



# New Mexico Crime Victims Reparation Commission

## Newsletter

Volume 17, Number 2, May 2009

### 14<sup>th</sup> Annual Advocacy in Action Conference Highlights



Dr. Cameron Crandall, Audrey Henry



Dr. Cameron Crandall, Marcy Aragon

### Second Annual Animals in Action Pet Adoptions Marked Continued Success!

with 21 adopted cats and dogs



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Phone: (505) 841-9432 Toll-Free for Victims: 1-800-306-6262

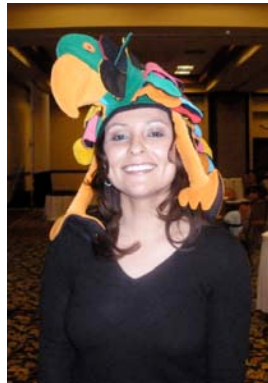
\*VOCA/VAWA Grants Office: (505) 841-9435

\*Fax: (505) 841-9437

# AIA Photographs



Reparation Officer Julia Crooks proudly presenting victim advocate, Gaye Grogan of the 11th DAO, with a CVRC Appreciation Award



Keynote Speaker Vicki Sharp's interactive discussion on how to avoid burnout was a hit!



Keynote speaker Laura van Dernoot Lipsky



Mayor of Albuquerque, Martin Chavez, discusses the Family Advocacy Center in Albuquerque and the pet adoptions



Attendees enjoying their Trivial Pursuit Trivia Game winnings

# Register Now for the 2009 Advanced Victim Advocacy Training

## It's Fast Approaching!

**July 13-16, 2009 in Red River, NM**

The New Mexico CVRC sponsored ADVANCED Victim Advocate Training will be held: **July 13-16, 2009 in Red River, NM**. The training is **limited to 26** participants in order to foster lively and worthwhile discussion.

The **purpose** of Advanced VAT is to provide a forum for discussion and mutual learning. The curriculum is based on survey responses by participants who attended basic VAT and includes topics such as domestic violence, sexual assault, legal advocacy, community advocacy, victim rights, professional and personal boundaries and more.

**WHO ATTENDS?** To be **eligible to register** for this training you must have completed the 40 hour Basic Victim Advocacy Training.

**WHAT IS THE COST?** The **cost of the training will be \$350**. This includes training materials and single room lodgings for the 4 days. Your agencies are responsible for mileage and some meals. See registration form.

**The registration form is posted on the CVRC website – [www.cvrc.state.nm.us](http://www.cvrc.state.nm.us). Click on “VAT Information”. Please be sure to look for it.**

If registering, the registration fee check needs to be made payable to NM Tech. However, the completed registration form and check are to be mailed to CVRC at 8100 Mountain Rd NE, Suite 106, Albuquerque, NM 87110.

**Please contact Robin or Kristy for more information.  
Thank you and hope to see a number of you in July.**



# Congratulations to...

## **Enlace Comunitario for Winning the Ethics in Business Award For Non-Profits**

Enlace Comunitario is a non-profit organization that provides services to victims of domestic violence in the Latino immigrant community of Albuquerque and surrounding areas. Their services include: crisis intervention, case management, individual and group counseling, legal services, life skills classes, leadership development, outreach and education, and policy advocacy.



They received the award from the Samaritan Counseling Center, who has hosted the New Mexico Ethics in Business Awards since 2000. The program honors organizations and individuals who promote ethical business conduct for the benefit of the workplace, the marketplace, the environment and the community.

Ethical business practice is determined by right organizational and individual behavior based on high standards and exemplary practices. The Samaritan Counseling Center of Albuquerque founded and sponsors the New Mexico Ethics in Business Awards program for three reasons:

- to foster a climate of ethical integrity in New Mexico;
- to heighten awareness of the Samaritan Center within the business community;
- to raise funds for the Samaritan Center's healing work.

## **The Santa Fe Mountain Center for Winning the 2008 Organization of the Year by the Association for Experiential Education**



The Santa Fe Mountain Center is a nationally recognized, accredited, private, 501(c)(3) non-profit educational organization that, since 1979, has been providing experiential and adventure-based programs for children, youth, families and groups. Their methodology represents an alternative to traditional educational and therapeutic approaches conducted in comfortable institutional settings. They create dynamic learning experiences that include elements of adventure, education and challenge.

This international honor is awarded to only one out of 600 member organizations each year! The SFMC continues to serve over 2,000 clients through 600 program days a year. They continue to progress toward their Capital Campaign's \$1.2 million goal, and would appreciate your support as they strive to serve New Mexico's most underserved populations.

# For Your Health

## *Swine Influenza and You*



### **What is swine flu?**

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses

that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

### **Are there human infections with swine flu in the U.S.?**

In late March and early April 2009, cases of human infection with swine influenza A (H1N1) viruses were first reported in Southern California and near San Antonio, Texas. Other U.S. states have reported cases of swine flu infection in humans and cases have been reported internationally as well. An updated case count of confirmed swine flu infections in the United States is kept at <http://www.cdc.gov/swineflu/investigation.htm> CDC and local and state health agencies are working together to investigate this situation.

