

EL AVISO

December 2003

Las Clinicas Counseling Department Offers Broad Array of Services... Adds New Staff

For seven years now the Counseling and Community Services (CCS) Department has offered a broad range of services. These include not only counseling for adults, children and families, but also psychiatric consultations, outreach services and the Family Resource Center (at the El Rito Library). In NM, there are only six other community health clinics that offer counseling services. In fact, our CCS Department has gained recognition on a state and national level for its broad array of mental health services and its integration with our medical and dental services. (LCDN has appointment times available at all three of our clinics).

Counseling can help people deal effectively—and in many cases overcome—the impact of depression and anxiety in their lives. For example, treatment -- in the form of antidepressants, psychotherapy or the two combined -- is effective in 80 to 90 percent of all cases of depression. Anxiety problems can range from social fears and anxiety attacks to more complex problems such as those connected to highly traumatic life events (for example, auto accidents, witnessing a violent death, or abuse). Yet almost all of these problems can get significantly better within a short period of time with the right help. LCDN has an excellent mental health staff.

Michael Hill has been director of the department for seven years, with special training to work with depression, anxiety and post-traumatic stress problems. **Patricia Brescia** joined LCDN in September and works with all ages with specializations in children and adolescence, as well as with substance abuse. Both are clinical social workers who are licensed at the highest level in NM. Psychiatrists **Robert Franklin, MD, and Richard Barendsen, MD**, make monthly visits to LCDN for case consultation and medication evaluations for adults and children.

Community outreach services are also offered to community residents to assist with enrollment support services such as income support, energy assistance, food stamps, Medicaid, handicap access and emergency food provision. **Mary Chavez** has been with the agency for seven years and has excellent knowledge of these services. She also assists residents in filing income statements to qualify for LCDN's sliding fees. Just joining the department is **Ramona Moya**, who will work to increase the area's Medicaid enrollment.

The Family Resource Center, located in the El Rito Public Library, has a broad collection of video, books and brochures on mental health, wellness, and child development. Sitting in an arm chair with southern views you can browse the shelves or preview a video on a small TV, with topics such as: *The World of the Newborn, A Parent's Survival Guide to Childhood Depression, The Panic Attack Recovery Book, Dinosaurs Divorce,* →

LAS CLINICAS DEL NORTE: A Community Health Center, Established in 1972

Serving the communities of Abiquiu, Ancones, Barranco, Cañon, Carson, Chili, Cañones, Cañon Plaza, Duranes, El Llanito, El Pueblo, El Rito, Gallegos, Gavilan, Ghost Ranch, La Cueva, La Madera, La Mesa, La Zorro, Las Casitas, Las Tablas, Los Pinos, Medanales, No Agua, Ojo Caliente, Olguin, Petaca, Placitas, Plaza Blanca, Rio Chama, San Miguel, Servilleta, Servilleta Plaza, Silvestres, Tierra Azul, Tres Orejas, Tres Piedras, Tusas and Vallecitos and Youngsville

→ *In Praise of Single Parents, The Diabetic Problem Solver, Marijuana and the Mind, I Live in an Alcoholic Family, But He Loves Me (domestic violence), Teens Who Chose Abstinence and the Bonding Years.*

And LOTS more! So go to your local El Rito Library and see all they have to offer.

CCS can be contacted by calling 581-4728 and talking with Michael, Patricia, Mary or Ramona. All calls and services are provided with the strictest confidentiality.

RECOVERY FROM SUBSTANCE ABUSE

There are very few among us whose lives have not been affected by the substance abuse of a friend or relative. We do our best to love and support them but too often we feel a sense of failure and despair. No matter how hard we try, our efforts continue to be unsuccessful.

Eventually we realize that the problem is more than we alone can handle. Our fears are many. Motor vehicle accidents claim the lives of those who cannot control their drinking or drug use. Complications from substance abuse can exacerbate medical conditions and lead to death as well. Too many of us have experienced these losses. Here in northern New Mexico we have some of the highest rates of death related to substance abuse in the country.

