



ONE ALBUQUERQUE

NM HOSPITAL

THE BEHAVIORAL HEALTH INITIATIVE

INVESTING IN CHANGING LIVES & PROMOTING HEALTH



# QUARTERLY NEWSLETTER

August 2019



## Letter from the Director

Hello!

In this edition of the Behavioral Health Initiative Newsletter you'll read about the announcement we made with the City of Albuquerque and Hope Works to create a single-site supportive housing complex- a project I'm really excited about since this will be the first of it's kind with behavioral health care available on-site.

We're also utilizing this publication to highlight the amazing work being done by our providers, followed by how this work is impacting every-day people who are participating in the programs in our Client Testimonial section.

Finally, we have not forgotten the ever-important statistics and data that drive our decision making processes here at the Department of Behavioral Health Services, so we have included a section about how our programs are working, the successes we're seeing, or the challenges we're trying to overcome. Thank you for reading our newsletter and being part of our journey towards a better community and building a comprehensive Behavioral Health care system!

The Behavioral Health Initiative in Bernalillo County is working towards the development of a safety net service for children and adults with behavioral health needs. I am proud to say that the development of this system has worked to included meaningful input from the community. This community, grass roots model was recently recognized by the National Association of Counties. Thank you for all of your hard work and commitment to develop these services, and most of all, thank you for allowing me to lead the efforts to implement services and be the face of the Bernalillo County Initiative.

**-Katrina Hotrum-Lopez**

Bernalillo County Director of the Department of Behavioral Health Services



## PROVIDER SPOTLIGHT Q & A: *MOTIVATIONAL INTERVIEWING*

*Motivational Interviewing Announcement (Left to Right)*  
Lindsay Worth, County Manager Julie Morgas Baca, Enrique,  
Commissioner Maggie Hart Stebbins, and Alicia Shiver

*Our DBHS Team spoke to the Motivational Interviewing crew of Lindsay and Alicia to hear about the program they're running and how it's going. It was just announced that Alicia will be presenting at the Motivational Interviewing Network of Trainers international conference in Estonia this September!*

**Question: How did you all get started and what you do?**

Answer: We provide a comprehensive MI training and education program funded by the BHI to community behavioral health supporters. This could include anyone from physicians and direct care providers to foster parents, police and probation officers, case managers, healthcare personnel, etc. We, Lindsay and Alicia, started training in MI together after completing the national train-the-trainers workshop in 2016. We share a passion for increasing access to quality training and education in the state of New Mexico and have spent most of our careers in the mental health and addiction fields, providing direct client care and research management.

**Q: Tell me about the Motivation Interviewing program you're leading for Bernalillo County's Behavioral Health Initiative?**

A: Our Motivational Interviewing (MI) Program through the Bernalillo County Behavior Health Initiative aims to increase access to quality training and support to individuals who serve and interact with our behavioral health community. We offer 13-hour Introduction to MI workshops monthly, as well as MI coaching groups that are designed to strengthen and support the development of MI skills. In addition to training in English, we also offer bilingual training and coaching workshops.

**Q: What types of services do you all offer?**

A: We offer monthly MI introductory training followed by optional bi-monthly intermediate MI coaching groups. These intermediate coaching sessions occur in smaller "learning community" groups with intensive practice and coaching. From those that participate in the intermediate training, we will identify individuals who show particular interest and skill in MI, offering them advanced instruction in training, coaching, and supervising MI. These local "champions" will be prepared to carry on training and coaching within local agencies and other settings as in-house experts. Through this program model, we aim to increase the capacity of behavioral health training opportunities for our community. Our advanced training offered through this program will be led by the creator of Motivational Interviewing, William Miller, PhD.

**Q: What led you into this line of work?**

A: In New Mexico, we have a limited behavioral health workforce. Through this initiative, we have been inspired to help increase capacity by providing an educational opportunity in an evidence based therapeutic approach.

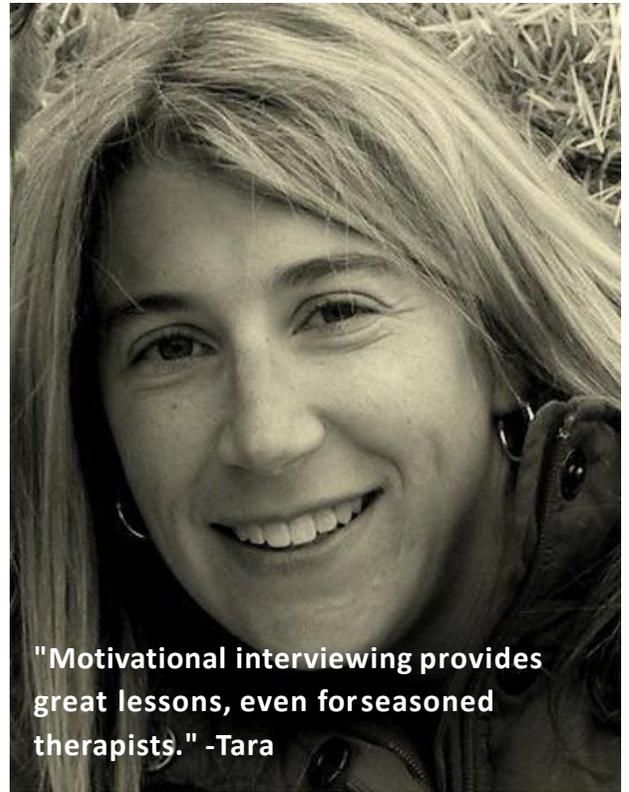
**Q: Can you share a story that has really impacted you since you started in this industry?**

A: Since starting this training and education program, we have been struck by the enormous response to our training programs. We have almost 600 people registered to date since our launch in March.

