

Transcript for NM-ABC Podcast Ep 04

Amy E Glass: Welcome. This is an episode of the NM-ABC Podcast: Conversations about youth mental health in New Mexico.

----INTERVIEW BEGINS----

Amy E Glass: Welcome, Carmen. I am so glad you could join me today. I have had the pleasure of working with you in one of your many roles as the Executive Director of the New Mexico Pediatrics Society, which is New Mexico's chapter of the American Academy of Pediatrics.

Amy E Glass: In that role, you and the NM Pied Society have been totally awesome, collaborating with NM-ABC to get the word out about our programs that support pediatricians and others through our free trainings and consult service related to youth mental health care. So, welcome!

Carmen Meyer: Thank you so much, Amy. It's actually been really fun for me to also get to know NM-ABC better, and to collaborate. I really enjoyed, all the work we've been doing together, and just to get to know more about your services.

Amy E Glass: Yeah, great. Well, can you tell us a little bit about your background and some of your other roles?

Carmen Meyer: Sure, happy to do that. So I'm a registered nurse, and I've been a nurse since

Carmen Meyer: 1989. And 25 years of my... my nursing experience has been focused on behavioral health. And that has been working inpatient services, outpatient services, doing consult liaison, working with

Carmen Meyer: every population, age, demographics, and doing both, behavioral health and substance abuse, use disorder, work as well.

Carmen Meyer: I also, in the midst of all of that, I've done about 20 years of managed care experience, working with both, doing, like, case management and utilization management for both, behavioral health and physical health. And my most recent role was I was the Director of Clinical Affairs at True Health New Mexico.

Amy E Glass: Okay.

Carmen Meyer: Now, after True Health shut down in the summer of 2023, I decided to kind of pivot my career and just do something completely different, and I decided to go into doing more contracting and consulting work instead, and so that's, how I stumbled.

Carmen Meyer: across this opportunity to work with New Mexico Pediatric Society, so I'm doing some part-time executive director work there. But I also do consulting services, basically with... regarding anything related to

Carmen Meyer: behavioral health, where my managed care expertise can be used, etc. So I do some work with the Office of Superintendent of Insurance.

Carmen Meyer: And I've been helping them to build their mental health parity department and program. It's a newer department that started last year. And that was actually developed in response to a bill that was passed by Senator Hickey regarding enhancing mental health parity.

Carmen Meyer: In New Mexico. And then I also do, another little side gig where I work with Johns Hopkins and Brown University on a research.

Carmen Meyer: project that they have, where it is, again, it comes back to New Mexico. It is another one of Senator Hickey's bills. It was the no-cost share for behavioral health services bill, and they've been doing a study on how that has impacted access to care here, and looking to see if this might be something that could

Carmen Meyer: maybe be adopted in other states, depending on what the results are, and so I've been helping them with connecting with providers and, organizations and things here.

Amy E Glass: That is fantastic. What a wide range of experiences you have had doing all kinds of good stuff. Yeah.

Carmen Meyer: I like it that way. It's been really fun to, like, do that, and I found I... one of the things I've really enjoyed about going this avenue, instead of just going, okay, I gotta go find another job now, is that I get to do, like, I... 85% of the time, I'm using my expertise.

Amy E Glass: Yeah.

Carmen Meyer: And I'm really enjoying that. Versus in a job, yes, you are hired for your expertise.

Amy E Glass: Yeah.

Carmen Meyer: and everything else they want you to do. And I was just like, you know, just...

Carmen Meyer: don't know if I want to keep doing that anymore, so it's been really a great experience to get to do this.

Amy E Glass: That sounds terrific.

Amy E Glass: All right, and I know that you are on the board of NMCAN, which is a wonderful organization, and was wondering if you could share a bit about what they are all about?

Carmen Meyer: Oh, yes, I'd be happy to do that. I am very passionate about this organization. Nmcan is...

Carmen Meyer: focused on helping youth who are in transition, and by transition, I mean transitioning from the foster care system, and aging out of the foster care system, juvenile justice, or homelessness.

Carmen Meyer: And they work with individuals that are aged, like, 14, I want to say up till 25 or 26.

