The Masks We Wear
Masks, scary things, facing our fears: Halloween is awesomely frightful fun! And yet, the COVID-19 pandemic has us wearing masks, dealing with lots of scary things, and needing to face earnest fears. In this issue, we have some tricks and treats while also talking about ways in which we hide and ways in which we can face the scarier sides of the pandemic.

Simple Pleasures:
These are our latest finds for relatively quick, easy, often healthy, things you can do during COVID-19 restrictions.

The Cumbres & Toltec Scenic Railroad in Chama NM is operating this fall.

Virtual train rides are available from around the world.

Awwwwwww! Baby Yoda raises the spirits of wildfire fighters:

Have conversations with your children about the fall:
  - What was your favorite part of summer?
  - What do you most look forward to about fall/winter?
  - What is one family activity you want to do this fall/winter?
  - What are your favorite memories about previous fall seasons?
  - What are you grateful for and how can we show gratitude?
  - What will/or do you miss most about fall this year because of the pandemic?
  - What fall treat would be fun to make?
  - Ask anything fall related!!

A Cultural Exploration of Face Masks During Disease Outbreaks from PBS News.
An IFCE Observation:

Maria-Elena Salazar (Lecturer in Family and Child Studies) reminds us that Los Muertos\(^1\) live on in New Mexico.

While others may fear masks, ghosts and otherworldliness, we border peoples welcome the undead into our lives. U.S. Southwest natives\(^2\), from California to Louisiana, are deeply rooted in our geographies and in our cultural identities and beliefs. One of these many, many, \textit{many} beliefs is that those who have left their earthly bodies continue to walk the Earth in their spiritual forms. If you do not see a ghost at some point of your life, we believe, then you’re living with your eyes wide shut.

Further, borderlands peoples are accustomed to wearing myriad masks and living in infinite worlds. A lived daily experience may find one of us physically, mentally and emotionally between two nations, three states, three languages and numerous socioeconomic conditions (A shout out here to my Uncle Enrique and everyone else in Las Cruces, New Mexico). The fluidity in which we move between our many worlds is nothing but remarkable. As we continue to navigate our many discourses and Discourses\(^3\), during an unprecedented time in human history, let us not forget to celebrate our many identities. In New Mexico, Día de los Muertos, or Day of the Dead, is observed in our Latino and Indigenous communities alike (see picture to the right, from Mesilla, NM). This is a time to celebrate our ancestors. It is also meant to remind us of the many others that have contributed to our many masks.

Albeit only half of October, I would like to recognize Hispanic Heritage Month (September 15-October 15) and my fellow border crossers out there (Congratulations, UNM Professors Gabriel López, Maggie Werner-Washburne and Fernando Valenzuela for being honored among \texttt{100 Inspiring Hispanic/Latinx Scientists}.). I encourage us all to acknowledge the masks we wear. Dr. Salazar encourages you to put on a mask that makes you feel like you, and go out and enjoy a fall night, lizard people, La Llorona, or not.

\begin{footnotes}
\item[1] The dead.
\item[2] Here I specifically refer to American Indians, Latinos and all color gradients therein, living on both sides of the Mexico/U.S. border.
\item[3] Discourse meaning cultural communities in which we belong to and engage with, such as being a teacher or a Latino, discourse referencing written and spoken communication, or language in-use. [Gee, J.P. (2015). \textit{Social linguistics and literacies: Ideology in discourses}. New York: Routledge.]
\end{footnotes}
It’s a Marathon not a Sprint:

We’re on a long road to new things. Pace yourself!

Get your flu shot today!

Take care of yourself, so you can best take care of your kids.

An IFCE Observation:

David T. Lardier (Assistant Professor of Family and Child Studies) reflects on our figurative mask-wearing during the pandemic.

Is it just me, or are the days just blending together? It seems that for all intents and purposes, all we have is work and home, home and work. Maybe if we are lucky, there is some variation with the occasional grocery store visit or because of our scenic beauty here in New Mexico, we can do some hiking. Yet, despite some of these reprieves from the mundane, COVID has forced all of us to navigate our world in ways that we are less than used to. In this largely isolated, boring, and for some, even stressful and anxious world of COVID, we must wear multiple masks. In this world, our mental health and mental stamina are being constantly tested.

