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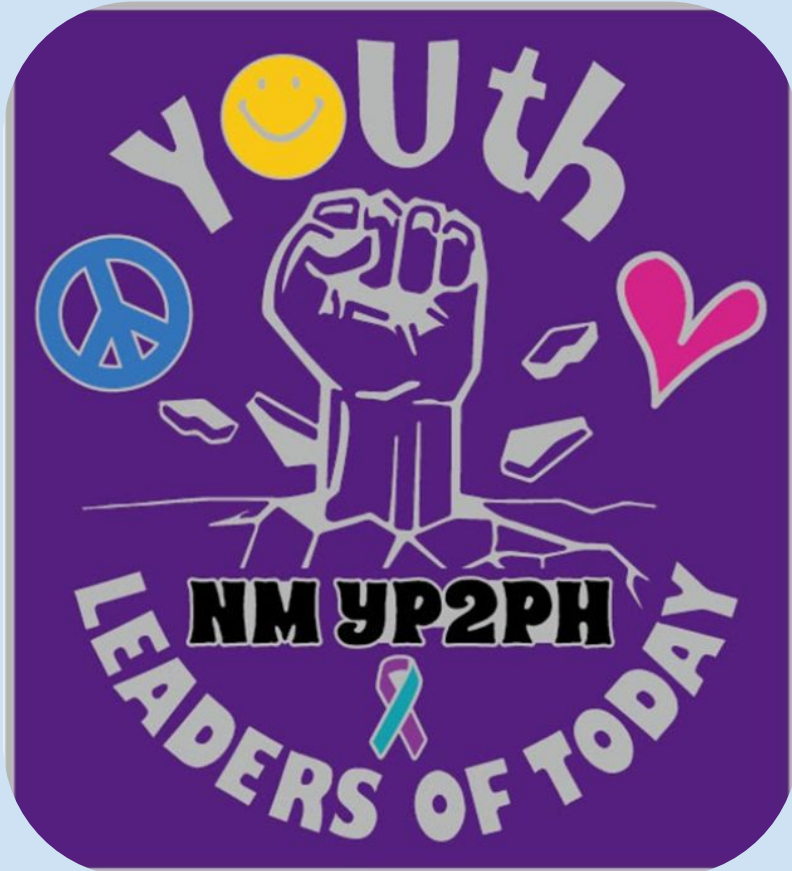
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PVHS Peer-to-Peer Helper Program



ABOUT US



Vision: Healthy, Resilient, Empowered & Engaged Youth, Young Adults Working in Partnership with Adults

Mission: To cultivate a healthy environment where youth, young adults & adults respectfully work together to come up with solutions on various topic areas affecting youth, families, & communities.

Purpose: To promote peer-to-peer & youth-adult partnerships using the positive youth development approach (PYD) & peer helper program.

Goals: Support & Empower Youth on:

- ❖ Positive ways to take care of themselves & be cognizant of our own health.
- ❖ Build healthy relationships (peer to peer & youth-adult)
 - Effective ways to help and support their friends and peers.
 - Ways to contribute to creating safe and supportive school and community environments.

Short Program Description: The NM Youth Peer to Peer Helper (P2PH) Program is adapted from the Natural Helpers which is a promising practice program. It is based on the premise that when young people have problems, they most often turn to friends whom they trust for help, and within every school or youth organization an informal “helping network” exists. The program seeks to identify this informal network of youth who represent all the different subgroups, provides training and support for those who are already serving as helpers. This program is based on the Positive Youth Development Approach (PYD), an asset based approach of working with youth & recognizing them as leaders of today. The program is adaptable based on: 1) The school or organizations strengths, problems and needs 2) Diverse cultural groups and 3) Various budgets.