Amy E Glass: And.

Carmen Meyer: the way they work with them, it's more than just, like, a social work program in terms of just connecting them with resources. That is definitely a foundation for it. But they really step into this role where you have young people

Carmen Meyer: Coming out of various systems, They've clearly come from an environment where they have a lack of

Carmen Meyer: adults who have been able to provide supervision or support, or who even have the skills to connect them to the next steps of their lives, and so NMCAN guides them through that process, but also does so much about teaching them about

Carmen Meyer: how to navigate the world as an adult. They have, like, financial literacy classes, they help them... they have a microloan program, where they have a 100%

Carmen Meyer: successful payback. Nobody has defaulted on a single loan from them, and they help them with all sorts of things, like whether it's a down payment for an apartment, or buying a car, even, or things like that. And one of the things that they do that I just... this is my... the thing I love the most about them, is they...

Carmen Meyer: They talk with them and... and...

Carmen Meyer: Teach them about how systems have impacted their lives, and how they can learn and pay attention to

Carmen Meyer: Legislation and laws that are...

Carmen Meyer: That help to develop these systems in some ways, and that they can have their voices heard.

Carmen Meyer: and how to be engaged in the legislation that will affect their futures. And so they will... they teach them about advocacy, they have a lot of discussions about various laws, and when the legislative sessions are coming in, how does that...

Carmen Meyer: You know, how does that impact them? But also, they take them every year up to the legislative sessions a few times, and create opportunities for them to talk to legislators and to speak about particular bills.

Carmen Meyer: And so, it's amazing. And in fact, just last week, they had a youth forum where they invited the mayoral candidates, and they talked about what it's like being a young person or, you know, a youth.

Carmen Meyer: here in Albuquerque, and in particular, and to talk about, the myths and the misconceptions that people have, and how they feel about people blaming young people for all the problems, or

Carmen Meyer: the myths that, you know, young people these days are just lazy, and they don't do these things. And here you have four young people on a panel who are working two to three jobs apiece.

Carmen Meyer: trying to support themselves. And, you know, so it's... it... they're really... I... I just absolutely love the work they do, and seeing,

Carmen Meyer: just the... I guess, the possibility that they create for these individuals, and how it inspires them to become youth leaders themselves.

Amy E Glass: That is such important work. That's awesome.

Amy E Glass: Okay, going back to the Pediatric Society.

Amy E Glass: What are some of the challenges that you see facing New Mexico's pediatricians and other providers in their day-to-day work?

Carmen Meyer: Well, I have to say,

Carmen Meyer: yes, I'm closest to the pediatricians right now that I work with, but I think that this is a fair statement, that's an overarching statement for all people working in healthcare now, is, something has changed.

Carmen Meyer: quite a bit over the past few years, and it's been a variety of things. I think... I think people working in healthcare

Carmen Meyer: Are dealing with,

Carmen Meyer: So much uncertainty ever since the pandemic came, and all the splits that started to happen with, you know, going from being a healthcare hero to now being questioned at every turn.

Carmen Meyer: And... and... and how, like, that just kind of... it flips your world upside down, where you're like, wait a minute, like, I...

Carmen Meyer: gone to school. I mean, I'm a nurse, so I take this stuff personally, too, when I hear this, so I know that

Carmen Meyer: you know, you studied healthcare to take care of people, and then to now have people, you know, I mean, I hate to sound, like.

Carmen Meyer: cynical about this, but I get very frustrated when I hear people talking about, oh, I do my own research, and I'm like, oh, what does that mean exactly? Where are you going? Where are you finding this research? Because it's really hard for them. So just trying every day.

Carmen Meyer: To just still be, like, a subject matter expert.

Carmen Meyer: and showing up. And not that I am against, like, I believe that patients should pay attention to their healthcare, and ask questions, and be engaged. Like, I do not want any patient going in blindly, but it's almost flipped to a point where you're questioned at almost every turn.

Carmen Meyer: So that, I think, crept in during the pandemic, and then now, honestly, I know for the pediatricians in particular.