At any given moment, we (myself included) float between anxiety and sadness (somedays I feel like a yo-yo). Nonetheless, there is a need to develop some sort of strange resiliency in the face of ever-increasing ambiguity and limitations in social support – a world where we are all disconnected and the handshake or hug has given way to the elbow or sometimes just a wave. It is isolating – at least comparatively to pre-COVID. What do we do in this new and strange world, how do we cope, and what touchstones of support do we have? Some of us choose to wear masks without considering the toll this takes on our daily lives.

Wearing Masks

What mask do you wear on most days? Personally, I wear a mask on the hardest days of this pandemic. I put it on for my son, my spouse, my students, my parents etc. I personify the upbeat, warm, and caring person that so many have characterized me as being. Yet, it is hard in a world of isolation and a world of worrying and being downhearted. With more time on my hands, due to the pandemic, I find it easier to sit with my feelings (rumination was already part of my modus operandi) – and because of the pandemic, I am forced to be more aware of my feelings (not much room for distraction). As we approach Halloween, wearing a mask and taking on different personas is poignant and makes me even more aware of not only my fragility but also the fragility of so many people during this time – a time where we are navigating lives that are complex.
During COVID, many (if not all) of us are forced to deal with our unique and special demons (can you tell I am keeping up this Halloween theme). It is hard to even consider how to have “good mental health” and take stock of our mental stamina. We often are asking ourselves, “What mask do I wear today?” Do I take on the warm and humorous dad, who will be a superhero with my son and fly around “the world” (really our living room)? Alternatively, do I take on how I am really feeling – stressed and unsure because I am ruminating over “what comes next”? Of course, my struggle isn’t everyone’s struggle. But like so many, I rotate through an endless cycle of trying to be the best person I can, while also grappling with the more difficult aspects of my own feelings.

Reflecting on these realities, I recall the movie *Nightmare before Christmas* – a Tim Burton stop-action film that came out in the early 1990s. As some of you recall, the Mayor of Halloween Town shifts between chipper and self-assured, to downtrodden and anxious. At any given moment, the mayor shifts or pivots. This allusion may be representative to what many of us (myself included) are feeling today – at any given moment we shift between chipper and self-assured, to beat-up, downtrodden, and maybe anxious. It is a tough time, don’t get me wrong, but we must consider how to focus on the silver linings and identify touchstones of support in the midst of such difficulties. We will always wear masks, but how do we ensure that our mask(s) is more genuine to what we are actually feeling?

**Where do we go from here?**

The Centers for Disease Control indicates that 7.1% (probably closer to 10%)⁴ of the population suffers from depression or anxiety at any given time. In light of COVID, recent estimates have expanded to 31%⁵. Many of us do not consider the fatigue we are generally under due to shifting the masks we are wearing, along with the added bonus of isolation. What do wearing masks and the realities presented by COVID do to our emotional and physical health? As with the mayor of Halloween Town from *The Nightmare Before Christmas*, we may be wearing the mask of an upbeat, chipper, and self-assured employee, spouse, or father, while really we may be more aptly wearing the mask of the beat-up and downtrodden. Many of us, if not all of us, are in a constant state of flux.

As a therapist, I know too well the strain that such flux (happy to sad, stressed to content) can have. We live in a world where we worry about physical health over mental health. And as social

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beings, we as humans are not used to living in an isolated state relative to what we were used to pre-COVID. So what do we do? What advice do I have for you? I think, for me, and maybe for you, we must find ways of belonging to the world. There are many ways we can increase our own resilience during this time and begin navigating our wellness and mental health, and if we have to wear a mask ensure that it is more aligned to our actual emotions versus the emotions we want to “show” to the world. One of the first ways is to enjoy your own company and be your own friend.

1. **Be your own friend**: You live with yourself 24/7, and if you can’t learn to love yourself and all your imperfections, then it’s going to be a hellish time. Build on your comforts and identify those comforts that help in different ways – a smorgasbord of remedies to choose from. Not all of these remedies will work, but like most ‘medicines’ at some point your remedy may no longer work and you have to find other ways of loving yourself.

2. **Be random**: Do something out of the ordinary (within the scope of your own life). At the peak of the pandemic, I was stuck in the monotony of work and home. So, I decided to reupholster, learn some woodwork and stain an old rocking chair. I am not what you call handy and it was indeed ‘random’ for me (at least). I felt so confident, I put down new floors in our house with the help of my spouse who is handy. What I am saying is just do something that you maybe never thought you could do and enjoy it!

