



City of Las Cruces®

MOUNTAINS OF OPPORTUNITY

The following Agenda will be considered by the Las Cruces Mayor's Suicide Prevention Task Force at a meeting to be held on Wednesday, December 16, 2020 at 12:00 pm via Zoom. The Zoom invite will be sent out by email. If you wish to participate, please contact Amber Dominguez @ adominguez@las-cruces.org or Annette Granado @ agranado@las-cruces.org



1. Call To Order
2. Welcome/Introductions
3. Approval Of Minutes
 - 3.1. Approval of Minutes, December 16, 2020

Documents:

[MEETING MINUTES 12-16-2020.PDF](#)

4. Treasurer Report
 - 4.1. Treasury Report - Monique Lopez
5. Discussion Items
 - 5.1. Website Updates with Henry Varela & Monique Lopez
 - 5.2. A 10-minute presentation with Mr. Quintanilla regarding his book presentation
 - 5.3. Using other Social Media platforms/Build momentum (feedback) to run trainings and events
 - 5.4. Update on letter (introduction) and creating instagram page to attract younger audience (Jessika Romero)
 - 5.5. Summit-combine Youth, Elderly & Veterans
6. Member Comments/Suggestions/Announcements
7. Next Meeting Date
 - 7.1. March 17, 2021 12:00 PM to 1:30 PM
8. Adjournment

If you need an accommodation for a disability to enable you to fully participate in this event, please contact us 72 hours before the event at 575-541-2100 or 1-800-659-8331/TTY.

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Date Posted: 02/12/2021



The following are summary minutes from the Mayor's Suicide Prevention Task Force meeting held on Wednesday, December 16, 2020. The meeting was held via Zoom.

Members Present: Kasandra Gandara
Sharon Tariol
Monique Lopez
Shannon Hernandez

Other Members: John Burch
Erin McGuinness
Jessica Romero
Lisa Garza
Maricela Jimenez
Monique Lopez
Pattie H.
Rose Ann Vasquez
Judith Baca
Bridgette Ramirez

1. Call to Order: Sharon Tariol called the meeting to order at approximately 12:10 pm

2. Welcome Introductions: Completed

3. Approval of Minutes: November 18, 2020 Minutes
Approved 1st: Monique Lopez
Approved 2nd: Kasandra Gandara

4. Treasurer Report:

Monique Lopez (FYI is the fiscal agent) crossed referenced all expenses going as far back as 2017. Monique Lopez gave a financial break down as to what the ending balances were for 2017, 2018, 2019 and going into 2020 with a balance of \$14,022 with pending payments coming in from local community members and sponsorships. She indicated the task force is keeping within budget close to the 14k-15k range. The task force purchased Mental Health First Aid booklets and t-shirts which has already been deducted from the balance. The only thing not included is the swag the task force has recently purchased and the invoice from Nova Com (website) and the maintenance that goes with that which is about \$2000.00. Monique Lopez will send/email financial report from each year to Shannon Hernandez.

5. Discussion Items

5.1 Presenting Task Force to NMSU-Daniela Rodriguez: Not Present

5.2 Website Update (Task Force Search/Event Registration/Updates w/Henry)-Monique Lopez:

Sharon Tariol asked Henry to change the “contact name” from Henry to Sharon Tariol on the website regarding trainings because calls were going to him.

Monique Lopez stated Henry suggested changing the name on Facebook. She stated that she gave Henry approval to change the name from Recovery Nights to City of Las Cruces Suicide Prevention Task Force.

Monique Lopez talked about having pre-recorded trainings (such as LC3 pre-recorded trainings), where one can go to the website, choose the training, register, and watch it on the spot. She stated Henry suggested having 2 separate pages, one for community members and one for providers. She stated she gave Henry the “go ahead” to try it out but wants feedback from the task force to be sure that was okay as a group. Kasandra Gandara asked if there was a list or menu to see on the website and Monique Lopez indicated that there was. She also indicated that the list could include other resources where one will be redirected to their page for upcoming webinars/trainings/YouTube videos.

Monique Lopez also talked to Henry about the task force hosting their own trainings and having a separate page for that too. Henry suggested having a task force Gmail account where anyone who is hosting the training has access to the email account. All registrations coming in will go through the Gmail account instead of to Henry’s email which caused a lot of confusion. The Gmail account is only for the trainings the task force will be hosting. Maricela Jimenez mentioned certification can be a factor due to costs for hosting large training seminars. She also stated that she has heard of virtual training for the providers and will follow up with other trainers and get back to the task force. Maricela Jimenez also stated there is a big push for “Parent/Peer Support” training happening sometime in January, she also stated there may be a “Supervisor Training” too, and that she is involved in that and its being conducted virtually, she also stated there are some trainings for the families. Maricela Jimenez stated she is an instructor, but her time is extremely limited and will send information to Monique Lopez. Maricela Jimenez stated that she is okay with having the one Gmail account. Kasandra Gandara and Monique Lopez reiterated that the person doing the training for the month will be responsible for monitoring the Gmail account/registrations for that month. There was discussion about being able to track the number of people who are registering for the training, Henry has already set something up in the system to keep track of the registrants and place them on waiting lists once the training has been filled.