Carmen Meyer: this new legend... you know, the new, administration and the HHS

Carmen Meyer: you know, the Health and Human Services. It has been incredibly stressful. Very stressful, because there's been just,

Carmen Meyer: A lot of questioning of science.

Carmen Meyer: Or very loose science coming through, and they're having to, like, find out how to respond to that in ways that it doesn't disrupt their relationships with their patients.

Carmen Meyer: And at the same time, some of this regulation that's coming from the federal government right now is going to interfere with their ability to even provide the care that they know is the best. Like, it's... I think for a lot of healthcare providers dealing with,

Carmen Meyer: like, not being able to do what they know is the right thing to do and the necessary thing to do, but that because a government can step in now and tell them what they're allowed to do and not allowed, is a very different territory, so...

Carmen Meyer: I think those are the main things. They're navigating all the distrust that's being fueled.

Carmen Meyer: And a lot of it, quite frankly, straight from this administration that's come in. I don't think we've had that level of this before. I mean, I know there's been flavors of it, and it, you know, the pendulum swings a little bit. It feels like it's gone way off the rails at this point.

Carmen Meyer: And then, I think, not just for pediatricians, but all the providers, and clinicians here in New Mexico, we have a shortage.

Carmen Meyer: You know, we really are struggling with a shortage, and it's interesting, because I've done a lot of things in my consulting work where I've looked at the statistics, and what's interesting is, like, on the surface, when it ranks in terms of the number of providers we have per capita.

Carmen Meyer: We, we sit at about the middle of the pack.

Carmen Meyer: But our health report card of the health of New Mexico is towards the bottom.

Carmen Meyer: And what that tells me is that we have a disparity between supply and demand.

Carmen Meyer: So yes, per capita, if we had average health, like our average ranking of access, it would be fine. But because we have a much sicker population, it doesn't meet the need. And that's where I think we feel this void.

Carmen Meyer: Here.

Carmen Meyer: Because we just, we have a lot more need, and not enough providers.

Amy E Glass: Yeah.

Amy E Glass: Boy, that is so true. And certainly in, you know, our entire state, basically, is a mental health shortage area, right?

Carmen Meyer: Right.

Amy E Glass: With the exception of Los Alamos.

Carmen Meyer: Exactly, honestly. Yeah, and it is, it's universal. It is, I mean, and also, I mean, besides what the pediatricians are dealing with, too, I mean, I think when you bring up mental health.

Carmen Meyer: you know, anybody who's lived in New Mexico since the year 2013 knows

Carmen Meyer: that we have been behind the eight ball for a while because of the whole decimation of our health... of our behavioral health system. And so we have been clawing our way back ever since that whole allegation of fraud in Medicaid, etc.

Carmen Meyer: that a lot of people left the state, or they ended up working at the MCOs, doing case management or something. Like, they... they kind of dispersed, and then they've been trying to rebuild, but we just haven't gotten the traction, or we'll make some traction, and then it slides, or, you know, so it just... it's been very hard.

Amy E Glass: Yep, we have, had all kinds of shakeups in our systems over the past 10 years or so, and they are not stopping at the moment.

Carmen Meyer: No, not at all.

Amy E Glass: There's a certain amount of strain and tension that goes with these constant changes, but there's also some opportunities. We don't have to entirely focus.

Carmen Meyer: Exactly.

Amy E Glass: On the negative angle there.

Amy E Glass: You were talking about, providers, the number of providers and the types of challenges that they face. So, in terms of pediatrician retention.

Amy E Glass: In New Mexico, especially in the rural and tribal communities of New Mexico. You know, it's less of a concern in our urban areas, although it is still a concern. Are there specific policies that you think can encourage clinicians to stay and practice in New Mexico?

Carmen Meyer: I think so. I... One of the things I'm thinking about is, like, I know, you know.

Carmen Meyer: There's been more uncertainty, for instance, regarding student loan repayment.

Amy E Glass: Yeah.

Carmen Meyer: And that's an overarching issue, not just for people in the medical field. You know, there's been a lot of shakeups in the Department of Education, and so there's a lot of uncertainty for folks. Plus, they've put, like, these limits on how much you can borrow.