Attachments:

- [NM YP2PH Program Logic Model](#)

Click Link for more information on the:
[NM Statewide Youth Peer to Peer Helper Program](#)

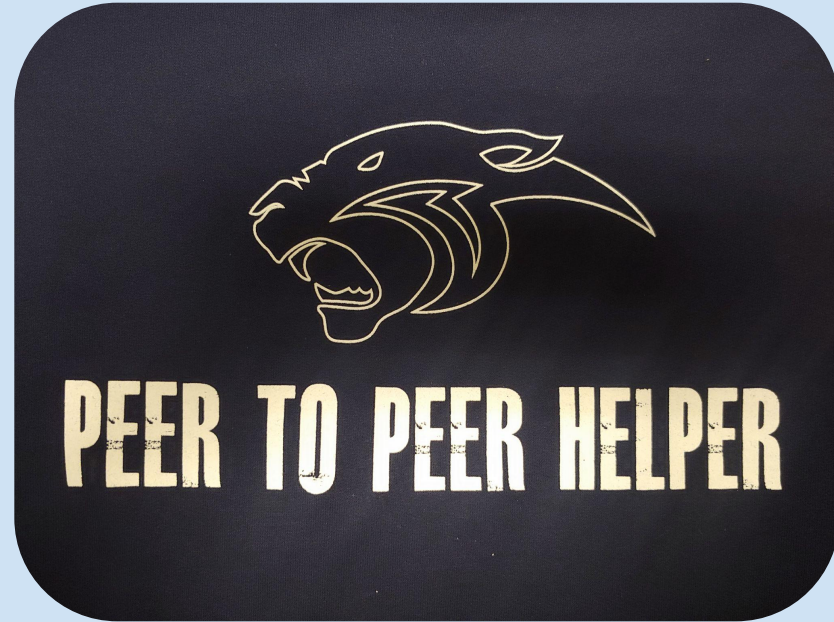
Sponsored By: NMDOH Office of School & Adolescent Health
(List any other sponsors)



Peer to Peer Helpers

Statement of Purpose: As Peer to Peer Helpers, we try to assist those that have issues with depression, stress and everyday problems.

PVHS P2PH 23/24 Motto: *“The sunrise, of course, doesn't care if we watch it or not. It will keep on being beautiful even if no one bothers to look at it.”* — Gene Amole.



In a PVHS School-wide Survey, P2PH students identified these topics as the “Top 5 Concerns” for our school for the 2023/2024 School Year

- 1. School Academics (grades, goals)**
- 2. Depression**
- 3. Stress (not enough time, other pressures)**
- 4. Drugs/Alcohol/Tobacco**
- 5. Loneliness**

Senior Peer Helpers 2023 - 2024



Micha Duran

I have been in P2P for 3 years. Something about me is I like to skate but many people don't know that.



Amber Hagelbarger

3rd year in P2P. I am a great advocate for sexual assault survivors and am an active student finding their purpose, especially after high school. I love to learn about the things people hide, ex. "nerdiness"



Isabella Gilmore

3rd Year in P2P

I am a very good listener and I enjoy helping people no matter what it is about or what you need.

Senior Peer Helpers 2023 - 2024



Riley Wilson

3rd year in P2P

I am a good listener and enjoy making people laugh and feel safe.



Riley Paquin

This is my 4th year in P2P,

I am a good listener and am always willing to lend a hand.



Lane Smith

6 years in P2P.

I'm a good listener and like to work on myself. "Can't rewrite your past, so focus on writing yourself a better future."

Senior Peer Helpers 2023 - 2024



Maki Running Crane

1 year in P2PH

"I enjoy helping others"



Miguel Benavidas Gallardo

1 year in P2PH



Darrian Beasley

1 year in P2PH



Hagan Aranda

1 year in P2PH

Junior Peer Helpers 2023 - 2024



Bailey Beckner

5 Years in the Program
I like to talk to people, I love animals



Darian Descheeny

3rd Year in P2P, I'm a good listener and love helping others when they are going through a rough time.



Abigail Harpole

2nd Year in P2P, I enjoy listening to others & offering help when I can. I love learning more about how I can help others.

Junior Peer Helpers 2023 - 2024



Lindsey Howard

1st year in P2PH



Owen Jones

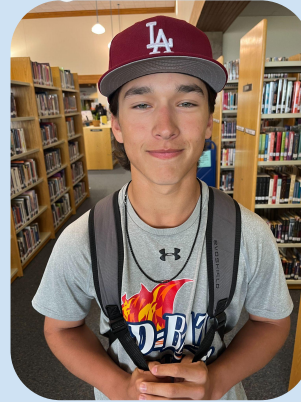
1st year in P2PH

Sophomore Peer Helpers 2023 - 2024



Hannah Anaya

2nd Year in the P2P, I'm great at listening and giving advice. Even if you just need a friend to talk to I'm here for a good laugh because sometimes all we need is a shoulder to lean on.



