



CREC 2024-25 Data Brief

Prepared by
Future Focused Education,
June 2025

Introduction

Future Focused Education’s Community Care Collective initiative (the Collective) has been contracted by the Central Region Educational Cooperative (CREC) since Fall 2023 through a School-Based Mental Health Grant from the United States Department of Education (USDOE). This federal grant aims to expand mental health support services in rural New Mexico schools while developing “Grow Your Own” behavioral health career pathways for young people and professionals in rural districts, ultimately supporting them in serving their own communities.

This impact brief summarizes data related to the different deliverables of the Community Care Collective’s contract with the CREC member schools. It is organized around three questions posted by Results-Based Accountability:

How much did we do?

How well did we do it?

Is anyone better off?

Data sources for this report include: Youth Mental Health First Aid (YMHFA) training rosters, Group Internship rosters, Teen Mental Health First Aid (tMHFA) training Rosters, tMHFA Pre-evaluation and Post-evaluations, group and individual intern final reflection surveys, conference presentation slide decks, group intern final exhibition presentations. Note: quantitative data is reflective of work since Fall 2023 (e.g. How much did we do?); tMHFA pre/post evaluation data wasn’t able to be collected until Spring 2025; qualitative data analysis represents FY25.

- **Youth Mental Health First Aid**

- 6 Trainings offered for CREC schools
 - Schools
- 144 staff trained
- 43 staff certified

- **Teen Mental Health First Aid**

- 3 trainings offered
 - Estancia HS
 - 2 Youth Mental Health Career
- 45 CREC students trained
- 35 CREC students certified

**if students missed training dates and didn't engage in an offered makeup session they were not eligible for earning their certification

- **Youth Mental Health Career Pathway Group Internship**

- 40 total students who have participated and successfully completed
- 17 CREC students who have participated and successfully completed

- **1 Youth Peer Support Internships developed with CREC schools**

- Estancia Fall 2024

- **3 CREC student alumni that have engaged in paid Education or Behavioral Health Career Internships after high school graduation**

- Future Focused Education's Youth Voice Senior Peer Support
- City of Albuquerque
- Estancia High School Youth Peer Support
- Frontline Resurrection Women's Life Recovery
- UNMH Psychiatric Center Registration Clerk

- ***CREC students have participated in the following additional leadership experiences:***
 - **Conference presenters for EdUprising Conference**
 - 2024 - 3 students
 - 2025 - 1 student
 - **Youth strand conference participants and panelists for EdUprising Conference**
 - 2024 - 3 students
 - 2025 - 2 students
 - **2024 Social Services Conference**
 - 2 Estancia High School students presented
 - **2024 National Quality Learning Community of Practice for Children's Mobile Response & Stabilization Services**
 - 2 Estancia High School students presented
 - **2025 New Mexico PTA Conference**
 - 1 Jemez Valley HS student served on a youth panel to speak about the impact of social media on mental health and wellbeing
- ***7 CREC Youth-led initiatives have resulted from participation in the Youth Mental Health Career Pathway Group Internships or Teen Mental Health First Aid training***
 - Wellness rooms for students and educators (Estancia and Jemez Valley)
 - Increased identified peer support on campus (Estancia and Jemez Valley)
 - Youth Mental Health Peer Support Groups (Jemez Valley)
 - Mental Health Mural (Magdalena)
 - Development of Youth Mental Health Awareness videos

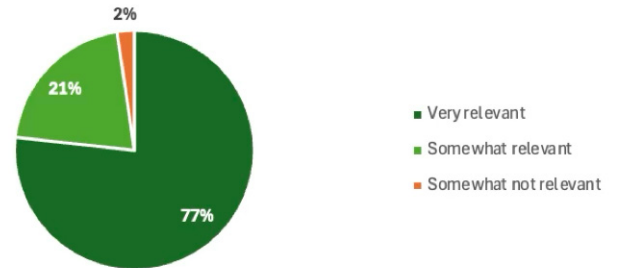
• Youth Mental Health First Aid

- Pre-evaluations were taken by 48 CREC staff
- Post-evaluations were taken by 43 CREC staff

