

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

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

- \$7.5M** Million in community benefit including financial assistance (2018)
- \$47,500** To support Health Council (2017-2019)
- \$4,000** To support the Española Teen Center
- 570** Free flu shots
- 270+** New enrollments for the Healthplex
- 159** Patients received Diabetes Self-Management Education
- 176** Free bicycle helmets distributed during Day of Service
- 23** Presbyterian leaders and staff participated in a Day of Service
- 16+** Community and Regional Partners
- 5** NM Counties and tribes participated in leading the state in Law Enforcement Assisted Diversion

**Rio Arriba County**



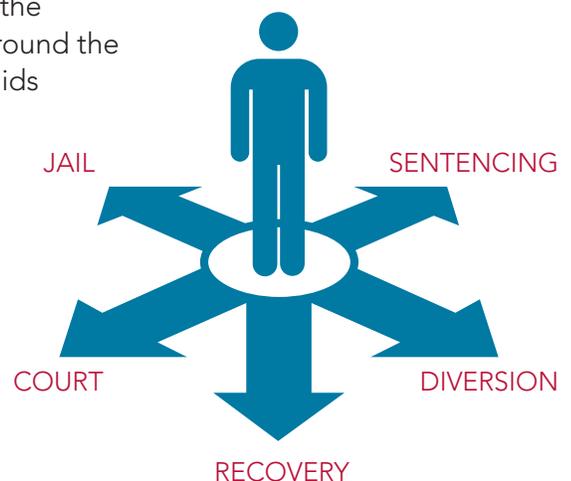
For the past three years, as part of our system-wide strategy to build local leadership and capacity, Presbyterian has provided **\$47,500 of support to the Rio Arriba County Health Council** to conduct activities that align with our community health plans and address priority health needs in their community.

The health council is addressing the priority of healthy eating through the continued support of the Española Community Market double up program and support for breastfeeding and nutrition workshops. The Española Community Market continues to partner with Española Hospital to sell thousands of dollars' worth of produce to patients, families and staff in the hospital lobby every summer.

**ADDRESSING BEHAVIORAL HEALTH**

Work in Rio Arriba county to combat stigma around substance use and mental health continued in 2019. Rio Arriba County is running the only active Law Enforcement Assisted Diversion (LEAD) program in the state and is partnering with Communities in Schools to create a Youth LEAD initiative, the second in the nation. Presbyterian proudly sponsored the 'Rock the Intercepts' research, report, and conference of stakeholders from around the state who are planning or transitioning similar initiatives. This work aids jail diversion programs that aim to use evidence-based change models to intervene and link people to treatment resources instead of going to jail. The project examined various models in New Mexico and analyzed health outcomes and cost savings, and engaged policy makers.

Rio Arriba County is shifting cultural attitudes by identifying substance use as a chronic disease and by providing recovery resources instead of sending people to jail.



## FREE HEALTHY MEALS FOR KIDS

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**806**  
Rio Arriba County  
kids have been  
served by the  
teen center in  
2019

Presbyterian's statewide Healthy Meals for Kids program is provided in Española in a way that is unique to the community. By collaborating with existing programs, Presbyterian Española Hospital is helping youth thrive by continued support of the Española YMCA Teen Center. The hospital's Food Services department provides fruit and nutrition bars, and Presbyterian provides financial support, to the Teen Center to help teens ages 12 through 19 eat healthier for free, in a safe and caring environment. This positive youth programming helps build self-esteem, essential to future success.

**The Teen Center serves an average of 44 teens ages 12 to 19 each day.**

**"** Our support of the Teen Center is so important because they help keep our kids safe after school. They teach life skills, provide transportation and meals, mentoring, and have other important programming **"** – *Brenda Romero, Administrator, Presbyterian Española Hospital*

## PREVENTION OF UNHEALTHY SUBSTANCE USE

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

Presbyterian Española Hospital supports a number of other programs that impact youth environments, relationships, and opportunities to thrive through home visiting, parent education, after-school programming and more.

### Programs and Events:

- First Born Program – 40 families enrolled, 9 graduated the program
- Keeping Baby Healthy – 20 people attended and received a thermometer and book
- Harvest Book Festival – 70 attendees received a book and free meal
- Safe Sleep Program – 5 free safe cribs and kits provided
- Car Seat Safety – 4 free car seats distributed to families attending the safety and installation in-service
- Day of Service – Health Fair with free bike helmets, flu shots, home care education for first-time mothers, car seat safety and more!

Strengthening families and giving parents skills and support has shown to increase resilience. Resilience factors can protect against the negative effects of adverse childhood experiences and disrupt cycles of substance use, violence, mental health issues, and other stress.

In addition to the partnership with the Rio Arriba County Health Council and County Health and Human Services, Presbyterian leadership closely collaborates with the Española City Mayor's Office and the N.M. Department of Health to align efforts to reduce deaths due to substance use.

*All numbers are for 2019 unless otherwise noted*

### For more information, please contact:

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