

Transformative Information in The Midst of Adversity

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As an extension office located in the borderland in Southern New Mexico, we have the privilege to serve a community that continuously changes and diversifies. It is crucial that as Extension Agents we demonstrate sensitivity to clientele's needs. It is essential not to only consider the audience's needs, but in order to meet the needs we must be sensitive to an individual's history and past experiences.



Everyone responds differently to different experiences. Therefore, we all have unique responses to adversity. Extension is part of the Resilience Leaders, which is a group formed of community leaders to bring awareness about Adverse Childhood Experiences or ACEs. As part of this group, workshops and presentations have been taking place in the communities of Southern New Mexico. The goal is to let people know that an ACEs score does not determine who we are or who we can be.

The big question is - What can we do about it? We can build resilience in the face of adversity. Resilience involves behaviors, thoughts and actions that can be learned by anyone. The good news is that regardless of our race, ethnicity or cultural background, our history or past experiences, we can all develop resiliency skills. Safe, stable, and nurturing relationships are the most important factor in building resilience. It is important that individuals feel safe, know that someone believes in them, and supports them to be able to cope with adversity in healthier ways. What a great opportunity we have as agents to serve our community and be able to share such valuable and transformative information with our clientele!