Mason Courtney

2nd Year in P2P, I am good at listening and giving advice.



Larissa Armenta

5 Years in P2P, I am a great listener and someone who cares about everyone and I am someone you can talk to. I want everyone to know that they are loved and I will never show judgment to anyone because everyone is going through something different.

Sophomore Peer Helpers 2023 - 2024



Andrew Nielson

3rd year in P2P
I enjoy helping people.



Grace Woodall

2nd year in P2P
"No one ever made a difference by being like everyone else." - PT Barnum



Aeva Cook

2nd year in P2P, I am good at comforting and giving advice and listening to everything you have to say.

Freshman Peer Helpers 2023 - 2024



Rev Brandon
1st Year in P2P



Ainsley Rieker
1st Year in P2P



Sadie Current
1st Year in P2P
"I love playing volleyball and walking my dog. I love to help people out and to listen to others".



Octavius White
1st Year in the P2P

OUR TEAM

Adult Sponsors 2023/2024



Pam Edwards
7 Years in Program



Joanna Thrower
2 Years in Program



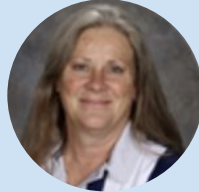
Courtney Lopez
1 Year in Program

OUR TEAM

PVHS Faculty 2023/2024



School Nurses



Guidance Staff



PVHS Administration



School Nurses: Mrs. Roberts & Mrs. Ayze-Jim

Student Support Staff: Ms. Lopez, Mrs. Ortiz, Mr. Pete, Mrs. Dalton, Mrs. Thrower, Mrs. Shorty, Ms. Yazzie, Ms. Hardy, Mrs. Edwards & Mrs. Smiley

PVHS Admin: Mr. Thur, Mrs. Olivas, Mr. Trujillo, Mrs. Reinhardt

SROs: Officers T. Fernandez & M. Moore

Glorieta Retreat/Training

October 13 & 14, 2023



SJC Annual Luminaria Display



December 1, 2023

Stress-free Christmas Tree

During the month of December when testing is going on, the Peer Helpers handed out gift bags to students with tools to help with anxiety. Gift Bags included fidgets, breathing techniques, inspirational stickers, etc.