Post Evaluation: What is your overall response to this course? (n=43)



Post Evaluation: How relevant are the existing scenarios to the populations you primarily work with? (n=43)

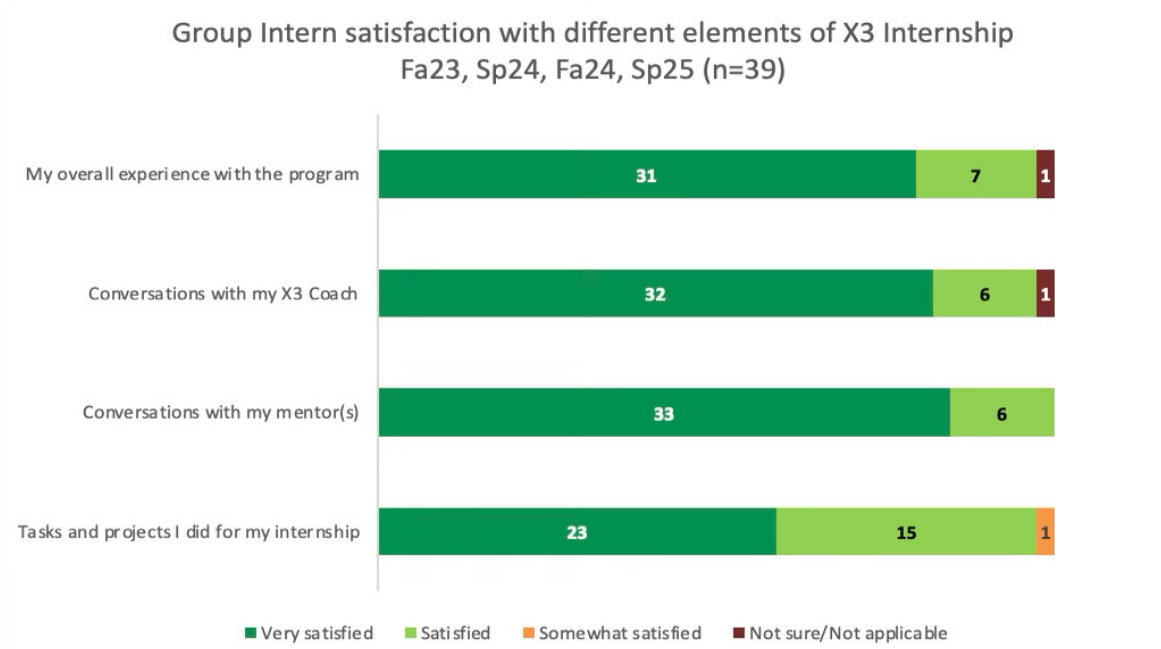


• Teen Mental Health First Aid

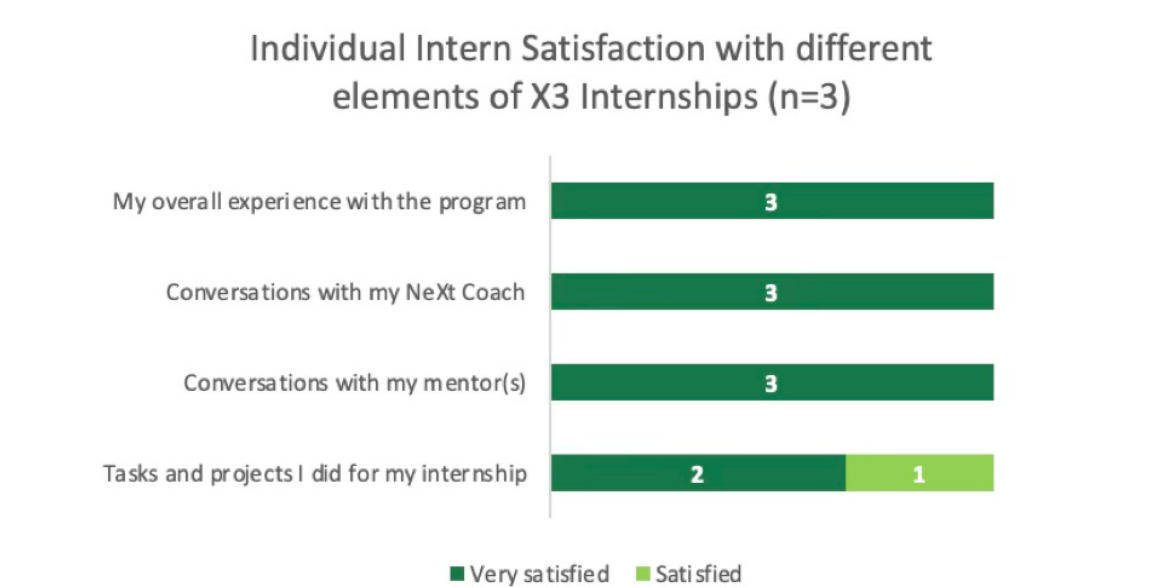
- Pre-evaluations were taken by 34 CREC students
- Post-evaluations were taken by 29 CREC students.
 - 25 of the 29 (86%) improved their score from pre- to post-test
 - 16 of the 22 (55%) scored 85% correct or higher
 - 3 students scored perfect 100%

Theme	Frequency	Sample Comment
Helpful	6	<i>My thoughts on the Teen Mental Health course is its helpful and very informative on how you can receive help if you or someone you know is going through a mental health crisis or having suicidal thoughts.</i>
Good	5	<i>It was a good thing. It helped me understand and give me some options for a mental health problem.</i>