Carmen Meyer: And it's like, okay, well, then that really limits how much education you can afford, or who can afford to go to school. You know, and there are a lot of people who may do not have the privilege and the means to be able to afford a lot for education, but they have plenty of life experience that has inspired them to go into medicine. We don't want to block those people from getting there.

Amy E Glass: So I think...

Carmen Meyer: One aspect, to focus on ways to beef up the student loan forgiveness, if we can focus on that as a state, perhaps?

Carmen Meyer: Because if we can't count, you know, I mean, I feel like more and more we're turning to the states because we're not sure what the federal government's gonna do. They... even sometimes, I mean, sometimes they say they're gonna do something, and then what they do is...

Carmen Meyer: nowhere near as bad. Sometimes they say something's minimal, and it's like a hand grenade. So, there is an incredible amount of uncertainty. So I think that the state can look at a way

Carmen Meyer: Like...

Carmen Meyer: Whether it's working a shorter period of time to get the student loan repayment, or if they can look at other states and get some ideas about

Carmen Meyer: what they've put in place for, you know, student loan repayment. Something to incentivize, that it's like, if you're here and you've done your residency.

Carmen Meyer: you may want to stay, or you've gone to school here, how you can give back to your community, and doing something like that. Or get creative of other ways, too, whether it's, like, I don't know. I mean, I've been really, like, brainstorming at this point, throwing spaghetti at the wall, but I'm like, what if it's, like, helping people with a

Carmen Meyer: housing down payment, I don't know. Like, you know, if you buy a house, you're gonna stay for a while. You know, so something like that. So I've been

thinking about that, as a possibility. I think they will have to continue to address the medical malpractice issue, because

Carmen Meyer: I mean, there's...

Carmen Meyer: it's a delicate balance. You know, there's definitely an issue that we have pretty high malpractice rates, and fewer and fewer companies that will offer medical malpractice here.

Amy E Glass: And I have heard.

Carmen Meyer: from a multitude of resources, I mean, and not just, like, in a presentation to legislation, but people literally saying, yeah, we had a new pediatrician coming, and then they were about to accept the position, and then when they found out the medical malpractice rates, they left. They wouldn't... they didn't take the job. So it's impacting recruitment. But I feel like the ability to

Carmen Meyer: Impact that is going to have to be done in a very mindful way, where you are thinking about the needs of providers, you know, so that it's sustainable for them, and you have to be mindful of the patients, because if you've not been on the receiving end of something egregious done to you.

Carmen Meyer: you know, it is horrible. It upends your life, and you want to feel like you have your rights. And it can go in either way. Yes, there are frivolous lawsuits as well.

Carmen Meyer: But I think it's going to be really important that they look at this in a way where it's like, this helps the providers, and at the same time.

Carmen Meyer: is sensitive to... to patients, and what they've been through, and doing it in a way of just saying, you know, like.

Carmen Meyer: you will still be taken care of. We want to make sure that you get, but we have to find a way to balance the two, you know, so I think just treading carefully with that, and keeping that in mind from both sides.

Amy E Glass: Those are complex questions in terms of the.

Carmen Meyer: Yeah.

Amy E Glass: The nitty-gritty there.

Carmen Meyer: One thing else I want to add, though, that I've been thinking a lot about pediatric retention is, and I'm talking more and more within the NMPS, is we're...

Carmen Meyer: Looking at ways to prioritize outreach and connecting more with the residents.

Carmen Meyer: And even medical students who are showing an interest.

Carmen Meyer: Of, you know, and things that are as simple as, like.

Carmen Meyer: social gatherings with them. Yeah. To just be like, here, here's some of the folks that are, you know, have been in New Mexico practicing for a while, get to know them, ask them some questions about what it's like to be here, trying to incorporate the residents more into activities that we do so they feel connected to

Carmen Meyer: the pediatric organization, you know, finding ways to engage with them more. I've been talking with... with more of my members who have more direct contact with residents, and I've said to them, I'm like.

Carmen Meyer: I'll come to meetings. Like, I'll come and just talk to them about, you know, I know that, you know, by default, you automatically are an NMPS member, but here's what we do, here's what we want to do. We want to hear from you, we'd like to have you engaged. You're not even a full-fledged, you know.