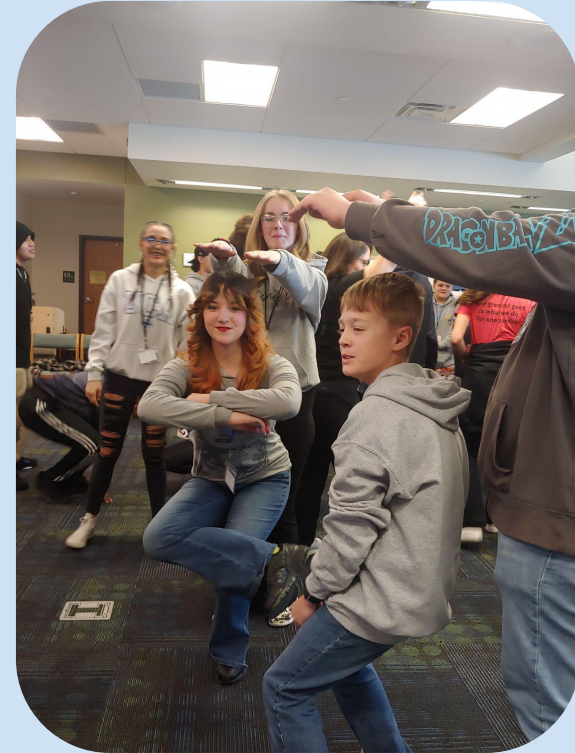
Retreat/Training January 31, 2024



Team Building



Positive Youth Development



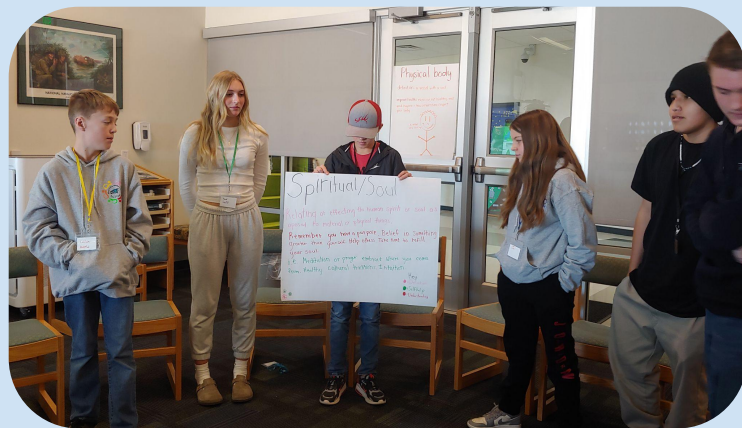
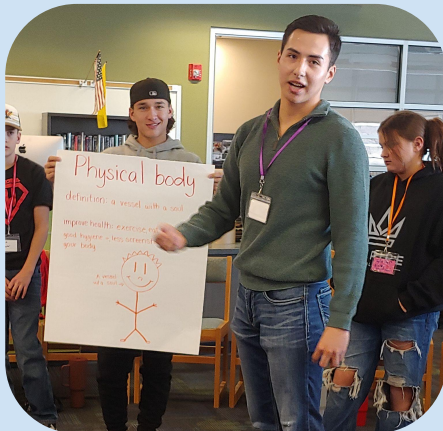
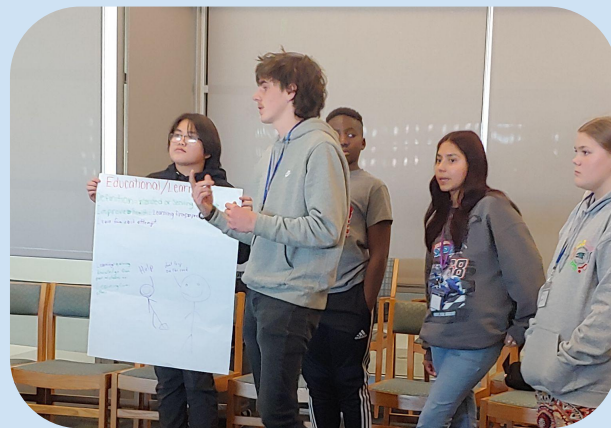
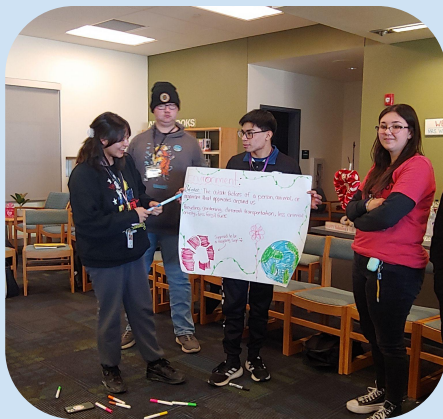
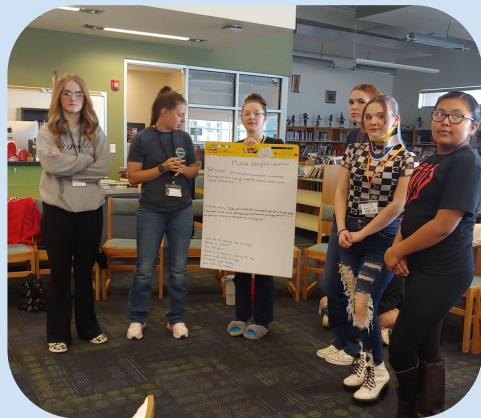
Retreat/Training January 31, 2024



- Leadership
- Peer Helping Skills
- Listening Skills
- Suicide Awareness and Prevention
- Self-Care



Retreat/Training January 31, 2024



Meeting Time!!! Planning Time!!! Fun Time!!!



A SELF-LOVE Valentine Valentine's Day February, 14, 2024



Podcast about P2PH



With the help of one of our PVHS teachers, Ms. Bassing, and her Film Class we were able to create a podcast to address what P2PH does for the school and their viewpoint on how to help the schools. Please watch ***“An Interview with Peer to Peer Helpers”*** at:

