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ATTC

Addiction Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Centering Self-Compassion in Mental Health Programming with Latina Immigrant Women

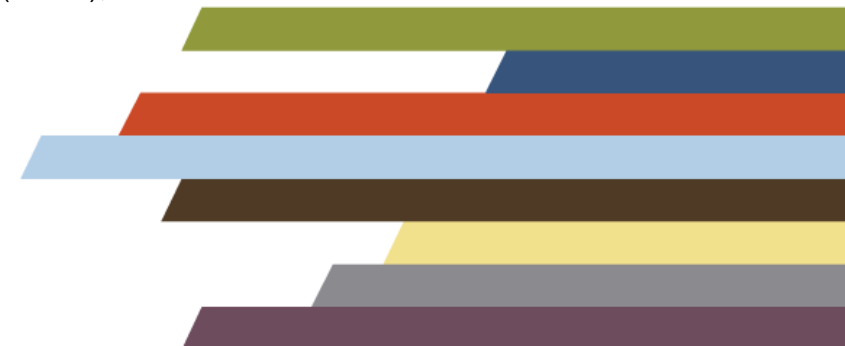
- We will begin the webinar promptly at 03:30 PM (ET)
- Please post your questions by clicking the Q&A icon on your screen. We will answer questions at the end of the webinar, and we will try to answer as many as we possible.
- The webinar is being recorded and we will email all attendees once its ready. Also, a PDF copy of the presentation will be distributed at the same time. We will send an email to all attendees once these materials are ready. In order to view it, you must sign up (provided via link later) to our Juntos/ATTC list.

This webinar was made possible through funding from Grant Number 1H79TI081174.

Disclaimer: The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions or policies of the National Latino Behavioral Health Association (NLBHA), the Center for Substance Abuse Treatment (CSAT), the Center for Substance Abuse Prevention (CSAP), or the Substance Abuse and Mental Health Services Administration (SAMSHA).

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Behavioral Health Association **NLBHA**

SAMHSA
Substance Abuse and Mental Health
Services Administration





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Centering Self-Compassion in Mental Health Programming with Latina Immigrant Women

Presenters:

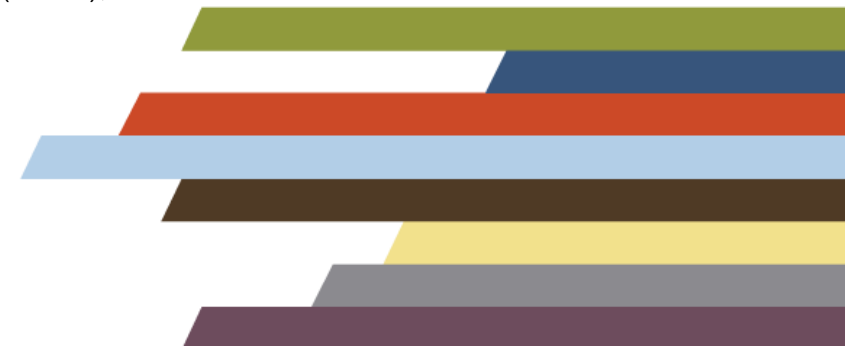
Serena Maurer, Ph.D. y Georgina Perez, MSW, LICSW

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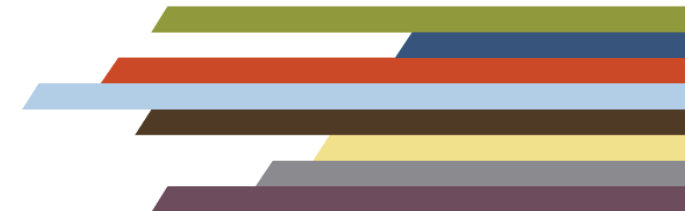
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HOUSEKEEPING

- PPT Slide Deck
- Q&A Session
 - Question Cards
- Evaluation
 - External Link

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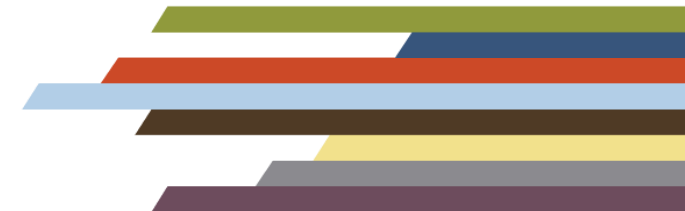
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Our Mission

The Mission and Goal of The National Latino Behavioral Health Association is to influence national behavioral health policy, eliminate disparities in funding and access to services, and improve the quality of services and treatment outcomes for Latino populations.

