

Erica Davis-Crump specializes in youth advocacy through positive development techniques, wellness, and awareness. For the past five years she has trained and presented in every county in New Mexico, to over 30,000 students and parents. She is TEDx alumni speaker, and an involved member within the communities of New Mexico. She also specializes in suicide awareness and prevention, where she works to destigmatize the issues surrounding mental health. Erica hopes that with each training experience she provides, students and their families gain a deeper sense of connection to their invaluable self worth that can enable a strengthened community.

Ms. David-Crump is a woman who has embraced the world of advocacy in Mental Health Awareness in every way possible. In the short time I have known her, she has not only owned every stage she has been invited to speak on, but has been a voice for the youth of New Mexico in more ways that I can explain.

I have seen first hand how her passion for Mental Health and Suicide Awareness has been instrumental in helping youth and adults alike in the state. During her time with the Office of the New Mexico Attorney General, she toured across the state, engaging with youth in middle and high schools to talk about this sensitive and sometimes stigmatic issue. Her passion for the topic showed not only in her voice as she proudly spoke on a topic that she knew inside and out, but she wore her heart on her sleeve while she did it.

As the only outreach advocate to be QPR Certified, she was the only one qualified to present on this topic, and she was ready at the drop of a dime to travel as many miles, and as many days necessary to reach the staggering 30,000 + youth she spoke to in less than a years time. Delivering a message of hope, understanding and resilience that only she could give.

She took time to not only train others on this topic, but also to train herself. Snagging the opportunity to attend the Supporters Conference in Orlando, "To Write Love On Her Arms (TWLOHA)" where she came back more encouraged and eager to bring back a message of hope and understanding to her fellow New Mexicans.

One of the many things I admire about this woman was not only her passion to help those in need, but also her unwavering commitment to being as open as possible as she does so. As a woman who struggles herself with depression, Erica was always eager to share her story with perfect strangers in all corners of the state. Allowing them to see the real person inside, and in so doing, opened the eyes of every person she came in contact with, to see that they were not alone, they didn't have to struggle alone, and that it was "OK not to be OK, but even better to seek the help needed."

This mantra was not only a mantra that youth across the state drank in during her time with them, but I can vouch, as a friend and former co-worker, that it was also a mantra that held her together at times.

A mother of two amazing, beautiful and creative souls she calls her little's. Not to mention a hectic work schedule when she was touring the state, it was incredible to watch how her own personal struggles never took her away from those two paramount things in her life. Motherhood and advocacy are her lifelines and it shows in everything she does, everyday.

It never fails to amaze me how the youth gravitate to her and are so willing and ready to open up to her as a perfect stranger. This is why she is so good at what she does. Being able to open up about her own struggles, gave these scared, and struggling youth, gave anyone who came in contact with her, the peace they needed in order to open up themselves.

Countless times youth would come up to her after her presentations to express gratitude and love, and many, many times, youth who were struggling would ask to share their story. With her training, she was able to make them feel at ease as she escorted them to the counselor and would even sit in, if asked, to offer comfort and assistance to both the counselor and the youth. You will see in the articles and thank you notes below how inspirational, approachable, and meaningful her voice of strength and courage was to the youth and the educators she came across every day.

One of my proudest moments as her friend was when she had the amazing opportunity to be a part of TedxABQ, where she presented on this very topic. She was able to give voice to those in need in less than 10 minutes, not an easy feat for anyone in that position. You can find the link to that ted talk below:

<https://www.youtube.com/watch?v=x136YxQTUXo>

It is evident in her delivery, her poise and the never faltering smile, that she knows what she is talking about and knows how to get across to those she is speaking to, but it is also clear that she has gone through these issues herself and has climbed out to the other side. She is ok, with not being ok. She also is able to seek help knowing that helping herself, helps those around her as well and gives her the voice to speak to youth to encourage them to erase the stigma and lend a hand to those in need.

I truly believe that this woman has everything that it takes to be nominated for this award, and I am sure that no matter what happens in her future, she will rise above to make sure that there are many many others to follow in her footsteps and be there to continue the effort to shout to the world that Mental Health Awareness is necessary, and the education of it is even more so.

I can only thank you for your consideration of this powerful woman, and I hope that I am doing her justice through these words, because she truly deserves this award and the recognition for putting her heart and soul out there every day for something she is inspired by and embraces.

For more inspirational words and understanding of Erica Davis-Crump, please see the following emails, and news article clips.