Kasandra Gandara mentioned she would like to use the same approach for the summit, to be able to register hundreds of people at a time. Perhaps have separate sections for Youth, Veterans, Parents, the Elderly or whatever the need is just so that the website/task force can cover that. Also, would like to see that the website connects to the task force Facebook and be able to stream live when hosting such events. There was also discussion about having “breakout rooms” for future trainings/events. The task force agreed to having a single Gmail account for registrations/trainings. Kasandra Gandara asked that each break out room record the training due to the Open Meetings Act and wanted to know if the breakout rooms have the capability to “live stream”, John Burch indicated he was not sure. Monique Lopez will ask Henry for feedback.

Kasandra Gandara would like to purchase the Mental Health First Aid at \$350.00 per person in order to get credentialed for virtual training (the fee is for current certified trainers that need to be certified virtually). There are only two people in the task force that are credentialed and that is Judy Baca and Maricela Jimenez. Monique Lopez is asking for a commitment from the two trainers to provide virtual training before spending the money. Maricela Jimenez may help every other month, or the Western Sky training team may be able to provide the training too. Monique Lopez indicated that the task force could provide the training for QPR and Mental Health First Aid every month or every other month if we had the certification to do it virtually. Lisa Garza and Sharon Tariol mentioned are certified in Youth Mental Health First Aid. Rose Ann Vasquez stated the group may need more money, \$1500.00. Monique Lopez is asking the task force to spend \$1500.00 to go towards the purchase of the Mental Health First Aid at

\$350 per person. All in favor of spending the money. Maricela Jimenez does not want to include her vote. There may be 4 individuals who will participate in the training.

Maricela Jimenez has 16 Youth Mental Health First Aid manuals to donate to the task force.

Per Henry's request, Monique Lopez is asking the task force for training dates (at least 6 months' worth) to add to the website's calendar. Would like to add to Agenda to discuss at next meeting. Also, would like to know when the task force can send people to get credentialed, Maricela Jimenez will provide dates at next meeting. Kasandra Gandara mentioned that Maricela Jimenez has a list of trainers and Jamie Michaels also has a list for this area and would like to add this list of trainers to the 6-month calendar to pull from. Rose Ann Vasquez mentioned that this was a good idea to have a list of trainers in one area to increase training capacity. She also stated a group called the Indigenous Educator Corp had reached out and is wanting to get Mental Health Resources out to their students and schools. Bridgette Ramirez stated she would give Monique Lopez contact information for Christina Mendivil for the County and obtain a list of their Mental Health First Aid Trainers and or Youth Mental Health First Aid Trainers. Kasandra Gandara asked to check to see if they would share the resources and be a part of their training schedule and stated Jamie Michaels will be able to take part in the process.

Monique Lopez would like to add an action item to next meeting's agenda in that the task force thinks of different groups such as the Las Cruces Moms and other social networks to be able to use their platforms to run the task forces' trainings and events. Monique Lopez mentioned that Henry suggested that this would be an ideal situation to attract people, provide resources, and build momentum for the website. Kasandra Gandara indicated this may not be that simple and instead draft a letter about what the task force does and "who we are", maybe add some data points. May want to pull from what information is on the website. John Burch concurred and stated that he ran into some difficulties in getting information and or giving out resources because of the stigma "suicide prevention" has. Monique Lopez asked that group share info on their Facebook, look for trainings, need to commit to the cause because Henry stated that the "views" on the task forces' Facebook page is very small. John Burch mentioned that Facebook has an algorithm that changes the number of views but can easily be remedied by creating a "group" within the page then posting that to your Facebook page. Also, you can change the banner, recommending that something that is more suicide prevention related. Then add links to the banner that will redirect you to the group/website. Jessika Romero mentioned that in order to reach a much younger audience using social media platforms, the task force may want to open an Instagram account, which can easily be done since the group already has a Facebook account. She stated she will be able to post resources and suicide prevention information onto her platform and share, because she does not have a Facebook account. Kasandra Gandara stated that we must provide the content for the Social Media platforms and post often throughout the day to get the type of traffic the website needs. She stated if Monique Lopez and Henry are willing to do that and the task force is paying Henry to do three times, then we as a group will have to provide the content. Kasandra Gandara said the group needs a "communication plan" and "commitment" (not only to attend meetings) but share on your social media platforms, perhaps create a letter to sign and go over the bylaws to solidify the groups' goals. There was add discussion about making the group a one stop show for providers, families, and trainers.

5.3 Youth Summit/Video Discussion-John Burch: Tabled. Will be added to spring calendar, combine Youth, Elderly and Veterans to agenda (invite students to the meeting) or until Covid restrictions are lifted.

5.4 Addressing the Elderly and Veterans: Tabled until further notice

5.5 Student Peer Groups and Safe Houses in our High Schools: Tabled until further notice

6. Member Comments/Suggestions/Announcements:

The group discussed possible Agenda items for next meeting:

- Website Updates with Henry Varela & Monique Lopez
- A 10-minute presentation with Mr. Quintanilla regarding his book presentation
- Treasury Report-Monique Lopez
- Using other Social Media platforms/Build momentum (feedback) to run trainings and events.
- Update on letter (introduction) and creating Instagram page to attract younger audience (Jessika Romero)
- Summit-combine Youth, Elderly & Veterans

7. Next Meeting: January 20, 2021 at 12:00 pm

8. Meeting Adjourned: Meeting adjourned at 1:30 pm

Chair

Approved