



My name is Raymond Sanchez and I have recently taken on the role of Montanas del Norte Area Health Education Center Director. I am a graduate of West Las Vegas High School (Class of 2000) in addition to being a student-athlete for the school. I was also a member of the New Mexico Highlands University Football Team where I earned a Bachelor of Arts Degree from NMHU in Health Promotion with a minor in History (2009) and a Master of Arts Degree in Human Performance and Sport with a concentration in Sport Administration (2014), also from NMHU. I also possess certifications such as a Level 3 Educational Assistant, Certified Community Health Worker, Certified Asthma Specialist (New Mexico Department of Health), National Diabetes Prevention Program Educator (NDPP), Harm Reduction (NMDOH), QPR (Question, Persuade, & Refer for Suicide Prevention) Gatekeeper, QPR Train the Trainer, Motivational Interviewing, Mental Health First-Aid (Adult & Youth), and AAAISA Group Fitness Instructor. My experience in the above- mentioned areas has prepared me for a career in serving youth, adults, and the elderly in various communities in the Northern part of the State of New Mexico. My focus of work in the past has been around the concept of behavior change, whether it be quitting smoking, losing weight through exercise and nutrition, Suicide Prevention education, Harm Reduction education with alcohol and substance abuse, and chronic disease prevention in the areas of diabetes (Pre-Diabetes, Type I and II), heart health, asthma and athletic performance for student athletes. I have also led exercise sessions for students, parents and administration with school-wide events through the School-Based Health Centers, implementing valid and reliable information to decrease childhood obesity which lead to a multitude of chronic diseases later in life.

In the past, I have had the privilege to work with various entities which promote service to others. Prior to my acceptance of the Montanas del Norte AHEC Director, I served as the Health Programs Manager for El Centro Family Health (East Region), a Federally Qualified Health Center, where I supervised 7 Certified Community Health Workers in the areas of Medical, Behavioral Health in the clinic and within the School-Based Health Centers. My work as Health Programs Manager for ECFH was not limited to Las Vegas as I served multiple counties in the East Region (San Miguel, Harding, Guadalupe, Mora, and Colfax) to include the communities of San Miguel, Springer, Wagon Mound, La Loma, and Roy. I also conducted various presentations for the communities of Mora, Taos, and Penasco school districts. In addition, I worked in my own community of Las Vegas, organizing and providing a multitude of events around the areas of chronic disease prevention. I created the 1<sup>st</sup> Annual Suicide Prevention Color Run which was an event that included a timed 5k run and 1mile walk that distributed door prizes donated by community businesses and awards for top-finishers per age group. With the multiple events the Health Programs Team developed in Las Vegas, I was also responsible for the marketing which included radio Public Service Announcements (PSA's) that I created, newspaper advertisements, and the creation of

flyers. Also, as part of my position with ECFH, I was a member of several community meeting groups such as the San Miguel County Health Council, the Mora, San Miguel, and Guadalupe County Collaborative (MSG), the Tri-County Substance Abuse Coalition, the San Miguel Juvenile Justice and DWI meeting groups, and a member of the 100% Community Youth Action Team. I was also the Community Preceptor for the University of New Mexico's BA-MD program in Las Vegas and the Community Liaison for the Health Careers Opportunity Program (HCOP) and Dream Makers Program (West Las Vegas, Las Vegas Robertson) in the Las Vegas Region through UNM's Office for Diversity, Equity, and Inclusion. I have also provided presentations for the for the San Miguel County Drug Court.

I have also had the opportunity to work for the Obesity, Nutrition, and Physical Activity Program (ONAPA) through the New Mexico Department of Health as a Health Educator (Advanced) where I travelled throughout the State of NM ensuring the deliverables were met through the Healthy Kids initiative which was to improve access to physical activity and healthy nutrition through community partnering in the communities of Tucumcari, Roswell, Portales, Carlsbad, Silver City, San Idelfonso Pueblo and Zuni Pueblo.