



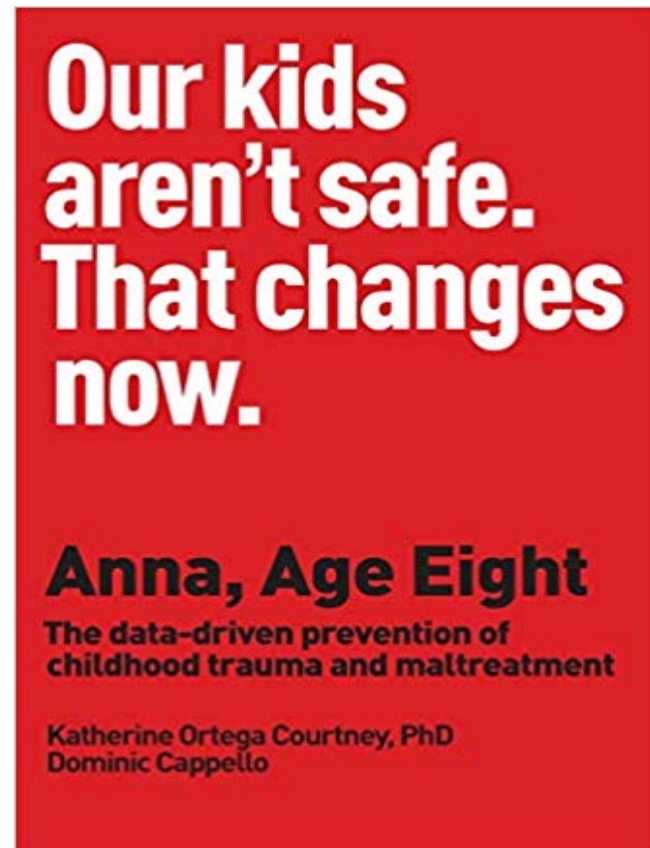
Reducing the Risk of Childhood Trauma Through Comprehensive Community Planning

The Second Annual Southern New
Mexico Kids Count Conference
Childhood Trauma: From Symptoms to
Systems

Las Cruces, NM November 14, 2018

Linking Childhood Trauma To Comprehensive Planning: The Transportation Example

- Comprehensive Plans
- Public Transportation
- Anna Age Eight: Vital Services



Comprehensive Plans

PLAN2040

Comprehensive Plan Doña Ana County, New Mexico



Image Credit: NMGU

Values | Why
Aspirations for our future

Decisions | What
Balancing the tradeoffs

Strategies | How
Implementing the vision

AUGUST 25
2015



One Valley, One Vision Regional Plan (2012)



Changing Comprehensive Plans

- 20th century comprehensive plans were divided into separate elements (land use, transportation, housing, etc.). Silos.
- Prepared thorough a top-down process.
- Began to change towards the close of the century.
 - Due to societal changes and trends in planning practices.
 - Increased demand for citizen participation.
 - Greater focus on implementation



