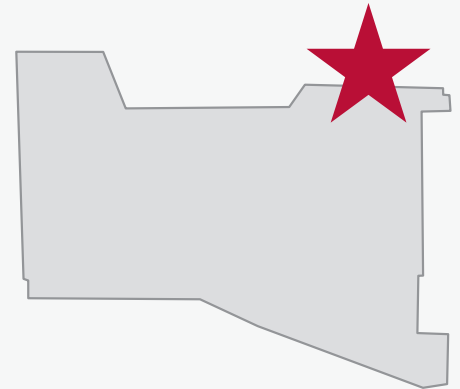


*Presbyterian exists to improve the health of the patients, members and communities we serve.*

**TOGETHER WE'RE BUILDING A CULTURE OF HEALTH**

- \$42.2M** Community benefit provided by Presbyterian and Kaseman Hospitals including financial assistance (2017)
- \$40k** To support Valencia County Health Council Activities (2017-18)
- \$1,500** To support \$Match at farmer's markets
- 7,424** Free Healthy Meals served to children at Presbyterian and Kaseman Hospitals
- 100+** Community Members engaged in CRUNCHs
- 18** Community partners in Valencia County
- 11** Valencia County leaders participated in Day of Service at Sundance Elementary School (2018)
- 5** Communities impacted: Belen, Rio Communities, Peralta, Bosque Farms, and Los Lunas
- 3** Farmers Markets sponsored in Valencia County

**Valencia County**



**HEALTHY LIVING IS EASIER IN VALENCIA COUNTY**

In 2018, in partnership with the Valencia County Community Wellness Council, **two CRUNCHes (Collaborative RUN down on Community Health) were held in Valencia to bring the community together to strategize innovative solutions to improve health.**

- **Mental Health CRUNCH:** Approximately 50 people attended the event in Los Lunas, which included panels of mental health providers, advocacy groups, skills trainers, and substance use and treatment supporting agencies. As a follow-up, there were two mini CRUNCHs at the Center for Ageless Living to discuss the connections between behavioral health and access to health.
- **Produce CRUNCH:** At the event in Belen, local food and produce experts provided presentations on starting seeds, soil quality, preserving your own food, and food preparation. Each person who signed up received a bag or carrots, an apple, or a bottle of water and tokens to shop at the Farmer's Market were raffled off. Additionally, Valencia East Urban Gardens donated 3 jalapeno plants to the raffle.



**Presbyterian Healthcare Services works with the New Mexico Farmers Marketing Association** to support the Belen Growers' Market, Bosque Farms Growers' Market, and the Los Lunas Farmers' Market in Valencia County. \$1,500 has been provided to support \$Match at these markets. When shoppers use their SNAP EBT Card dollars at farmers' markets to buy fruits and vegetables, their money is doubled so they can twice as many fruits and vegetables grown in New Mexico. This supports the local food economy as well as increasing access to healthy fruits and vegetables for New Mexicans experiencing food insecurity.

## STRONG PARTNERSHIPS IN VALENCIA COUNTY

Through collaboration with the Valencia County Community Wellness Council, Presbyterian supports a number of community programs and events and helps link residents to community resources that address Presbyterian's community health priorities: **Active Living, Healthy Eating, Prevention of Unhealthy Substance Use, Behavioral Health, and Violence Prevention.**

### Programs supported in Valencia County include:

- Providing information on home visiting
- Hosting Kids at Hope Trainings
- October Scary Stats
- Anna, Age 8 Community Task Force
- Community outreach at four health and active living events
- Online resource directory

**Strengthening Networks** In June of 2018, the health council trained 30 Children, Youth and Families Department (CYFD) Child Protection Workers on local community resources in Valencia County by demonstrating the Community Wellness Council's online resource directory, asset map and other statewide resources such as 211, Share NM or New Mexico Crisis and Access Line.



**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 supported Kids at Hope trainings, which were attended by Los Lunas schools, Juvenile Probation, daycare and preschool providers. Additionally, Presbyterian provided support to send a Community Wellness Council member to the Kids at Hope Master's Institute in Arizona for a week. She is now a **Master Trainer** and can provide trainings to communities here in New Mexico.

### Positive Experiences + Positive Relationships + Positive Environments = Positive Youth Development



**Anna, Age 8 Community Task Force** The Community Wellness Council and Valencia County Shelter Services sponsored a community forum on preventable trauma. "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. The forum feeds an ongoing project that connects behavioral health, substance use, neglect, abuse, and violence.

**Coming Soon!** The Presbyterian Center for Community Health has been working to increase access to Chronic Disease Self-Management Classes and the Wellness Referral Center at Presbyterian Medical Group Clinics in Valencia County. In the next year these services will help patients manage and prevent chronic diseases such as diabetes, heart disease, and depression.

### For more information, please contact:

Leigh Caswell, Director, Presbyterian Center for Community Health, [lcaswell@phs.org](mailto:lcaswell@phs.org), (505) 559-6859