It can seem like a hopeless situation, yet there is much that can be done. The first step to recovery is admitting that the use of drugs and /or alcohol has gotten out of control. To admit that help is needed is a first step to recovery. For the addict/alcoholic this first step may take years. But for friends or relatives of a substance abuser, there is help available **right now**.

For far too long most people have believed that drug and alcohol abuse are shameful behaviors. This prevents people from seeking the help that they so desperately need. Professionals in the medical field now recognize substance abuse and dependence as diseases just like diabetes, heart disease or cancer.

Genetically, this predisposition toward addictive behavior can run in families. Just like

other illnesses, substance abuse can be successfully treated and lives can be saved. The substance abuser is not a **bad** person. He/she is a **sick** person who needs medical care in order to recover. Speaking to your doctor or calling your local clinic for a counseling appointment is the beginning of a journey that leads to recovery.

Addicted persons often won't admit that they have a problem. They will blame their substance abuse on other people or problems that "cause" them to drink or use drugs. They will minimize the amount of use or compare themselves to others who are "worse" than they are. This is called **denial**. A counselor is trained in helping to break down the defense of denial so that recovery is then possible.

If the substance abuser in your life is not willing to get help, help for you is available. Living with active substance abuse takes its toll on spouses, parents, children, relatives and friends. As you learn how to better take care of yourself, you will also learn how to provide the best help you can to the substance abuser. In addition to counseling, there are free support groups in the community: Alcoholics Anonymous - for alcohol abuse, Narcotics Anonymous - for drug addiction, and Al-Anon for families of substance abusers. Meetings are **free** and attendance is confidential.

Recovery from substance abuse is a physical, mental, emotional and spiritual process. It is a transformation from illness to health and from despair to hope. Once a person begins to recover, a whole new life is possible!

Contact Patricia Brescia or Michael Hill at Las Clinicas Del Norte, 581-4728, to schedule a counseling appointment.

SUBSTANCE ABUSE RECOVERY SUPPORT GROUPS:

AA (Alcoholics Anonymous) Tuesday and Thursday evenings at 7pm. Catholic Church Parish Hall located on Route 554 in El Rito.

NA (Narcotics Anonymous) Sunday at 7:30 pm at the El Rito Library on Route #215 in El Rito.

Al-Anon (for families and friends of substance abusers) Monday at 5:30 pm in El Rito and Abiquiu. Call for location: 581-4471 or 685-4503.

FLU SHOTS AVAILABLE –
\$10 for anyone, no appointment required.
 Walk-ins are welcome at all three clinics.
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Stop Smoking Support Groups are available at Las Clinicas del Norte

Please contact Bill Atkinson or Janet Lucero in Ojo Caliente at 583-2191, or Joan Tollefson in El Rito, 581-4728.

Announcements & News Briefs

Greetings to Ramona Moya, who is the new Medicaid Eligibility Outreach Worker through the Community & Counseling Services Department. Ramona is bilingual and reads sign language, has roots here in El Rito, with three grown children. She will be at all three clinics, call for schedule.

Leo E. Vigil is working for LCDN in El Rito as an accountant. Leo studied at the college of Santa Fe and is from Espanola, where he lives with his young daughter and has a son in the Air Force.

⊗ Community Events ⊗

Contact Person, Joan Tollefson, Editor, 581-9103 or 581-4728

Las Clinicas 24-hour Emergency Number – 1-888-678-6160
 El Rito

Las Clinicas del Norte Board Meeting – every 3rd Monday,
 7 pm, El Rito clinic Community Room

El Rito Library – Tues, Wed, Thurs, 11 am – 6 pm, and
 Sat, 11 am – 3 pm.

El Rito Library Board Mtgs. – every 1st Wed, 6 pm at Library

AA Meetings El Rito – Tues, & Thurs, 7m – 8pm, at Catholic
 Church Parish Hall, open discussion. Contact Ed F. 581-4559

El Rito Fire Dept. Mtgs. – every 2nd Wednesday, 7 pm, at the El
 Rito Fire Station, open to the public

Tutoring –El Rito Save the Children Ctr, call for info. 581-4516

Recycling El Rito – every 4th Saturday, 9 am – 2 pm, behind the
 Martins Store Gas Station

NA (Narcotics Anonymous) - Sunday at 7:30 pm at the El Rito
 Library on Route 215 in El Rito.

