



COVID-19

Native American Specific Behavioral Health Resources w/ List of Suicide Prevention Resources for Nations, Tribes, and Pueblos

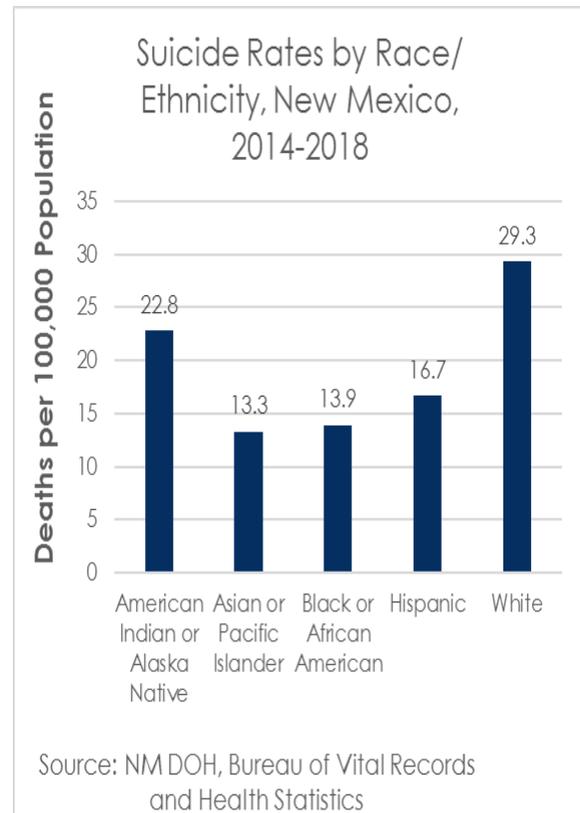
Behavioral Health Services Division

Purpose of This Document:

This document is designed to offer an overview of behavioral health resources available online and over the phone which can be safely accessed during the COVID-19 crisis. The list includes resources for crisis intervention and suicide prevention, as well as current resources offering tips on maintaining social connection during an era of physical distancing. Some of the resources listed are for the general population, and many are oriented specifically for Native Americans, to be utilized by Nations, Tribes, and Pueblos and those working with the population.

Overview of Current Data about Suicide Rates and the Native American Population:

New Mexico has one of the highest rates of suicide in the nation, and Native Americans have the second highest rate within the state. There is growing concern that the social and physical distancing required to flatten the curve and limit the spread of COVID-19 may lead even more individuals to think about suicide. This data is included in this document to show how important it is to provide individuals with as many behavioral health resources as possible.



Hotlines:

The National Disaster Distress Helpline: The National Disaster Distress Helpline is available with 24/7 emotional support and crisis counseling for anyone experiencing distress or other mental health concerns. Calls (1-800-985- 5990) and texts (text TalkWithUs to 66746) are answered by trained

counselors who will listen to your concerns, explore coping and other available supports, and offer referrals to community resources for follow-up care and support. More information can be found at <https://www.samhsa.gov/find-help/disaster-distress-helpline>.

New Mexico Crisis and Access Line: The New Mexico Crisis and Access Line is a professional mental health line, that maintains a solution focused approach built on validation, normalization, and access to resources. You can access a counselor 24/7 through the Crisis and Access Line: **1-855-662-7474**, or a peer at the Peer to Peer Warm Line: **1-855-466-7100**. They have also launched the NMConnect App available on iOS and Android. You can utilize their website and access further information at: <https://www.nmcrisisline.com/>.

National Suicide Prevention Lifeline: The National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis, as well as, prevention/ crisis resources, and best practices for professionals. They can be contacted at **1-800-273-8255**. You can find further information on their website at <https://suicidepreventionlifeline.org/>

Agora Crisis Center: The Agora Crisis Center provides trained hotline specialists, who provide compassionate, non-judgmental help for anyone in need of emotional support. They can be contacted at **505-277-3013** or **866-HELP-1-NM**. You can also contact them is their website at <http://www.agoracares.org/>.

The Sky Center- New Mexico Suicide Intervention Project: The Sky Centers mission is to reduce the risk of youth suicide in Santa Fe County and Northern New Mexico. More information can be found on their website at <http://nmsip.org/>.