American Planning Association

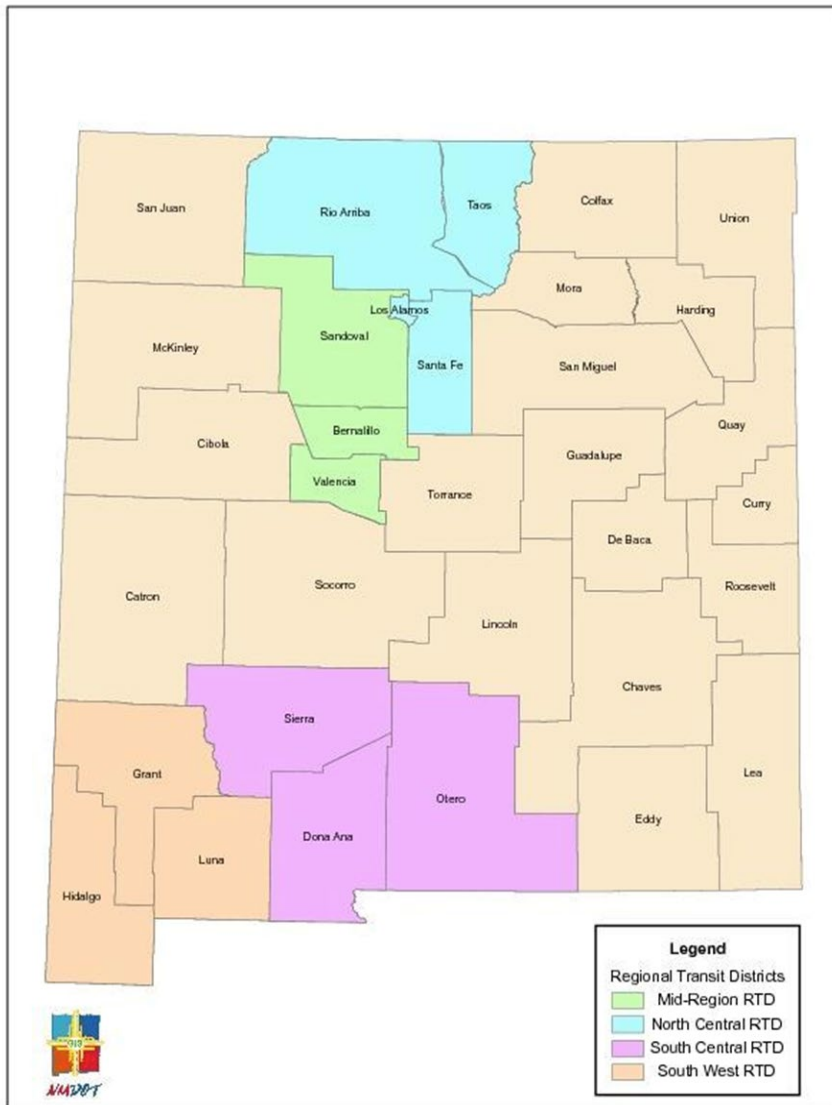
Making Great Communities Happen

New Phrases

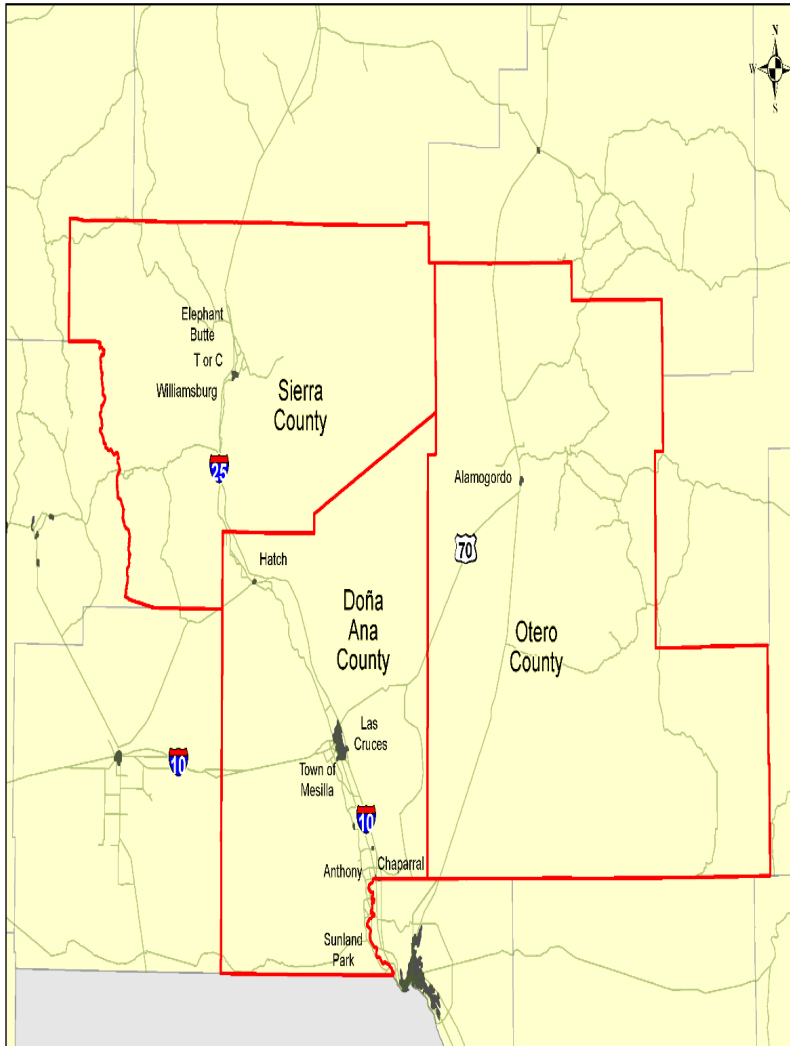
- “Impact of the built environment”
- “Health in all policies”

Regional Transit Districts

2003 Regional Transit District Act enables two or more governmental units (the state, a county, a municipality, or an Indian nation, tribe, or pueblo) to join together to form a Regional Transit District (RTD).



