

The BRAIN TRUST NETWORK [BTN]
Meeting Notes

Tuesday, April 11, 2017
4:30-5:30 pm
UTEP Health Science Center and School of Nursing Building
Room 384

Attending:

Jasmine Flores, Koryna Herrera, Arturo Jaime, Juan Carlos Mendoza, Dr. Holly Mata, Enrique Mata, Daniela Marquez, Fernie Quirarte, Cristina Reyes, Mark Walker, Dr. Bernie Wazlavek, Dr. John Wiebe,

Welcome and Introductions:

Enrique Mata convened the meeting at 4:40 pm and called for brief introductions.

“Programs, Activities and Initiative Aimed at Increasing Mental Health Awareness and Suicide Prevention at UTEP”:

Dr. Catie McCorry-Andalis, Associate Vice President and Dean of Students provided a presentation on UTEP’s work to promote mental health and prevent suicide. She explained that UTEP provides students information and resources pertaining to mental health during orientation including presentation of a video developed by the University of Texas System. She pointed out the importance of a full system of support on campus and via resources such as social media. For example, the University Police Officers provide students cards with information on contact numbers and resources available to help someone who may be experiencing a mental health crisis. She added that ongoing gathering of ideas from stakeholders led to some well-founded interventions including:

- Assessing/Researching additional training opportunities that address suicide prevention (i.e. Lighthouse Project) to include increased promotion of “Question Persuade and Refer (QPR) training for the campus community
- Increased outreach/awareness activities on-campus including implementation of an “RUOK Day” each long semester and participation in “National Suicide Prevention Week” which occurs in the fall as well as printed materials and videos to support this effort.
- Establishment of a dedicated Suicide Prevention website that addresses resources and support for our community.
- Launch of a robust social media campaign via UTEP’s Community of Care Program.

Dr. McCorry-Andalis showed the video developed in collaboration with other UT System universities and commented that a UTEP-specific video addressing suicide prevention is under development. She responded to questions from the group. Mr. Mark Walker commented that he welcomes ideas for additional supports that can be proposed to the State.

Comments, questions or intervention ideas can be forwarded to Enrique Mata at emata@pdnhf.org . The PowerPoint Presentation is included with these notes.

Updates:

Mr. Carlos Mendoza invited Brain Trust members to participate in the La Familia Adult Day Center Grand Opening and Health Fair, Friday April 14, 2017 from 11:00 am – 3:00 pm at 1225 E. Cliff Bldg. 3, El Paso, TX 79902 For more information see flyer included with the handouts.

Mr. Fernie Quirarte announced the upcoming Reaching Teens event featuring Dr. Ken Ginsburg on May 9th 2017. For more information see the flyer included with the handouts.

Ms. Koryna Herrera invited Brain Trust members to participate in the Hope Health Fair at the Opportunity Center for the Homeless 1208 Myrtle on Tuesday April 18th. For more information see the flyer included with the handouts.

Enrique Mata requested for Brain Trust members to advise him of any problems with the email announcements. He reminded the group that Brain Trust reminders will not include attachments. A link to the documents will be provided within the announcements for Brain Trust members to download the parking pass, agenda and previous notes. [Click here](#) to access meeting notes and handouts.

Next Meeting:

The Brain Trust now has a standing meeting time of 4:30 pm every 2nd Tuesday of the month for 2017.

The Next Brain Trust Network meeting is scheduled for 4:30 pm, Tuesday, May 9, 2017 in room 384 at the UTEP Health Sciences Center and School of Nursing Building.

FOR IMMEDIATE RELEASE

Reaching Teens Conference:

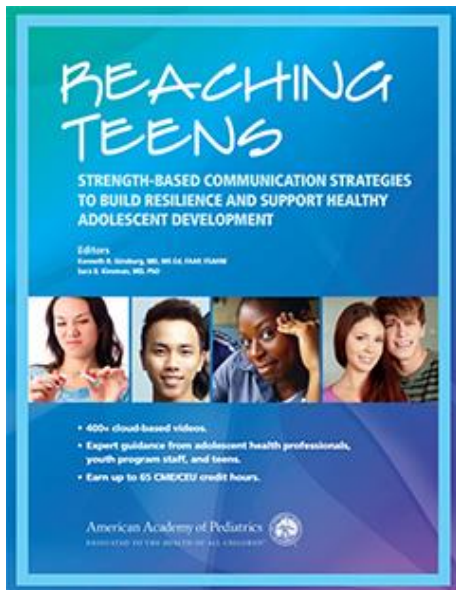
Trauma-Informed, Strengths-Based Strategies for Supporting Positive Health, Mental Health, and Behaviors

Reaching Teens (2014) is a multidisciplinary resource written by experts in the field of adolescent health, mental health, pediatrics, social work, and counseling. 6 CEUs available for Social Workers, Therapists/LPCs, School Counselors

May 8, 2017

9 a.m. to 4:30 p.m.

