



RESOURCE DIRECTORY

New Mexico

23 Tribes, including 19 Pueblos,
3 Apache tribes, Navajo Nation

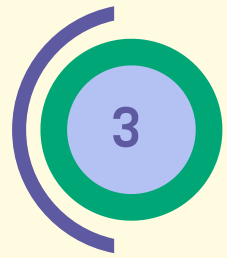


TABLE OF CONTENTS

CULTURAL HUMILITY	3
WRAPAROUND & BASIC NEEDS	4
HEALTHCARE	7
MENTAL HEALTH	10
LGBTQIA+	12
YOUTH & FAMILIES	13
INDIGENOUS & NATIVE SERVICES	16
IMMIGRANT & REFUGEE SERVICES	19
AFFINITY SPACES	20
NEED SPECIFIC SERVICES	22
NATIONAL HOTLINES	25
GLOSSARY	26
KEY TAKEWAYS	28



CULTURAL HUMILITY



- Never complete, always in progress
- Different for everyone
- An ongoing process
- Encouraging, supporting, and bolstering the efforts of others
- Seeing and embracing differences

IS NOT:

IS:

- All or nothing
- One size fits all
- A one time event
- Doing something for someone else
- Ignoring differences
- Victim Blaming

Key Components of Cultural Humility

Cultural humility is a lifelong process guided by reflection, listening, and action.

1. Explore and increase your awareness of your own identities, privileges, triggers, areas of growth, and areas of strength.
2. Listen to communities impacted by oppression and challenge.
3. Act together, and be open to change, feedback, and growth.



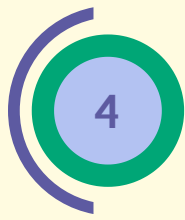
We are grateful to recognize and honor the ancestral homelands of the Navajo, Apache, and 19 pueblos.

The resilience, culture, and heritage of indigenous peoples have shaped this sacred ground, and will continue to do so into the future.

The nineteen Pueblos are comprised of the Pueblos of Acoma, Cochiti, Isleta, Jemez, Laguna, Nambe, Ohkay Owingeh, Picuris, Pojoaque, Sandia, San Felipe, San Ildefonso, Santa Ana, Santa Clara, Santo Domingo, Taos, Tesuque, Zuni and Zia.



WRAPAROUND & BASIC NEEDS



HEALTHCARE AUTHORITY - NM

hca.nm.gov - Multiple numbers

Assistance applications and enrollment assistance for programs including TANF, food stamps, childcare, medicaid, heating and cooling support, and more.



LUTHERAN FAMILY SERVICES: ROCKY MOUNTAINS

505.933.7032 (ABQ) - 575.265.0836 (LC) - lfarm.org
Albuquerque and Las Cruces



Resettlement assistance for refugee and asylum seekers, immigration legal services.

PB&J FAMILY SERVICES

505.877.7060 - pbjfamilyservices.org - ABQ

Free family and children's groups, parenting and community programs, extended day preschool, case management.



PB&J
FAMILY SERVICES

ALBUQUERQUE FAMILY ADVOCACY CENTER

Call 311 or 505.243.2333

cabq.gov/albuquerque-family-advocacy-center



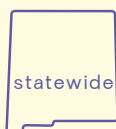
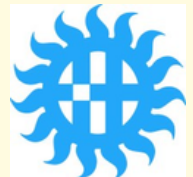
24/7 Hotlines:
Domestic Violence Resource Center
505.248.3165
SANE - Sexual Assault Nurse Examiners
505.883.8720
Rape Crisis Center of New Mexico
505.266.7711

On-site and off-site services for survivors of interpersonal violence, sexual assault, including transitional housing, counseling, legal aid, health.

CITY OF LAS CRUCES NONPROFITS

lascruces.gov/2645/Nonprofit-Funding

Directory of local nonprofits including youth services, education, mental health, housing assistance.

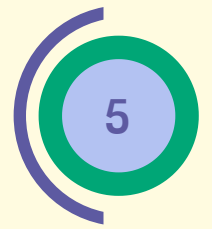


HELP NM

505.265.3717 - helpnm.com

Employment, Education, Food, Income and Utility Assistance, Housing, Childcare, Healthcare.

WRAPAROUND & BASIC NEEDS

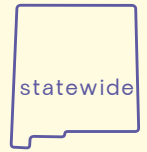


WINGS FOR LIFE

Farmington, Santa Fe, Espanola, East Mountains, and Las Cruces
505.226.4359 - wingsfli.com

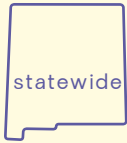


Family Prison days, lifeskills and job trainings, weekly educational programming, virtual services, donations.



YDI: YOUTH DEVELOPMENT INC

Statewide - 505.352.3444 - ydinm.org



Rental Assistance, transitional living, career and job training, preschool and child care, prenatal care, violence prevention and response, mental and behavioral health services, mentoring, counseling, and more.

TENDERLOVE COMMUNITY CENTER

505.349.1795 - tenderlovecommunitycenter.org

Safe, supportive environment where individuals recovering from domestic violence, incarceration, trafficking, marginalization. Life and job skills, transitional housing, computer literacy, GED prep, financial literacy, parenting support, health education.



LOVEJUSTICE

lovejustice.com/albuquerque

Directory of local organizations offering services for economic empowerment, survivors of sexual assault, disability rights, and more.

AMANECER

575.882.5100 - amanecer-nm.com

Anthony, Las Cruces, Chaparral, Santa Teresa (Southwest NM)

Affordable behavioral and mental health services: diagnostics, medication management, individual and family counseling, case management.



ECHO ECONOMIC COUNCIL HELPING OTHERS

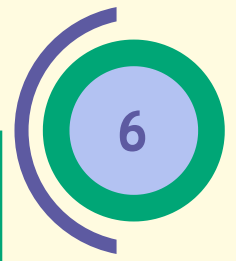
505.325.7466 - echoinc.org

Farmington, some services statewide

Healthcare, Education support, food pantry, school supply donations, public benefits enrollment assistance, emergency support, diapers, incontinence support, preschool, utility and funeral assistance.



WRAPAROUND & BASIC NEEDS



SPIRIT OF HIDALGO **SPIRIT of Hidalgo**

Lordsburg - 575.313.0765 - spiritofhidalgo.com

Food bank, nutrition assistance, clothing donations, local partners.