South Central Regional Transit District

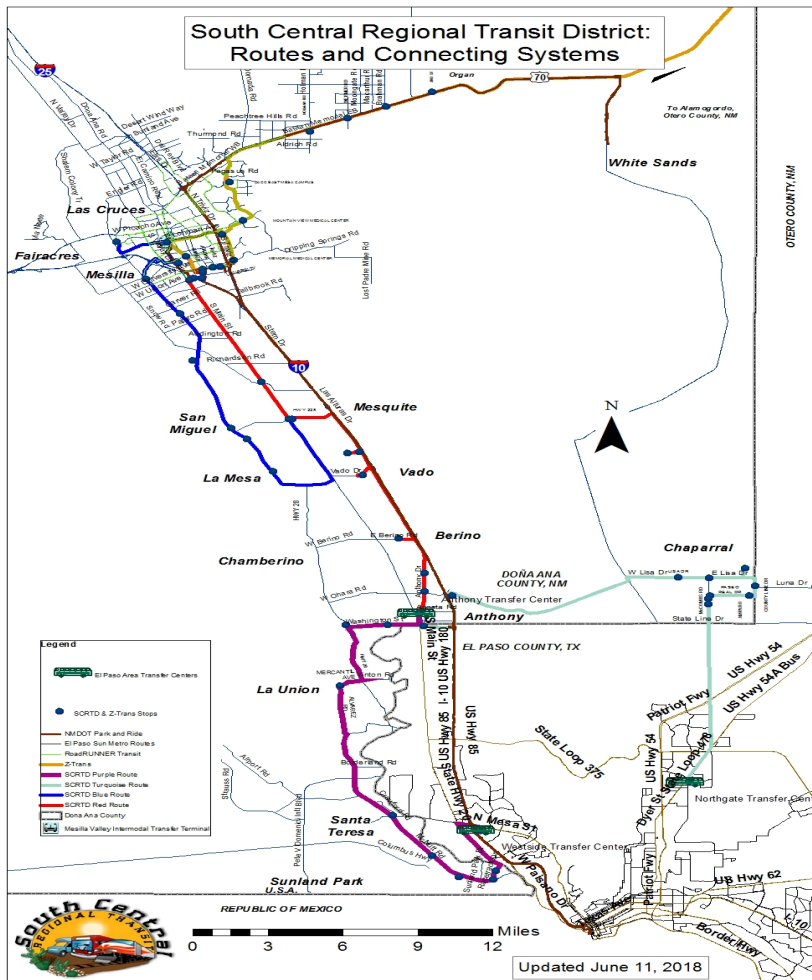


SCRDT

*The **mission** of the South Central Regional Transit District (**SCRDT**) is to strengthen communities, facilitate economic and educational activities, and promote health and safety through safe and efficient **regional** transportation services.*

Regional Transit District Connections

South Central Regional Transit District



Anna, Age Eight: 10 Vital Services

1. Mental Health Care
2. Medical and Dental Care
3. Housing Programs
4. Food Pantries
- 5. Public Transportation**
6. Job Training
7. Early Childhood Programs
8. Family-centered
9. Parent Supports
10. Youth Mentors



5. Public Transportation

Ensures residents get to vital social service, work, or school.

One Valley, One Vision

Provide [More Transportation Choices](#)

Plan 2040

A future development plan will account for a range of [housing choices connected to regional transportation networks](#) and consider ways to [ensure mobility for an aging population](#), expanding [rural transportation](#), providing [low-cost and efficient transportation](#), and better [integration of transportation and land use](#).