Engaging	4	<i>It is a really awesome and supportive group, I've met so many amazing people. They are so intelligent in so many ways.</i> <i>I look forward to being in more meetings in the future, the lessons were engaging, and the teachers of the lesson were respected and respectful!</i>
Important	1	<i>I thought there was a lot of important information that was shared with the students that they needed to hear from somebody outside of the school.</i>

• **Youth Mental Health Career Pathway Group Internship**



• **Individual Internships for CREC Alumni**



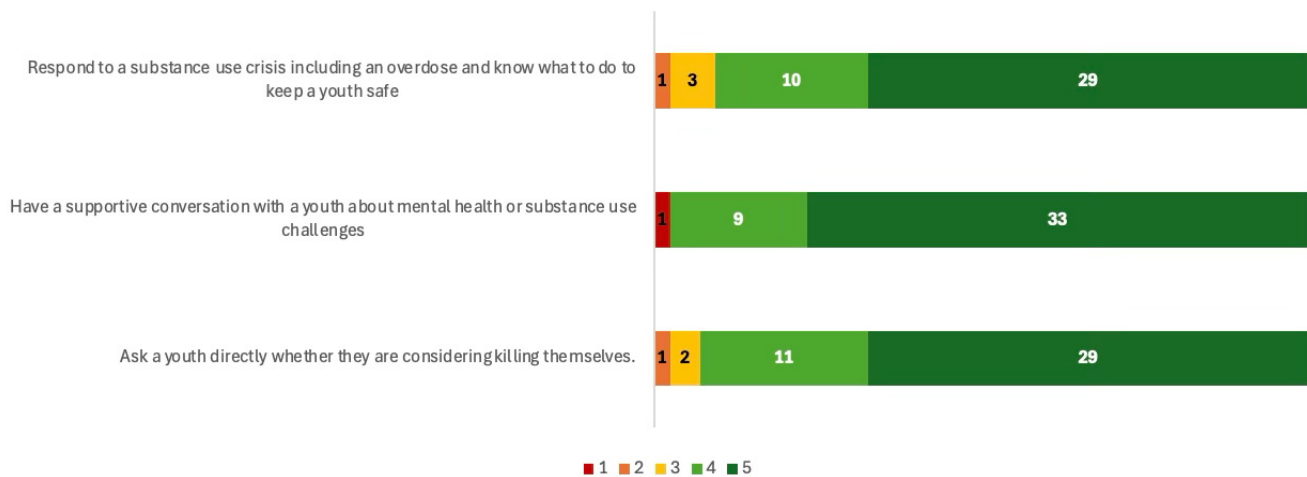
• Youth Mental Health First Aid

- Participants who completed the post-evaluation indicated that they felt equally confident or more confident after the training in supporting youth with mental health and substance use challenges, addressing suicidal ideation and handling a substance abuse crisis. (Note: Individual comparison of pre and post is not possible with YMHFA evaluations, Future Focused can only access the data in aggregate.)