United Way of Eastern New Mexico

Serving Curry, Roosevelt, Quay & De Baca Counties

UNITED WAY OF EASTERN NM

Call 211 or 575.769.2103

unitedwaynm.org



Food assistance, services for older adults, military families, housing, clothing closet, career services, referrals to local resources.

RURAL HEALTH INFO HUB

ruralhealthinfo.org/states/new-mexico/organizations
1.800.270.1898

Updated directory of healthcare resources accessible to rural areas and communities.



Gallup Community Health



GALLUP COMMUNITY HEALTH

gallupcommunityhealth.org - 505.397.5172
2111 College Dr, Gallup, NM 87301

M-Th 8a-8p
F-Sa 8a-5p

**Appointments required.

Primary care for all ages, Reproductive healthcare, vasectomies, urology services, LGBTQ+ healthcare, medication assisted therapy for opioid use disorder (buprenorphine/Suboxone).

LOVE INC OF OTERO COUNTY

575.439.4812 - loveincotero.org - Alamogordo

Food security, medical equipment loans, financial assistance for utility bills, prescriptions, overnight shelters, school and household supplies, classes.



LAS CUMBRES

505.955.0410 - lascumbres-nm.org

Service offerings vary by location

Los Alamos, Rio Arriba, Santa Fe, Taos, Bernadillo

Raise awareness and address challenges faced by those impacted by developmental disability. Also providing group work and services for youth, caregivers and parents, adults, Immigrants, and Refugees.

HEALTHCARE



AMADOR HEALTH

999 W Amador Ave., Las Cruces, NM 88005
575.527.5482 - M-F 8AM - 4:30PM - amadorhealth.org



Flexible payment healthcare regardless of insurance status or ability to pay. Primary care, behavioral and reproductive health, recovery services, pharmacy, support in navigating healthcare system.



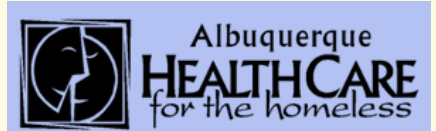
FAITH ROOTS REPRODUCTIVE ACTION

505.398.1010 - faithrootsrepro.org



Funding and support for abortion access. Patient helpline, supportive clergy, volunteer network, information on safe clinics, directory of in-state abortion providers.

ALBUQUERQUE HEALTHCARE FOR THE HOMELESS



abqhch.org - 505.766.5197 - Hours Vary
1217 First Street NW, Albuquerque, NM 87102

Free medical and dental clinic, pharmacy, counseling, social services, community art studio.



UNM TRUMAN HEALTH SERVICES

801 Encino Place NE, Building F
unmhealth.org/services/hiv-aids - 505.272.1312

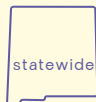
HIV, AIDS and Hepatitis C specialty care, testing, counseling. Substance use treatment, psychotherapy, gender-affirming care, case management, medical adherence support.

FIRST NATIONS COMMUNITY HEALTHSOURCE

fnch.org
Hours, Contact Info varies by Location



Behavioral, Primary care, dental, pharmacy, HIV-AIDS prevention and treatment, Medicaid enrollment, school-based care centers, integrative and culturally-centered healthcare. In-person and telehealth care offered.

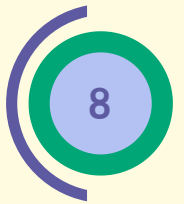


PLANNED PARENTHOOD

1.800.230.7526 - Locations in LC, Sf, Abq, Frm
plannedparenthood.org/planned-parenthood-rocky-mountains

Birth control, STI testing and treatment, vaccines, emergency contraception, medication abortions, gender affirming care, PrEP. Virtual services offered statewide.

HEALTHCARE



LA CLINICA DE FAMILIA

laclinicadefamilia.org/lcdf - 575.525.4805
385 Calle de Alegra, Las Cruces, NM 88005 - M-F, 8-5
Behavioral Health Hotline: 1.844.622.7099



Pediatrics, Behavioral Health, OBGYN, medical, and dental services. Early Headstart, school-based clinics.



LAS CLINICAS DEL NORTE

lcdn.org - Hours Vary by Location
Santa Fe, Los Alamos, Abiquiu, El Rito, Ojo Caliente
Medical, dental, counseling, vaccinations,
Suboxone treatment, school-based clinics.

PECOS VALLEY MEDICAL CENTER

505.443.3200 - 199 NM-50, Pecos, NM 87552
pmsnm.org/locations/pecos-valley-medical-center



PECOS VALLEY
MEDICAL CENTER, INC.

Primary care, behavioral health, dentistry, pharmacy,
programming for newly diagnosed diabetics, Medicaid
and Healthcare enrollment, sliding scale payments.



HIDALGO MEDICAL SERVICES

575.800.1467 - hms-nm.org

Call4Health 24/7 Nurse Advice Line: 855.742.3400

Lordsburg, Animas, Silver City, Bayard, Cliff-Gila, Mimbres, Santa Clara

Medical, Dental, Behavioral Health, Senior Services,
Family Support, Pharmacy, Health Literacy support,
regardless of insurance. Sliding scale payments.

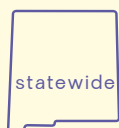


BE WELL NM

bewellnm.com - 1.833.862.3935



Insurance enrollment for those not eligible for Medicaid and without employer-based coverage. Specialized services for Native Americans, Undocumented communities. Enrollment counseling (bilingual) via phone, in-person enrollment events.



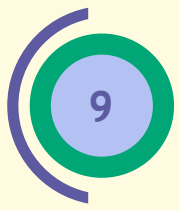
FREECLINICS.COM
MEDICAL HEALTH CLINICS FOR EVERYONE

FREE CLINIC SEARCH ENGINE

freeclinics.com/sta/new_mexico

Listing of free and low-cost medical clinics across the state.

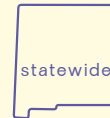
HEALTHCARE



BLACK HEALTH NM

blackhealthnewmexico.com

Inclusive sex education, Perinatal Community Health Workers, Maternal Services specially designed for Black and Indigenous Mothers, Parenting and Food Support.



SOUTHERN NM COMMUNITY FOUNDATION

575.521.4794 - communityfoundationofsouthernnewmexico.org



Grant and scholarship offerings, directory of local and affinity-based giving circles of mutual aid.