City of Las Cruces

The comprehensive plan covers a wide array of topics—land use, community facilities like museums, parks, police/fire facilities, urban design, utilities, economic development, housing, [transportation](#), and environmental topics like water conservation and sustainability. New [Active Transportation Plan](#) (pedestrian and biking)

SCRTD

*The **mission** of the South Central Regional Transit District (**SCRTD**) is [to strengthen communities, facilitate economic and educational activities, and promote health and safety through safe and efficient regional transportation services](#).*

Public Transportation

Why do we need it?

Dona Ana County

Areas Where Transit is Needed

Anthony	(12) Major
Chaparral	(11) Substantial
Dona Ana	(11) Substantial
Hatch	(11) Substantial
Las Cruces	(10) Substantial
Mesilla	(8) Substantial
Radium Springs	(7) Moderate
Santa Teresa	(10) Substantial
Sunland Park	(12) Major
White Sands	(6) Moderate
Vado	(12) Major



Public Transportation

Households without vehicles: 8.85% national

Doña Ana County

- Anthony 8.92%
- Sunland Park 9.58%
- Vado 10.13%.
- University Park 11.20%

Sierra County

- Truth or Consequences 10.92%
- Williamsburg 13.1%

Barriers to Using Personal Transportation

- No Vehicle 24%
- Not enough \$ for gas 27%
- Unable to drive due to illness 9%
- Can't drive 3%

Neighbors/Family

- Prescription pick up \$50
- Uber \$65

1. Mental Health Care

To provide counselors to speak with about emotional problems, treat depression and untreated mental health challenges, and address adverse childhood experience and trauma.

2. Medical & Dental Care

To increase health, resiliency, and longevity.



Need transit to get to these services.

- SCRTD stops at all La Clinica locations in the county.
- RoadRUNNER stops at both hospitals and many other health care facilities.
- Z-Trans brings people from Alamogordo to Las Cruces hospitals.
- Need transit service to Hatch and TorC.
- Veterans' health clinic in TorC needs transit for employees.

3. Housing

Housing programs to prevent homelessness and provide a safe place if a home is unsafe.

- Very high need in Doña Ana County.
- People move to rural areas to afford housing, but transportation costs then increase.
- A typical household in Doña Ana County spends 60% of their income on housing and transportation combined, much higher than the 45% level considered affordable.
- All Comprehensive Plans include housing planning.

Focus on more ways to provide affordable housing.

- Combine affordable housing planning with transit planning.
- Allow higher density along transit routes in cities (El Paso and Albuquerque).
- Save up to \$9000 per year per vehicle.
- Federal programs give extra points to applications for affordable housing that is coordinated with transit service.
- Allow accessory buildings in more areas.
- Increase infill areas.