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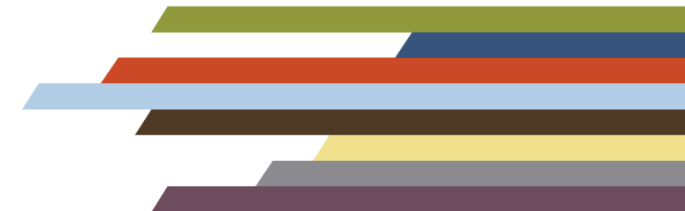
Our Objective is to provide national leadership on mental health and substance abuse concerns of the Latino community. NLBHA's Policy Priorities are:

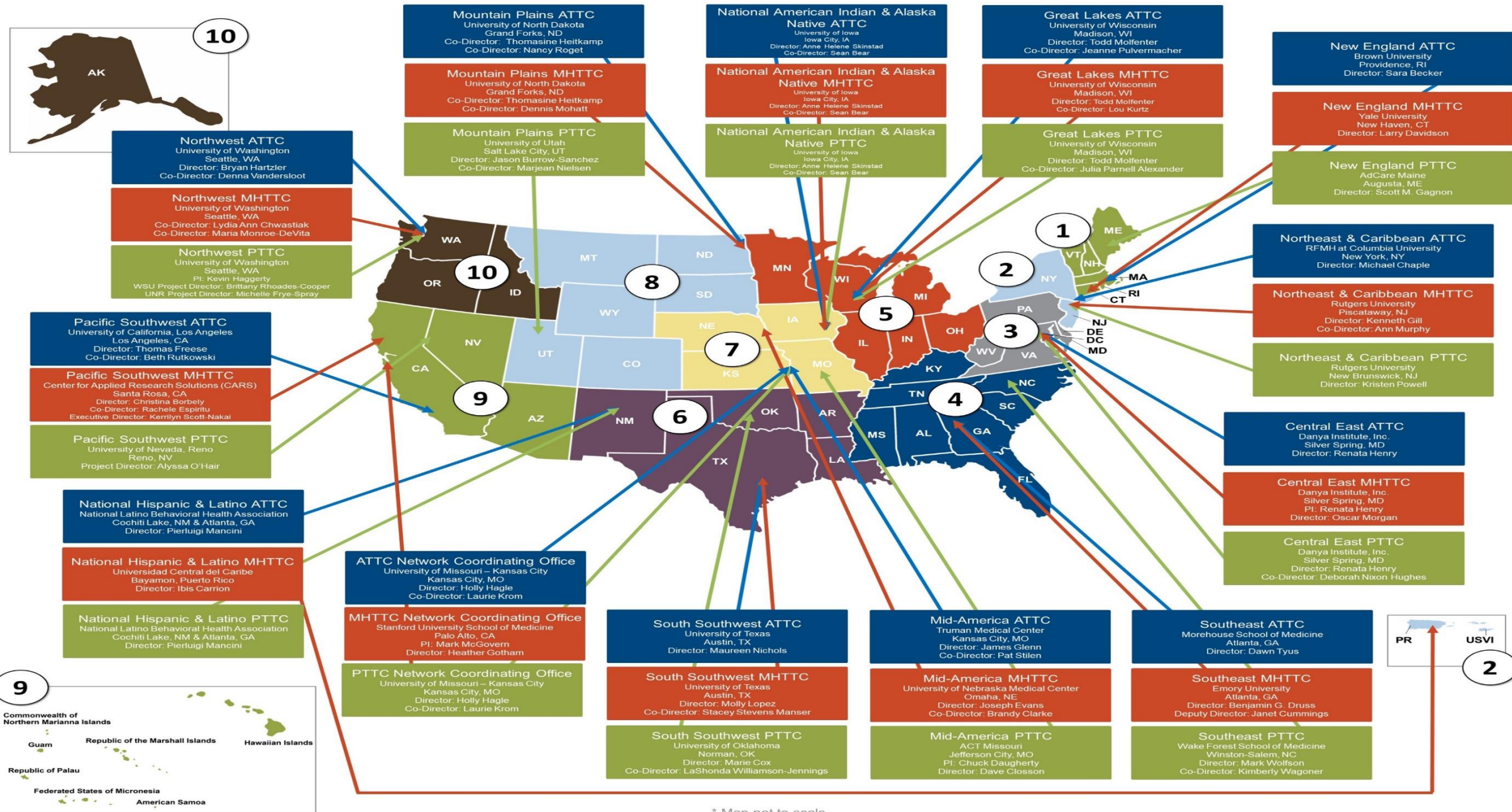
1. Targeted Capacity Expansion of Mental Health Services for Latinos
2. Latino Behavioral Health Evidenced Based Practices
3. Legislation to increase the number of Counselors/Therapists/Other Behavioral Health Practitioners
4. Funding for Co-Occurring Disorders of Alcohol and Substance Abuse
5. Opioid Crisis in the Latino Community
6. Suicide Prevention