CATRON COUNTY MEDICAL CENTER



PMS

PRESBYTERIAN MEDICAL SERVICES

575.533.6456 - 1 Foster Lane, Reserve, NM 87830

pmsnm.org/locations/catron-county-medical-center/

Behavioral health, medical care, dentistry, senior services, child development, supportive housing, assistance with integrated employment for workers with disabilities.



LA CASA FAMILY HEALTH CENTER

lacasahealth.com - 575.356.6695

Information and services vary by location:
Portales, ENMU, Roswell, Clovis

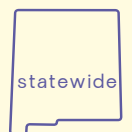


Newborn services, pediatrics, behavioral health, primary care, optometry, family medicine, OBGYN.

NEW MEXICO MEDICAL INSURANCE POOL

nmmip.org - 1.866.306.1882

Health insurance for NM residents considered ineligible or uninsurable. Including support for undocumented and low-income communities.



ROAMS: RURAL OB ACCESS & MATERNAL SERVICES

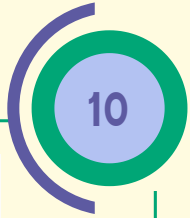
roamsnm.org

Phone varies by location: roamsnm.org/family-navigators

Telehealth for birthing mothers in rural northern NM for prenatal and postnatal care. Resource navigation, breastfeeding support.



MENTAL HEALTH



AFSP NEW MEXICO

afsp.org/chapter/new-mexico
Text TALK to 741741- Call 988



24/7 crisis support in English and Spanish. Resources for specific communities and populations, mental healthcare, suicide prevention. Support for survivors of suicide attempts, for concerned loved ones, and those experiencing loss of a loved one by suicide.



samfound.org SAM FOUNDATION

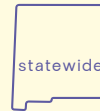
Virtual and in-person suicide prevention education, free support groups for survivors of suicide loss.

MENTAL HEALTH RESOURCES

mhrnewmexico.com
24 Hour Crisis line 1.800.432.2159
Curry, De Baca, Roosevelt, Quay/Harding Counties



Bilingual mental health support, outpatient services, group therapy, housing assistance, crisis services, nursing services and virtual counseling. Sliding scale pay, no one turned away.



NAMI NEW MEXICO

naminewmexico.org

24/7 NM Crisis Line: 1.855.662.7474

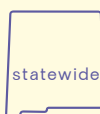
Text "NAMI" to 741741 for 24/7, confidential, free crisis counseling.

Support groups, education, crisis support, community prevention and advocacy.

SAFE HOUSE NM safehousenm.org
800.773.3645 (24/7 Crisis Line, Toll-Free)



Domestic Violence community education, kitchen, rapid rehousing, case management, emergency shelter, children's programming, crisis assistance.



NM CRISIS AND ACCESS LINE

24/7 Crisis line: 1.855.662.7474)

24/7 Peer to peer warmline: 1.855.466.7100)

nmcrisisline.com

24/7 crisis support from experts as well as a 24/7 peer to peer warm line, wellness & mental health tool, community programs, resource navigation.

MENTAL HEALTH



THE SKY CENTER

skycenter.nmsip.org - Santa Fe
M-F 9am-4pm, call 505.473.6181



The Sky Center
New Mexico Suicide Intervention Project

Teen mental health resources, wellness toolkit, local and state resource navigation, free family counseling.

Engender, Inc.



ENGENDER INC
505.242.4400 - engenderwellness.com

LGBTQIA+ affirming counseling, mindfulness, family therapy, art therapy, individual and groupwork.

FYI+ FAMILIES & YOUTH INNOVATIONS PLUS

Immediate support: 575.520.3461

Service inquiries, general: 575.522.4004

fyiplusnm.org - Las Cruces - English/Spanish



Crisis resources, individual, family, and couples therapy, substance use treatment, housing services, health and nutrition support, parenting and life skills classes, youth services.



BREAKING THE SILENCE NM

NM Crisis Line: 1-855-662-7474 | Text HOME to 741741
breakingthesilencenm.org



Community and school-based mental health education, updated listing of crisis and mental health services resources.

THE MOUNTAIN CENTER

themountaincenter.org - North NM - 505.983.6158



Transitional living, behavioral health, summer teen and youth programming, harm reduction, gender and sexuality support, counseling.



THE LIFE LINK
thelifelink.org - Multiple Locations in Santa Fe
505.438.0010 - 2325 Cerrillos Rd, Santa Fe, NM 87505

Individual and community mental health services, homelessness and housing support, substance use treatment, assistance for survivors of human trafficking.

CASA Q

casaq.org - 505.872.2099

Shelter, transitional living, services for LGBTQIA+ youth and allies ages 14-18.



TRANSGENDER RESOURCE CENTER OF NM

505.200.9086 - tgrcnm.org

Drop-In: M/W/F 1-6pm, 5600 Domingo Rd NE, ABQ, 87108

Support for trans, GNC, and nonbinary communities. Drop-in center for healthcare, food, showers, computer access, and more. Case management, support groups, job acquisition assistance, resource navigation.

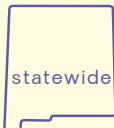


HEAL PLUS NM

healplusnm.org



Queer-friendly resource directory, GSA clubs curriculums, smoking cessation hotline, education for family members and allies, healthcare promotion and community events for LGBTQIA+ communities.



BRIGHT SPACES WELCOME PLACES

brightspacesnm.org

Provider directory for LGBTQIA+ affirming services across NM State, including referrals for fitness, sexual and reproductive healthcare, medical care, childcare, family services, and more.

COMMON BOND NM

commonbondnm.org

Services and community events for LGBTQIA+ youth under 21, HIV Emergency Project supporting rent, medical bills, and other expenses for HIV-Positive community members. LGBTQIA+ affirming community directory, including accepting religious groups, queer-owned businesses, senior services, and more.



PRIDE GUIDE NM

gogaynewmexico.com

Community event listing and resource availability across NM state for the LGBTQIA+ community.

YOUTH & FAMILIES

13

HEART OF TAOS

taosheart.org - 575.776.4245

Family Shelter: 575.758.9595 - Men's Shelter - 575.779.9198

Emergency, transitional, and permanent housing, support services for individuals and families. Listing of regional hotlines and services. Winter emergency shelter, family support.