Cost of Housing + Transportation

Housing and Transportation Affordability Index

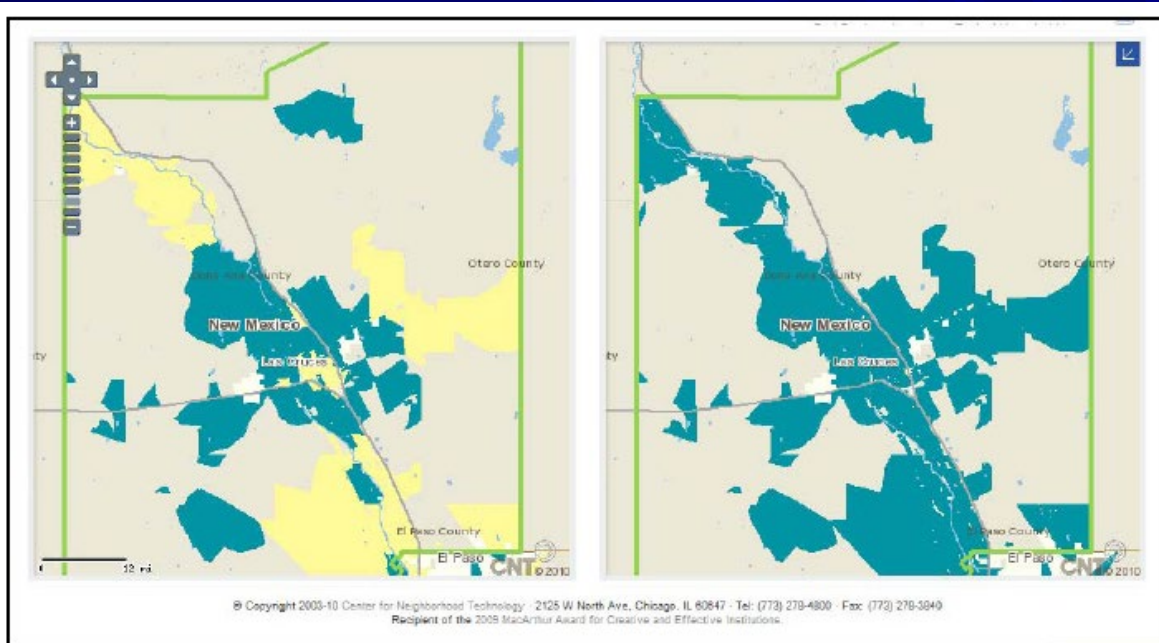


FIGURE 2-14
Las Cruces Housing and Transportation Affordability Index
Source: [Center for Neighborhood Technology](#)

4. Food

Food Pantries and programs to reduce hunger.

Food banks are available in the region.

La Semilla: How to grow your own food.

Las Cruces Comprehensive Plan

- Support the co-existence of agriculture with other land uses.
- Support urban agriculture in the developed areas of the city.
- Las Cruces has community gardens; individuals may rent plots, and water is included.

