

**MENTAL HEALTH  
AWARENESS  
EDITION!**

# The Counseling Center Monthly Happenings



MAY 2023



## MAY EMPLOYEE SPOTLIGHT

### *Brenda Motley-Lopez*

Our employee spotlight this month is Brenda Motley-Lopez, LMSW!

Brenda has been a Licensed Master Social Worker since 2011. She provides exceptional counseling services to children, teens and adults at TCC. She approaches everything with a positive attitude and enjoys her work.

Brenda is always willing to lend a helping hand with extra projects and events at TCC, and usually does not wait to be asked to do so. She always shows kindness when working with staff and her clients. Brenda also is one of TCC's SWAG facilitators and is certified to facilitate Girls Circle & Boys Council. She is also certified to conduct Circle of Security, Nurturing Parenting and Active Parenting. Brenda has many skills and she is always striving to learn anything that she can put to use in her counseling tool box or help her coworkers.

Brenda is certainly a valuable asset to TCC and our community. We are so fortunate to have her on staff!

*This Community's Choice for  
Trusted Comprehensive Care*



MAY IS

## Mental Health Awareness Month

Check Mental Health Awareness info throughout this month's newsletter!

### *Mental Health Quote of the Month:*

*"There is hope, even when your brain tells you there isn't." - John Green*



## Animal Assisted Therapy

**HI, I'M NATHANIEL LUKAS REDEKOPP, AND THE SMILING CANINE IN THE PICTURE IS MY WORKING BUDDY, THERAPY DOG LINUS, CGC (CANINE GOOD CITIZEN)!**

As a therapist (LPCC) and certified professional dog trainer (CPDT-KA), one of my specialty skills is Animal Assisted Therapy (AAT) with canines. Wow, you say, that's a lot of abbreviations! What is AAT and is it a good fit for me?

AAT can be used in individual, group, and family therapy. Both the therapist and dog need training, because AAT is more than spending time with a well-behaved pet. Functions of AAT include: increasing feelings of safety & comfort; facilitating participation, motivation, and focus on task; increasing self-awareness and self-insight; and reinforcing positive change. A Therapy Dog can be involved in teaching a client skills like grounding and calming skills.

What can you expect from a trained Therapy Dog? The dog should keep his or her energy under control and maintain professional standards of behavior.

Just like all of us, Therapy Dogs need rest! While Linus loves interaction, he might not be available for every session. I help him stay healthy and happy by giving him breaks.

**IF YOU SEE LINUS AND ME IN BETWEEN SESSIONS,  
YOU ARE WELCOME TO TALK TO US AND ASK TO PET HIM!**

"Mental Health Awareness is important so that we can begin having conversations. To reduce the stigma and begin showing acceptance, encouragement and respect. To educate, understand and reinforce that help and support is available and that it is ok to ask for help. Because, we all need a little extra help every now and then!"  
 -Michele Horrell, COO



## "Mental Wellness"

"We are fortunate to have the ability to assist individuals who suffer from mental illness as well as substance use disorder, referred to as co-occurring. TCC is proud to offer mental wellness services for everyone!"  
 -John Baldonado,  
 SUD Program Manager

## CBPIR Blurb of the Month...

The impact of mental illness, whether from parents, guardians, or children, on family lives & a child's well-being can be significant and places all family members at risk of developing social, emotional, and behavioral problems.

The environment in which our children grow up in have substantial effects on their genetic development and emotional well-being. An article from Psychology Today states, "A group of pediatric medical providers declared a national mental health emergency among children, teens, and young adults (American Academy of Pediatrics)". Before 2020, there had been a steady, decade-long rise in depression, anxiety, and other mental health concerns, with suicide becoming the second leading cause of death for 10-24 year olds by 2018 (Today). Because of these numbers, statistics, and facts, please don't keep mental illness to yourself. Instead, talk to someone about how you feel. The more we talk about mental health illness and stop the stigmatism, the more people will be comfortable speaking about their mental health.

TCC offers services from mental health counseling, substance use counseling, and CBPIR In-Home Services. In addition, CBPIR Case Managers will help assist families and children in their homes by strengthening the family's capacity to protect children while maintaining integrity, respect, and transparency through completing the family goals for child safety and well-being.

## HELP US WELCOME OUR NEW EMPLOYEE!



**Jamie Tracey,**  
 LAMFT  
 THERAPIST

## Overdose Prevention

WHAT IS XYLAZINE? REACH OUT TO US TODAY!

AHOBSON@TCC-NM.ORG OR  
 JBALDONADO@TCC-NM.ORG



FREE NARCAN!



## TCC May Birthdays!

WENDY VERA - MAY 13

NADIA SIKES - MAY 16

CRYSTAL SAMPSON - MAY 25

JOIN US IN SAYING HAPPY BIRTHDAY TO OUR AMAZING STAFF!