# CLIENT TESTIMONIAL: *TARA MCCORMICK*

Even for an experienced Behavioral Health Counselor like Tara McCormick, the Motivation Interviewing program she took, with Alicia and Lindsay, left a lasting impression. "I think it's such a fantastic program," McCormick happily said. "I've had a lot of training in the past, and taken other motivational training courses, but they presented the material in such a creative way, and it's so practical, you can put the tools to work right away."

McCormick is a substance use program supervisor for New Mexico Solutions who has been singing the praises of the training and says she immediately started implementing many of the lessons learned in the course. "I want all my staff to be trained with them now!" And she's well on her way to that goal with about half of her staff going through the course already. In fact many of her coworkers and superiors have also taken the training. In the near future they're hoping to have a group training at their offices. "Motivation Interviewing and the skills they teach, the dynamic they promote, it can help you in so many ways. It spurred our staff work with probation officers to implement motivational interviewing interventions and person-centered stances with our mutual clients to set them up for success," said McCormick.



She went on to talk about how important it is to understand how people learn, how to be conscientious of the language we use and to highlight successes and values to accomplish a shared goal. She talked about how the motivational interviewing philosophies are 'game changers' for trained professionals, and the community as a whole- "It's a real paradigm shift, that has amazing results. Highlighting your client's strengths has the power to produce change- in many cases lifesaving changes."

For more information or to sign up for a course visit [www.bernco.gov/dbhs](http://www.bernco.gov/dbhs)

## IN THE NEWS...



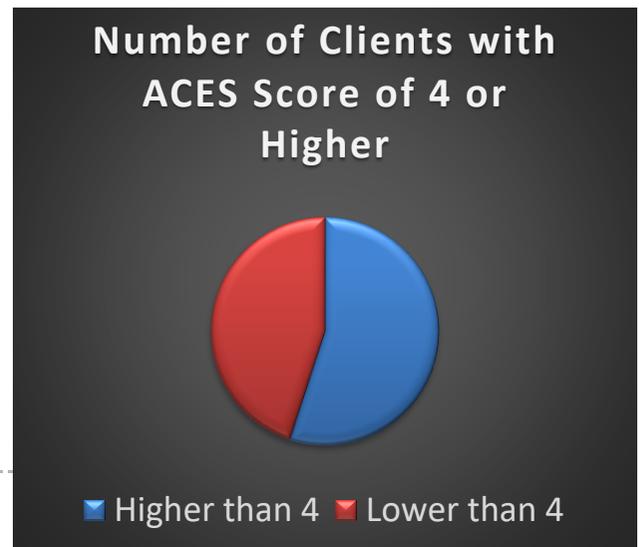
*Lisa Huval, Albuquerque Councilor Isaac Benton, Bernalillo County Commissioner Debbie O'Malley, Nevin Marquez, and Greg Morris participating in the Supportive Housing Announcement with New Mexico Hope Works. Bernco's Behavioral Health Initiative & the City of ABQ to jointly fund the \$5 Million Single-Site Project.*

# LET'S TALK NUMBERS

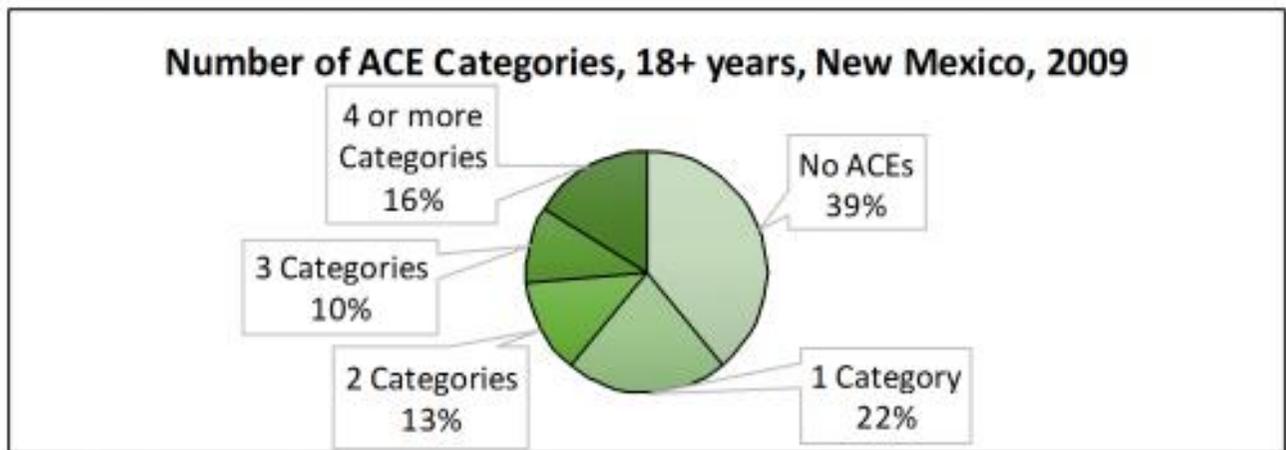
“ Arizona and New Mexico have an ACE rate of 18 percent — higher than the national average of 11 percent — according to a just released report from Child Trends based on data from the National Survey of Children’s Health. ”

## BHI ACES Dashboard Stats & Impacts (FY 19 4<sup>th</sup> Quarter)

Total Clients Served in the Quarter	<b>2,860</b>
Number of Clients Screened and Assessed	<b>3,276</b>
Number of Service Hours Provided	<b>5,256</b>
Number of ACES Administered	<b>442</b>



## How many adults in New Mexico have a history of ACE’S?



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