Carmen Meyer: F, you know, a fellow yet, you're still in residency, I still want to see you involved, and get in... share your thoughts. So.

Carmen Meyer: Even for us, if legislation can't always do it, what can we do to just connect with them?

Amy E Glass: Oh, I love that. I've been thinking so much about the role of community in everything, right? And, especially rural providers often feel quite isolated.

Carmen Meyer: Oh, huh?

Amy E Glass: So, building those community networks that can sustain people... Exactly. ...for difficult times, and perhaps in isolating circumstances, can be so important.

Carmen Meyer: I think now, even more than ever. Like, honestly, I think that colleagues need to start being the support group for each other as well, because they have a universal struggle right now, and stress.

Carmen Meyer: yeah, I mean, you know, it's a whole other thing, but you could talk all day about moral injury, you know, and that whole... that...

Carmen Meyer: that component, but I think a big part of dealing with moral injury is the support from your colleagues who get it, who know exactly what you're... you can spend

30 seconds describing your scenario, and they know exactly what you're talking about, and getting that support.

Amy E Glass: Yeah, just those shared experiences.

Carmen Meyer: Yeah.

Amy E Glass: Okay, so, I mean, we've been alluding to all the changes going on in the country and the state right now, you know, with insurance and Medicaid and, as you said, the type of research and science that is available, and

Amy E Glass: That is...

Amy E Glass: taken into account in policymaking. Just so many different things. Are... are there changes that you think are positive and moving in the right direction?

Carmen Meyer: I do. I...

Carmen Meyer: have to say, I can't give a whole lot of credit to that coming from the federal government right now.

Amy E Glass: True.

Carmen Meyer: But New Mexico is killing it. I feel like New Mexico makes me so proud right now.

Amy E Glass: Huh.

Carmen Meyer: I've just been blown away. I mean, you know, we already had free tuition.

Carmen Meyer: free... universal college for, you know, for people here. But now we have free childcare. I mean, we have bookended it for children, like, we're making this really children-friendly, which I think is huge, and that is a huge thing in terms of even going back to the attraction of

Carmen Meyer: bringing employer, you know, employees and staff here. You know, you could raise your child here, and you have free tuition, free child care. But we also... we have protections for gender-affirming care.

Carmen Meyer: for children.

Amy E Glass: Yeah. We have...

Carmen Meyer: Protected reproductive rights.

Amy E Glass: Indeed.

Carmen Meyer: that... it also impacts children, because you can... we are attracting OB-GYN docs who are fleeing from other states.

Amy E Glass: You can get the necessary reproductive health care you need here.

Carmen Meyer: Including if you are, you know, I mean, I... I just...

Carmen Meyer: I cringe, and it really... it's very upsetting when you think about some of these states where

Carmen Meyer: you know, women are literally miscarrying and cannot get a DNC until they are sick enough so that the doctor's not afraid of going to jail.

Amy E Glass: Right.

Carmen Meyer: In the meantime, you know, while you're risking getting sick enough, you may have other children at home. That's not good policy for children.

Carmen Meyer: But this is taking care of potential moms, current moms, providing the care that they need. So, I am so thrilled about how New Mexico has stepped up to the plate, and we have really

Carmen Meyer: you know, taking care of people. Like I said, you know, for the federal side.

Carmen Meyer: I... I'm just... right now, I keep waiting for... something. You know, they're... loosely floating some IVF...

Carmen Meyer: You know, doing some, in vitro

Carmen Meyer: coverage, we'll see where that goes. But, not as much in that direction, for sure.

Amy E Glass: Well, talking about New Mexico stepping up, I have... I just want to give you a little shout-out, in that, you know, I've been on some of these... these large, meetings, both with national folks and state folks, and heard you speaking up for pediatric!

Amy E Glass: services, and saying that we need to keep in mind that pediatric systems and services can have different priorities and needs than some of the adult systems, and so I want to give you a thank you for that, for,

Carmen Meyer: Oh.

Amy E Glass: For being a voice for...