"They say it's your birthday!"

## Did someone say Cornhole?

We are SO excited to announce our first Cornhole Tournament Fundraiser!

- CAR SHOW!
- CRAFT VENDORS!
- FOOD TRUCKS!
- 50/50 RAFFLE!

THE COUNSELING CENTER'S  
 FIRST FUNDRAISER

CORNHOLE



TOURNAMENT

GRAND PRIZE:  
 \$400 + TROPHY &  
 BRAGGING RIGHTS!

REGISTER YOUR TEAM!  
 CHALLENGE YOUR COLLEAGUES!

AUGUST 26  
 2023

8:00 AM - 6:00 PM  
 LET THE GAMES BEGIN!

1900 E. 10TH STREET, ALAMOGORDO

➤ MORE INFO, CONTACT SHAWNA AT (575) 430-6446 OR SPRATT@TCC-NM.ORG ➤

# When Do I See A Professional?

By: Howard Hill, LCSW, Clinical Director

When is a good time to seek professional mental health services? The short and to- the- point answer is, when that situation, behavior or emotional state of being is interfering or causing problems with your social, family, work or educational balance AND, it is time to seek help in making CHANGE.

Contrary to popular belief, consulting with a therapist for "advice" is not a good reason to seek professional help, therapy is not the business of giving advice. A family member, the elder neighbor down the street, barber/hair stylist or even bartender can offer good "advice", however not therapy. Therapy is a process of helping people make life altering change(s) such as, building self-esteem, improving mental health/behavioral symptoms, strengthening coping mechanisms, improving problem solving skills and improve social and community functioning. Mental health professionals help people deal with issues related to their mental health conditions which in turn affect the rest of their lives. "Advice" is good for a situation by situation, "what should I do" case, not a process which can/will be life altering such as therapy.

If you are interested in therapy, call us today to schedule an appointment! If you are feeling hopeless, helpless, or thinking of hurting yourself or someone else, please call 911 or 988.

# Promoting Positive Mental Health!

HOW TCC STAFF PROMOTES POSITIVE MENTAL HEALTH:

- Annie: Home Projects, Bake
- Autumn: Read, Meditate, Cook, Listen to Music
- Brenda: Play With My Dogs, Bake, Garden
- Bridgette: Go on Walks
- CeCe: Sit on My Porch, Listen to Music
- Dee: Go on Walks, Cross-Stitching
- Howard: Fish, Falconer, Fly Remote Control Planes
- Keith: Play Guitar, Take Walks with Wife
- Kenny: Listen to Audio Books
- Kim: Practice Self-care to Reduce Stress
- John: Gardening, Yard Work, Work in My Shop
- Lukas: Tai Chi, Qi Gong
- Michele: Pray, Quiet Time
- Robyn: Yoga, Meditation, Mindfulness
- Sherel: Play With My Dogs and Pray
- Sena: Play With My Dogs
- Shawna: Bowling, Crocheting
- Sherry: Spend Time With Grandkids
- Susan: Get Up Really Early, Take A Bath
- Wendy: Listen To Music

## Mental Health Awareness Month By: Kim Richards, CEO

In 2008, Congress passed the Mental Health Parity and Addiction Equity Act (MHPAEA) requiring comprehensive standards for equitable coverage of mental health and substance use disorder treatment. In 2010, the Affordable Care Act (ACA) further expanded the reach of the parity laws by requiring most health plans cover mental health and substance use disorder care and expanding the scope of MHPAEA to reach most small group and individual insurance markets.

Millions of adults and children across America experience mental health conditions. Nearly one in five Americans live with a mental health condition. Still discrimination against those with mental health conditions in our society remains, and can make it difficult to find and reach out for help.

While our Nation has made progress in promoting mental health services, many communities face pervasive barriers in accessing mental health care. Those living with mental health conditions are our family, friends, classmates, neighbors, and coworkers.

In May 2021, President Joseph Biden Jr. proclaimed May as National Mental Health Awareness Month and has called upon all of us to raise awareness and continue helping Americans to live healthier, longer lives.



You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.

 1 in 5 U.S. adults experience mental illness	 1 in 20 U.S. adults experience serious mental illness	 17% of youth (6-17 years) experience a mental health disorder
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Get more info from NAMI, the National Alliance of Mental Illness at [www.nami.org](http://www.nami.org)

1900 E. 10th Street  
Alamogordo, NM 88310  
[www.tcc-nm.org](http://www.tcc-nm.org) | (575) 488-2500

**WANT TO BE ON OUR EMAIL LIST? LET US KNOW!**  
**EMAIL US AT: [OUTREACH@TCC-NM.ORG](mailto:OUTREACH@TCC-NM.ORG)!**