3. **Take care of your body**: Take deep breaths or meditate. Exercise as regularly as possible and if able, try to sleep plenty, and eat well. (See our Back to Basics issue.) I am not what you call an ‘athlete’, however, since COVID I started running. I am calm, less anxious and I actually enjoy it.

4. **Take care of your emotional health**: Mental health treatment or therapy is stigmatized in the US – no question. This could be one of the best ways to not only have social connection but also process your feelings and all the masks that you wear.

5. **Remember to connect with others**: There are ways to connect. We thrive to belong. Human connection is a necessity. Can you connect via FaceTime or Zoom with a friend or family member? My friends live all around the country – CA, Maryland, NJ and we attempt to connect once per week via Zoom to talk and catch up. We started a Book Club! (more like Comic book Club) For you, this may be important, too.
**Gains and Losses:**

All of these changes!
Some are true losses big and small.
Some, though, are gains.


Hidden in plain sight are losses all around us. If you or someone you know is at risk for these issues, please reach out now!

<table>
<thead>
<tr>
<th>Issue</th>
<th>Did you know that . . .</th>
<th>Resource</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suicide attempts</td>
<td>New Mexico’s number of suicides has increased dramatically during the pandemic.</td>
<td>Suicide Prevention Lifeline: 800-273-TALK (8255)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>911</td>
</tr>
<tr>
<td>Domestic violence</td>
<td>Stay-at-home orders increase the chances of domestic violence.</td>
<td>New Mexico Coalition Against Domestic Violence Hotline - 505-246-9240</td>
</tr>
<tr>
<td>Child abuse</td>
<td>Reports of child abuse in NM are down because kids aren’t out and about with teachers and others who often report abuse.</td>
<td>Statewide Central Intake child abuse hotline 1-855-333-SAFE [7233] or #SAFE from a cell phone</td>
</tr>
<tr>
<td>Mental health needs</td>
<td>New Mexico, like the rest of the US, is seeing an increase in mental health issues.</td>
<td>Call toll free 1-855-NMCRISIS (662-7474)</td>
</tr>
<tr>
<td>Kids aren’t getting school lunches</td>
<td>New Mexico kids qualifying for free or reduced-priced lunches may not be getting them. As many as 85% of these kids nationally are NOT getting them.</td>
<td><a href="https://www.newmexico.gov/education/meal-sites-for-children/">https://www.newmexico.gov/education/meal-sites-for-children/</a></td>
</tr>
<tr>
<td>Alcohol consumption</td>
<td>New Mexico’s alcohol consumption, like that of the rest of the US, has gone up during COVID.</td>
<td>Call toll free 1-855-NMCRISIS (662-7474)</td>
</tr>
</tbody>
</table>

**An IFCE Observation:**

Jan Armstrong (Professor of Educational Psychology) writes about motivating and supporting our children’s learning.

Psychology is a science that examines and reveals the masks we wear. In the past half century, psychologists have shed useful light on how our brains can deceive us, resulting in
flawed decision making and actions that produce results counter to what we intended or desired. This includes work that shows the way our minds are prone to biases that can lead to poor decision making and undermine rather than build motivation. When scientists gain new insights into human nature, we may find it necessary to let go of customary beliefs and behaviors. Change is stressful and difficult, but humans are built to adapt! Change is the price, and the reward of progress.

Parents are now playing a greater part than ever in their children’s development, supervising online learning and daily activities without the benefits of peer play, school and other organized sites of socialization. As cognitive and educational psychologists have gained new insights into teaching and learning, they have identified better and worse ways to help our children learn. Here are some upbeat video clips from the Smithsonian Museum that illustrate areas in which many of us need to rethink our assumptions about the nature of learning, and how best to motivate children and others to learn.

- Good Thinking! Attack the Knack: https://www.youtube.com/watch?v=ikPsFx6Pnxg.
- Good Thinking! Sending learning styles out of style: https://www.youtube.com/watch?v=C9hTWRwfZOc.
- Good Thinking! Conceptual change: How new ideas take root: https://www.youtube.com/watch?v=N3a_4471DEU.

Coping Skills: We need to recommit to what works and to learn new ways.