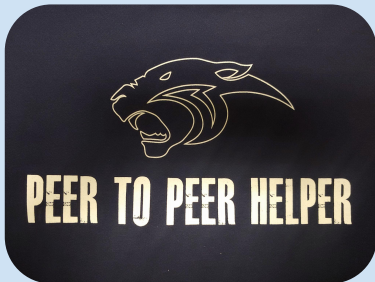
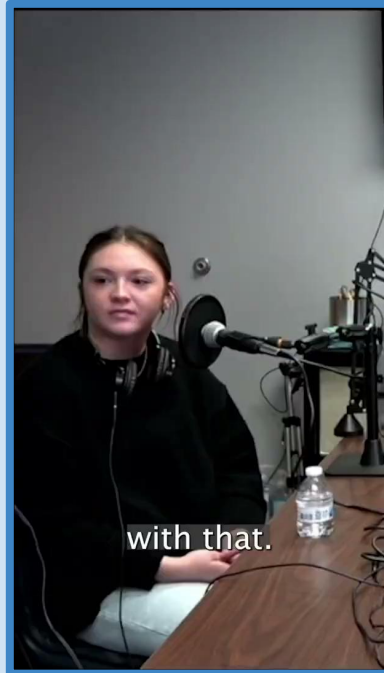
<https://youtu.be/9GIkywGgcHA>



Podcast about P2PH



With the help of one of our PVHS teachers, Ms. Bassing, and her Film Class we were able to continue creating podcasts to address what P2PH does for the school and their viewpoint on how to help address our top 5 student voiced concerns.

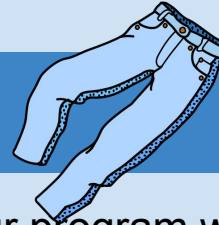


Community Project with Child Haven

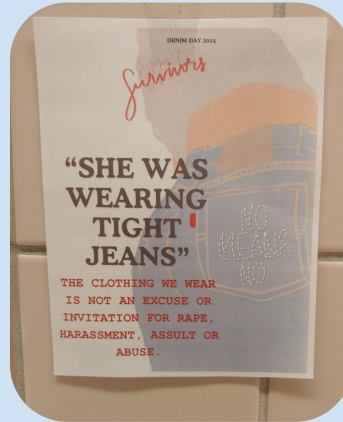
Guest presenters from Childhaven followed by donations for easter egg hunt and P2P members volunteered to go to Target to purchase comfort items for night time routines for children and teens at Childhaven. Our P2P members learned about our community resources and outreach programs.

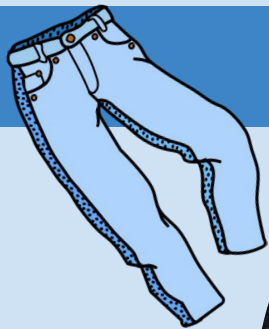


Denim Day Project



April is considered Sexual Assault Awareness Month, where our program wanted to create awareness for Denim Day. Special guest speaker, Brandi Wright, presented what Denim Day means and helped develop a plan to create more awareness within the school. Peer Helpers had a denim painting/decorating day for all students, and made morning announcements of what Denim Day means, hung posters of awareness, and encouraging students to wear denim on April 24th for Denim Day.





Denim Day Decorating/Painting Project

HELP US PROVIDE AWARENESS AND
SUPPORT
FOR DENIM DAY

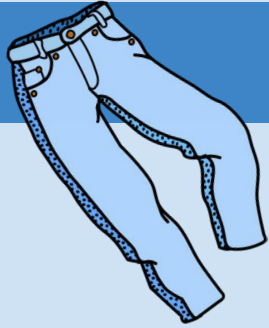
**DENIM
DAY**
EST. 1999

BRING A PAIR OF OLD JEANS
(CANNOT BE JEANS YOU ARE
WEARING)
TO DECORATE WITH OUR PEER
2 PEER GROUP AT LUNCH.

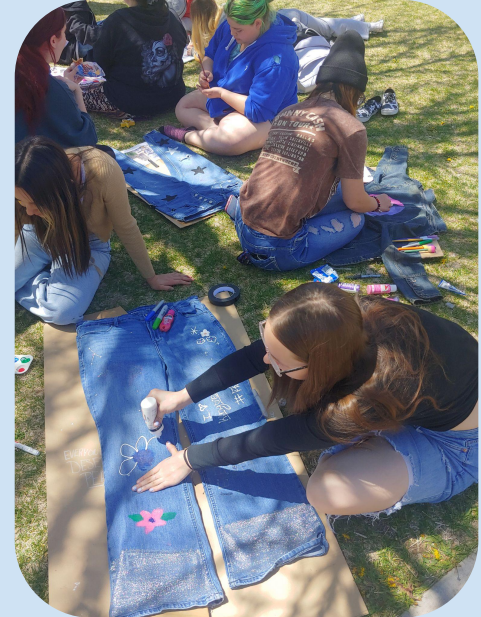
LEARN MORE ABOUT THE
HISTORY OF THIS DAY AND
WHY YOUR SUPPORT IS
NEEDED.