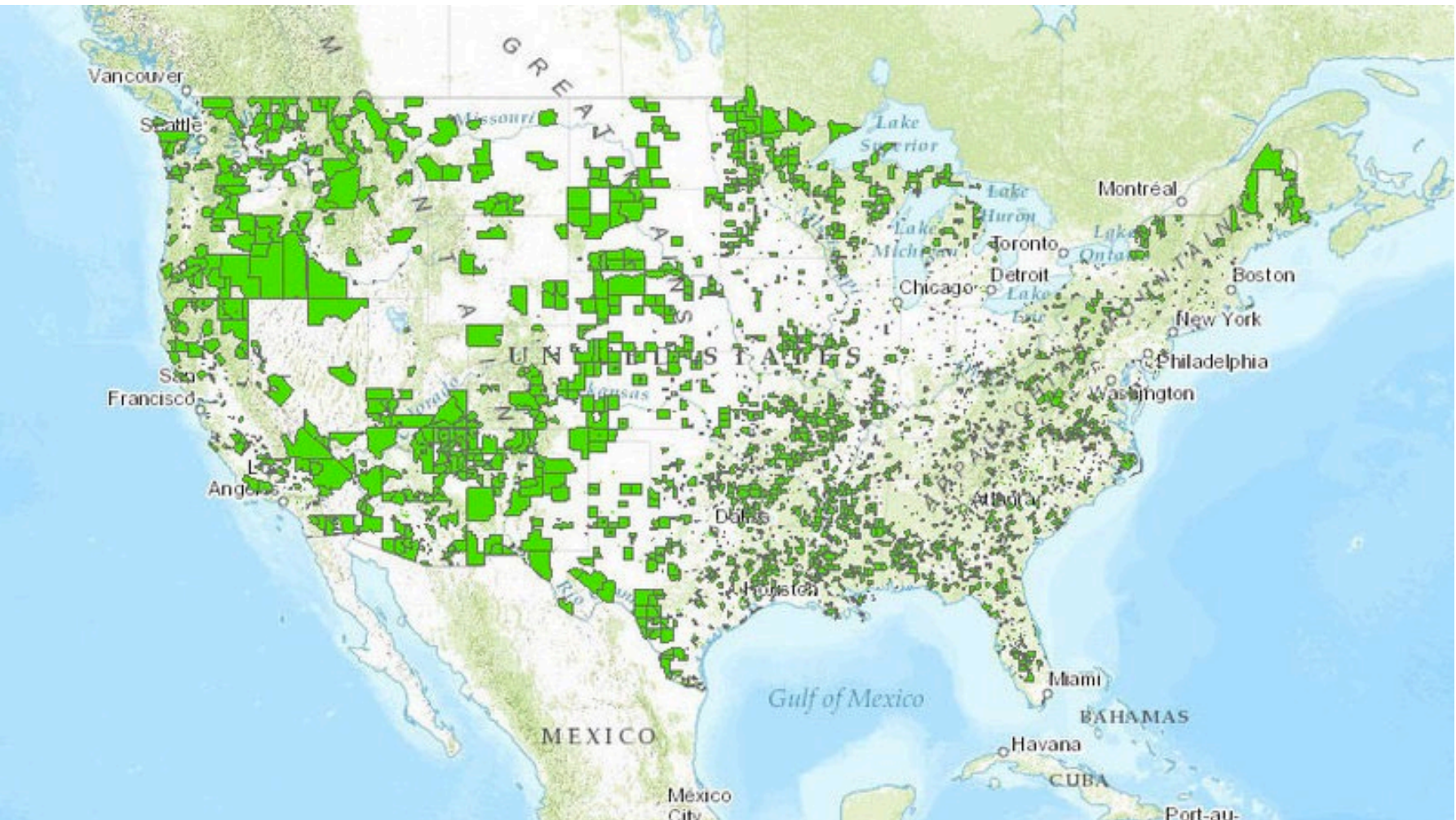


LA SEMILLA
LEARN GROW INSPIRE

Transit can provide access to better food.

- SCRTD added a stop in Anthony, Texas for a grocery store.
- Stops at Stires in Chaparral.
- Las Cruces RoadRUNNER has a grocery stop on every route.

Food Deserts in U.S.



6. Job Training

Job Training to provide access to jobs with livable wages.

Workforce and workforce development

- Workforce Talent Collaborative
(The Bridge of Southern New Mexico)
- Eight Industries: Aerospace, Defense, Digital Media, Energy, Healthcare, Manufacturing, Transportation and Logistics, and Value-Added Agriculture.
- Transportation is major barrier—one car per family; unreliable vehicle; gas money; coordination of work/school schedules.

SCRTD and Job Training

- TRIO Upward Bound program.
- Gadsden High School students to STEM classes
- Summer internship program in Santa Teresa
- Transportation for WIOA (ages 16-24)
- V-Ride Program (Santa Teresa, Stampede)

Building a culture of public transportation.

<http://thebridgeofsnm.org/how-we-do-it/workforce-development/>



The Workforce Innovation and Opportunity Act

7. Early Childhood Programs

Strengthen early learning.

From Anna, Age Eight

- *Close the gap on wealthy kids.*
- *Develop their brains and vocabularies.*
- *No preschool: make less money, pay less in taxes, take more out of the welfare system.*

Child without “resourced parents” and no pre-school will have heard, on average, 30 million fewer words than child with “resourced parents.”

Cost: \$15,000 per year. (20% transportation)

Transit and early childhood programs

- Connect public transportation and pre-school.
- Books on the Bus (Children’s Reading Alliance)
- Google App now available for SCRTD.
- Get “designated recipient” status for Sunland Park and Anthony to develop circulator routes.
- Need a central website with *all* transportation possibilities.



8. Family Centered Schools

Schools that offer support with academics tutoring, family support, and health and social services, and do so before, during, and after school, on weekends, and over summer break. They also offer counseling services and can screen students and family members for emotional trauma and mental health challenges, or refer them to local behavioral health care agencies.

