencia County Community Wellness Council (CWC), **three Collaborative RUN Down on Community Health (CRUNCH) discussions were held in 2019 to strategize innovative solutions to help improve the health of the community.**

- **Behavioral Health CRUNCH:** Approximately 50 people attended the event in Peralta, which included panels of mental health providers, advocacy groups, skills trainers, and substance use and treatment supporting agencies.
- **Healthy Eating, Active Living CRUNCH:** This event in Belen was timed to occur during the free summer lunch program and the soup kitchen for the homeless where CWC promoted Kids at Hope, Anna, Age 8, and provided naloxone training. Each person who signed up received a bag of carrots and a bottle of water and outdoor family games and plants were raffled. Additional vendors attended, including East Urban Community Gardens, Whitfield Conservation, First Choice Community Health Care and others.
- **Fuel Your Family (Assessment) CRUNCH:** At this event at the transportation center in Los Lunas, CWC reached youth and their families to present resources, show changes that the CWC underwent in the past year, and to rank the five priorities that the community identified the CWC to work on.



IMPACT ROOT CAUSES – PREVENTION OF UNHEALTHY SUBSTANCE USE & BEHAVIORAL HEALTH

The Health Council participated in a capacity building process and network organized by the New Mexico Alliance of Health Councils, NM Department of Health, and Presbyterian Community Health, funded by the Robert Wood Johnson Foundation and Institute for Healthcare Improvement.

**POSITIVE EXPERIENCES
+ POSITIVE RELATIONSHIPS
+ POSITIVE ENVIRONMENTS
= POSITIVE YOUTH DEVELOPMENT**

This program, "Spreading Community Accelerators through Learning and Evaluation" helped the health council asset map, bring together stakeholders, execute and facilitate "action labs", and involve other communities to better support positive youth development and resiliency.

Kids at Hope Trainings

Kids at Hope is an evidenced-based positive youth development program that helps organizations transform their interactions with at risk youth by focusing on assets and encouragement and to create a culture of hope. The Valencia County Community Wellness Council brought a facilitator to provide two Kids at Hope module trainings with the community, including Module III, which had not yet been done in Valencia County. Additionally, Presbyterian provided support to send a Community Wellness Council member to the Kids at Hope Master's Institute in Arizona for a week. There are now **two Master Trainers** and both provide trainings to communities here in New Mexico, including one in Tohajiilee in October.

Anna, Age 8 Community Task Force

"Anna, Age 8" is a book and movement that provides a data-driven and collaborative strategy for preventing Adverse Childhood Experiences (ACEs) and family trauma. During 2019, the CWC held an action lab to help create a plan to drive momentum and build capacity. CWC has taken a lead role in facilitating quarterly taskforce meetings. Current taskforces, which are entirely community-operated, include: Mentoring, Early Childhood, Behavioral Health, Food, and Transportation.



STRONG PARTNERSHIPS IN & AROUND VALENCIA

Valencia County participated in the Middle Rio Grande Economic Development Association's Healthcare Committee, which has built a rural behavioral health plan from the ground up involving a 4-County regional group of stakeholders including providers, schools, law enforcement, county government and more. They have chosen to address crisis response, school partnerships and jail diversion and alternative sentencing. The Valencia Community Wellness Council also provided Narcan trainings and Valencia County community resource directories to 40 attendees at Socorro County Health Council's Suicide Prevention CRUNCH in Veguita.

The Community Wellness Council partnered with Presbyterian Community Health to conduct a Community Health Assessment (CHA) and draft Community Health Implementation Plans (CHPs). The process included engaging the community at large with health statistics for Valencia County and evoked thoughtful discussion on the effects of some of the determinants of health and health outcomes that people see every day.

The new Community Health Priorities for Valencia County for 2020-22 are: Behavioral Health, Access to Care, Social Determinants of Health, Healthy Eating/Active Living.

All numbers are for 2019 unless otherwise noted

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