Pre Evaluation: Level of agreement with the following statements from 1 (do not agree at all) to 5 (strongly agree): (n= 48)

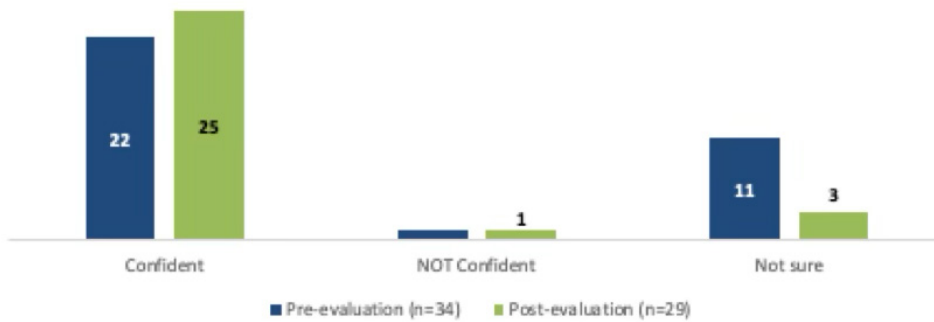


Post Evaluation: Level of agreement with the following statements from 1 (do not agree at all) to 5 (strongly agree): (n=43)

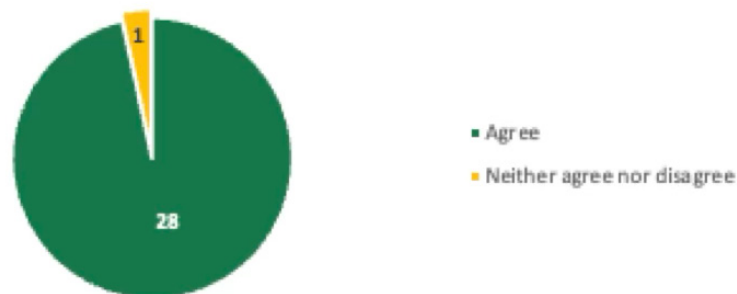


• **Teen Mental Health First Aid**

How confident would you feel helping a friend if they were having a mental health crisis?

