



Using *Promotores(as) de Salud* to Address Mental Health in Latino Communities

MHP Salud

Washington Community Health Worker Conference 2018

April 12, 2018



Objectives

- Describe the benefits of using a community-based, peer-to-peer program to address mental health in Latino communities
- Identify culturally appropriate strategies and activities to address mental health in Latino and/or agricultural worker communities
- Apply concepts from the *Salud Para Todos* curriculum to existing or developing programs

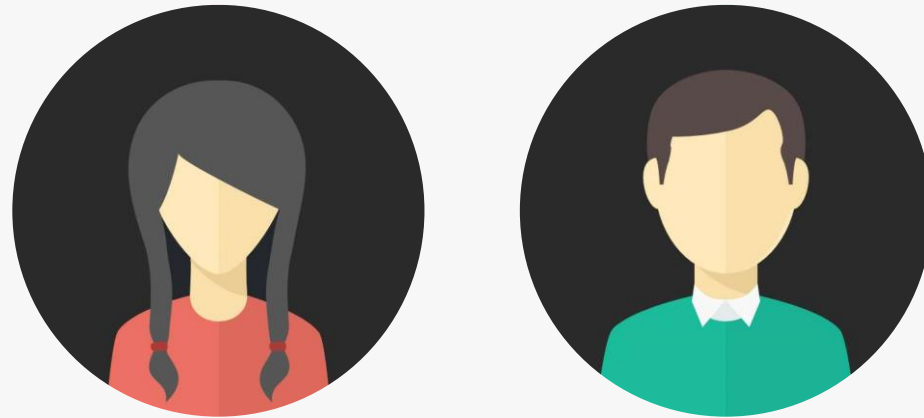
About MHP Salud



Community Health Workers

A CHW is a frontline public health worker who is a **trusted member** of and/or has an unusually close understanding of the community served. This trusting relationship enables the CHW to serve as a liaison / link / intermediary between health and social services and the community to **facilitate access to services** and **improve the quality and cultural competence of service delivery**.

Who are *Promotores(as) de Salud*?



Community members who promote health in their own communities.

*Salud
Para
Todos*



Background on SPT



Original program
designed for
MSAW
community



Expand program
to other
underserved
Latino
communities

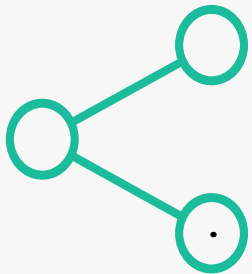


Updated manual
and **facilitator's
guide**

SPT Program Goals

	2015	2016
Target County	Hidalgo County, TX	Hidalgo and Starr Counties, TX
# People Reached in General Outreach	700	Continued outreach in Hidalgo Co, plus 500 reached in Starr Co.
# Participants in Group Sessions	200	200
# Referrals	40	75
Other		Reach 50 organizations on how to implement the SPT program