EAST CENTRAL MINISTRIES



eastcentralministries.org

M-F 9am-5pm - 505.266.3590

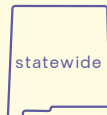
123 Vermont St NE, Albuquerque, NM 87108

Bilingual homework club, food cooperative, thrift store.

EPICS

505.767.6630 - epicsnm.org

Services for Native Americans impacted by disabilities and developmental delays, including parent resources, knowledge shares, support in navigating Special Education services in schools.



NEW MEXICO MESA

505.917.2049 - nmmesa.org

Scholarships, education resources, summer youth programming, digital learning, curriculum support.

YOUTH HEARTLINE

Taos: 575.758.0106 - Raton: 575.445.2400

youthheartline.org/resources

Ask Rose Homework Help, Sun-Thurs 6-9pm - 1.877.275.7673

Hotline for Seniors Citizens - 866.699.4627 (grocery delivery)

Hotline for Seniors Living on the Navajo Nation - 928.871.6868

Pregnancy Hotline - 1.800.672.2296

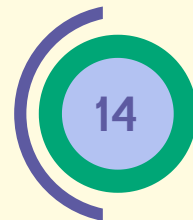
Taos Alive (mentorship) - 575.737.8404



In school programming, court support, youth and teen resources, transitional housing for youth experiencing homelessness, case management and support for families seeking housing and economic stability. Listing of local and regional resources in behavioral health, shelter, and more.



YOUTH & FAMILIES



GRIEF NM

505-323-0478 - griefnm.org - M-F 9am-5pm

Grief support for youth, adults, families, support groups.



FATHERS NM

fathersnewmexico.org

Fathers Groups, Parenting Programs for parents of young children and for adoptive parents, mentorship.

WAREHOUSE 21

warehouse21.org



Youth programming and scholarships, including community arts, grassroots organizing, drama, technology, and teen spaces.



BRIDGES FOR EDUCATION

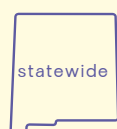
Call or Text - 575.758.5074 - bridgesproject.org
M-Th 9am-5pm

High School, non-traditional, and adult students pursuing post-secondary education. Individualized Counseling, Admissions and Scholarships, college applications, FASFA & CSS Profiles, Financial Aid navigation, and more.

SANTA FE YOUTHWORKS

Northern NM - santafeyouthworks.org - 505.989.1855

Job acquisition support for youth ages 16-24. Offering work experience, GED prep, vocational training, education assistance, and more.



BRAINFUSE

Tutoring Daily - 2-11PM MDT
brainfuse.com/highed/helpNow.asp?a_id=BACE164E

Free digital learning and education support: writing support, FAFSA help, and more.

YOUTH & FAMILIES

15

ZIA FAMILY FOCUS CENTER

ziafamilyfocuscenter.org - 505.260.6106

Support for elementary-school-aged youth, including afterschool programming, summer and day camps.



EMBUDO VALLEY TUTORING ASSOCIATION

embudovalleytutoring.com



Afterschool and in-school programming, tutoring, and mentoring. Support for students with dyslexia and reading disabilities. Bilingual and culturally relevant learning support.

BIRTHING PROJECT USA

birthingprojectusa.org - 213.322.9221

Global African American maternal and child health program. Volunteer-based practical support to women during pregnancy and for one year after the birth of their children. Safe Birthing Kits, support groups.



GUIDANCE CENTER OF LEA COUNTY

575.393.3168 - gclcnm.squarespace.com

Behavioral health, medication management, crisis services, sliding scale payments.



YOUTH SHELTERS

505.983.0586 - youthshelters.org

5686 A Agua Fria St. - Youth Drop-In Shelter, 24/7

Esperanza Shelter for Battered Families: 505.473.5200

Crisis Center of Northern NM: 1.800.206.1656

Rio Rancho Haven House: 505.896.4869

Support for youth experiencing homelessness. Resource listing for regional services in Northern NM. Food pantry, programming for pregnant and parenting youth, street outreach, and holistic services onsite.



INDIGENOUS & NATIVE SERVICES

16

NAPPR: NATIVE AMERICAN PROFESSIONAL PARENT RESOURCES

nappr.org - 505.345.6289

Home-based services, early head start programs, resources for special needs children and infants. Tribal home visits, early intervention.



NATIVE FORWARD

nativeforward.org

Scholarship fund and search database for Native students.

NM LEGAL AID - NAP: NATIVE AMERICAN PROGRAM

newmexicolegalaid.org/native-american-program
505.867.3391

M-F 8:30AM-5PM (excluding 12-1pm)

Tribal legal services and legal support with issues including family law, public benefits, discrimination.



OFFICE OF INDIAN ELDER AFFAIRS (OIEA)

505.316.5292 or 1.800.432.2080

Call 1.866.654.3219 if you suspect Elder Abuse
aging.nm.gov/office-of-indian-elder-affairs

Phone Contacts vary across different tribes and pueblos, reference listing of Indian Area Agencies on Aging (IAAA)

Tribal Senior Centers, Tribal Adult Day Care Centers, services including on-site meals, home-delivered meals, case management, transportation assistance, housekeeping, personal care, caregiver respite, physical fitness.

STRONG HEARTS HELPLINE

strongheartshelpline.org - 1.844.762.8483

24/7 National helpline for domestic violence and sexual abuse. Free and confidential crisis services, peer support, referrals to Native-centered DV and sexual violence services, local referrals, and safety planning.



INDIGENOUS & NATIVE SERVICES



NAEVA

naeva.org - 505.246.1819

Advocacy, community organizing, voter registration, and political engagement of Native citizens and voters.



 **Santa Fe
Indigenous Center**

SANTA FE INDIGENOUS CENTER



M-F 10am-1pm: 505.660.4210
santafeindigenouscenter.org

Emergency financial assistance, food pantry and distribution, powwows and community events, resource center, clothing donations, Native-centered resource referrals.

FUTURES FOR CHILDREN

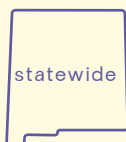
futuresforchildren.org



Student resources, scholarship search support, youth leadership opportunities, mentorship, and more. Serving Native youth and teens.



NATIONAL INDIAN YOUTH COUNCIL



npacnm.org
505.247.2251: Albuquerque
505.327.4786: Farmington
505.863.6639: Gallup

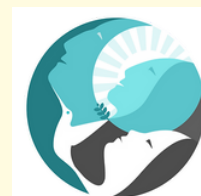
Work experience, internship opportunities, support services, job placement, and education assistance for Native youth and workers.