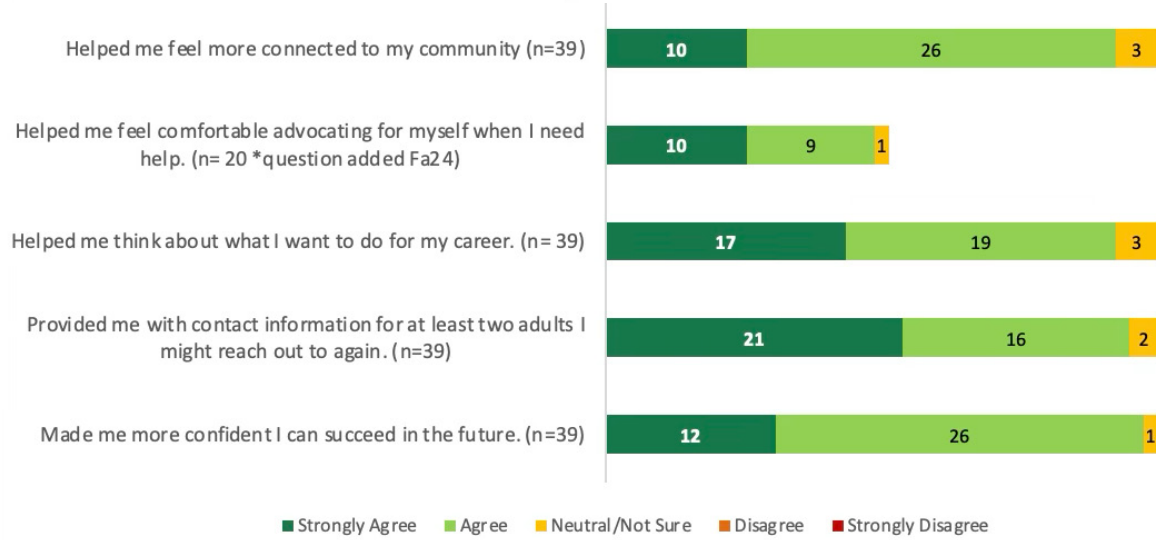


Student agreement: "If my friend were having a mental health challenge, I would help them."
(Post-evaluation, n=29)



• **Youth Mental Health Career Pathway Group Internship**

Fa23, Sp24, Fa24, Sp25 Group Intern Agreement Ratings
Participating in the X3 Program....



- CREC group interns were asked about the impact of participating in the YMH Career Pathway internship and responded with overwhelming positivity. Their comments were themed and samples are shown below in order of frequency.

Theme	Frequency	Sample Comment
Acquiring skills to help others with their mental health	20	<i>This program has brought me further in understanding of youth mental health and the steps to take when someone needs not only my help but the help of those who have higher qualifications than I.</i>
Career pathway exploration or confirmation	12	<i>Rather than bouncing about between project to project, because I didn't know how to get into social work, I now have tools to help further my education and spot in the social work community of ABQ, it's also taught me how to start a job, and handle my time better to make personal, social and work life balanced.</i>
Acquiring skills to manage their own mental health	9	<i>The X3 program has had a substantial impact on me by showing me how to take care of myself and how to notice warning signs for others and has shown me how to advocate for myself when I need help and has helped me feel more connected to my community. And has also inspired me to follow a specific field and has made me want to go to college to pursue mental health further.</i>
Gaining new perspectives and personal growth	8	<i>The impact I had from this program was that I know how to go to a person when they need any help. I learn to see how they act in many different ways. I learned to understand many different perspectives and accept those differences.</i>
Empathy	6	<i>I will never look at people the same I will always care for others and show the kindness they showed me and use the skills we learned here when I find a person in need and use my personal experience as a way to help others as well.</i>
Public speaking and communication skills	5	<i>This internship has had a positive impact on me it allowed me to become more outspoken with my ideas as well as create connections with those around me.</i>
Community building and connection	4	<i>It definitely has taught me to have more sympathy as well as be more vulnerable. I've also had such a great supported community in such a small amount of time that really gives me hope especially because they're all so positive.</i>
Self-confidence	2	<i>It had helped me fully understand everything that I want to do and help me figure out what to do for my future career path. It has also helped me branch out and be more confident with speaking in public also it has shown me how I can better my mental health and help others a little bit.</i>
Time management	2	<i>It has given me the ability to be able to view a clear picture of my future in behavioral health. I have learned a lot of good communication skills as well as time management skills.</i>
Social skills, flexibility, positivity, leadership development and trying new things	1 each	<i>I think an impact the X3 program has had on me is to just try new things, go out and try stuff, even if you are scared. It's ok to be, I think that feeling can be a good feeling sometimes, it's letting you know that you are doing something right sometimes, that you are pushing yourself for the better. I also think another impact I've had is to pay even more attention to others because you never know what they are truly thinking or feeling.</i>

- **Teen Mental Health First Aid**

Individual Intern Agreement Ratings (n=3)
Participating in the NeXt Program....



- CREC alumni interns in individual placements were asked about the impact of participating in the Behavioral Health Career Pathways Internship Program, their quotes are below
 - “I have gained experience more knowledge and learned from mistakes and learned how to take advice”
 - “It’s impacted by letting me know there are many options out there and different courses in life that you can take to still do what you want to do but gain experience from different places to help impact where you want to be”