Abiquiu

Recycling Abiquiu – 4th Sunday every month, 9 am-2 pm,
 Abiquiu Las Clinicas clinic parking lot

Abiquiu Fire Dept. Mtg. – every 2nd Thursday, 7 pm at Fire Dept.

Al-Anon Meetings Abiquiu – Monday, 5 pm, call for location,
 contact numbers, 581-4471 or 685-4503

Abiquiu Library – Mon, Tues, Wed, Thurs, 12:30 pm – 6 pm
 and Sunday, 9 am – 12 noon, located on the Plaza

Ojo Caliente

Ojo Caliente Fire Dept. Mtg. – every 1st Wednesday, 7 pm ,
 Ojo Caliente Fire Dept.

Medanales

Medanales, Rio Chama, Tierra Azul Community Mtg. – every
 1st Mon, 7 pm, Medanales Comm. Ctr., ph.#, 685-9416

Northern New Mexico Community College El Rito Campus

December:

6-7 *Wildland Fire Science Class* (WFS 110 101)
 with Kyle Sahd 8:00-5:00 PM, Jaramillo Hall.

8-12 *Finals Week*

12 *End of Pre-registration for Spring 2004*

13-14 *WFS 110 101* continues at Jaramillo Hall

19 *Los Pastores Play* 6:00PM @ Cutting
 Hall (Everyone welcome!!!)

20-21-22 *NNMCC Holiday Basketball Camp*,
 please contact Richard Tafoya at 747-2160

Staff will be on break from December 19 - January 5, 2004

We wish everyone a wonderful seasons greeting
 and a Happy New Year, from staff and faculty on
 the El Rito Campus.

For more information on registering for Spring
 semester 2004, please contact Donald Martinez @
 581-4120.

EL RITO WATER PLANNING COMMITTEE

The El Rito Regional Water Committee are now holding one meeting a month on the **first Monday of each month in the Las Clinicas del Norte Conference Rm. at 6:30 pm.** Volunteers from the community are welcome to help resolve issues concerning the development of the new regional water system plan for El Rito. The Committee has agreed to work with the state in future planning of the valley water for the entire El Rito Creek area. In a November meeting with the state water board in Santa Fe, the state looked favorable on our funding requests, however the final decision is not yet reported.

EL RITO LIBRARY

Ph. 581-4608

Our Hours are:

**Tuesday - Wednesday - Thursday, 11-6,
and Saturday, 11-3.**

On **Thursday, December 11, 2003** we will be decorating the El Rito Library with Christmas decorations and putting up a Christmas tree. We invite all the kids and anyone who is interested in the community to come and help us decorate. We need homemade ornaments for the tree and homemade decorations to put all over the library. Or if you would like to donate any type of decorations, please drop them off at the library, or better yet, come and join us and help us get into the holiday spirit! We will be serving punch and cookies.

A 7-book set of southwestern mysteries by **Michael McGarrity** was donated to the Library and is ready to be checked out. We have about 100 new books and videos on the shelves, come by and check out your favorite book, video and audio tapes.

Talking about books, we still have Nicholas Herrera's book for sale at the Library. This would be a great time to come and buy one as a Christmas gift for someone special. Don't forget, for every book we sell, the Library gets part of the proceeds.

We have hired a new bookkeeper named **Julie Claire**. Julie lives in the Placitas area and has some intensive background on bookkeeping. We look forward to Julie doing a great job for the Library. Please come by and meet Julie and wish her luck on her new job.

THANKS, THANKS, THANKS

Special thanks to the following people for lending a helping hand: Dennis Liddy of Bode's, Charles Knight, Louie Martinez, David and Sally McDaniel, Bill Page and Quentin Wilson.

Thanks to our green chili stew cooks: Marbella Martinez, Monika Bittman, Kathleen Ellsworth, Cilla Mays, Sally McDaniel, Bill and Barbara Thornton, Esperanza Gonzales, Joan McClelland, and Louie Martinez.