INDIGENOUS WOMEN RISING

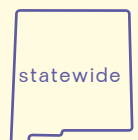
iwrising.org

***Note: do not submit any information about your pregnancy through the referral form, for your safety and privacy.**

Abortion Fund open to all Native and Indigenous people seeking abortion care in the US. Emergency fund for those seeking midwifery or doula care. Accessible health education, resources, and advocacy.



Indigenous
Women
Rising



EVE'S FUND

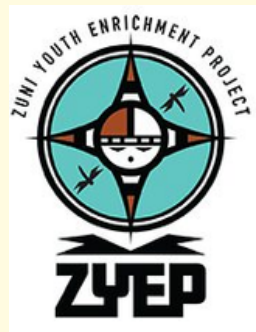
evecrowellsfund.org - 800.646.2952



EVE'S FUND
Promoting Native
Hope & Wellness

Injury prevention, youth literacy, community programming, educational scholarships for Native youth living in or near Navajo nation.

statewide



ZUNI YOUTH ENRICHMENT PROJECT

zyep.org - 505.782.8000

Community and cultural enrichment services for Zuni youth, including summer camps, afterschool programming, food sovereignty, physical activities, and connection to the land.



INDIAN HEALTH SERVICE

ihs.gov - ihs.gov/findhealthcare



Resource navigation for healthcare, medical, dental, and behavioral health services. Listing of patient rights and facilities across Turtle Island.



CNAY: CENTER FOR NATIVE AMERICAN YOUTH

202.736.2905 - cnay.org

National virtual and in-person programming centering the voices and advocacy of Native Youth. Youth leadership opportunities including fellowships and art competitions.

NEW SUNRISE REGIONAL TREATMENT CENTER

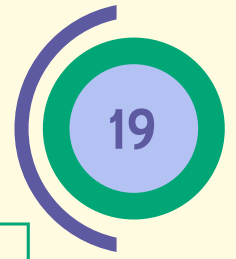
ihs.gov/albuquerque/healthcarefacilities/nsrtc/
1.888.693.1373: M-F 9am-5pm

statewide

Substance use residential treatment program for youth ages 13-18. Tribes served include Pueblos, Navajos, Colorado Utes and Apaches. Inpatient and outpatient services available.



IMMIGRANTS & REFUGEES



IMMIGRANT & REFUGEE RESOURCE VILLAGE

irrva.com - 505.435.5741 or 505.304.0392



Medical Assistance (Medicaid/Medicare enrollment), Food Banks, Adult and Youth Tutoring, Computer literacy training, Job Search, Nutritional and Clothing Assistance, legal services, emergency housing, disability benefits/Social Security, utility assistance, interpretation, case management.



Catholic Charities of
Southern New Mexico



CATHOLIC CHARITIES

catholiccharitiesdlc.org
Las Cruces - 575.527.0500
Rowell - 575.622.1636

Immigration legal services, naturalization and citizenship support, family petitions, green card renewals, DACA, U-Vias, T-VISAS, VAWA. Community services, counseling, financial assistance, and more.

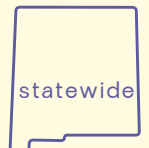
SANTA FE DREAMERS PROJECT

santafedreamersproject.org
505.490.2789

SANTA FE
DREAMERS
PROJECT

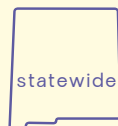


High quality, accessible immigration legal services across New Mexico and West Texas. Legal support, humanitarian protection, family unity, economic support, detention liberation, green card, asylum seeker services, and more.



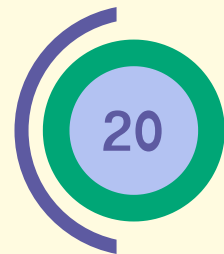
MIGRANT EDUCATION PROGRAM, DOE

webnew.ped.state.nm.us/bureaus/languageandculture/migrant



Services and supports to migrant and seasonal laborer students and families across NM State. Listing of state resources to assist with transferring international credits, higher education navigation support, and more.

AFFINITY SPACES



Religious & Spiritual

Islamic Center of NM

icnmabq.org

Masjid (mosque) dedicated to serving the spiritual, educational, and social needs of the NM Muslim community.



Rising Sun Christian Community

rsccabq.com

RCC is a Christian community for LGBTQ+ and straight allies. Offer contemporary, non-denominational, Christ-centered, services which include Bible-based messages, praise and worship music, and Spirit-filled prayer.



Queerencia NM

queerencianm.org

Digital community of Latinx LGBTQ+ New Mexicans sharing, in the traditions of elders and ancestors, cuentos and testimonios (stories and testimonies) of triumph.



Ethnicity & Culture

NM Black Leadership Council

nmbc.org - 505.407.6784

Youth development, advocacy, civic engagement, workforce & leadership development, health (Behavioral, Financial, Physical) and cultural vibrancy by and for Black communities across NM.



NMAFC: NM Asian Family Center

nmafc.org

Individual and family counseling, legal consultation and representation, general navigation services, yoga and body work for survivors of violence, community referrals. Services open to everyone, but are tailored to Asian, Pacific Islander, and Native Hawaiian communities.



AFFINITY SPACES

Center of Southwest Culture

centerofsouthwestculture.org

Developing healthy Indigenous and Latino communities through economic development and educational and cultural work.



Center of Southwest Culture, Inc.

Tewa Women United

tewawomenunited.org

Provide courageous spaces that center Indigenous women and girls to connect with ancestral knowingness, healing strengths, and lifeways for the wellbeing of all.



KRF Portugal

krfportugal.org/?lang=en

Transmitting Buddhist teachings and Buddhist culture, seminars, conferences, retreats.



Melanin Base Camp

melaninbasecamp.com

Movement for outdoor recreation and environmental justice for people of color and the LGBTQ+ community.



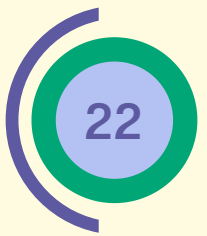
Filipino American Foundation of NM

pinoy-newmexico.com

Educational, health, and economic opportunities for the Filipino community, aiming to empower individuals and foster community growth.