Fredrick Sandoval, MPA
Executive Director
NLBHA

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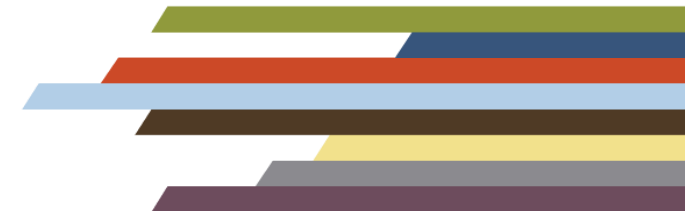






NH-L ATTC Mission

The mission of the National Hispanic and Latino Addiction Technology Transfer Center is to provide high-quality training and technical assistance to improve the capacity of the workforce serving Hispanic and Latino communities in behavioral health prevention, treatment, and recovery. We disseminate and support the implementation of evidence-based and promising practices to enhance service delivery, promote the growth of a diverse, culturally competent workforce, and bridge access to quality behavioral health services. We are committed to increasing health equity and access to effective culturally and linguistically grounded approaches.



National Hispanic and Latino Addiction Technology Transfer Center (ATTC) Staff



Pierluigi Mancini, PhD,
Director



Maxine Henry, MSW, MBA
Co-Director



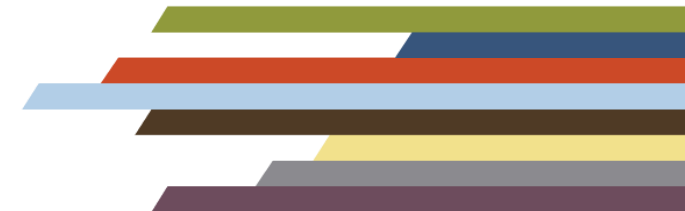
Ruth Yáñez, MSW
Executive Admin. Assistant



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Today's Presenters



Serena Maurer, Ph.D.



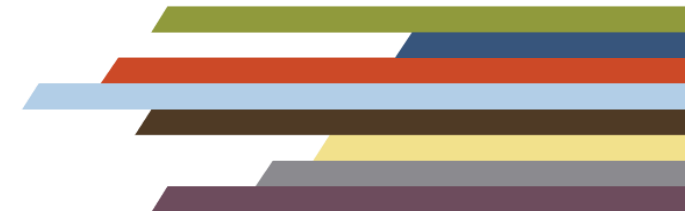
Georgina Perez, MSW, LICSW



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Polling Question

Which of the following best describes your work environment?

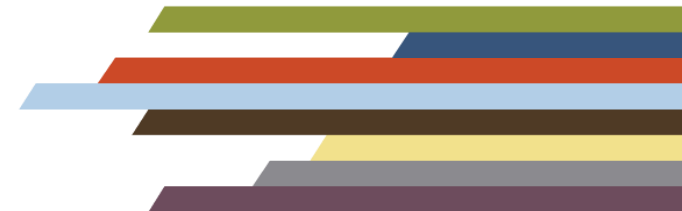
- Community mental health clinic
- Substance use treatment setting
- Hospital or medical setting
- Private practice or private clinic
- School, college, or university setting
- Government agency
- Social service agency
- Non-profit agency
- Other



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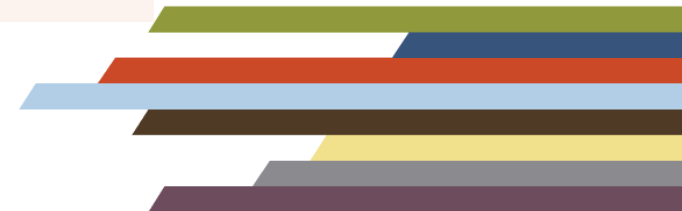
Amigas Latinas Motivando el Alma (ALMA)



