



PRESIDENT'S WEEKLY PERSPECTIVE



November 25, 2019

Good afternoon.

During this season of gratitude, I want to encourage each of us to remember the power of the Lobo community. The [spirit of giving here at UNM](#) is reflected in the many ways in which we improve the lives of those around us through the generosity of both time and treasure. When we give to our community, we are really giving to ourselves, because our own lives are affected and made better. Thank you, my fellow Lobos. Today and every day, I am grateful for you...our students, faculty, staff, alumni, friends and families. As each of us defines all of us, each of you contributes to the richness and value of our campus community.

Student Mental Health and Well-being

The Lobo experience offers innumerable opportunities for our students to explore who they are, forge new relationships and stretch their intellectual and social boundaries. Along the way, though, they may also struggle with issues that affect their mental health and well-being, ranging from stress and anxiety, to loss or illness. At UNM we care deeply about all aspects of our students' well-being, and part of preparing our Lobos for life is providing a supportive environment in which they know they always matter to us, every step of the way.

As we approach the holidays and final weeks of the semester, we are here to help our students finish strong as they complete coursework and projects and take their final exams. While we respect and support the independence of our students, our campus offers counseling, medical and community [resources](#) for them when they are in need. From care providers at the [Student Health and Counseling Center \(SHAC\)](#) and [Therapy Assistance Online \(TAO\)](#), to support offered through [the LoboRESPECT Advocacy Center](#), the [Agora Crisis Center](#), the new [Collegiate Recovery Center at Logan Hall](#), and our numerous [ethnic and community resource centers](#), there is a place at UNM for all Lobos to find help, guidance and support.

I am proud to be part of such a caring and connected community. To all of our students, I encourage you to place a high priority on self-care and to reach out for help and support if you feel that stress or any other physical or emotional distress is impacting your personal or academic goals. Likewise, if anyone notices someone struggling, please let them know you are concerned and make them aware of available resources.

Project ECHO: A Democracy of Knowledge

As many of you are already aware, Project ECHO began as the vision of Dr. Sanjeev Arora, a liver disease specialist and Distinguished Professor of Medicine at the UNM School of Medicine, to meet the challenge of an epidemic of Hepatitis C. It has since evolved to become one of the most innovative and far-reaching health initiatives in the world - one which 'moves knowledge instead of people.' [Project ECHO: A Democracy of Knowledge](#), a documentary that aired last week on New Mexico PBS and is available online through Dec. 22, tells the story of how by participating in virtual clinics with teams of specialist mentors, primary care

practitioners in rural and underserved areas are acquiring the expertise they need to treat patients with complex health problems. This model has now been used successfully across the U.S. and around the world to treat more than 70 chronic diseases and conditions, including Hepatitis C, HIV, tuberculosis, chronic pain, endocrinology and behavioral health disorders.

Lobos Shine at NCAA National Championship

Congratulations to our Lobo women's cross country team and to Coach Franklin for their [4th place finish at the NCAA National Championship](#)! This year marks the fifth time the team has finished in the top four, including three in the last four years, and their 10th consecutive finish in the top 10. Also, special congratulations to Weini Kelati, who won her first NCAA individual National Championship with a time of 19:47.5, and became just the second individual winner in UNM cross country history, joining Ednah Kurgat. Go Lobos!

2019 Fall Commencement Volunteers Needed

It's hard to believe, but graduation for some of our Lobos is less than a month away, with the main commencement ceremony taking place on Friday, Dec. 13, 2019. It takes a dedicated team of staff and faculty volunteers to make commencement run smoothly, and we are grateful to those who have already agreed to assist. If you have not volunteered recently for Commencement, please consider doing so this year—it's a great chance to celebrate our students and the importance of teaching and education as essential elements of our mission. The deadline for volunteer sign-up is Dec. 1, so there is still time if you would like to participate.

Have a safe and peaceful week, and let's go Lobos!

Garnett S. Stokes
President