A Friend of IFCE Observation:

Ybeth Z. Iglesias (Bilingual Training & Development Consultant at UNM’s Family Development Program) provides suggestions for helping children express their feelings.

Our world can be a fun, exciting and scary place for children to explore and grow in. Children learn from the adults around them how to navigate their surroundings and express themselves. They will follow our lead on how to convey happiness, sadness, anger, frustration and fear. As their language skills are developing in the first 5 years, children may not have the words to tell us how they are feeling or thinking but can demonstrate these through behaviors and actions.
Dramatic play is an excellent opportunity for children to communicate their feelings, process their emotions and learn different perspectives. As they role play different people and events, they are processing their feelings and thoughts. During the first year, we can help by teaching names of emotions. We can say “you look happy or sad” and “not being able to ____ is frustrating” or “that must have been scary.” By naming the feelings we are not only providing vocabulary, but we are acknowledging their feeling and modeling how to be mindful of other’s feelings. Older kids may recognize feeling words but can’t state them so asking them “are you happy” or “was that scary” is helpful, remembering that feeling scared and angry is both normal and healthy. We can support them, as they are processing their feeling and thought by telling them it is fine, normal and healthy to have them. Children will role play what they see around them trying, to make sense of their surroundings feelings and thoughts. It’s a chance for adults to witness and experience their world. If a child is being hurtful or violent, we can provide them with alternative ways of expressing themselves. With encouragement, children around two years old can express empathy and recognize others have can have their own feelings. We can support different perspectives by speaking for others or asking them how they think the other person/item felt or thought. An adult might say “Brother was sad when you took his toy away” “Do you think baby was scared when you threw them?” or “What do you think froggy felt when you ____?” This is an excellent chance for us to share our own feelings, “I am so happy you ______ or I was hurt when ______.”

Two activities which may be helpful for children with different language abilities are signing and “feeling communication boards.” Children as young as 1-year old may have a couple of single sign-language signs. This could be an enjoyable learning activity between children and their caregivers. Signs for feeling can be found online or in books from your local library. A “feeling communication board,” Is a paper/board with faces expressing feelings with the feeling word near the face. There are several free online feeling communications boards that can be printed. It is helpful for durability, reusing and protection to either laminate or place the paper inside of a clear plastic folder. The adult then points to the corresponding feeling and the child learns to signal to the emotion when they are having the feeling. Signaling can take several forms such as pointing, placing a magnet or circling/crossing the emotion. For older kids, creating the board can be a creative activity, they can color and/or cut the faces and help write the feeling name. If adults have printer access creating the feeling board with photos of the child or a loved one expressing the emotion can be meaningful. Older children can have fun “pretending” the feeling face.

During this COVID-19 time, with wearing health masks and online-distance communication it has become challenging to see people’s faces. Children may be having a harder time reading
our facial expressions. It is helpful for adults to state their feelings and share emotions in an honest way. Children can sense what is going on, as tempting as minimizing may be, being honest about our feelings is important. This is an excellent opportunity to role model sharing our feelings by either using words or signs.

Conflict Resolution:

All of our relationships take extra attention right now. Conflict, unfortunately, happens easily.

An IFCE Observation

From Ashley Martin-Cuellar: During this time of national conflict and unrest with the pandemic and election, I can’t help but notice my body in tension and my mind restless. I feel the worry of the opposing sides on a variety of issues and can’t help but hope that we can figure this all out in an amicable way. I have watched the TED TALK by Megan Phelps-Roper several times and I show it in my class as we discuss values and navigating conflicting values within families. Although I mentioned this is a previous issue on Careers, Childcare and Back-to-Work, I think it applies to our current situation and the conversations that will ensue over the coming months with loved ones.

Megan Phelps-Roper grew up as part of the Westboro Baptist Church and in this talk, she shares her struggle as she shifted values and beliefs from picketing at funerals and yelling hurtful and hateful things, to a life lived in love and compassion. She talks about her process in leaving her past life behind and the conversations that were valuable in helping her see another perspective and viewpoint. I find value in her words every time I watch it. We don’t need to change our minds, or shift our values; however, there are ways to navigate difficult conversations to have the other party feel heard and to be able to share our perspective with thoughtfulness. Here are a few highlights that Megan shares as important considerations in a conversation with someone you disagree with:

1. **Don’t assume malintent.** People believe they are doing the right thing and assuming bad intent cuts us off from hearing and understanding. When we extend this grace to the person we are talking to, it allows us to hear them differently. It also allows them the non-judgmental space to explain their position.