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ALMA Program Overview

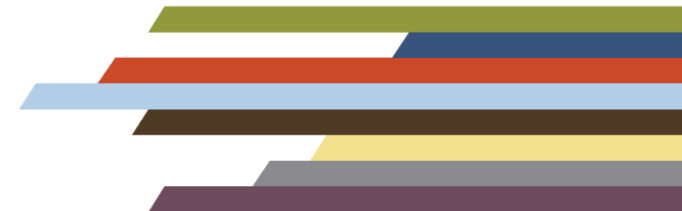
- To reduce anxiety and depression amongst Latina immigrant women
- 8 weeks, 25 participants, 2 hour sessions
- In collaboration with two local Latinx organizations
- Strengths-based
- Centers embodied mindfulness and self-compassion practices
- In Spanish
- Focus on community-building
- On-site childcare, transportation funds
- ALMA survey completed at 4 time points



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Polling Question

What strategies are you using to support your mental health?

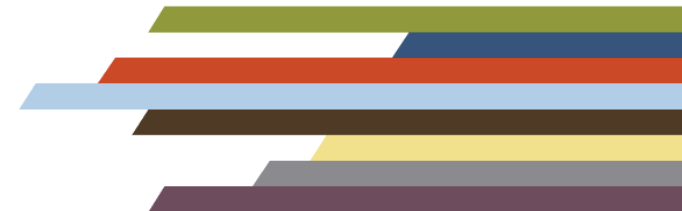
- Taking a walk
- Talking with a friend
- Therapy
- Breathing practices
- Meditation
- Exercise
- All of the above



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Background

Latina immigrant women at higher risk for poor mental health

Immigration-related stressors:

- Trauma experienced during migration
- Limited access to social services
- Current political climate increasing fear of deportation and discrimination

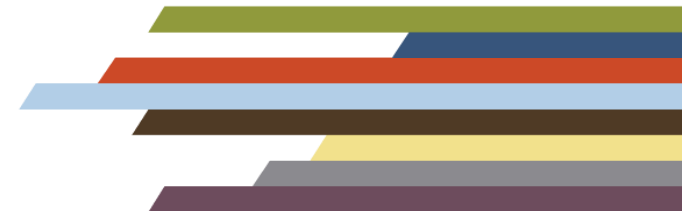
Social networks and social support are important resources for Latina immigrant women



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Curriculum Overview



Session 1: Arriving, Connecting, Introduction to Program

Session 2: Telling Our Stories of Migration

Session 3: Stress and Life here in Seattle/Washington

Session 4: Interconnectedness and Support

Session 5: Homecoming—to Mindfulness, to Ourselves, to Each Other

Session 6: Working with Challenging Emotions

Session 7: ALMA in our Daily Lives

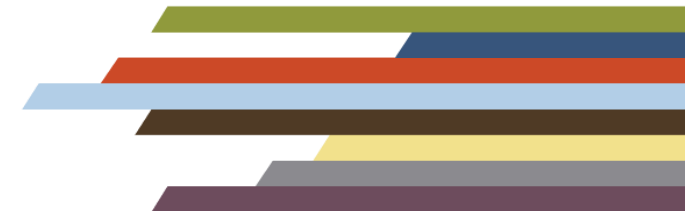
Session 8: Celebration, Graduation, Staying Connected to Self & Others



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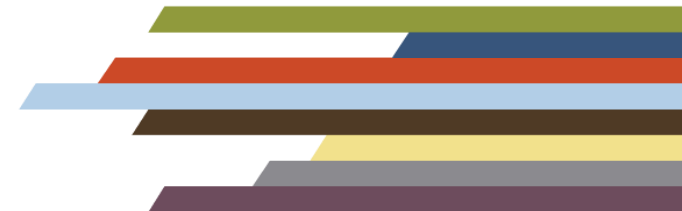




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Estar atenta en tu cuerpo
Body Awareness



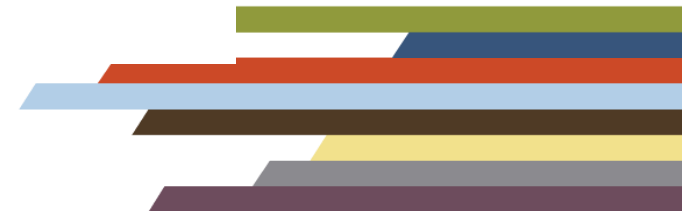
Estar atenta en tu respiración
Mindfulness of the Breath Meditation



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Estar atenta en comer
Mindful Eating