Region 19 Head Start Conference Center (11670 Chito Samaniego)



ORGANIZING PARTNERS

El Paso Center for Children

Center of Hope

El Paso Child Guidance
Center

Big Brothers Big Sisters

National Alliance on Mental
Illness (NAMI)



Dr. Kenneth R. Ginsburg,
MD, MS Ed, FAAP, FSAHM

**For more information please contact Beth
Senger at bsenger@epccinc.org**

LA FAMILIA DEL PASO, INC



Proudly presents:

THE GRAND OPENING OF THE WEST SIDE ADULT DAY PROGRAM & 2017 HEALTH FAIR

When: Friday April 14, 2017

Time: 11:00 am – 3:00 pm

**Where: La Familia Del Paso Adult Day Program
1225 E. Cliff Bldg. 3
El Paso, TX 79902**

We will have educational discussions on:

- Medication Monitoring
- Personal Hygiene
- Nutrition
- Dental Hygiene

There will be:

- Food
- Food Dispensaries
- Entertainment
- Door Prizes
- Music
- Plus so much more.....



**For more information call:
Carlos Mendoza 915-227-7040 or
Cindy Lugo 915-525-5688**

HOPE HEALTH FAIR

HEALTH OPPORTUNITY PREVENTION EDUCATION

Where: The Opportunity Center for the Homeless 1208 Myrtle Ave
Men's Emergency Shelter-Mural Room (1st floor) and Women's Resource Center

When: Tuesday April 18, 2017

Time: 6:00 am-10:00 am and 6:00 pm-8:00 pm

What should you expect?

Blood tests: Glucose, Anemia, Cholesterol (no food or drink 8 hours before blood test) (morning only)

Blood Pressure, Foot check ups and Tobacco cessation (morning and afternoon)

Vaccines (Pneumonia, Tetanus, Shingles) (afternoon only)

HIV, HEP C and Syphilis tests (morning and afternoon)

Tuberculosis (morning only) Hearing screenings (morning only)

Vouchers for pap smears, immunizations, colon-rectal cancer screenings (Medicaid Voucher Program) (morning and afternoon)

Health education on many topics (morning and afternoon)

Tips for the event:

No food or drink for 8 hours before going for blood test

Bring all your medicines with you (prescribed and not prescribed)

Family members, friends and service animals are welcome

If you have an ID please bring it with you (not required to get services)

Questions? Call us at (915) 274-2598

We will have raffles and prizes. Join us!

Services are free

Education on: Sexual transmitted infections, lung Health, tobacco, foot care, Medicaid benefits, oral health, immunizations and medication use.



RUOK? DAYTM **at UTEP**TM

We've all got what it takes to start a conversation with the people we care about.

1 Ask R U OK?

- Be relaxed, friendly and concerned in your approach
- Help them open up by asking questions like "How're you doing?"
- Mention specific things that have made you concerned for them

2 Listen without judgement

- Take what they say seriously
- Don't interrupt or rush the conversation
- If they need time to think, sit patiently with the silence

3 Encourage action

- Ask: "What have you done in the past to manage similar situations?"
- Ask: "How would you like me to support you?"
- Ask: "What's something you can do for yourself right now?"

4 Check in

- Make a note on your calendar to call them in a couple of weeks
- If they're really struggling, follow up with them sooner
- Stay in touch and be there for them

RUOK? DAY™ at UTEP™

RUOK? is an Australian suicide prevention charity that asks us all to have regular, meaningful conversations with anyone we're worried about. But while it might have started Down Under, the mission is global. That's why we're asking the UTEP community to connect with people in their lives and help stop little problems from getting bigger.

Campus Resources and Support

University Counseling Center

Union West 202 | (915) 747-5302 | sa.utep.edu/counsel

After-Hour Crisis Line: (915) 747-5302

University Police

3118 Sun Bowl Drive | (915) 747-5611 or if emergency 9-1-1

Dean of Students

Union West 102 | (915) 747-5648 | sa.utep.edu/dos

Office of the Assistant Vice President for Student Support

Union East 306 | (915) 747-7448