2. **Ask questions.** Asking thoughtful questions allows us to gain deeper understanding and to have the person we are talking to feel heard. Just because we listen, doesn’t
mean we agree. It also allows us to better make our argument (#4) when we can better understand the argument of a perhaps opposing side.

3. **Stay calm.** When our heart rate is up, we can’t reason. Our body is in a heightened state of arousal and our processing and understanding capacity is compromised.

4. **Make your argument.** We can’t assume people know or understand our argument. We have to be thoughtful in explaining our meanings, our values, the research, our stories. We all have differing experiences that bring us to the argument, and we can’t expect someone to understand without carefully making the argument.

Here is Megan Phelps-Roper’s TedTalk if you are interested further:

https://www.ted.com/talks/megan_phelps_roper_i_grew_up_in_the_westboro_baptist_church_h ere_s_why_i_left/transcript?language=en

I can’t help to not be slightly Pollyanna, but I saw this recently and just love the song: *The Voice* coaches 2020 sing “One Love” by Bob Marley—

https://www.youtube.com/watch?v=dB4hP-QM5Q0&feature=emb_logo

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**The New Mexico 19:**

Here are 19 New Mexico Treats you can enjoy. No tricks!

1. Thirteen virtual New Mexican Halloween activities: https://www.togethernm.org/halloween/.

2. **A Candy Slide for a Safe, Socially Distanced Halloween**

3. **Corn Maze!**
   a. Aztec: https://www.sutherlandfarms.net/.
   d. Mesilla Valley: https://www.mesillavalleymaze.com/
   e. Moriarty: https://mccallpumpkinpatch.com/
   f. Roswell: https://gravesfarm.com/

4. Making Halloween special if you cannot trick-or-treat (CDC):
   a. Have everyone in the house decorate a door
   b. Make costumes and have a virtual costume contest
   c. Create masks
   d. Halloween scavenger hunt with list of themed things to find or scavenger hunt trick-or-treat with household members
5. Make and enjoy homemade candy
   a. Candy corn:  
6. Here are 13 healthy halloween themed dinner ideas to offset some of that candy.
7. Here’s what you need to know about COVID-19 masks and Halloween masks.
8. Halloween games for kids.
9. Rediscover the Georgia O'Keefe Museum. Reservations, masks and social distancing are required.
10. UNM Student Activities offers an extensive list of virtual activities, programming and resources. “Social distancing doesn’t have to be lonely, or stressful!”
11. Access digital resources (ebooks, eAudiobooks, Music, Video and Digital Magazines) with your public library card.
12. Free outdoor digital access (WiFi) locations in Albuquerque.
13. New Mexico Magazine features 5 great ways to see fall colors.
14. How to make a Chili Ristra.
15. Directory of Orchards in New Mexico. It might not be too late to explore a pick-your-own orchard this fall.
16. Learn to Cook, or Learn Something New About Cooking.
17. Make a fall treat:
   a. Make a pumpkin pie (from scratch!) out of a pumpkin  
      https://www.foodnetwork.com/recipes/nancy-fuller/from-scratch-pumpkin-pie-2251073
   b. Make cinnamon and sugar pumpkin seeds
      https://www.delish.com/cooking/recipe-ideas/recipes/a44055/cinnamon-sugar-pumpkin-seeds-recipe/
19. Think about ideas that will help you experience the fall in joyful and cozy ways! Hygge in the fall:
Kelley Holladay, PhD, LPCC (Assistant Professor of Counselor Education) discusses the psychology of masks.

In an article about Masks and Psychology (see here) Andrew Spacey (2017) writes, “Masks can be bizarre, plain, scary and powerful. They add mystery and intrigue.”

In the psychological realm, and in most areas of our life, it can be said we wear a mask. One for work, home, or social arenas. Famous psychologist Carl Jung spent much of his life studying psychoanalytic theory, suggesting that unconsciously much of our present behaviors are shaped by past experiences. Jung stated that we all house: ego, the personal unconscious, and the collective unconscious. The ego is our conscious, or what we are aware of. The personal unconscious includes repressed memories, and the collective unconscious is housed deep below our surface. This drives our behavior.

