

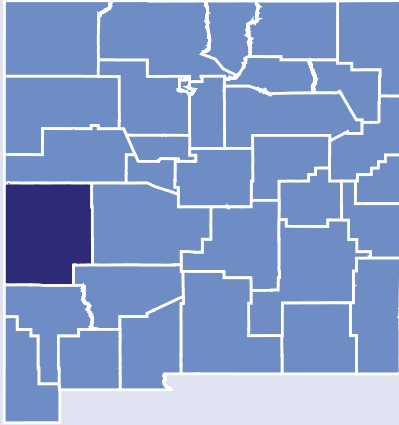
# 2022 CATRON COUNTY HEALTH COUNCIL

P.O. Box 813  
Reserve, NM 98930  
www.nmhealthcouncils.org



## MISSION:

The Catron County Health Council is a community-based forum for assessment, promotion, and improvement of the health and well-being of county residents.



Catron is the largest County in the state with 6,929 square miles and a population of 3,579\*

- Catron County is at the top of the list for Substance Abuse and Suicides.
- Substance abuse prevention and education, especially among our youth.
- Suicide prevention and education.
- Continue education in the schools on the effects of substance and alcohol use/ abuse.
- Monitor progress/regress.

Catron County Profile: <https://nmcdc.maps.arcgis.com/sharing/rest/content/items/14128d84796646849f0264bc435fa9df/data>

## Substance Abuse



Between 2018 and 2020 Catron county averaged 28.2 overdose deaths per 100,000†

### What have we been doing about it?

- Work with DWI on Red Ribbon week and the Teen Health Fair.
- Partnered with State Police to educate youth with substance abuse presentations at the schools.
- Conducted an assessment to find ways to curb the high abuse in the County.
- Received two new grants for substance abuse from the DOH and strategic prevention DETERRA packets, overdose prevention dissemination to community
- Partnered with the school to educate youth on vaping
- Disseminated safe Substance disposal educational materials
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## Suicide Prevention



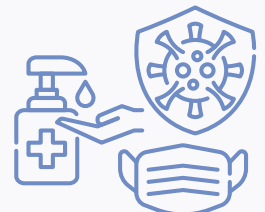
Between 2018 and 2020 Catron county averaged 75.3 suicide deaths per 100,000†

### What have we been doing about it?

- Natural Helpers established in 2010 in Reserve and 2016 in Quemado
- Partnered with DOH to provide QPR training for the community
- Partner with PMS and American Foundation for suicide prevention at teen health fair
- Distribute crisis line info and educational material working towards bringing bridge to hope peer support group to the county

## COVID-19

- Partner with Presbyterian Medical services to distribute covid-19 vaccine information
- Partnered with NMCDC, New Mexico Alliance of Health Councils, and New Mexico Department of Health to participate in vaccine equity initiatives
- Distributed hand sanitizer and masks to those most vulnerable



## Senior Issues



Senior centers in Catron county have delivered an average of 80 congregate meals a day and 100 home delivered meals

- Wellness coalition- food boxes for low income seniors
- Partner with roadrunner food bank to deliver commodities to seniors

## Mental Health



70-80% of seniors in Catron live alone, leading to isolation and issues of depression



## Access to Care

There is no specialty care in Catron County. People have to drive 70-120 miles to the nearest specialists. The Clinic offers only primary care, a dentist, and a behavioral health therapist, as well as telemedicine.

Partner with assured imaging to host imaging screenings

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## HIGHLIGHTS

- ✓ Annual Family Health Fair – started in 2002
- ✓ Teen Game of Life and Career Fair started in 2010 with both Reserve and Quemado participating together. There have been several years of Teen Health & Career Fairs held separately in both schools
- ✓ An involved Teen SHAC (Student Health Advisory Council) in both Quemado and Reserve.
- ✓ Collaboration and partnership with the Catron County Citizen's Group, DWI, Catron County, Presbyterian Medical services, schools, Catron co sheriff office, and NM State Police, bridge to hope, fire department, local businesses Appreciation Dinner for Emergency & Medical providers.
- ✓ Newsletters sent to every home in Catron County-reached 1838 constituents. (newsletter has info on access to care, suicide prevention, covid-19 vaccinations, health council info, senior centers, NM Community survey)
- ✓ Halloween street fair- reach youth and adults to provide safe experience- provide information-education (approx. 12 yrs)
- ✓ Participate in the county fair by hosting a booth and disseminating health information

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\* 2018 American Community Survey 5-Year Estimates

† New Mexico Death Certificate Database, Office of Vital Records and Statistics, New Mexico Department of Health

‡ As of 9/20/20

§ Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Center for Disease Control and Prevention, with New Mexico Department of Health.

\*\* New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department, with technical assistance and support from the U.S. Centers for Disease Control and Prevention.