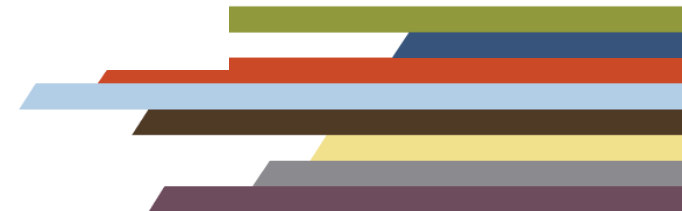
Háblate con amor y cariño
Loving self-talk



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Parar y Respirar
Aceptar
Darte Cariño
Stop & Breathe, Accept What's
Here, Offer Yourself Care



Estar atenta al mover tu cuerpo
Mindful Movement



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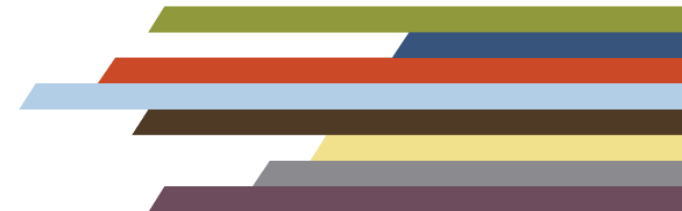
Conéctate contigo misma



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¿Cómo te sientes en este momento?

Recuerda que puedes aceptar tus emociones, dándote cariño y amor.



How do you feel in this moment?

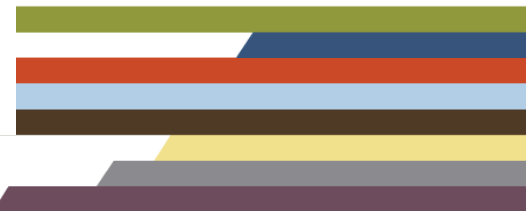
Remember that you can accept your emotions with care and love



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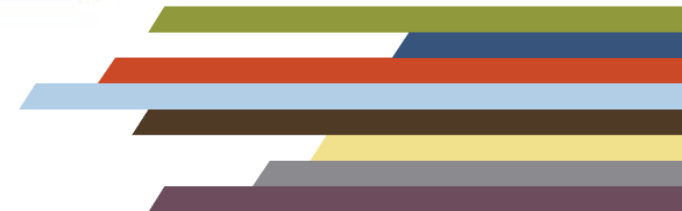




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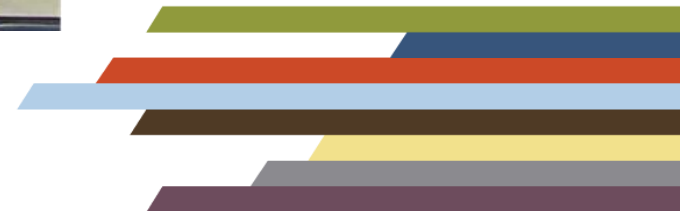




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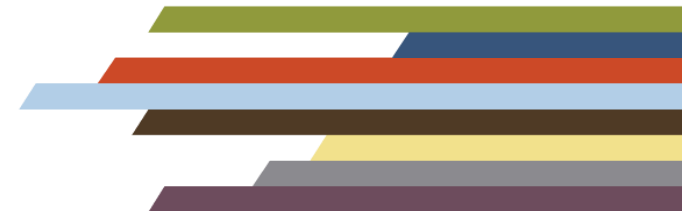




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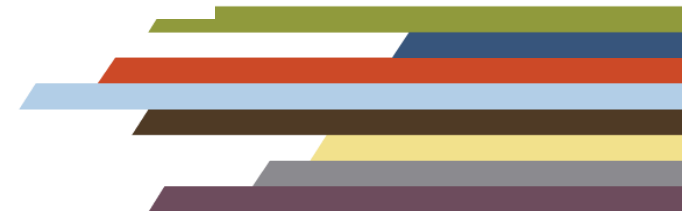




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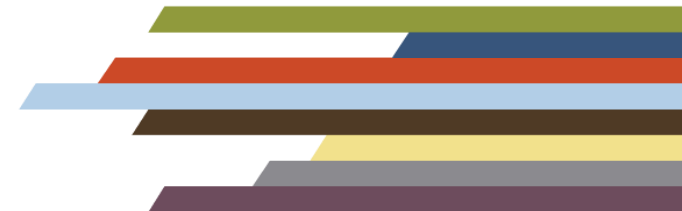