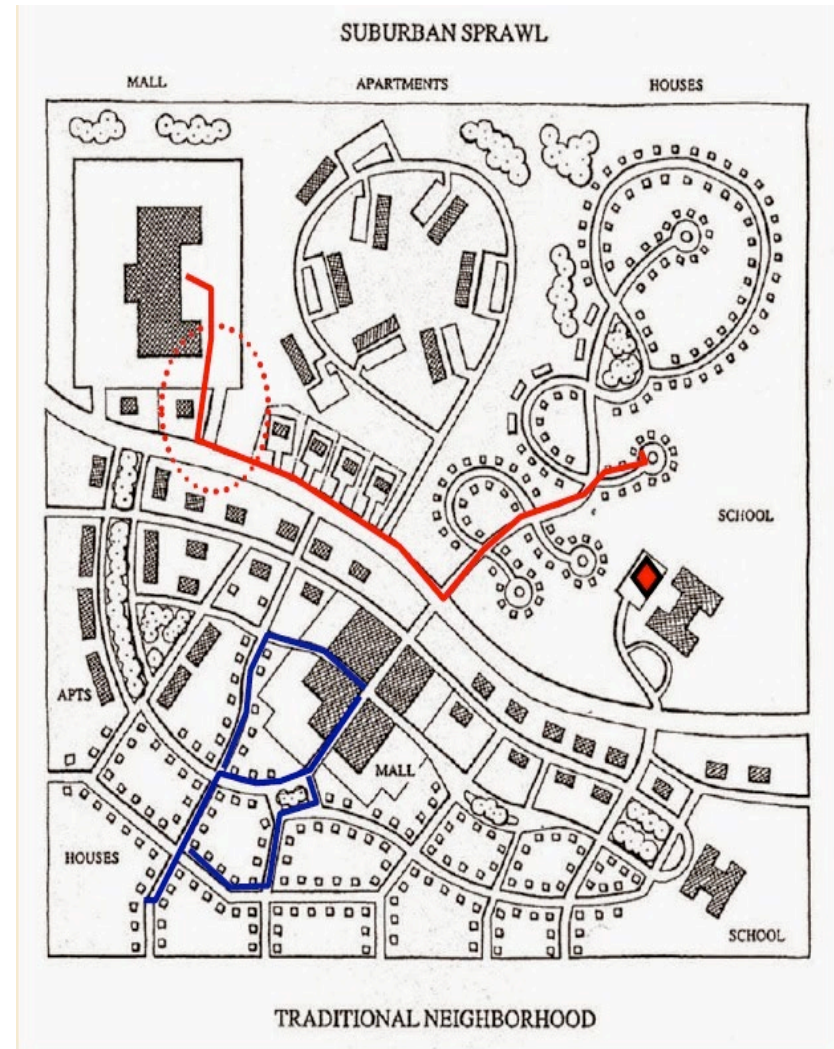
Las Cruces Community Schools

Lynn Middle School “Lynn is on track to be the first school in the district to offer dental services to students, and the first middle-school with a school-based health center offering physical and behavioral health.”

dgreenberg@lclps.net

School Locations

Comprehensive plans need to address safe walking and biking to schools.



9. Parent Supports

Parent supports including home visitation and respite programs to strengthen families and reduce the chance of childhood injury, trauma, or maltreatment.

Community Resources Directory

https://www.donaanacounty.org/sites/default/files/pages/Community_Resource_Directory.pdf

Outreach Programs

- La Clinica de Familia
- Colonias Development Council
- Chaparral Parents Association
- Women's Intercultural Center
- NM Health Department (Chaparral)
- Interagency Council

Partnering with home visitation programs

- Training for promotoras.
 - How to read schedules
 - How to use the bus.
 - How to help their clients use the bus.
- Seeking grant funding for a transit promotoras program.



Southern New México Promotora Committee
Comité de Promotoras /es del Sur de New Mexico

Wednesday, July 15, 2015 – Miércoles, 15 de Julio del 2015
Time/ Hora: 10:30AM – 1:00PM

The Women's Intercultural Center
303 Lincoln St, Anthony, NM

For more information call
Olga Hernandez at 915-408-5694

10. Youth Mentors

Provide strong role models and support for every boy and girl.

- After school programs
(DAC Commissioner Gonzalez)
- Boys and girls club.
- Recreational teams.

Parents cannot leave work to take children to after school activities.