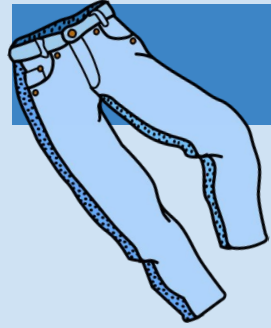
WHEN: TUESDAY, APRIL 23
WHERE: OUTSIDE COMMONS
TIME: A & B LUNCH





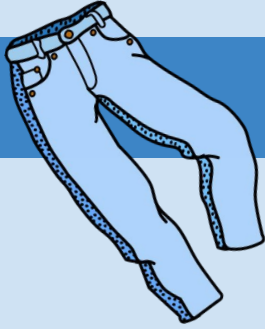
Denim Day Decorating/Painting Project





Denim Day Decorating/Painting Project



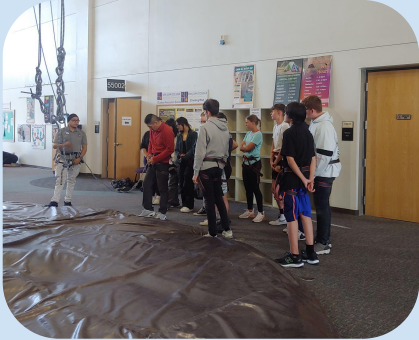


Denim Day April 24, 2024



End of Year Celebration

To congratulate and show appreciation for the work that the Peer Helpers accomplished this year, the sponsors arranged lunch and SJC Climbing Wall



End of Year Celebration



End of Year Celebration



End of Year Celebration



RESOURCES

Helplines & Websites

Crisis Text Line (Can text about anything)

<https://www.crisistextline.org/>

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

Farmington Police Department

(505)599-1053

The Trevor Project (LGBTQ)

<https://www.thetrevorproject.org/>

National Institute on Drug Abuse for Teens (Get facts & help)

<https://teens.drugabuse.gov/>

NM Crisis & Access Line (Mental Health & Substance Use)

<https://nmcrisisline.com/>

Love is Respect (Teen Dating Violence)

<https://www.loveisrespect.org/>

YOUth Know Ur Health Rights in NM

<http://bit.ly/nmyouthrights>

THERE IS NO SHAME
IN GETTING HELP



How Do I Use the Crisis Text Line?

Text HELLO to 741-741 from anywhere in the United States, 24/7. Trained volunteers will text about whatever is a crisis to you—addiction, anxiety, assault, bullying, depression, eating disorders, self-harm, or suicide. Conversations usually end when both you and the crisis counselor feel that you're in a safe place

What Happens When I Call the Suicide Prevention Lifeline?

A skilled, trained crisis worker who works at the Lifeline Crisis Center closest to you will answer the phone. This person will listen to you, understand how your problem is affecting you, provide support, and share any resources that may be helpful. Remember, your call is confidential and free.

APPS



pvhsp2club

Follow



134 posts

124 followers

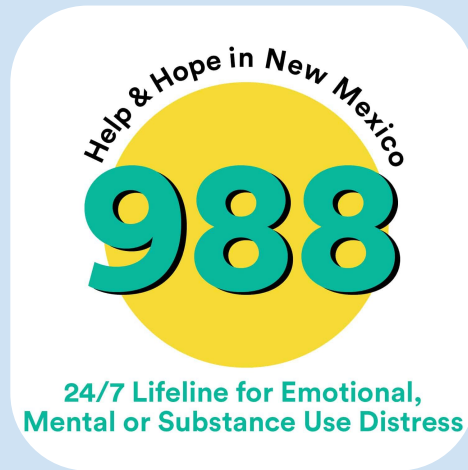
160 following

PVHS P2P CLUB

Peer to Peer club from PVHS



Hotlines



Text: START to 678-678

Call: 1-866-488-7386

CONTACT

- Stop by Mrs. Edwards', Ms. Lopez or Mrs. Thrower's office for questions and support.
- If you ever need peer support, please reach out to the Peer Helpers.

