

OSAH provides resources and technical assistance to educational staff, physical and behavioral health professionals, and community members who are involved with children and youth to help them develop sustainable health systems for children and youth in schools and communities.

OSAH Program Goals

- Support integrated health care services to school-aged youth through SBHCs.
- Reduce the incidence of youth suicide.
- Support statewide school nursing and school behavioral health.
- Promote Positive Youth Development and youth resiliency.

OSAH Partnerships

- NM Public Education Department – partnership to assist NM schools with enhancing school health services, safety plans, and grant support administered by NM PED.
- University of NM - collaborate to provide advanced clinical training for behavioral health providers, build community coalitions to support behavioral health and clinical assistance in supporting school nursing.
- Children Youth and Families Department - partnership to train all Juvenile Justice Services staff in suicide prevention, and implement preventative case management services.

New Mexico Department of Health

Office of School & Adolescent Health (OSAH)

The mission of OSAH is to improve the health of all students and adolescents in New Mexico

School-Based Health Centers (SBHCs)

- 48 OSAH funded SBHCs provide quality, integrated, and culturally responsive health care delivered in a youth friendly setting to keep children and adolescents in school and ready to learn.
- OSAH funded SBHCs provide accessible services regardless of insurance status or ability to pay and in alignment with New Mexico statutes for minor's rights for receipt of health care services.
- Nearly 40% of visits to NM SBHCs are for behavioral health services; eliminating barriers to this important service.
- 88% of OSAH funded SBHCs are operated by Federally Qualified Health Centers (FQHCs) or large medical groups, linking students and families to medical homes and improving continuity of care.
- 15,549 students received 46,686 visits for primary care, behavioral health and oral health services during FY20.
- All OSAH supported SBHCs are in Health Professional Shortage Areas.
- When schools closed on March 16, 2020 due to the COVID-19 pandemic less than half of SBHC were able to maintain a physical presence at their school. However, they successfully pivoted to providing primary care and behavioral health services via telehealth. SBHCs substantially increased telehealth health visits- going from a statewide total of 20 telehealth visits between August 2019 and mid-March 2020 to 2992 telehealth visits from March 16 through June 30, 2020.

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Adolescents and young adults make up 21% of the population. The behavioral patterns established during these developmental periods help determine young people's current health status and their risk for developing chronic diseases in adulthood. ~*Healthy People 2020*.

SBHCs provide an opportunity for youth to learn skills to remain healthy.

School Health Services Program

- NM School Health Manual - a vital web-based guidance manual to assist school health personnel in providing a coordinated school health program that receives 5,000 visits per year.
- The Annual School Health Services Report, a snapshot of health services provided by NM school nurses, is coordinated and maintained by OSAH. Statewide data is linked into the National Data Set allowing NM school health to be represented.
- We collaborate with public health regions and Regional Health Officers to provide statewide training and technical assistance for approximately 500 school nurses, 450 health assistants, and 1,000+ school counselors and social workers.
- The trained workforce provides school health services for 310,000+ students at 800 campuses, including provision of chronic disease management and coordination for 6,800+ students who require medically complex procedures for chronic health conditions such as asthma, diabetes, and complex seizure disorders.

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The annual **Head to Toe Conference**, hosted by OSAH, is a culmination of our partnerships with communities, professionals, youth leaders, and resources. Entering its 23rd year, H2T has gone virtual (**H2T365**) to meet the needs of school health personnel statewide and remains the largest conference in NM and a truly unique opportunity for improving school health and behavioral health.

Youth Suicide in New Mexico

- In 2018, 535 New Mexicans died by suicide.
- Suicide was the leading cause of death for adolescents 15 to 17 years old in New Mexico in 2018.
- Rates among residents 10-14 years showed a 70% increase from 2017-2018, while those 15-19 and 85+ years showed large decreases
- Suicide is the most preventable kind of death, and anyone can

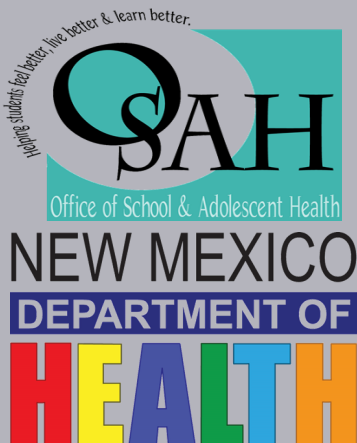
CDC Recommended Strategies

- Create protective environments
- Promote connectedness
- Teach coping and problem-solving
- Identify and support people at risk
- Strengthen economic supports
- Strengthen access and delivery of suicide care
- Lessen harms and prevent future risk

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Adolescent Behavioral Health

- Promoting capacity building and sustainability of behavioral health services and early intervention programs in schools and youth serving organizations.
- Providing technical assistance for implementation and expansion of evidence-based behavioral health programs.
- Training schools and youth serving organizations in evidence based programs, such as: PREPaRE curriculum in school crisis prevention and intervention, Question Persuade Refer Gatekeeper for suicide prevention, CPI Nonviolent Crisis Intervention techniques, Counseling on Access to Lethal Means, Youth Mental Health First Aid, and Teen Mental Health First Aid.
- Alliance building for schools and youth serving organizations to coordinate care with community mental health organizations and providers .
- Facilitating community partnerships to support awareness, decrease stigma, and enhance behavioral health services statewide.
- Providing advanced training for medical and



Implemented first year of the [Garrett Lee Smith State/Tribal Youth Suicide Prevention and Early Intervention Grant](#). This grant is a collaborative effort with partners from [CYFD](#), [PED](#), [NMCAL](#), [UNM](#) and [DOH Epidemiology](#) that will...

- increase the number of youth-serving organizations able to identify and assist youth at risk of suicide
- increase the capacity of clinical service providers to assess, manage, and treat youth at risk of suicide
- improve the continuity of care and follow-up of youth identified to be at risk for suicide, including those who have been discharged from emergency department and inpatient psychiatric units.

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Students who report having high levels of caring and supportive relationships with parents and adults were less likely to report an attempted suicide in the last 12 months. (2019 NM YRRS)

Youth Engagement and Empowerment

Positive Youth Development (PYD)

An approach which facilitates a paradigm shift from viewing youth as future citizens to viewing them as today's leaders with the capacity to effect change when given adequate support and opportunities.

PYD Guiding Principals:

- **Asset Based** (focus on strengths)
- **Place-Based** (reflect local culture)
- **Holistic** (mind/body/spirit) & **Developmentally Age Appropriate**
- **Informed by Youth** (Youth Voice)
- Supports **ALL** children/youth
- **Broad Stakeholder Input & Support** (family, school, community, media, etc.)

You have two hands; one to help yourself and one to help others ~ Unknown

NM Youth Peer to Peer Helper Program

- There are 40 Youth Peer-to-Peer Programs statewide.
- *Adapted* from the promising practice Natural Helper Program & evidence based PYD approach.
- Based on the premise that when young people have problems, they most often turn to trusted friends for help and that within every school a "helping network" already exists in various student subgroups.
- Young people are identified by peers and adults as "helpers" and receive training and support to recognize when a peer needs help, improve their communication, listening, and problem solving skills, become aware of when a situation is more serious and needs adult professional intervention.
- Each program plans and implements one service learning & one health promotion project.

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