

CULTIVATING WELLNESS: A NEWSLETTER CELEBRATING LATINO BEHAVIORAL HEALTH

CULTIVANDO EL BIENESTAR: UN BOLETÍN DE NOTICIAS CELEBRANDO LA SALUD MENTAL LATINO

NEWSLETTER: QUARTER 1 • ISSUE 1 • MARCH 2022

OUR MISSION

The mission of the National Hispanic and Latino Addiction and Prevention Technology Transfer Centers 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.

PROVERB "DICHO" OF THE QUARTER

SPA: "Si te caes siete veces, levántate Ocho."

ENG: "If you fall down seven times, get up eight."

Our interpretation: Never give up. Remember that if you fall, you can always get up. During these times, we encourage you to embrace your resiliency and acknowledge your strength.

THIS ISSUE A HEALTHY NEW BEGINNING: A MESSAGE OF HOPE AND HEALING

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Inclusivity Statement

The National Hispanic and Latino ATTC and PTTC understand that there is a lot of important discussion focusing on the terminology individuals choose to use for racial, ethnic, heritage and cultural identification. There are different terms such as Latinos, Hispanics, Latinx, Latine, Chicano, and others, all equally valuable. We advocate for self-identification for every person. For purposes of this newsletter and additional uses, our Centers are using the term Latino and Hispanic.

A REFLECTION BY OUR PROGRAM DIRECTOR

Welcome to the first issue of our newsletter! This product has been a labor of love. An idea that sprouted out of a commitment to find additional ways to honor our culture, call out disparities that persist, celebrate successes in our communities and amplify the contributions being made by Latinos in behavioral health. Every component of this newsletter, from the name, topic, articles, and authors, down to the *dichos*-proverbs have been carefully pulled together by our team with you, the reader in mind. Each issue will focus on topics which span the behavioral health spectrum, from prevention to treatment and recovery. Our goal is to offer a diversified suite of products meant to meet the unique preferences of community members. We hope that providers, researchers, peers, promotores, administrators, family members, teachers and other community members will be able to learn and gain from the contents of our newsletter. Each finding what they need.



MAXINE HENRY, MSW, MBA
Director National Hispanic
and Latino ATTC and PTTC

For our first issue of our newsletter, we tossed around the idea of launching in January and focusing on a healthy new year. After many discussions we decided that healthy/healthier beginnings (whether you subscribe to new year's resolutions or not) shouldn't be talked about only during January. We did not want to add to the pressure that can accompany the trend of new year's resolutions, but instead normalize the celebrations of all progress, even the 'little wins'. Our team wanted to remind the reader, and ourselves, that self-care and community-care should take place all the time. Celebrating the chance to make better choices tomorrow, despite what today looked like seems vitally important, and frankly like a breath of fresh air. Therefore, we wanted to celebrate the start of a new cohort of our Fellowship and Leadership Academy, an introduction of one of our staff members who earned a promotion to Project Coordinator, and a powerful article about radical self-care. Each impeccable examples of how new beginnings are just that, beginnings. Reflecting on what it took to get to the 'new start', the hard work of emerging leaders, the reliance on our families and other sources of supports, the resiliency we find in our cultural roots. Anticipating what is to come after the 'new beginning', the hard work contributing to innovation, the expectation of positive change, the commitment to eliminating disparities through collaboration.

When you consider what self-care looks like for you, I hope you think about the little and big things that make you smile, the actions that contribute to a healthier work-life balance, the activities where you find joy. I challenge you to consider how self-care can manifest as an investment in community-care.

One of my favorite quotes reminds me of this exact type of pouring into others. "The true meaning of life is to plant trees; under whose shade you do not expect to sit." (Nelson Henderson). From the first time I came across this gem I knew it represented the impact we have on each other, sometimes for generations to come. Perhaps your new start, the innovative project you initiate, the advocacy you participate in, the community-defined practice you deliver to the community, the emerging leader you hire, or the family *remedio* (remedy) you pass on will have an impact greater than you would have ever imagined.

Let's plant those seeds. Cultivate behavioral health wellness. Provide shade for others.

[Simple Home Remedies to Add to Your Self-Care Routine. We invite you to check them out!](#)





PRISCILA GIAMASSI,
MPM, CPS
Project Coordinator
National Hispanic and
Latino PTTC



MEET OUR TEAM!