NEED-SPECIFIC SERVICES



WORKERS & VETERANS

LFRI Network

asbnetwork.org/association-members/latino-farmers-and-ranchers-international

NEA NM

312.906.5366
neanm.org



NM Veterans

nmdvs.org

SER: Jobs for Progress

ser-ri.org



LEGAL SERVICES

New Mexico Immigrant Law Center

nmilc.org
505.247.1023



Pegasus Law

pegasuslaw.org
505.244.1101



SW Women's Law

swwomenslaw.org
505.244.0502

southwest
women's
law center

NM Legal Aid

newmexicolegalaid.org
1.833.545.4357



RIGHTS EDUCATION

ACLU NM

aclu-nm.org/en/get-legal-help
Law Access New Mexico: 1.800.340.9771
Disability Rights New Mexico: 1.800.432.4682



NM Poverty Law

nmpovertylaw.org/nmclp_resources/legal-help



NEED-SPECIFIC SERVICES

23

SURVIVORS OF VIOLENCE

Enlace Comunitario

enlacenm.org - 505.246.8972



Enlace
Comunitario

Sanctuary Zone

505.384.0381



SHARE
new mexico™

CSVANW: Coalition to Stop Violence Against Native Women

csvanw.org - 505.243.9199



Alianza

alianzaofnewmexico.org



ALIANZA
OF NEW MEXICO

NMCADV: NM Coalition Against Domestic Violence

nmcadv.org

NM Legal Aid Domestic Violence, Sexual Assault,
and Stalking Legal Helpline: 1.877.974.3400



SAFE House NM

safehousenm.org - 800.773.3645



CYFD Resource Listing

cyfd.nm.gov/behavioral-health/new-mexico-domestic-violence-programs/services-for-survivors-of-domestic-violence



Children, Youth &
Families Department
STATE OF NEW MEXICO

Bridges for Victims of Violent Death

bridgesforvictimsofviolentdeath.org
505.243.2222



Victim Rights NM

victimrightsnm.org - 575.680.1988



NEED-SPECIFIC SERVICES

24

FOOD

Road Runner Food Bank

rffb.org
rffb.org/find-help/find-food
505.349.5340
575.523.4390

Meals on Wheels NM

mow-nm.org
505.808.6325



HOUSING

Albuquerque Opportunity Center: Heading Home

headinghome.org/programs-overview/albuquerque-opportunity-center-aoc
505.344.2323

Somos Amigos

somosamigosnm.org



HEADING
HOME



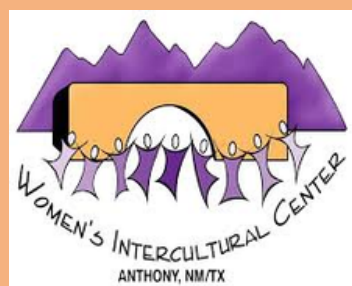
LANGUAGE LEARNING

Womens Intercultural Center

womensinterculturalcenter.org

NM Higher Education Department

Call the Adult Education Hotline - 1.833.675.1437
hed.nm.gov/students-parents/adult_education
hed.nm.gov/students-parents/adult_education/for-adult-students-and-families/english-as-a-second-language-esl







NATIONAL HOTLINES

25

National Domestic Violence Hotline

For situations of abuse, unhealthy behaviors and dynamics in dating or marriage.





Offers support for survivors of abuse, concerned community members, and abusive partners seeking to change.

 1.800.799.7233
 "START" TO 88788
 THEHOTLINE.ORG
 AVAILABLE 24/7
140+ LANGUAGES

National Human Trafficking Hotline

For reporting, questions, or concerns, or finding support for survivors human trafficking.



Trafficking occurs when an adult is bought and/or sold by the use of force, fraud, coercion, or when a child is bought or sold for sex or labor, regardless of the use of force, fraud, or coercion.

 1.888.373.7888
 "HELP" TO 233733
 HUMAN
TRAFFICKING
HOTLINE.ORG
 AVAILABLE 24/7
200+ LANGUAGES

National Sexual Assault Hotline




Confidential support and resources for all impacted by sexual assault, including survivors and loved ones of survivors, regardless of immigration status.

Spaces are available for youth and those who are veterans or actively serving in the military.

 1.800.656.4673
 HOTLINE.
RAINN.ORG
 AVAILABLE 24/7
140+ LANGUAGES

Cybertipline




Reporting system for the online exploitation of children. Equipped to give support and intervene if you or someone you know has been exposed online, if you receive or witness suspicious content including online enticement of children for sexual acts, child sexual molestation, trafficking, or misleading content. Provide resources, support for coping with past online exposures or exploitation.

 1.800.843.5678
 MISSINGKIDS.ORG/
GETHELPNOW/
CYBERTIPLINE
 AVAILABLE 24/7
140+ LANGUAGES

National Suicide Lifeline

Crisis support if you or someone else is experiencing depression, difficulties, or thoughts or actions of self-harm or suicide.

Identity-specific resources available on webpage, including those for disabled, veteran, grieving, youth, minority, and LGBTQIA+ communities.

 988
 988LIFELINE.ORG
 AVAILABLE 24/7
240+ LANGUAGES

GLOSSARY

Gaslighting
Boundary
Grooming
Vulnerability

Sextortion
Love Bombing
Intersectionality

Gaslighting - A form of emotional and psychological manipulation that deliberately makes the target question their reasoning, sanity, and feelings.

Boundary - Limits established to protect one's security, wellbeing, relationships, and health. Set expectations for how we will react in response to the behaviors of others.

Grooming - When someone builds an emotional connection with someone holding less power. The groomer uses intimate information and emotional bonds to trick, coerce, or convince the target to change their behavior, often for sexual exploitation.

Vulnerability - A characteristic, experience, or identity that can be used to take advantage of or harm someone.

Sextortion - The act of manipulating a target for money, sexual favors, or other things of value under the threat of revealing or distributing content depicting them in a sexual manner.

Love Bombing - An effort to influence or control a target through using inconsistent demonstrations of attention and affection. Typically, this practice includes a large amount of positive energy followed by withholding of attention.

Intersectionality - The overlap of multiple types of oppression and privilege, which creates a unique experience.

GLOSSARY

Risk Factors

Cycle of Abuse

Protective Factors

Catfishing

Trauma

Human Trafficking

Risk Factors - Experiences, identities, or circumstances that are linked to more frequency of adverse or negative outcomes.

Protective Factors - Experiences, identities, or circumstances that either mitigate risks or are linked to more frequency of positive outcomes.

