

NM Youth Health Link

E-Newsletter



INSIDE THIS ISSUE:
EVENTS 1
COLLABORATION 1
YOUTH VOICE 1
YOUTH SUICIDE PREVENTION 2
NATURAL HELPERS 2

NM WORKING TOGETHER ON ADOLESCENT HEALTH

Is NM Really Collaborating???



The three most common barriers to working together: time, trust, and turf. Good news, they can be overcome! There are four areas of working together: networking, coordinating, cooperating and collaborating. Collaboration is the new buzz word and is becoming more and more popular. But are people, especially in New Mexico really collaborating? Look at the definitions below and assess if your work place or program is really illustrating collaboration.

These strategies are most effective when there is a common vision and purpose, mutual learning, meaningful power-sharing and mutual accountability for results. Networking, coordinating and cooperating are important strategies but people sometimes misuse the word collaboration when they are really doing one of these other strategies.

It's vital that we, youth health stakeholders, are on the same page when working together. Roles, relationships, characteristics and resources need to be discussed and clearly defined.

For more information [CLICK HERE](#)

Networking	Coordinating	Cooperating	Collaborating
Exchanging information for mutual benefit	Exchanging information for mutual benefit, and altering activities to achieve a common purpose	Exchanging information for mutual benefit, and altering activities and sharing resources to achieve a common purpose	Exchanging information for mutual benefit, and altering activities, sharing resources, and enhancing the capacity of another to achieve a common purpose

UPCOMING EVENTS:

JULY

- [UV Safety Month](#)
July 1-31

AUGUST

- [Children's Eye Health and Safety Month](#)
Aug 1-31
- [National Immunization Awareness Month](#)
Aug 1-31
- [National Health Center Week](#) Aug 8-14

SEPTEMBER

- [National Food Safety Education Month](#)
Sept 1-30
- [National "5 A Day" Month \(Fruit & Veggies\)](#)
Sept 1-30
- [Childhood Injury Prevention Week](#)
Sept 1-7
- [Family Health & Fitness Day](#) Sept 25
- [National Suicide Prevention Week](#)
Sept 5-11

[CLICK here for more](#)

VISIT

www.YouthHealthLink.org

Your one-stop-shop for youth health information!!!

Youth voice is about considering the perspectives, experiences, knowledge and ideas of young people, respecting what everyone has to say, taking risks, listening, sharing and youth-adults partnership.

It's about youth and adults putting aside stereotypes they have about each other. Not all youth are disrespectful hoodlums and not all adults are boring and close-minded.

When young people help make decisions, programs and organizations are more likely to meet their needs. And when young people are part of the process they feel ownership, mobilize others and become powerful role models. Most importantly, youth voice unites people to work for improved communities and schools.

Issues young people are addressing through this action are just as diverse as the actions they are taking. In this issue you will read about a young Pojoaque Natural Helper who utilized his voice to promote health education.

When youth and adults respect each other and work together, creative and successful solutions to youth issues can be accomplished and leadership can be developed and strengthened.

Resource: [Youth Voice Toolbox](#)



Youth Voice

Myth or Fact?

YOUTH SUICIDE

Myth: Asking directly about suicide to a teen who is showing signs of suicide, introduces the idea of suicide to a teen.

Fact: Asking the teen directly about whether they are thinking about suicide offers them an opportunity to talk about their feelings and for you to assess their safety needs.

Myth: Teens who talk about suicide aren't really serious about dying. They are just seeking attention.

Fact: Talking about suicide is a warning sign that should always be taken seriously.

Myth: People who talk about suicide are just trying to get attention.

Fact: People who die by suicide usually talk about it first. They are in pain and oftentimes reach out for help because they do not know what to do and have lost hope. Always take talk about suicide seriously. Always

Myth: Young people never think about suicide, they have their entire life ahead of them.

Fact: Suicide is the 3rd leading cause of death for youth in New Mexico. Youth suicide prevention is among New Mexico's greatest health priorities.

Myth: People who are suicidal definitely want to die.

Fact: The vast majority of people who are suicidal do not want to die. They are in pain, and they want to stop the pain.

[Click Resources Below](#)

HOW TO HELP SOMEONE THINKING ABOUT SUICIDE

[For More Information on Suicide](#)

Know the Signs of Youth Suicide

- Talking about wishing to die or suicide threats
- Making final arrangements or suicide plans
- Recent suicide attempt by a friend or family member
- Previous suicide attempt
- Giving away important possessions
- Increased drug & alcohol use
- Prolonged depression (more than 2 weeks)
- Sudden changes in behavior
- Taking unnecessary risks
- Access to a gun/ purchasing a gun or
- Have or are looking for a large quantity of lethal (could cause death) pills
- Lack of connection to family or friends
- A recent breakup with a boy or girlfriend
- High academic achievement or failing in school

RESOURCES:

[National Suicide Prevention Week](#)

Sept 5-11, 2010

SUICIDE.ORG

Natural Helpers, Making a Difference...

Edgar Padilla, freshman from Pojoaque Valley High School Natural Helpers program was a guest speaker on Radio 92.9 (Radio OSO), a Spanish radio station serving over 50,000 people in Northern New Mexico including Santa Fe, Taos and Espanola areas. Edgar, on of the newest Natural Helpers, gave all the warning signs on suicide prevention, told the audience about the Natural Helpers Program and even ended the program with putting out a scenario to the audience...

"If you know of a high school girl that broke up with her boyfriend over two weeks prior, is still depressed, doesn't want to do anything, doesn't want to eat or go out with friends and insists life is over without him."

WHAT DO YOU DO?

The radio station then opened up the telephone lines and he responded to each one of the callers.

Radio OSO has now asked the Pojoaque Natural Helpers to do a "Coffee Break" with helpful information during the summer.

The Natural Helpers® peer-helping program is based on a simple premise: within every school, an informal "helping network" already exists. Students with problems naturally seek out other students – and also adults – whom they trust. This program taps into and uses this helping network to disseminate as much accurate information as possible to all students. It provides training to students and adults who are already serving as helpers, giving them skills to help others more effectively.

[Click for Natural Helper Program Information](#)



WE'RE ON THE WEB!!
YOUTHHEALTHLINK.ORG

This initiative is a collaboration between NM Forum for Youth in Community (NMFYC) and NMDOH Office of School & Adolescent Health (OSAH)