Oi, tudo bem? Hi, how are you?

My name is Priscila, and I would like to take this opportunity to introduce myself! I'm Brazilian, Portuguese is my mother tongue, I am Latina and I use she/her pronouns.

I am a daughter, wife, sister of three amazing women, aunt, godmother, friend, and colleague. I love watching movies and Netflix series', reading, dancing and I am a huge Taylor Swift fan! I enjoy drinking coffee, love eating cheese bread and chocolate truffle (by the way, do you want to learn how to make *Brigadeiro* also known as Brazilian chocolate truffle? It is easy and delicious: [click here to access the recipe](#)).

When I was 14 years old, I started working as a babysitter. At that time, I thought that it wasn't a "real" job, but from a very young age and this experience, I learned about independence and responsibility. At 18 years old, I followed in my father's steps, and started working in the telecommunications field. I worked in this industry for over 10 years. During this period, I had the opportunity to work in different departments, and led global projects related to environment protection, social responsibility, and women empowerment. These projects brought a warm feeling to my heart, and I realized projects like these were more aligned with my life's purpose.

In 2018 when I moved to the US, in a serendipitous and magical way, I started working for NLBHA. Today, I am the Project Coordinator for the National Hispanic and Latino PTTC, and I am a Certified Bilingual Prevention Specialist (CPS).

I started this article by introducing myself and bringing in various elements as part of my identity, but you know what? It wasn't always like that. I mean, I've always been all the things mentioned above, but I didn't have the understanding that those pieces made me who I am, until I moved to the United States with my spouse. Even though I have privileges associated with my personal immigration experience, it was - and still is - a complex process for me. Living in America shook (and it still does) me to my core. It made me question things that, until then, were simple and certain. For instance, in Brazil I am Brazilian. And that's it! In my land, this label is enough, regardless of my origins and ancestry. Upon moving to the United States, learning more about my culture and ethnicity, I now identify as Brazilian, a person of color/Brown and Latina.

I mentioned that Portuguese is my native language. To be more specific, about only 1% of the population in Brazil is fluent in English. I only developed this skill as an adult, when I was able to pay for the course on my own. And yet, I wrote this article in Portuguese and translated it to English because it's much more comfortable to express myself in my own language (and this is a cultural thing!). That's why language access is so important to me. By offering trilingual resources through NLBHA and the TTCs, I know that my family, friends, and my community will have the opportunity to access accurate, high-quality, and trustworthy information.

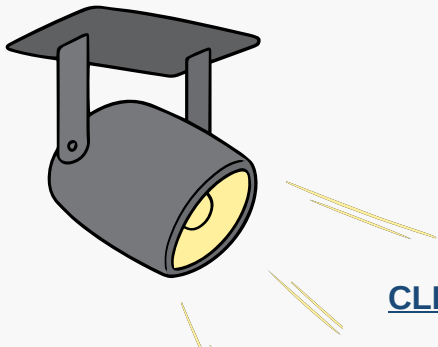
I honor my beloved homeland, I am grateful for the opportunities I have been offered in the US, and I embrace my resilience, my faith, my values, my origins, celebrating those who came before me and trying to pave the way for those that will come.

I am blessed to be able to use my voice and resources to advocate for mental health, and substance use prevention I am committed to the improvement and enhancement of behavioral health service delivery for Latino and other underserved communities! *Obrigada!* Thank you! It was a pleasure to meet you!

EXPERT SPOTLIGHT!

LEADERSHIP ACADEMY TRAINERS

The National Hispanic and Latino Leadership and Fellowship Program is proud to have announced the members of its newest cohort for the Class of 2022. As a graduate of the last class, and now an Academy Trainer I look forward to meeting the newest members of emerging leaders who are entry level to mid-level career managers in mental health and substance use disorder treatment or substance misuse prevention and mental health promotion. As a recent graduate, I learned an immense amount of information from the Academy Trainers. The program focuses on leadership capacity building, discovery and expansion of leadership strengths and overall workforce development skills. The goal is to increase the participants' leadership skills to not only to become effective and transformational leaders and but also to build upon strengths and talents to further their leadership capacity in order to pursue executive level leadership positions in behavioral health and integrated health settings. Welcome National Hispanic and Latino PTTC/ATTC Leadership Academy 2022 fellows!