Trauma - Psychological, social, behavioral response to adverse event or series of events. Entails complex and lasting impacts on sense of self, relationship bonds, stress levels, trust, behaviors, feelings, and health.

Cycle of Abuse - The process of abusive dynamics of control, emotional manipulation, and emotional bonding that make it difficult for someone to leave an unhealthy relationship. These dynamics also predispose survivors to entering other unhealthy relationships in the future.

Catfishing - The deceptive act of creating a fake persona or taking on the identity of someone else to present and target someone else. With this false identity, the catfisher can manipulate a target for financial, relational, sexual, and other types of gain.

Human Trafficking - The unlawful act of using force, fraud, or coercion to obtain some type of labor or commercial sex act.

Child Trafficking - any sale or purchase of minors for commercial sexual acts, with or without the use of force, fraud, or coercion.

KEY TAKAWAYS

28

Online & Social Media Safety

Once something has been posted online, it can be nearly impossible to get rid of it. Even after deleted, an online footprint can be manipulated; can change ownership; and can be used against us without our knowledge or consent.

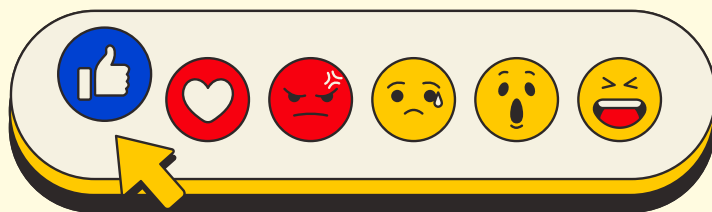
Think Before You Post

- Is my location tagged or visible?
- Is everyone in the photo consenting to being online?
- Who can see this?
- Would I be okay with someone screenshotting this?
- What private or sensitive information could someone get from this post?

**SCAM
ALERT**



Online predators exploit weaknesses, vulnerabilities, and personal information.



Look out for tactics like grooming, catfishing, and emotional manipulation, and get support if you feel uncomfortable or unsafe.



It's easy for someone to pretend to be someone else online.

KEY TAKAWAYS

29

Online Risks

Too Good to be True?

It probably is.

Common tactics used by predators

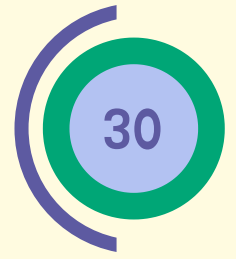
- Offering money, fame, or job opportunities, like modeling jobs or making "Quick" or "Easy" money.
- Pressuring you to share private information or to meet in person.
- Sharing or requesting sexual pictures or videos
- Making demands or threats
- Being unwilling to answer your questions
- Older person contacting a younger person
- Asking you to keep your relationship a secret from others in your life
- Isolating you from others
- Making you uncomfortable

Be cautious of friend or follow requests from people you don't know.

Child Sexual Abuse Material (CSAM)

Being in possession of, distributing, or being involved in the production of images, videos, and content depicting minors in a sexual manner is illegal.

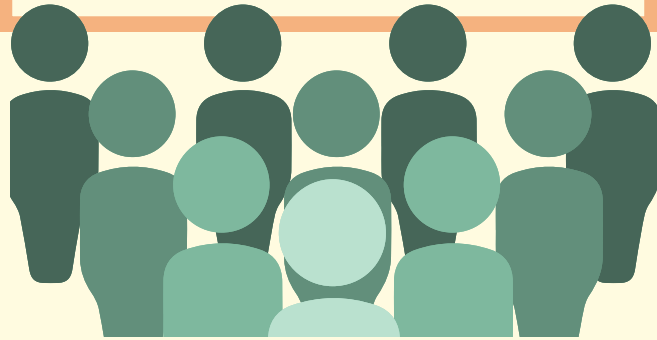
KEY TAKEAWAYS



Who is being Trafficked?

Anyone can experience human trafficking, regardless of gender, age, location, or experience.

Trafficking can occur without sex, kidnapping, or physical violence.



Human Trafficking happens all around the world: including the US.

Human Trafficking affects every community, but some communities are disproportionately at risk.

History of abuse, assault, violence, trauma, or neglect

Current or past time in the foster care system

LGBTQIA+ and/or BIPOC identities

Homelessness & Housing insecurity

Those experiencing food insecurity or poverty

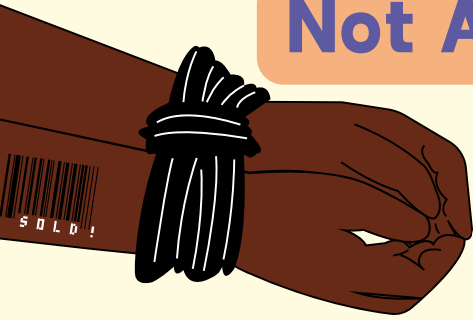
Migration, asylum-Seeking, or other displacement



KEY TAKEAWAYS

31

Not Always What It Seems



We often assume trafficking involves:

- Physical restraint, kidnapping, or control
- Only women and girls
- Only “developing” or poor countries
- Someone being transported across borders
- Survivors reporting and escaping as soon as they can

In reality, it can actually involve:

- Psychological, emotional, and other forms of control
- Survivors of all genders
- Any country in the world, regardless of economic wealth
- Waiting to report or never reporting.
- Leaving being a difficult, dangerous, & long process

Human Trafficking Warning Signs

- Frequent exits, entrances from the home
- Truancy or absence from work or school
- Running away
- Large debts
- Unstable living conditions
- Lack of control of passport or other legal documents
- Inconsistent explanations
- Frequently receives gifts
- Changes in behavior or friend group
- Works excessively long hours
- Displays signs of depression, anxiety or unusual fears



- Erratic and/or new transfers of money, especially through accounts such as Venmo, CashApp, or PayPal
- Disturbance from usual sleep patterns
- Changes in amount of time online or on the phone
- Reluctance to talk about friends or plans
- Suddenly changes their appearance or dress
- Changes in self-confidence
- Injuries or other signs of abuse
- Fear or anger toward authority figures

KEY TAKEAWAYS

32

Manipulation takes many forms.

Grooming

- You're so mature for your age. I've never met anyone like you.
- Turn on your location so I know you're safe.
- You can't wear that.
- I can help you, just trust me.