Carmen Meyer: Thank you.

Amy E Glass: Pediatrics, yeah.

Carmen Meyer: Yeah, if anything, I'm not shy about speaking up for these things.

Amy E Glass: We need more of that, yes, okay.

Amy E Glass: So, collaborations. I mean, you and I have been collaborating this year. What types of collaborations and partnerships do you think can be particularly useful for improving these types of mental health services for children and adolescents?

Carmen Meyer: I have, like, I... you know, I mean, I think one partnership, and I... a lot of that... I've been thinking about that a lot since I've been with Mexico Pediatric Society, and I've only... I've been with them for about a year and a half, and... and it... and I came on at a time after there'd been a fair amount of turnover and stuff, so I'm...

Carmen Meyer: there's some things that I've picked up and carried on, and some things I'm just trying to rebuild, because I think, you know, when you keep passing the baton, things fall apart. And I do think collaborations may be some of that. Like, I think the fact that we...

Carmen Meyer: when I was starting to reach out to you all because I saw the grant that had been issued to us, I got this really positive response of, oh, this is great, we haven't worked with you guys in such a long time. I'm like.

Carmen Meyer: I had no idea you ever did work with us, you know? So I'm stumbling into some of these, going, okay, great, we're reviving some of these relationships.

Amy E Glass: Yeah.

Carmen Meyer: You know, but I think as I get more familiar.

Carmen Meyer: With pediatrics, and then also just the various organizations.

Carmen Meyer: I feel like there's definitely multiple groups who

Carmen Meyer: whatever they're advocating for, it has children as the top priority. And in my fantasy world, somehow.

Carmen Meyer: Even quarterly, we'd all meet.

Carmen Meyer: Yeah. You know, somehow, like, you know, and whether that's, you know, with NM-ABC, with us, with Voices for Children, for, you know, maybe Department of Health, like, just a variety of folks, just to touch base about what's the current hot topic, or what's happening in our organizations.

Carmen Meyer: And I think just because there's overlap in some of the things that we do, there's gaps.

Carmen Meyer: in various organizations, and it, you know, or even if it's twice a year, I don't know. That might be what's doable with people's full plates, but I feel like there's always... when you have people all who have the same goal.

Carmen Meyer: but are working in different silos. I mean, we're aware of each other, But...

Carmen Meyer: We don't... we don't always know, or sometimes we're not. Sometimes we're not even aware. Someone shows up, and you're like, I had no idea you guys did that, or that you even existed, so...

Carmen Meyer: I think that would be great. I mean, I know for us, like, I'm starting bit by bit, like, I've worked with you all, I'm trying to reach out to maybe the school nurses, the APS school nurses.

Carmen Meyer: And be like, hey, maybe we could collaborate on some things, like, you know, if you need some support with some of the members to speak at something or whatever, or the school-based clinics.

Carmen Meyer: You know, so looking at, I think, for those opportunities.

Amy E Glass: That's fine.

Carmen Meyer: And I'm thinking, too, like, if we start bringing more of these groups together, I think that that's how you can, like, get the ear of legislators better, too, because if you can talk about a particular issue that you know is heading towards legislation, there's an opportunity to kind of get everybody on the same page.

Carmen Meyer: And then you have... then you've got, you know, a coalition.

Carmen Meyer: At that bridge.

Amy E Glass: Ugh.

Amy E Glass: So agree. Again, community, right?

Carmen Meyer: It's community, yeah. I mean, I think about that when I think of legislation,

Carmen Meyer: I think about sometimes, you know, when I see some of the legislation that comes through sometimes.

Carmen Meyer: I look at it, and I think, did it...

Carmen Meyer: did they ask anybody who works with kids about this, or who did they even consult? And it's... and I don't mean it to sound like a judgy sort of thing, it's...

Carmen Meyer: I do believe wholeheartedly that when legislation, and at least giving people the benefit of the doubt, when legislation is put forth, there was

Carmen Meyer: good intentions.

Amy E Glass: Yeah.

Carmen Meyer: good intentions. But... good intentions that are not fully informed, or misinformed. Either or.

Amy E Glass: Right. Can result in.