Leadership Academy Mentors

Dr. Eva Moya
Dr. Rocky Romero

[CLICK HERE TO ACCESS THEIR BIOS!](#)

Leadership Academy Trainers

Dr. Eugenia Weiss
Dr. Juan Araque
Dr. Susie Villalobos
Alfredo Aguirre, LCSW
Maxine Henry, MSW, MBA

QUARTERLY HIGHLIGHTS: WHAT DID WE DO LAST QUARTER?

Please visit our websites to access these resources

- *Día de Los Muertos* Toolkit/Day of the Dead Toolkit
- Fact Sheet: HIV/AIDS Awareness and Prevention in the Hispanic and Latino communities
- Candidate Guide for the IC&RC Prevention Specialist Examination and The Rhode Island Prevention Specialist Certification Study guide
- Fact Sheet: Human Trafficking Awareness - A deeper look into Labor and Sex Trafficking in the United States

CELEBRATE WITH US!

MARCH

Problem Gambling
Awareness Month

National Women's
History Month

APRIL

National Alcohol
Awareness Month

National Empanada
Day

MAY

Mental Health
Awareness Month

National Sing Out
Day

“A HERETICAL TRUTH: SELF-CARE MAY NOT BE ENOUGH”

-ANNA NELSON, LCSW, PHD
CANDIDATE



Acknowledging and handling emotions, fatigue, and the need for self-care, when working in unsafe and stressful circumstances is named by the International Federation of Social Workers as one of six key ethical challenges practitioners face globally during COVID-19 (Banks et al., 2020). This coupled with surging nationalism, aggressive immigration policies, and lethal racism create the context in which we live and provide behavioral health services to Latino/as today. As we usher in 2022, we're met with a sense that this is the new normal, a reconceptualization of what wellbeing means while coping with entrenched racism and a global pandemic. It is a truth that now more than ever, self-care is vital, so it feels slightly heretical to give voice to the reality that perhaps, for some of us, self-care just doesn't make sense, this luxurious destination unattainable to those doing the work.

Self-care as we know it seems adrift, far from Audre Lorde's (1988) permission to thrive, where "caring for (one)self is not self-indulgence, it is self-preservation, and that is an act of political warfare." (p. 130). It's a colonized thing, a construct of systems of oppression that create in us the very stress, anger, fear, grief and exhaustion we're trying to prevent. It is a westernized vision spawned by rugged individualism. It's professionalized, where an ethical rationale for the importance of taking responsibility for our own wellbeing to prevent committing harm to those we serve is emphasized. To not practice self-care can be felt as a failure, an indictment on our mental wellness, competence, or self-worth. In effect, self-care is rapidly becoming a tool for perpetuating imposter syndrome, that anxious space we inhabit surrounded by self-doubt, criticism, feelings of unworthiness, and the drive to over-prove and achieve perfection, to exude wellness.

These visions of self-care take us far from our families and communities, where knowing one's worth is rooted in the sense of belonging and mattering. They divorce our wellbeing from collective wellbeing and the necessity of connectedness. They ignore that our wellbeing is, in part, grounded in a collective responsibility to care for others during times of struggle.

These visions also fail to inquire about what is really influencing our wellbeing in these times. Where the literature on self-care is robust, little is out there about how to attend to the collective, cultural and cumulative wounds we carry while we bear witness human suffering in the face of endemic racism and a pandemic. Particularly true for Black, Indigenous and Practitioners of Color, our suffering as helping professionals manifests as deeply felt racial battle and resilience fatigue, imposter syndrome, and real trauma. The solutions we're offered to resolve this collective suffering can sometimes be superficial quick fixes that never reach our souls.

Indeed, it feels as if "the world we live in is a house on fire and the people we love are burning" (Cisneros, 2015, p. 296). So what, now, do we actually do achieve wellbeing amid all this? We go back to basics and start by breathing in self-love for five counts and exhaling collective care for eight. Sounds simple, right? It..is..that..simple.

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"THE WORLD WE LIVE IN IS A HOUSE ON FIRE AND THE PEOPLE WE LOVE ARE BURNING" - (CISNEROS, 2015, P. 296)."

-CONTINUE...