### **Is this swine flu virus contagious?**

CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it not known how easily the virus spreads between people.

### **What are the signs and symptoms of swine flu in people?**

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

### **How does swine flu spread?**

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

### **How can someone with the flu infect someone else?**

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

### **What should I do to keep from getting the flu?**

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

### **Are there medicines to treat swine flu?**

Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with these swine influenza viruses. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best

## *Swine Influenza Continued...*



### **How long can an infected person spread swine flu to others?**

People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

### **What surfaces are most likely to be sources of contamination?**

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

### **How long can viruses live outside the body?**

We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent handwashing will help you reduce the chance of getting contamination from these common surfaces.

### **What can I do to protect myself from getting sick?**

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

### **What is the best way to keep from spreading the virus through coughing or sneezing?**

If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

### **Can I get swine influenza from eating or preparing pork?**

No. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

## *Swine Influenza Continued...*



### **What is the best technique for washing my hands to avoid getting the flu?**

Washing your hands often will help protect you from germs. Wash with soap and water, or clean with alcohol-based hand cleaner. We recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

### **What should I do if I get sick?**

If you live in areas where swine influenza cases have been identified and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact your health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If you become ill and experience any of the following warning signs, seek emergency medical care.

### **In children emergency warning signs that need urgent medical attention include:**

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

### **In adults, emergency warning signs that need urgent medical attention include:**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

### **How serious is swine flu infection?**

Like seasonal flu, swine flu in humans can vary in severity from mild to severe. Between 2005 until January 2009, 12 human cases of swine flu were detected in the U.S. with no deaths occurring. However, swine flu infection can be serious. In September 1988, a previously healthy 32-year-old pregnant woman in Wisconsin was hospitalized for pneumonia after being infected with swine flu and died 8 days later. A swine flu outbreak in Fort Dix, New Jersey occurred in 1976 that caused more than 200 cases with serious illness in several people and one death.

# Training Calendar

Registration is **15 minutes BEFORE** the scheduled workshop time. Promptness is essential and respectful to the other participants and presenter. Certificates of completion will be given to participants who attend the training in a timely manner. Any participant arriving **MORE** than 15 minutes **AFTER** the training begins will **NOT** receive a certificate or be credited with attending the workshops as required by VOCA/VAWA Contracts.

**M**ore than one person from your agency must be trained and knowledgeable about compensation and grant reporting requirements. We will begin with a three-hour workshop explaining how compensation works, discussing the statutes, rules, regulations, and case scenarios. The **\*Compensation Application** portion will be a one-hour detailed workshop on how to complete an application. The grant reporting portion will discuss required reporting and contractual responsibilities for both VOCA and VAWA subgrantees. Please call **Kristy Ring to RSVP** for any of the trainings at **(505) 841-9432**, unless otherwise noted.



## Compensation/Grant Reporting

**9:00am - 12:00pm Compensation**

**1:30pm - 2:30pm \*Compensation Application**

**2:45pm - 4:15pm Grant Reporting**

Friday, May 15, 2009  
 Albuquerque, NM  
 Hosted by  
 CVRC Office  
 9:00am - 4:00pm  
 RSVP Kristy Ring  
 (505) 841-9432

Tuesday, May 19, 2009  
 Farmington, NM  
 9:00am - 4:00pm  
 Hosted by  
 Childhaven  
 RSVP Amy O'Neill  
 (505) 325-5358

July 13-16, 2009  
 Red River, NM  
 Advanced VAT



## **The New Mexico Crime Victims Reparation Commission**

*is a state agency created in 1981 “to protect the citizens of New Mexico from the impact of crime and to promote a stronger criminal justice system through the encouragement of all citizens to cooperate with law enforcement efforts.”*

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|                                |  | Debra Yepa                            |  |

***E-mail: CVRC@state.nm.us***

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### **FINAL THOUGHTS ON THE 14TH ANNUAL AIA CONFERENCE**

#### **Door Prizes...Door Prizes... Door Prizes...**

We would like to say thank you to everyone who helped make the door prizes so wonderful. We appreciate the generous contributions, and we know how difficult they are to obtain; we are thankful for all of your hard work. All of the donations received allowed us to demonstrate the appreciation we have for the hard work and dedication that individuals have to crime victims and to the community.



#### **2009 Feedback forms...**

Thanks to all of you who provided such wonderful feedback about this year's Advocacy in Action. It is gratifying to know that our conference speakers, events and venue met your needs and expectations. We are in the process of reviewing all conference evaluations and we will bring your comments and recommendations for next year's conference to our 2010 planning committee.

**If you would like to submit a column announcing any upcoming trainings, job announcements or accomplishments, please email your articles to [julia.crooks@state.nm.us](mailto:julia.crooks@state.nm.us) or call Julia at (505) 841-9432.**