Transit and youth programs

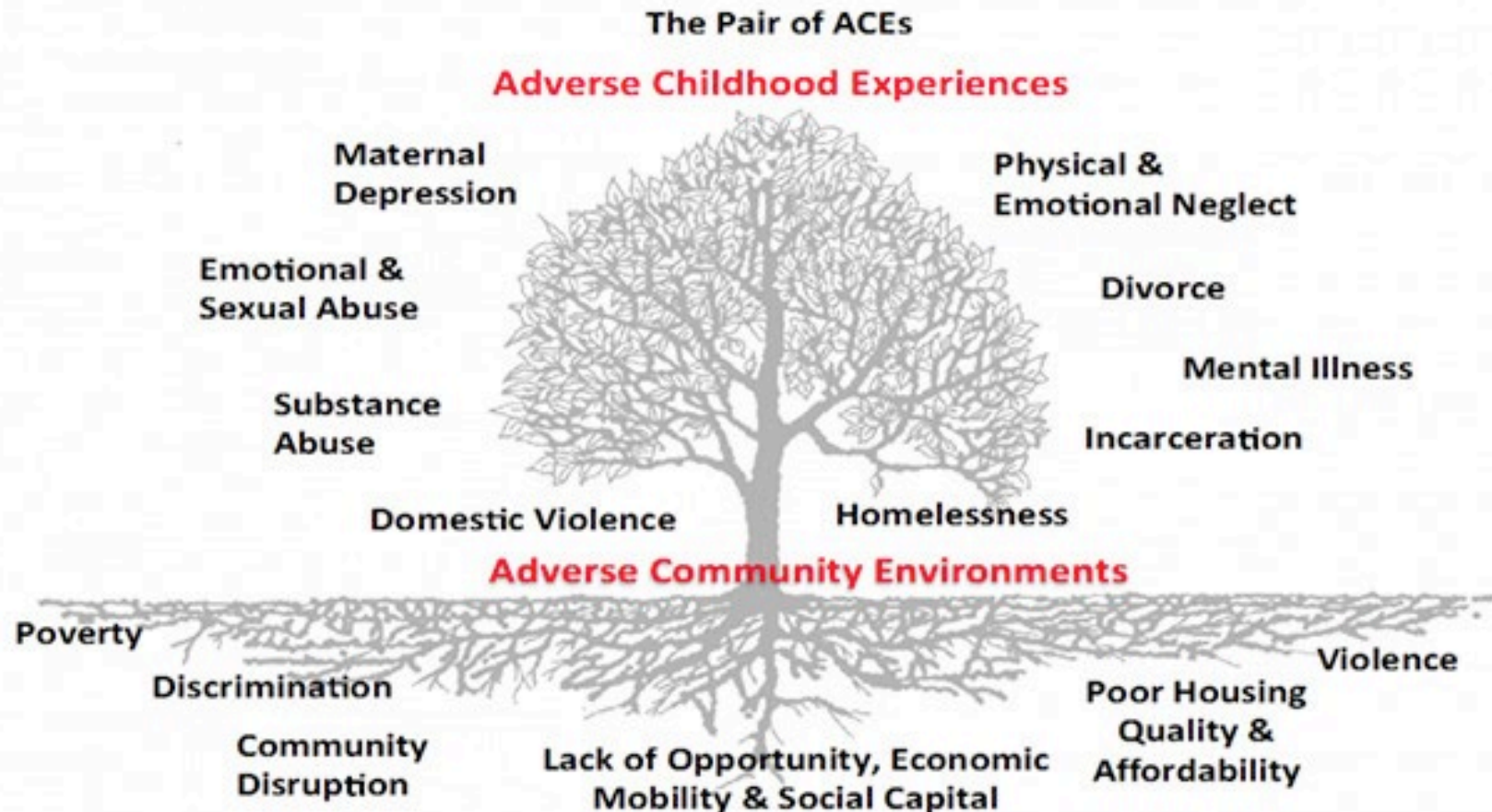
- After school kindergarten program “on the bus.”
- Los Alamos transit system route goes by elementary and middle schools to pick up children and deliver them to Boys and Girls Club.
- Need greater coordination between transit and youth programs.

Anna, Age Eight

**The data-driven prevention of
childhood trauma and maltreatment**

Katherine Ortega Courtney, PhD
Dominic Cappello

Adverse Childhood Experiences and Community Environments



Reduce the Risk of Childhood Trauma: **Support Development of Resilient Communities**

Comprehensive Planning

- Participate in local planning.
 - Elevate Las Cruces
<http://elevatelascruces.com/>
 - Survey is available until November 16th.
 - Sign up for public meetings notices.
 - Use your community's comprehensive plan to make an impact on policy.
 - Implementation requires ordinances.

GIS Mapping

- Use GIS data to support policy and programs.

Public Transportation

- Promote use of public transportation
 - Encourage ridership
 - Support adequate funding to operate & expand the system
 - Help SCRTD and RoadRUNNER prepare a joint short term plan.
See www.SCRTD.org

Credits & Contact Information

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GIS Maps (except as noted) thanks to:

Christopher Brown, Madelyn Schoderbek,
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