A term like self-love can be as colonized and westernized as self-care. What is meant here by self-love is radically acknowledging your raw humanity, your limitations and imperfections and practicing unconditional love and compassion with yourself anyway. It means showing up when you can and practicing stillness and rest when you can't. It means knowing you are truly loved and valued, not solely for the work you do, but because your voice, thoughts and being are valuable just as you are. It means embodying the knowledge that you are not alone, but part of a greater whole. Finally, it means fully trusting yourself to know what you need when you need it and to go and do the thing that will help you heal.

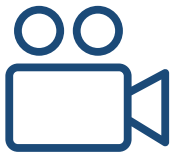
We have choices in how we pursue wellbeing. We can reframe our struggles, radically accept our struggles, seek solidarity in the struggle, or remain in the struggle. Seeking solidarity means embracing and committing to collective care. Collective care is the belief that wellbeing is not the sole responsibility of individuals, but a responsibility shared by many, our partners, our families, our communities, our colleagues. This goes beyond asking others, "What are you doing for self-care?" and instead asking, "What can I do to support your wellness?" Collective care also means practicing radical allyship and standing in solidarity with those impacted by oppression. It means fostering connections with elders to share in their wisdom and with youth to learn from their innovation. And, it means, while we have a responsibility to be in support of others in their time of suffering, equally important is fostering the trust necessary to allow others to support us.

In order for us to practice self-love and collective care, we need community and we need resources. A helpful resource is the Nap Ministry, a collective who asserts, "Rest is a form of resistance because it disrupts and pushes back against capitalism and white supremacy" (The Nap Ministry, n.d.). Another powerful voice in collective care is Melissa Harris-Perry, who reminds us that "marginalized populations have performed self-care for centuries in the face of systemic oppression. The truth is we exist in matrices of allies and friends who do this work for us. If we're honest, it isn't #self-care. It's #squadcare" (Harris-Perry, 2017). Finally, if you're curious about how to integrate these concepts into your work as a practitioner, take a look at Fook's *Social Work, A Critical Approach to Practice* (2016). In solidarity, I wish you all wellness through whatever path brings you joy.

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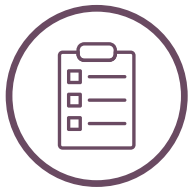
SHORT VIDEOS: PLEASE VISIT OUR WEBSITES TO ACCESS OUR VIDEOS

El Día De Los Muertos/The Day of the Dead
World AIDS Day
Problem Gambling Awareness Month



LATINOS CON VOZ PODCAST SERIES

Latina Leaders Episodes COMING SOON



ECOMPENDIUM

To access the resources and to request technical assistance, please visit: [Guide and eCompendium of Evidence-Based Programs](#)



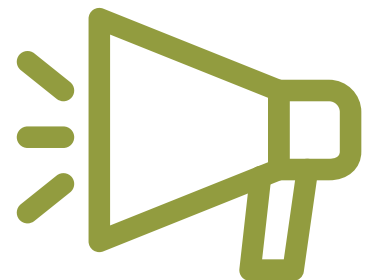
EXTERNAL & PARTNER RESOURCES

Women's Global Recovery Roundtable Event by the Bright Story Shine: [Click here to learn more and to register.](#)

Toward Equity-Focused Prevention of Substance Misuse for Hispanic and Latin Populations: Old Trends and New Directions Webinar by the Pacific Southwest PTTC: [Click here to learn more.](#)

ON THE HORIZON: WHAT'S COMING?

2022 National Latino Behavioral Health Conference
Latino Behavioral Health Equity: ¡Juntos Podemos!
September 15-16, 2022
STAY TUNED!



HIGHLIGHTS

Our parent organization, NLBHA is working on many projects. Every year, NLBHA awards students a scholarship to better support our Latino Students by "Growing our Own".

The scholarship application for the JTR Application is Now Open for New Mexico Residents.

[Click here](#) for more information.



NLBHA is hosting two Platica series' each month! The first is Tenemos Voz, highlighting the inspiring stories from Latino Peers in Recovery. While the second series focuses on Latino Wellness during COVID-19, showcasing the resilience of our communities during the pandemic.

Join us on [Facebook](#) Live each month to engage with our guests.

We invite you to check out their social media pages and join our Juntos Network to be aware of their upcoming events.

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National Latino
Behavioral Health Association **NLBHA**

SAMHSA
Substance Abuse and Mental Health
Services Administration

