

Rocky Mountain Youth Corps Prevention Program

Presented by: Michelle Roaque



Before we start ...

Intro of RMYC in the Taos Community and Youth



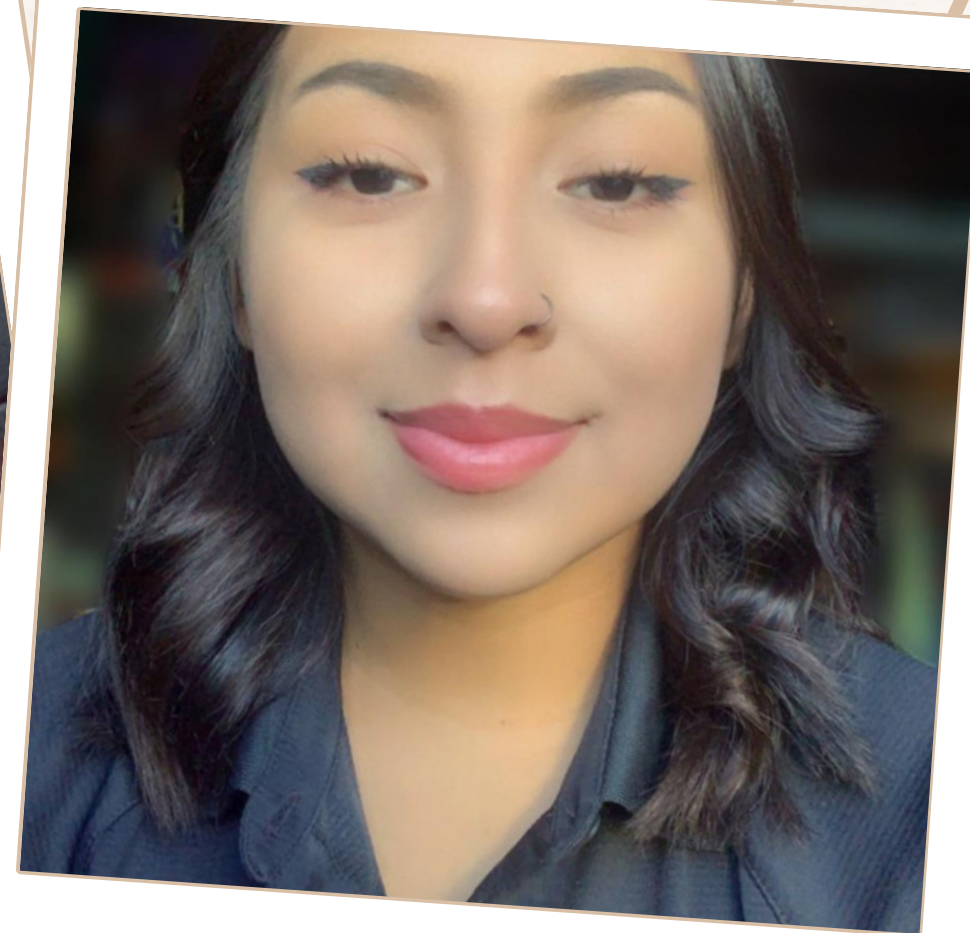
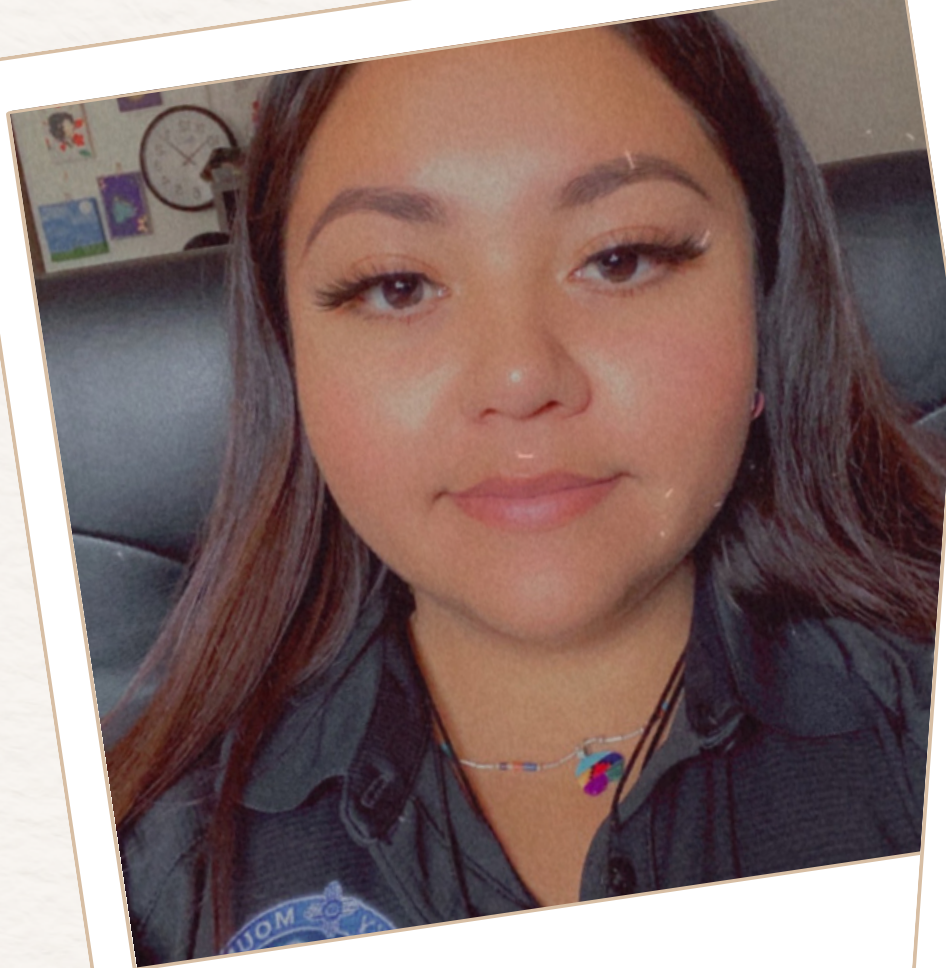
AmeriCorps

