

Community Dialogues on Mental Health – Greater Albuquerque Region



ACTION TEAM #5

RECOMMENDED ACTION REPORT

DATE: DRAFT 10/6/15

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| Recommended Action #5 | Work with APS to increase activities for students and families during out-of-school times (such as after school programs). Work with APS to evaluate current after school programs and outcomes for potential enhancement opportunities. |
| RECOMMENDED SOLUTION | <p>Increase awareness, and ultimately prevention, through the following education programs to staff, students and families:</p> <ul style="list-style-type: none"> • Train APS 250 Health and Wellness personnel to use <i>Breaking the Silence</i> • Train 30 individuals as certified <i>Mental Aid First Aid for Youth</i> instructors • Support ABC Community School Partnership with comprehensive programs that involve parents including, but not limited to: Before/After School Programs; Health; Basic Needs; Counseling; Workforce Development; Family Engagement; etc. |
| STATUS | <ul style="list-style-type: none"> • City of Albuquerque designates approximately \$1.5 million for Community School development through the ABC Community School Partnership. <ul style="list-style-type: none"> ◦ 23 Community Schools; 75 APS afterschool programs; 10 Homework & College/Career Dinners; approximately 12,000 students • A letter to request approximately \$1.5 million to match the City’s contribution with the mental health tax funds sent to County Commissioners by the end of September. |
| COSTS | <ul style="list-style-type: none"> • <i>Breaking the Silence</i> training: \$30,000 (\$3,000/training for 10 sessions) • Certified <i>Mental Aid First Aid for Youth</i> instructors: \$35,000 • ABC Community School Development: \$1.2 million (Includes 13 additional coordinators in middle schools and 10 coordinators in high schools to provide services in all APS middle and high schools. |
| IMPLEMENTATION TIMELINE | <ul style="list-style-type: none"> • Schools submit proposals annually beginning in March showing their match funding, results they want to accomplish, and programs/services necessary to accomplish results. • Scoring of proposals is conducted in June annually • Schools are notified of awards in August annually • ASAP, partner with NAMI-Albuquerque to request funding from Bernalillo County, APS and NM Public Education Department for initiation in 2015-16 school year • TEXT, TALK, ACT to be introduced during <i>Breaking the Silence</i> and <i>Mental Aid First Aid for Youth</i> trainings. |

**OTHER
CONSIDERATIONS**

- By training 250 APS personnel, it is estimated that 10,000 youth and their families will benefit by a *Breaking the Silence* presentation
- With 30 certified *Mental Aid First Aid for Youth* instructors, an estimated 2,100 personnel across 75 APS schools can receive training. This training would cost an additional \$42,000 for materials (\$20/book).
- Include Crossroads counselors in every APS middle, high and alternative Schools. An additional 10 Crossroad Counselors are needed in APS high schools at a cost of \$720,000 (\$72,000 each). An additional 35 counselors (\$2,520,000) is needed for each APS middle school.