Carmen Meyer: in legislation that's harmful, rather than helpful, you know, and so I think that that's where it could be really good to bring those coalitions together and just say, hey, this is a group of people, let's run it by them, and get their input before we do this.

Amy E Glass: Well, if you, with all your extra time, want to create this.

Carmen Meyer: Right?

Amy E Glass: annual or biannual gathering of, you know, folks who are working on pediatric issues. I will certainly be there with bells on, so...

Carmen Meyer: Great.

Amy E Glass: So many of us would really appreciate a chance to just share some important information with each other, and get a little bit of support, and, you know, like you were saying earlier, we just... we share certain experiences working in pediatric services.

Carmen Meyer: Yes, right. And there are multiple non-profit organizations that are very focused on

Carmen Meyer: on pediatric causes, and at various, you know, various points across the spectrum of whether it's from infant child all the way up to, and I think about, like, NMCAN, you know, as they're starting to age out of being considered a child and about to hit what's technically an adult, but.

Amy E Glass: Right.

Carmen Meyer: they're barely an adult, you know? And so, yeah, there's a... there's a lot of steps along the way, I think, that... that these organizations could work together.

Amy E Glass: Yeah.

Amy E Glass: All right.

Amy E Glass: Well, as we wrap up our conversation, what other comments or thoughts or important stuff am I not asking you about that I should be asking you about today?

Carmen Meyer: Gosh,

Carmen Meyer: I think, really, you know, the one thing that's lingering for me, and and I'm just curious what you're hearing over, you know, with NMNBC, and and even within UNM and stuff is, you know, thinking about the things that have come down the pike. I'm... I'm really worried about

Carmen Meyer: immigration.

Amy E Glass: Yeah. And... and ice.

Carmen Meyer: And how that's impacting our communities. And I feel like the worst hasn't even hit New Mexico yet. They've been lurking around.

Amy E Glass: Yeah.

Carmen Meyer: But when I look at Chicago and what's going on right now, it is awful. I talked to the executive director from their chapter of Illinois for the AAP, and she said it's absolutely horrible.

Carmen Meyer: It's absolutely horrible. Schools are going on lockdowns left and right, you know, and all I can think of is that

Carmen Meyer: The Supreme Court.

Carmen Meyer: said it was okay for them to profile, and they are going to come to New Mexico.

Carmen Meyer: Where we have generations of people who will fit that profile. They have been here for centuries, and I'm just picturing them just going wild here, and I'm really worried about that, and what that's going to do to our state.

Carmen Meyer: to the children here, people being afraid to access care, you know, and I'm just curious.

Carmen Meyer: what you, you know, if you're hearing anything with your, you know, relationship with UNM, and just...

Amy E Glass: Yeah.

Carmen Meyer: What's being talked about with that?

Amy E Glass: the level of fear across all communities right now, is just through the roof. You know, it's always been a concern in Mexican communities, but right now, it's just...

Amy E Glass: I hear from so many providers about families and parents and adolescents who are just too scared to access any kind of services, right?

Carmen Meyer: now.

Amy E Glass: Yeah, and...

Amy E Glass: Yep, and sad to say, I think that, that, you have a lot of wisdom there, in that we probably are not at the worst of things, and.

Carmen Meyer: But we'll see, okay, and we're not going to wrap up on a very negative note. No, no.

Amy E Glass: We'll go back to just how powerful our communities can be when we're.

Carmen Meyer: Right.

Amy E Glass: Working together, and all the good people, right, that you work with every day...

Carmen Meyer: Oh my gosh, yes.

Amy E Glass: day, there are so many people with their hearts in the right place, doing important work. And conversations like this one and so many others that we need to be having and are having are, I think, at least part of the defense against that kind of...

Amy E Glass: Unpredictable, chaotic, destructive.

Carmen Meyer: Right.

Amy E Glass: Impulses or policies that are coming down.

Carmen Meyer: Well, and I, you know...

Carmen Meyer: if there's anything that New Mexico is, is we are incredibly resilient and incredibly scrappy. I mean, I, you know, and that's even my, you know, I always call them my pediatricians. They're not my pediatricians, but I say that lovingly, but the New Mexico Pediatric Society, you know, when we...