Prevention Program Team

*No one can whistle a
symphony. It takes a
whole orchestra to play it*
HS Luccock

David Gallegos, Associate Director, RMYC
Candice Abasta, Preventionist Assistant, RMYC
Casandra Romero, Preventionist, RMYC
Liz Lilliott, Evaluator, PIRE





AmeriCorps Public Health Crew

We have three public health crew members:

Angelina Fresquez

Faith Martinez


Kasey Romero

A1D ATOD Strategy

(Alcohol, Tobacco and other drugs)



Out of the six strategies we work on. The A1D is one that needs to be highlighted. It has persevered and flourished...even through the pandemic!



Challenges in working on A1D

01

Participation/Buy in
from all offices with
the schools

02

Retention and
Recruitment

03

Turn over in
the schools

**If ever in doubt remember:
Never give up never surrender!**

Remember to celebrate the wins no matter how small!

Achievements List

Status:



ATOD Strategy	Working from FY22-FY23	Year	Status
Partnered with a funded direct services program- Project Amp, C4 innovatations		FY22	
This Project Amp program provided over 373.5 of direct mentor service hours to the youth in three high schools.		FY22	
RMYC was asked to lead the School Board Student Wellness Committee. We also have a great relationship with our current school board member.		FY22	
We sent out school newsletter with wellness content to district wide schools: Questa, Peñasco, Taos High School, Taos Middle School, Enos Garcia, Vista Grande, Taos Academy. Including a Refuse to provide alcohol to minors for school age kids.		FY22-23	
Another year of leading the School Wellness Committee, a sub-coalition of the Taos Alive Community Coalition. Holding a space to have discussions for needs in the schools. Having a champion in the schools to help support with our A1D efforts.		FY23	
We have a Public Health Americorps project that has started to build capacity in school for the promotion of wellness and providing near peer mentoring for students. (They have Project Amp mentoring training)		FY23	
ASFS (Annual Strategies for success) planned for this spring in the schools.		FY23	



Public Health Crew

- Pilot program
- Funding for next three years
- Goal of a minimum of 500 students being serviced
- Implements SBIRT screening and near peer mentoring
- As a support to schools with students for youth engagement, mental health and well being.



NEWSLETTER
SCHOOL WELLNESS
TAOS COUNTY SCHOOLS 2022

M E N T A L
H E A L T H

Healthy and Unhealthy ways of coping

UNHEALTHY

Excessive drug or alcohol use

Impulsive spending

Over or under eating

Avoiding issues

Sleeping too much

HEALTHY

Seeking professional treatment

Get out in nature

Start a new hobby

Exercise

Talk to a trusted friend



IT'S TIME TO
CARE FOR YOUR MENTAL HEALTH
DIAL 988

988 IS MORE THAN JUST AN EASY-TO-REMEMBER NUMBER—IT'S A DIRECT CONNECTION TO COMPASSIONATE, ACCESSIBLE CARE AND SUPPORT FOR ANYONE EXPERIENCING MENTAL HEALTH-RELATED DISTRESS – WHETHER THAT IS THOUGHTS OF SUICIDE, MENTAL HEALTH OR SUBSTANCE USE CRISIS, OR ANY OTHER KIND OF EMOTIONAL DISTRESS. PEOPLE CAN ALSO DIAL 988 IF THEY ARE WORRIED ABOUT A LOVED ONE WHO MAY NEED CRISIS SUPPORT.