2015 Results



2076

People reached through general outreach

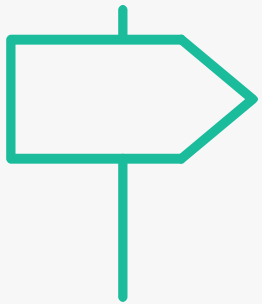


22

Group sessions


276

Participants in group sessions



78

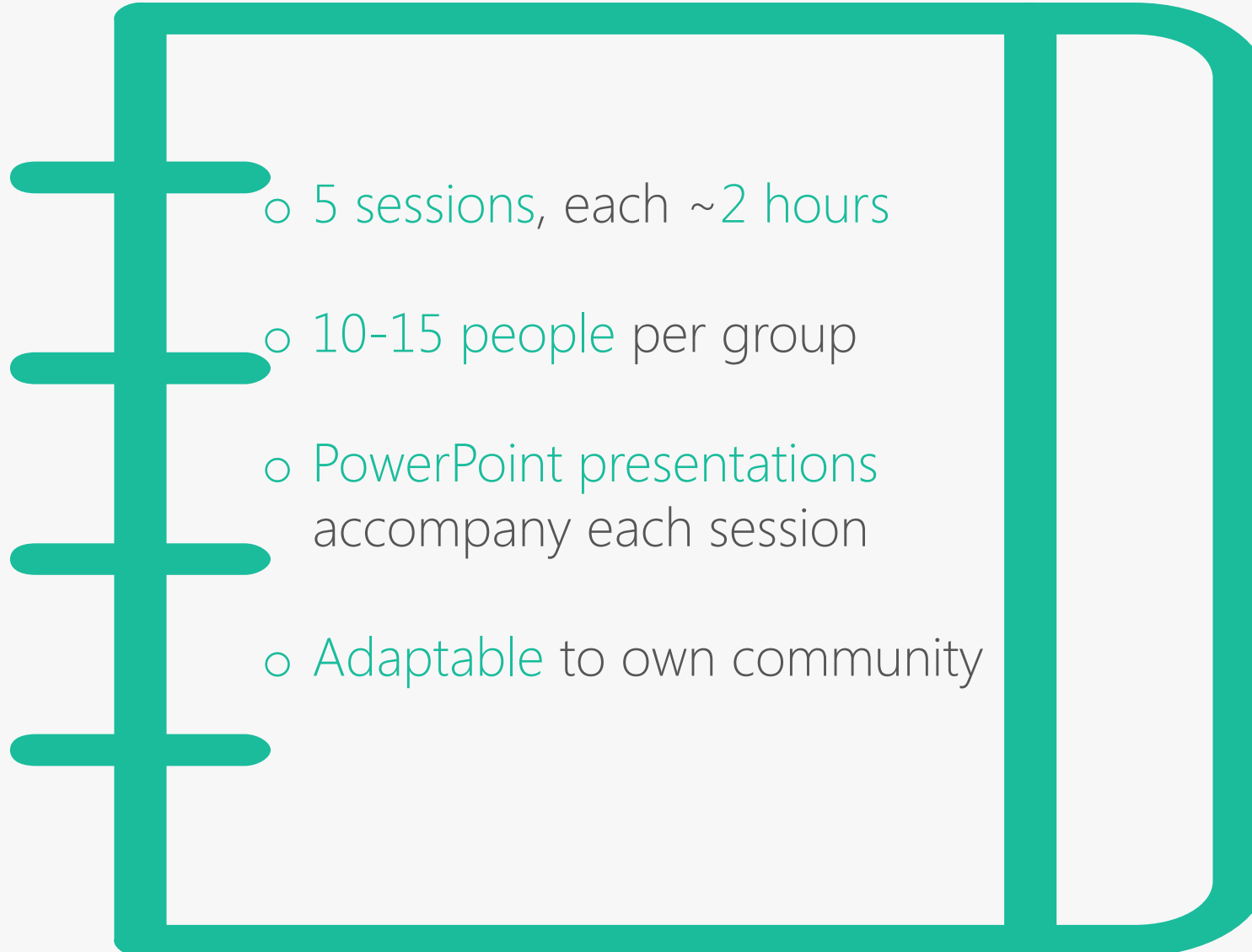
Referrals to mental health services

A photograph of three women and a young child sitting at a table in a community meeting. The woman on the left has glasses and is looking towards the right. The woman in the middle is laughing and has her hand near her face. The woman on the right is also laughing and looking towards the right. The child is sitting in front of the woman on the right, looking towards the left. There are papers, a water bottle, and a cup on the table. In the background, there are signs on the wall, one of which says "MI FAMILIA VOTA".

*Salud Para
Todos*
Facilitator's
Guide

MI FAMILIA
VOTA

SPT Facilitator's Guide



I. REVIEW

- Detailed information on topic

II. SESSION OVERVIEW

- Facilitator notes
- Objectives
- Materials
- Handouts
- Session agenda
- Session plan

III. APPENDIX

- Templates of forms for activities or handouts

Session 1 Mental Health

Objectives

- Participants will understand the difference between mental health and mental illness
- Participants will become familiar with different kinds of mental illnesses, including the symptoms of the different conditions
- Participants will become familiar how mental health illnesses present themselves in teenagers and children
- Participants will be able to identify treatment and management options for people suffering from mental illnesses



