



December 2018

## A year of growth!

Dear Friends,

We feel so blessed!

Because of your support, this has been a year of unprecedented growth at [Breaking the Silence / New Mexico](#). We feel deeply grateful for your kind words, for your contributions, and for your help spreading the word about BTS/NM classroom presentations and professional development with schools across New Mexico. Thank you!

Here's just a snapshot of what we've accomplished this year:



### Thousands of students.

We've reached over 10,000 students since we began presenting in schools. In the last three months alone, we've presented BTS/NM's stigma-busting curriculum to **over 2,000 students**, in schools from Rio Rancho to Ruidoso.

Recently, a student approached facilitators Michele and Tom right before class began and shared:

*"I have depression and want to **thank you for being here to talk about mental illness** and stigma. I don't share this with any of my classmates because I'm afraid of what they'll think."*

### Brand new website.

Thanks to the generous contributions and support from Dave and Gina Ripley, along with the entire [Border States Electric](#) team, we created a new website just for BTS/NM.



Filled with information about our programs, resources, and partners, we encourage you to [share the link](#) with your friends, family, and colleagues!

## New team members.

We are thrilled to welcome Wynne Coleman, our marketing and development whiz!

She's got a knack for connecting with community members far and wide. Thanks to her efforts, we've been featured on 770 KKOB's talk radio show, the NM State School Board Association, and so much more.



We'd also like to welcome Kristi Goldade, the team's programs and training manager.

Kristi is an email pro! Thanks to her efforts, we've reached hundreds of students and put our [new website](#) on the map. You can find her in our new office in northwest Albuquerque most weekday afternoons.

## More trained facilitators.

This past August we held a Train the Trainers event, where adult professionals and teens alike learned more about the curriculum and becoming a classroom presenter.



Our next training will be held on **Saturday, January 19th, from 10am-4pm**. Save the date and be in touch ([k.goldade@breakingthesilencenm.org](mailto:k.goldade@breakingthesilencenm.org)) to register!

As you can see, we owe you a huge debt of gratitude. We wouldn't be able to do this vital work without your ongoing support-- and we thank you for allowing us to expand our efforts, reach more youth, and break the silence and stigma around mental illness.

With warmest regards,  
*Michele, Barbara, and all of us here at Breaking the Silence / New Mexico*

Connect with us



Breaking the Silence / New Mexico | 505-331-8882 | [E-mail](#) | [Website](#)