NATIONAL & LOCAL RESOURCES

NATIONAL CRISIS HOTLINE

24/7 access call 988 or text "talk" to 988
website: 988nm.org

NATIONAL DOMESTIC VIOLENCE HOTLINE

Call 1.800.799.SAFE (7233) or text "START" to 88788
website: thehotline.org

RAPE, ABUSE & INCEST NATIONAL NETWORK

Call 800.656.HOPE (4673) or online chat
website: RAINN.org

NATIONAL CHILD ABUSE HOTLINE

Call (1-800) 422-4453
Text "Reach NM" to 505-591-9444
website: childhelp.org

DREAM TREE PROJECT (TEEN SUPPORT)

575-758-9595
website: dreamtreeproject.org

COMMUNITY AGAINST VIOLENCE (CAV)

Call 575-758-9888 or Text: 575-770-2706
website: taoscav.org

ALTERNATIVES TO VIOLENCE (ATV)

Clayton: 575-374-0135
Raton: 575-445-5778

RIO GRANDE ATP (SUBSTANCE USE)

Raton: 575-707-0262
Taos: 575-737-5533
website: riograndeatp.org

REFUSE TO PROVIDE Alcohol to Minors



Think the alcohol industry isn't marketing to youth? THINK AGAIN.

Refuse to provide alcohol to minors!



**REFUSE
TO PROVIDE**
Alcohol to Minors



**PARENTS
WHO HOST
LOSE
THE MOSI**

Newsletter Topics/Posters

ALCOHOL IS NOT THE
PRESCRIPTION FOR
DEALING WITH GUILT
AND SHAME



**Contact the 988
CRISIS LINE**




INSTEAD LET'S COME TOGETHER TO END THE STIGMA
It is time to have the tough conversation.
Admitting you have a problem is not a weakness.




**REFUSE
TO PROVIDE**
Alcohol to Minors






ROCKY MOUNTAIN YOUTH CORPS IS HIRING!

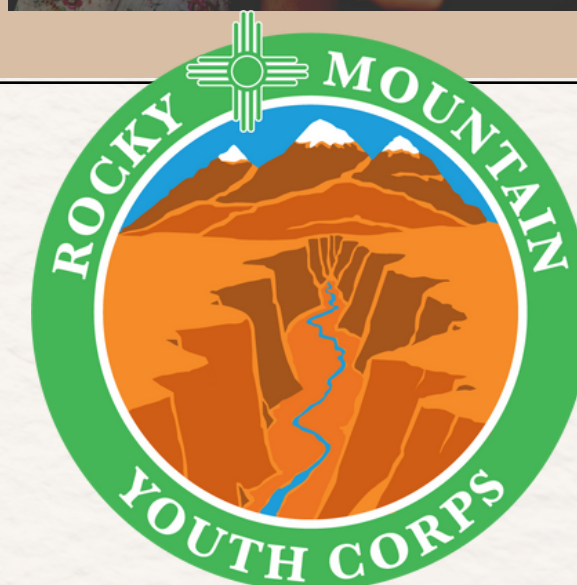


**JOIN OUR
AMERICORPS
PUBLIC HEALTH
CREW**

Make a difference in a youth's life. Join our crew!

TAOS AND ESPANOLA LOCATIONS AVAILABLE
If interested please apply at: youthcorps.org



**PREVENTION
PROGRAM**

Youth Poster

Highlighting ways to
engage youth to
have fun with out
substances!!

**I AM THE PARTY,
ALCOHOL ISN'T!**



Dance, sing, smile,
laugh, move, connect,
love, hug, giggle, wiggle,
celebrate, draw, hike,
light up your life.

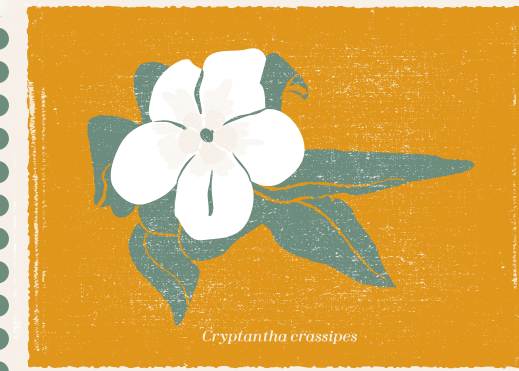
You don't need substances to
have fun!

FACT: Kids who wait the
longest to start using alcohol
have the best outcomes.

**REFUSE
TO PROVIDE**
Alcohol to Minors



Time for a reflection activity



What would you like to take away and possible
implement or plan in the youth engagement
work you do?

How are ways you all engage with youth in
your communities?

Write down one goal you can work on in the
next couple of weeks.



Thank you for listening!
Questions?

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Rocky Mountain Youth Corps