Thank you,

Heather Sandoval

The below expressions of support and gratitude were written after a presentation by Ms. Davis-Crump at the United World College in New Mexico.

Please add a note expressing your support for the Suicide Awareness (Healthy Minds) Presentation, or send a personal email to Dan Cressman. Thank you!

- Add your name, the subject you teach
- Why the NMOAG's presentation was helpful -- meeting a need, providing education, etc.
- The impact you believe it had on your students (anecdotes are welcomed if applicable)

The Suicide Awareness presentation that was given today at UWC-USA was, by far, the most important, timely, and engaging one that our students have seen this year. Erica has a talent for creating both an entertaining and relatable presentation for our students and others of their age group. The students are abuzz after her talk and are thinking of creating a student-led organization on supporting mental health issues on our campus. Erica is an asset to this community and others around the state of New Mexico.- Doug and Nandita

Erica's presentation this morning was on point and very timely. The night before, I had a conversation with a few of my girls in the dorm, that was solely centered around mental health and the many stigmas around it. Our students were very engaged and I think it was mainly because of how close to home the topic is. Erica was also very fun and relatable while tackling the very serious topic of suicide death as the most preventable cause of death amongst adolescents. We would greatly benefit as a school, as well as other schools in the state, to have this outreach program expanded. Erica has a gift for public speaking and she has great mastery of the topic she covered. Thank you Erica! Codou (Registrar and IB Diploma Coordinator)

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It was a pleasure to watch Erica speak to the students this morning. She is very talented in not only presenting the topic but engaging young people, so they actually start thinking about the impact of mental health issues. I feel it is very important to have these sort of programs in schools, as they not only increase awareness but make teenagers more confident in coming forward with their concerns.

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Empowering young people to identify mental health concerns, questions and resources is an essential piece of education and community building. Supporting schools in preventing suicide,

addressing violence and acknowledging trauma is vital to student success. It is impressive that the Attorney General's office recognizes their role in prevention, education and outreach. The Healthy Minds presentation helped our school recognize some next steps we can take, available resources, and ways to support one another. Erica did a great job. Thank you for offering this program.

Naomi Swinton

Director, Experiential Education

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I had the pleasure of experiencing Erica's suicide prevention workshop at Luna Community College last Spring and witnessed its beneficial effects again this Fall at the United World College. At both institutions, it was informative, engaging, and relevant for the students and employees alike. It opened the door to very candid discussions about the importance of self-care and seeking help when stress becomes unhealthy, topics which many of them had never felt safe discussing before in their lives and which will only become more relevant for them as time goes on. The workshop also inspired me to incorporate depression and suicide-awareness education into my Health Science courses in a more personal, direct way, and it has helped me to become a more effective ally for students and others struggling with mental health issues in their personal lives. Thank you, from the bottom of my heart, for your support of Erica's work. It is meaningful, effective, and desperately needed in our communities throughout New Mexico.

Erin Abreu Gilland

Instructor, Sports, Exercise, and Health Science, UWC-USA

Instructor, Human Anatomy and Physiology, LCC

Hi Dan,

Thanks for doing this - here's a note:

My name is Aaron Kagan and I am an English teacher at the United World College-USA in Montezuma, NM. Erica Davis-Crump presented at our school today on behalf of the Attorney General's office, and I just wanted to write to express my support for this program. Erica is uniquely skilled at connecting with young people on this hugely important issue. Truly, it is a matter of life and death for some, and I believe that she is very much responsible for preserving lives due to the clarity of her message. I base this observation off of my own experience watching her and also by the many positive comments made by my students.

Peace,

Aaron Kagan

[UWC-USA](#)

Dear Erica,

I Found your presentation to our students extremely valuable.

As a licensed counselor and retired director of the CARE RTC at NMBHI

I have worked with many people over the past 30 years who mental illness and suicide have impacted their life.

I can not say strongly enough how valuable prevention out reach into schools and communities is. The old saying that "an ounce of prevention equals a pound of cure" is more than true.

In this presentation today approximately 230 students plus faculty were captivated by the skillful and informative presentation Erica delivered.

We have several students working through issues of loved ones attempting and completing suicide. In my practice at UWC I work with students who need help in this area. Erica helps normalize the issue and encourages people to seek help.

Thank you for your outreach program.

Sincerely Yours,

Daniel Cressman, LMHC, UWC counselor