The Traveling Lantern Theatrical Company came to El Rito on November 15th and did a fantastic production of "Robin Hood". About twenty-five community members attended and we had four volunteers to help Robin Hood and to be his Merry Men. You can see pictures of these volunteers at the Library.

The Spanish Class continues to meet every Tuesday at 6:30 p.m. at the Library. If you are still interested in attending, just drop by and talk to David Genth, the Instructor. The Spanish class is sponsored by the NM Coalition for Literacy. If you or anyone you know would like to be tutored on computer basics, adult one-to-one tutoring, English as a Second Language (ESL), please contact the Library at 581-4608.

Donations and fundraisers are what keep your Library doors open. If you would like to make a **tax deductible donation**, please drop off your donation at the library or mail it to: El Rito Library, P.O. Box 5, El Rito, NM 87530.

Friends of the Library

Don't forget, if you want to get involved in helping your library with fundraising events, volunteering and publicizing the library, join the "**Friends of the Library**". Contact Joan Tollefson at 581-9103 for more information.

ABIQUIU PUBLIC LIBRARY

CHANGES: We have had many changes in our library over the past five years since we first opened our doors to the community. We have been providing many opportunities for empowering our patrons by becoming more involved in our library as board members. We would like to continue doing so by inviting everyone to our annual elections on Dec. 3rd at 6:30pm. Please consider attending. We are sad to say that Denise Hoffman has resigned as our Library Board Treasurer. Denise served as a Board Member for more than 3 years. Denise has done so much and has helped us enormously. We would like to express our GRATITUDE and THANKS to her for all of her hard work. We will truly miss her. On a bit of a happier note; we would like to open up the opportunities to invite anyone who may be interested in joining our library as a member of the advisory committee or board of directors. We always welcome new ideas and new friends to our library community. For those of you younger people we are starting up a junior committee to help bring in and encourage youth of our community to come in and take advantage of all the resources that our library can provide. Please come in and join us. Some of the ideas we would like to work toward is helping with ordering new books that the young adults would like to read, help bring ideas for entertainment programs and scholarships research to help for future education. Please help us by encouraging the youth and young adults to continue their interest in reading and their education.

THANK YOU: The fundraisers we had for the memory stepping stones and book sales has given us the opportunity to complete the fence for the library's future reading garden. By completing this fence we will be able to keep the children safe from the dangers of speeding vehicles and/or stray animals. Come by and see all the hard work that Tony has put in for completion of the fence. The fence is just the beginning of our memory path and reading garden.

THANK YOU Tony!

CELEBRATION: Fr. Vicente Dominguez on December 14th will celebrate his 1st year since was being ordained a Priest and will be officially given the keys to the Abiquiu Parish and its neighboring missions. Fr. Tim Martinez will give the mass and a reception will be held that afternoon. Please bring an item for the meal to be shared by everyone and join us in welcoming Fr. Dominguez to our community. We will be holding a raffle with tickets at \$5.00 each for your chances to win a beautiful "waterfall" afghan blanket that was hand crafted by Arlene Bader. This blanket is hand crocheted with the finest home spun Lion Brand Yarn. It is currently on display at the library. Come in to feel and see how soft and beautiful it is. (Don't forget that Christmas is coming and this would be a great gift). This was given to the Library for a fund raiser. Thank you Arlene. It will be given to someone very lucky during the reception on December 14th for Fr. Dominguez.

NOTARY PUBLIC SERVICE: Our library is always on the look out for new ways to help our patrons. We now provide Notary Public Service for our community.

TUTORING PROGRAM: We'd also like to remind you to get your children involved in the after-school tutoring program by requesting a referral from teachers in needed subjects for accomplishing homework or preparing for tests, etc. Also, there is a need for volunteer tutors to mentor these children.

GET INVOLVED!!!

READ to learn! READ for the fun!
"JUST READ!"

Abiquiu Library Hours

Ph: 685-4884

Sunday – 9:00 am – Noon

Monday, Tuesday, Wednesday &
Thursday

12:30 pm – 6:00 pm

Closed Friday, Saturday and Holidays