Native American Specific Resources:

- The Substance Abuse and Mental Health Services Administration (SAMHSA) has a specific Tribal Affairs Program that can be accessed at <https://www.samhsa.gov/tribal-affairs>
- Eight Northern Indian Pueblos Council Inc Offers Behavioral Health services to the Northern Pueblos of New Mexico and their services can be accessed at <http://www.enipc.org/>
- Indian Health Services has a Suicide Prevention and Care Program that can be accessed at <https://www.ihs.gov/suicideprevention/>
- Indian Health Services (The Federal Health Program for American Indians and Alaska Natives) has provides technical assistance to support remote Health Care and can be accessed at <https://www.ihs.gov/telebehavioral/>
- Five Sandoval Indian Pueblos, Inc. provides Behavioral Health Services through the (BHS) Program and serves tribal members and surrounding communities more information can be accessed at <https://www.fsipinc.org/hs-behavioral-health>
- Mescalero System of Care assists members of the Mescalero Apache Tribe (Ages 5 to 21) to address their physical, cognitive, mental, emotional, social, and even educational needs <https://www.mescalerosystemofcare.org/>

Links to Information/ Articles on Social Connectiveness in Times of Physical Distancing:

- <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/maintaining-human-connection-in-time-of-social-distancing>
- <httphttps://behavioralscientist.org/increasing-social-connection-while-social-distancing-during-coronavirus/s://www.uchealth.com/en/media-room/covid-19/social-connection>

- <https://www.templehealth.org/about/blog/5-tips-staying-connected-while-social-distancing>
- <https://www.kut.org/post/social-distancing-comes-social-side-effects-heres-how-stay-connected>
- <https://www.psychologytoday.com/us/blog/in-love-and-war/202003/10-ideas-coping-loneliness-during-social-distancing>
- <https://go.magellanhealth.com/webmail/703943/90740521/d0018281dda55dda73dc22d170d610916645e0655d71d04d0193a6b2233a9ee3>

Other Resources:

- Links to mindfulness sessions:
https://www.solutionsbiz.com/EAP/Documents/Aware_Live%20Mindfulness%20Sessions_3.27.pdf
- The Office of Peer Recovery and Engagement has a newsletter that has current Department of Health and CDC updates and suicide prevention resources, which can be accessed at <https://mailchi.mp/7639c2e3e425/marksupdatemarch-1316812?e=92888529a0>



STATE OF NEW MEXICO INDIAN AFFAIRS DEPARTMENT

Michelle Lujan Grisham, Governor
Lynn Trujillo, Secretary
Nadine Padilla, Deputy Secretary

The following information is from the State of New Mexico Indian Affairs Department:

LIST OF BEHAVIORAL HEALTH RESOURCES FOR NATIONS, TRIBES, AND PUEBLOS

STATE

NMDOH Coronavirus Disease 2019 in New Mexico - <https://cv.nmhealth.org/>

- This is the official state website for COVID-19 in New Mexico, which includes links to Executive Orders and Public Health Orders; Health Care Providers – Public Health Order Compliance; Latest Updates and Data; and other resources.

New Mexico Crisis and Access Line - <https://www.nmcrisisline.com/>

- Call toll free anytime 24/7/365 **1-855-NMCRISIS (662-7474)**
- The New Mexico Crisis and Access Line supports individuals and communities during this time. As a professional mental health line, we maintain a solution focused approach built on validation, normalization, and access to resources. This model has prepared us to appropriately respond not only to mental health concerns, but also the COVID-19 (Coronavirus) outbreak. The New Mexico Crisis and Access Line (NMCAL) has established business continuity plans to ensure that our services continue to operate as normal. Counselors are available and here to hear you 24/7 at **855-662-7474**.

New Mexico Healthcare Worker and First Responder Support Line

- This line is available 24/7 to support those on the front lines of the state's pandemic response and connect them to a professional counselor. The NM Crisis Access Line's professionals will be answering these calls.
- **855-507-5509**

New Mexico Network of Care - <https://newmexico.networkofcare.org/mh/>

- This website is a resource for individuals, families, and agencies concerned with behavioral health. It provides information about behavioral health services, laws, and related news, as well as communication tools and other features.

NM Network of Care – Office of Peer Recovery & Engagement (OPRE)

<https://newmexico.networkofcare.org/mh/content.aspx?cid=8113>

- Another telehealth BH service that also has texting capabilities.
- Please call **855-466-7100**.

Recovery Communities of New Mexico -

https://www.facebook.com/pg/behavioralhealthplanningcounsel/posts/?ref=page_internal

- Facebook page used to share news, info, and communications related to behavioral health in NM.

HSD NM Specialty Behavioral Health Service Guidance (2019)

- NM Specialty Behavioral Health Service Guidance, including all additional supplements released on service provision allowances, billing, and coding. See [here](#).