Carmen Meyer: go to our leadership conferences, and we're around all these huge chapters and stuff, and who have, like... I mean, I am a 15-hour-a-week executive director, and we have chapters who have teams that work and stuff.

Carmen Meyer: And yet, Our, you know, our organization

Carmen Meyer: we have so many people who have, like, worked their way up into leadership roles within the AAP National, and they're super engaged, and we're very well known for things that we've accomplished, and we have, like, one of the most active and effective New Mexic... or, pediatric council.

Carmen Meyer: And I think it's because of the nature of Being in a state where

Carmen Meyer: you cannot count on having a flush of resources. We deal with a lot of poverty, we deal with a lot of scarcity, and we are resourceful, incredibly resourceful. And so that, I think, translates into

Carmen Meyer: the leadership, the providers, the people in general, and I'd say one of the things I have always loved about New Mexico, which I think is why people continue to stay pretty open-minded and open-hearted about what can we do to take care of New Mexicans.

Carmen Meyer: is honestly the... there's this amazing attitude of, if whatever you're doing is not bothering me, I don't care.

Carmen Meyer: You know, you be you. Okay, maybe that's a little weird, I don't know, but it's okay. Like, there's just not this need to have to shut it down and control it, and they really allow people to be that. And I think that that helps with people to be less.

Carmen Meyer: I guess less requiring of, you have to be acting a certain way for me to be okay with you to be deserving of receiving this resource or that resource. It's really more about, you know, we're kind of all in this together. And it's not 100% kumbaya, but

coming from, like, living in the Midwest, for instance, that's not always the same attitude, you know? So, to me, I think that that's the heart of the

Carmen Meyer: what's here, and why I, you know, no matter how tough things get in New Mexico, I see us as, like, we're scrappy, and we'll get through this somehow.

Amy E Glass: I definitely agree with that, and... and we're... we are somehow able to have that kind of, of a...

Amy E Glass: atmosphere without whitewashing all of the tragedy in our past, and, you know, the really awful things, right, that people have done to each other, and governments have done to each other, and...

Amy E Glass: But even having that awareness and knowledge, still having people being able to talk to each other and work together and understand that the good of the community, right, is the good of us all.

Carmen Meyer: Exactly. And I do think that that's the beauty, end product of when you live in a state, in a community, where

Carmen Meyer: It's incredibly diverse. Incredibly. And, you know, and that's the majority of the state.

Amy E Glass: And so you have really strong, strong, long-standing cultural...

Carmen Meyer: ties that infuse everything that we do, and so it's just a regular part of who we are here.

Carmen Meyer: You know, and I... and it does... I think it changes how you...

Carmen Meyer: perceive things and how you roll with things, versus if that's...

Carmen Meyer: More of the minority of your state.

Amy E Glass: Right.

Carmen Meyer: You know, so, yeah, I really think it sets the tone.

Amy E Glass: Alright, shout out to New Mexico!

Carmen Meyer: Go New Mexico!

Amy E Glass: All right, that seems like a good spot for us to wrap up. I really appreciate you talking with me, and all the work that you do on behalf of children and youth with mental health needs in New Mexico. It is, it is seen!

Carmen Meyer: Thank you so much, Amy, and I feel the same way. This must be a mutual crush on NM-ABC, because I absolutely love what you all are doing, and the support that you are providing for pediatricians out there, and I, you know, do everything I can to tell people about what you guys have to offer. So, I really appreciate you inviting me today.

Amy E Glass: Thanks for being here.

----INTERVIEW ENDS----

Amy E Glass: Thank you for listening to this episode of the NM-ABC Podcast. If you have any questions or comments, please get in touch with us at NM-ABC@salud.unm.edu. We also want to thank BatchBug and Chozic for the music included here.

Amy E Glass: NM-ABC is supported by the Health Resources and Services Administration of the US Department of Health and Human Services. The views expressed in this program are those of the speakers, and do not necessarily represent the official views of, nor an endorsement by HRSA, HHHS or the US Government. Thanks for listening.