Session 2 Stress

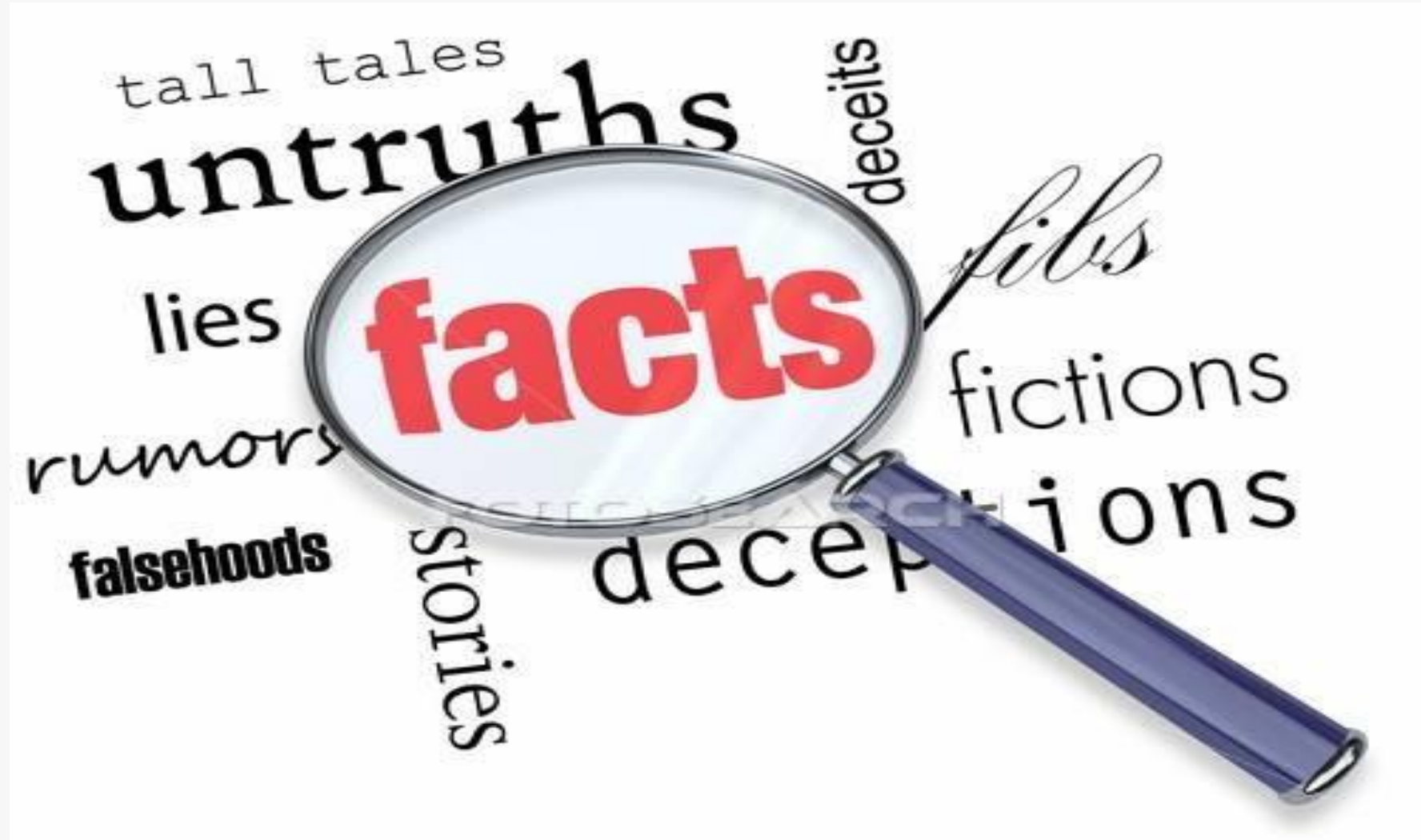
Objectives

- Participants will be able to identify signs and symptoms of feeling too much stress
- Participants will become familiar with the causes of stress
- Participants will be able to name health problems that result from stress
- Participants will identify practices that can reduce stress



Relax

Let's Talk...



Session 3 Intimate Partner and Domestic Violence

Objectives

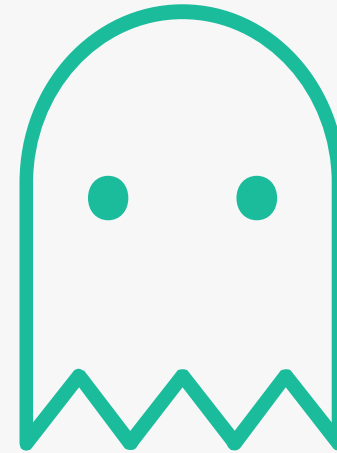
- Participants will become familiar with intimate partner violence and domestic violence
- Participants will be able to distinguish myths from facts regarding intimate partner violence
- Participants will be able to identify different kinds of abuse
- Participants will become familiar with the barriers an individual faces in leaving an abusive relationship
- Participants will understand the effects of domestic violence on children



Session 4 Substance Abuse

Objectives

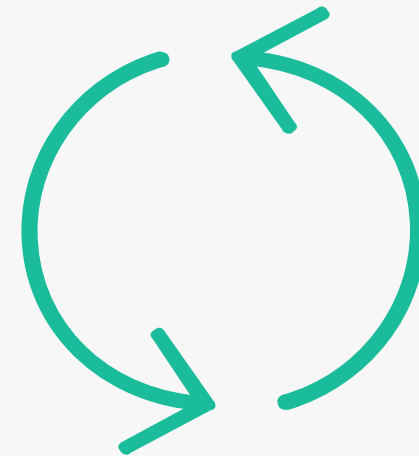
- Participants will be familiar with short term and long term effects of alcohol and other drugs
- Participants will identify the various family and work problems that can result from alcohol and drug abuse
- Participants will be able to describe the signs of addiction and problems caused by addiction



Session 5 Chronic Disease and Mental Health

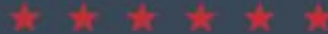
Objectives

- Participants will demonstrate an understanding of the relationship between mental health conditions and chronic disease
- Participants will identify the ways that mental health and chronic disease can influence the other
- Participants will become familiar with mental health conditions and chronic diseases in teens and children
- Participants will identify different management and treatment options for people that have both mental health conditions and a chronic disease





AG WORKER ACCESS 2020 CAMPAIGN



NCFH

National Center for Farmworker Health, Inc.



NATIONAL ASSOCIATION OF
Community Health Centers

JOIN THE **AG WORKER ACCESS 2020** CAMPAIGN

Approximately 20% of Ag Workers are being served in Community & Migrant Health Centers. The goal is to increase that number to 2 million people served. We can't do it without your help!



**I CARE ABOUT AMERICA'S
AGRICULTURAL WORKERS**

Thank You!



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