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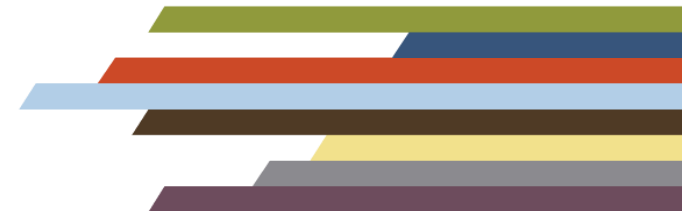




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ALMA Team

Investigators:

- India Ornelas, Principal Investigator, UW
- Gino Aisenberg, UW
- Gary Chan, UW
- Giselle Corbie-Smith, UNC
- Cynthia Price, UW
- Deepa Rao, UW
- Anh Tran, Duke University

Funding: R01 MD012230-01
National Institute of Minority
Health and Health Disparities

Staff:

- Serena Maurer
- Gigi Perez
- Daron Ryan
- Adriana Perez
- Veronica Poveda
- Perla Bravo

Students:

- Stephanie Tornberg – Belanger
- Gabino Abarca

Community Advisory Board:

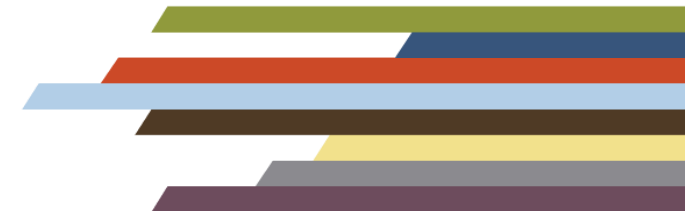
Silvia Gonzalez, Casa Latina
Marcos Martinez, Casa Latina
Maria Miranda, El Centro de la Raza
Adriana Ortiz, El Centro de la Raza
Angelica de Anda, SeaMar
Candelaria Maldonado, Puentes



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Presenter's Contact Information

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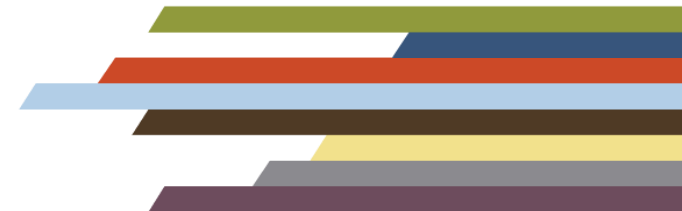
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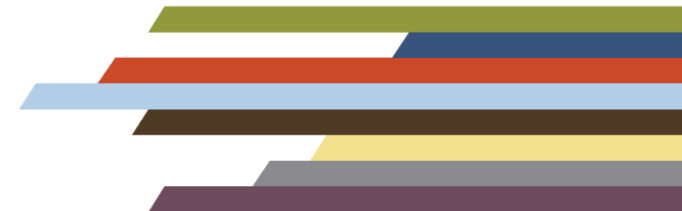
Q & A



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National Hispanic and Latino ATTC

For more information about the National Hispanic and Latino ATTC and to request training and technical assistance you can reach us at:

www.nlbha.org

<https://attcnetwork.org/centers/national-hispanic-and-latino-attc/home>



Or directly at:

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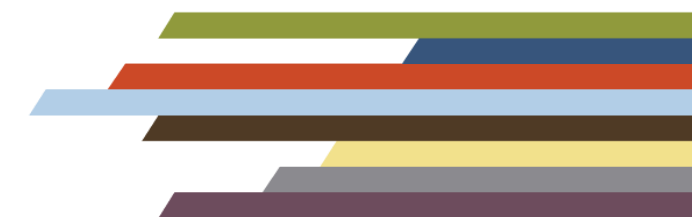
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Satisfaction Evaluation

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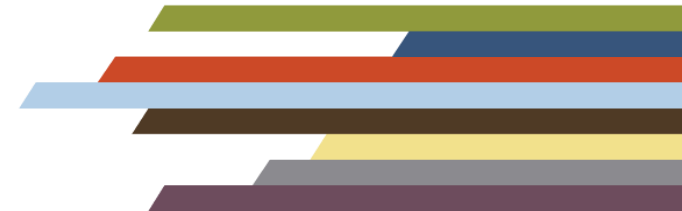
Thank you for attending our presentation.
Gracias por atender a nuestra presentación.
Obrigado por participar desta apresentação.



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Thank you!
¡Gracias!
Obrigado!

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