Behavioral Health Services Division ([BHSD](#))

- Substance Use Disorder (SUD) services OPEN and AVAILABLE in person and at a distance.
- NMCAL Services' NM Connect App, which includes healthcare providers support line. See [here](#).

TRIBAL

[Eight Northern Indian Pueblos Council, Inc.](#) – Circle of Life Behavioral Health Network

- Continues to provide BH services via telehealth sessions and transportation to office.
- Referral Contact: Ann Unrast, aunrast@colbhn.com, 505-692-4335
- Executive Director Dorothy Forbes, dforbes@colbhn.com

FEDERAL

CDC COVID-19 Funding for Tribes

- [Non-competitive Grant: Supporting Tribal Public Health Capacity in Coronavirus Preparedness and Response \(CDC-RFA-OT20-2004\)](#)
 - Designed to fund federally recognized tribes that contact or compact with the Indian Health Service under Title 1 and Title V of the Indian Self-Determination and Education Assistance Act, or consortia of these tribes, or their bona fide agents.
 - Deadline May 31, 2020

U.S. Department of Health & Human Services

- [Substance Abuse and Mental Health Services Administration](#)
- [FindTreatment.gov](#) – Site to find a treatment facility near you.
- [National Suicide Prevention Lifeline](#) – 1-800-273-TALK (8255)
- [Behavioral Health Treatment Services Locator](#) – Find treatment facilities confidentially and anonymously, 24/7.

- [National Helpline](#) – 1-800-662-HELP (4357)
- [COVID-19 Guidance & Resources](#)
- [Emergency Grants to Address Mental and Substance Use Disorders During COVID-19](#) (Closed)

[Helping Children Cope](#)

Indian Health Service – Albuquerque Area Behavioral Health Services

- IHS/AAO Behavioral Health Services continue in a limited capacity due to requirements of social distancing. Where appropriate and where available, providers are working on telephonic check-ins and sessions, tele-behavioral health services, and/or a combination of these as well as emergency service provision. Nonetheless, these services are provided at:
 - Acoma Canoncito Laguna (ACL) Service Unit
 - Albuquerque Service Unit (which covers Santa Ana and Zia clinics)
 - Mescalero Service Unit
 - Santa Fe Service Unit
 - Zuni Health Center
 - New Sunrise Regional Treatment Center (Youth Residential Treatment Center)
- IHS Tele-Behavioral Health Center for Excellence Tele-Behavioral Health Toolkit. See [here](#).
- IHS Webinar Information on Tribal and urban programs interested in tele-behavioral health conversion and considerations. See [here](#).
- IHS Behavioral Health Resources List. See [here](#).
- Contact: Jennifer Nanez, MSW, LMSW, Acting Behavioral Health Consultant, IHS/AAO
 - Jennifer.Nanez@ihs.gov
 - O: 505-256-6719; C: 505-977-6112

FCC’s COVID-19 Telehealth Grant Program OPEN Opportunity

- On April 2, 2020, the Commission released an order establishing the COVID-19 Telehealth Program. The COVID-19 Telehealth Program will provide immediate support to eligible health care providers responding to the COVID-19 pandemic by fully funding their telecommunications services, information services, and devices necessary to provide critical connected care services until the program’s funds have been expended or the COVID-19 pandemic has ended.
- <https://www.fcc.gov/covid-19-telehealth-program>

OTHER

Important Dates

- April is Sexual Assault Awareness Month (SAAM), which is a crucial time for sexual assault service providers and advocates to show support for survivors and raise public awareness about consent, sexual assault, and violence.
 - Tuesday, April 7, 2020 – SAAM Day of Action
 - April 19 – 25, 2020 – International Anti-Street Harassment Week

- Friday, April 24, 2020 – Day of Silence (to demonstrate the effects erasure of LGBTQ folks in schools across the country). Visit GLSEN.org.
- Wednesday, April 29, 2020 – Denim Day (to support survivors and educate on sexual violence).
- May is Mental Health Awareness Month.
 - TBD

Coalition to Stop Violence Against Native Women (CSVANW)

- Provides a space via Zoom to gather to collectively address concerns, foster creativity, and develop strategies to respond to advocacy relating to the stopping of violence against Native Women.
- To join, please visit: <https://www.csvanw.org/about-us/csvanw-members/>. The page also has other tribal and non-tribal resources.

Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC)

- Factsheet: [Mental Health Awareness for Native Communities During COVID-19](#)
- Provides other factsheets; daily situational reports, weekly tribal partner calls. Please visit: <https://www.aastec.net/>.