In terms of how Jung defines archetypes, the persona and shadow if integrated, may result in full psychological development. “One could say, with a little exaggeration that the persona is that which in reality one is not, but which oneself as well as others think one is” (Carl Jung, 1990). Essentially, our persona is the mask we wear in public. It is who you think you are, and if we begin to identify with this mask too deeply, we may believe it (e.g., collective unconscious). However, when we start to investigate the parts that don’t fit, we explore what is referred to as the shadow. The shadow includes things we may deny about ourselves like judgment or impulse (see Stead, 2019). This is hard work, as this contains everything that isn’t part of the persona. So, maybe this October we begin to explore our personality or the masks that we are drawn to? If we are dressing up for Halloween, perhaps it is time to examine our shadow as we dress up in that superhero costume or even something a little spookier?

Check out a video featuring Carl Jung here:

A collection of Jung’s essays called The Archetypes and the Collective Unconscious here.
For Those in the Helping Professions:


Avemarie, L (2019). Blogpost: The biggest error on pain management (you may be doing) https://www.larsavemarie.com/the-biggest-error/ [Written by a physiotherapist, but relevant for professionals in IFCE specializations. This is an essay on the importance of critical thinking in clinical reasoning and examines the problem of erroneous reasoning about pain management. Begins with Feynman’s claim that “The first principle is that you must not fool yourself and you are the easiest person to fool.”]


The Bookshelf -- References and Other Resources

Things the WASH NM Team has read or seen that you might want to examine more closely


Haidt, J. (2013). The righteous mind: Why good people are divided by politics and religion.

Haidt, J. (2018). The coddling of the American mind: How good intentions and bad ideas are setting up a generation for failure.


Coming up Next:
Genuine Gratitude on November 18 -- Gratitude is important to our wellbeing, however we don’t want to ignore reality with “toxic positivity”. Neither should we fail to be thankful for our true blessings. With Thanksgiving kicking off the holiday season, we will look at ways to be authentic and genuine in our gratitude and celebration while acknowledging the all-too-real downsides in life right now.

About WASH NM:
The faculty and students of the Department of Individual, Family and Community Education in the College of Education and Human Sciences at the University of New Mexico would like to offer to all New Mexicans thoughts, ideas, and resources from ourselves and our areas of study and work -- counseling, educational psychology, family & child studies, and nutrition -- to enlighten, soften, and aid the COVID-19-related transitions. We intend to make this offering monthly, each with a theme relevant to our times.

We are months in to the coronavirus effects on our lives, and we are realizing that we face not a pause in our realities to which we will soon spring back but a new reality entirely. We held our breath, put our collective and individual heads down, and gutted it out so far. Now, we face the marathon, not a sprint, of placing ourselves, our children and families, our work selves -- everything -- into this new normal. In these changes, we owe ourselves and those around us opportunities to note and to grieve the losses, big and small, and we also owe it to ourselves and others opportunities to see and seize and solidify the gains. Some of these changes have been good! We’ve (re)discovered simple pleasures like baking, walks, family meals, reading, laughing together. Some of the changes have been among the hardest we’ve faced. We’re in need of new and better coping skills, and, with tensions running high, we need new and better conflict resolution strategies, too. Even simple interactions aren’t simple these days! With informed reflection and action throughout this time, we can all improve our Wellbeing at School and at Home in New Mexico.

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How to Pick Up the WASH NM:
All issues of WASH NM are available in pdf format at:
http://coehs.unm.edu/departments-programs/ifce/wash-nm.html

An e-mail distribution list (WASH_NM-L) will announce each new issue. You can subscribe to the list by sending a message to listserv@list.unm.edu:

Leave the Subject field blank.

In the body of message type (with no other text): subscribe WASH_NM-L  Firstname Lastname

About the Department of Individual, Family and Community Education:
The department houses four diverse, but interconnected, programs that prepare students to address the myriad issues faced by the State of New Mexico. Our faculty members are leaders in their disciplines of Counselor Education, Educational Psychology, Family and Child Studies, and Nutrition; although each of these programs reflect different professional fields and identities, we all have shared values of human development, diversity, and excellence in scholarship and teaching. We offer various Bachelor’s, Master’s, and Doctoral Degrees and a number of programs have achieved national accreditations in their fields, a true marker of success and innovation.

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