Sextortion

- I want to help you, but I need to see a picture of you to make sure you fit the look. I won't share this with anyone else.
- If you don't, I'll send out that video of you.

Emotional Manipulation

- If you don't, I'll hurt myself or someone else.
- You asked for it.
- You would do it if you really loved me.
- I'm the only person who actually cares about you.
- I'm the only one who really understands you.

Love Bombing

- I don't know how I would live without you.
- Why don't you give me your address? I want to send you a gift.
- We just met but I want to be with you forever.

Gaslighting

- What are you talking about? You're crazy.
- This is why no one else would date you.
- It's just a selfie, what difference does it make?

Isolating from Others

- I'm the only one who understands you.
- You need to make more time for me.
- I don't like you spending time with her.



KEY TAKEAWAYS

BOUNDARIES

Boundaries define what others should expect from you, and what you expect from others.

COMPONENTS OF HEALTHY BOUNDARIES

Workable and realistic

Balance cultural needs, time frame, context, capabilities, and other considerations

Aligned with your needs
Different for everyone, and evolve as the setter's needs do

Within your control
Defines your behavior, not the recipient's

Not reversed to fix a bad reaction
You are not expected to comfort or respond to a recipient's reaction to a boundary



BOUNDARIES CAN BE:

Intellectual
Your beliefs, who you discuss them with, and when.

Material
Your property, how it's used, who uses it, and when.

Social
Who you spend time with, where, and how.

Sexual
Who you're intimate with, when, and how.

Set Boundaries with yourself, friends, partners, family, and anyone else you interact with.

Temporal
How you spend your time.

Verbal
What you talk about, when, & with who.

Physical
How others interact with your body and space.

KEY TAKEAWAYS

CHALLENGES OF BOUNDARIES

INTERNAL RESISTANCE

Boundary setting can be especially challenging for "People Pleasers", or "Conflict Avoiders".

Common Misconceptions

- Boundaries are selfish
- Boundaries will damage or end my relationship
- Boundaries are only for sexual relationships

Avoiding or not setting boundaries is ignoring your own needs, and eventually damages and ruins relationships and leads to burnout.

EXTERNAL RESISTANCE

The other person's reaction to your boundary.



Someone may react with:

Defensiveness
Gaslighting
Avoiding

Anger
Sadness
Panic

No matter how they respond, it's not your job to manage their emotional response to your needs.

Reality Check:

When we take the time to set boundaries, we are investing in our relationships and ourselves.

EXAMPLES

If you continue to say hurtful things to my friend, I will need to leave this relationship.

If you continue to yell, I'm going to leave and we can continue this conversation later.

I'm uncomfortable around him, so I'm going to leave.

I'm not okay with talking about this right now. We can change the subject or I can go.

I'm going to leave the event when I feel tired.

KEY TAKEAWAYS

CONSENT an active process of agreement without pressure.



Consent:
"As Easy as
FRIES"

Freely Given

Given without pressure, force, manipulation, coercion, or power differential, and given with judgement free of substances. Consent is not freely given when someone has no other way of getting basic needs. It cannot be given when someone is being pressured to agree, and it cannot be given when someone is under the influence of substances.

Reversible

You can reverse your decision, or change your mind without consequences, guilt-tripping, or pushback. Even if you're in the process or act of doing the thing you agreed to.

Informed

A decision made knowing all the relevant details. If you're the person asking for consent, share the information you have. If you're the person consenting, ask questions. No one should shame you for wanting to know more.

Enthusiastic

Not begrudging or regretful.

Specific

Consenting to one activity or consenting in the past does not mean consenting to something else, or even the same thing in the future. For example, saying yes to hugging one person doesn't mean consenting to hugging 30 more, or hugging the same person tomorrow.

KEY TAKEAWAYS

36

Managing Difficult Conversations: Trauma-Informed Approaches

Before

- Come into conversations with a plan and a goal.
- Learn about and prepare to manage triggers and manifestations of past trauma.
- Consider the responses that might come up for you and others involved.
- Include others in the planning to make things as comfortable as possible.

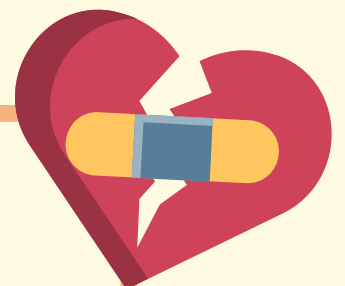


During

- Communicate your intent clearly and be flexible on the road taken to get there.
- Respect the emotional state, feelings, and wants of the other person: "Meet them where they're at."
- Communicate transparently, including voicing your concerns.
- Monitor and be aware of your body language, facial expressions, and other reactions.
- Ask open-ended questions and listen actively.

After

- Honor privacy, and don't share personal details outside of the conversation.
- Be open to changing your mind.
- Follow up, ask for feedback, and apologize when harm is done.



KEY TAKEAWAYS FOR PRACTITIONERS

Trauma impacts behavior in ways that are hard to define or predict.

What is a safe environment?

- Stable
- Consistent
- Predictable
- Autonomy and Independence
- Boundaries
- Judgement-Free
- Clear Communication and Expectations
- Multiple ways to engage and connect

Where does Trauma show up?

- Trust and relationships
- Self-Concept and emotional regulation
- Learning, memory, focus, & cognition
 - Physical & mental health

Facilitating Healing

- Flexibility such as in changing locations or timing
- Listening skills
- Variety of options for professional support
- Psychoeducation and increasing self-awareness while in a calm state of mind

Triggers

- Triggers & how someone responds to them are specific to person & experiences
- Worsened by lack of control, support system, or information.

COMMUNITY RESOURCES

WHEN SEARCHING

Search for resources that are relevant, inclusive, and aligned with client wants, goals, needs.

Research before to ensure availability of resources in the language needed, and that your client qualifies for. Offer to make the introduction if all parties are comfortable.

WHEN REFERRING

Include multiple and accessible forms of contact information, as well as information about what to expect.

Don't take it personally if a client decides to not use the referral. Take client concerns and feedback seriously. Stay up to date on resource changes.

I can make a difference



Get in touch

 [WeArePact.org](https://www.WeArePact.org)

Luis Guaman (he/him/el)
Senior Education Associate

 Iguaman@wearepact.org

Rachel Kallman (she/ella)

 Education Associate
rkallman@wearepact.org

