

CULTIVATING WELLNESS: A NEWSLETTER CELEBRATING LATINO BEHAVIORAL HEALTH CULTIVANDO EL BIENESTAR: UN BOLETÍN DE NOTICIAS CELEBRANDO LA SALUD MENTAL LATINO

NEWSLETTER: QUARTER 2 • ISSUE 3 • JUNE 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: "Intentaron enterrarnos, no sabían que éramos semillas."

ENG: "They tried to bury us; they did not know we were seeds."

For this issue, we want to share with you this quote, from poet Dinos Christianopoulos, who was ostracized by the Greek literary community because he was gay.

Our interpretation: When feeling oppressed, buried, defeated, remember you are a seed. You will bloom and shine. Rely on your strength and resilience.

THIS ISSUE PLANTING SEEDS OF LOVE, LIGHT AND RESPECT TO HARVEST EQUITY

Our Mission

Dicho of the Quarter
Page 01

A reflection by our Program
Director
Page 02

Story time: meet our team
member, Christina
Page 03

Highlighting the experts
Quarterly Highlights
Celebrations
Page 04

NLBHA Highlights
Page 05

Article by Luis Cornejo MS, LMFT
Page 06

Media Corner
Page 08

Staff Contact information
Page 09

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



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

Readers, welcome to the third issue of our newsletter. As we enter the summer months, we kick off the season with several celebrations. For some families, the celebration of graduations marks pivotal milestones in our communities. It is an honor to pay back our parents, ancestors, and community for supporting us through our education. In May we also honor Mental Health Awareness Month, a time where we draw our eyes and minds to experience of a staggering number of people across the nation and the globe. We offer opportunities to share our stories, combat the stigma, and collectively approach solutions.

As the summer stretches into June communities across the world begin to celebrate Pride month, honoring those have experienced and continue to experience stigma, discrimination, and violence in disproportionate rates.

As you will read in our feature article for this issue Pride is not just about honoring those who have suffered and those we have lost, but also about celebrating the diversity, beauty, resilience of and contributions by our LGBTQAI2S+ community members.

All community member experience disparities, some communities more than others, this is a fact we should never ignore or minimize. And let us not be fooled into thinking that the reason Latinos, BIPOC community members, those who experience mental health challenges, those who identify as LGBTQAI2S+, and other communities experience disparities, poverty, illness violence, discrimination (and a whole host of other tangible inequities and injustices) simply because of identities. Instead, we see these deeply painful and harmful experiences happen because others choose to act against people they purposely refuse to treat with dignity, respect, and compassion.

Awareness and celebration months are important and should continue to be practiced so we can learn from, teach others about, and support communities in a fashion that honors unique needs and experiences. Ideally, we should not start and stop talking about mental health in May but use the awareness month as a catalyst to continue the conversation, the support, and the fight for recovery every day of the year; we should not celebrate Pride one month out to of the year, but instead lift our LGBTQAI2S+ community members so they can thrive.

However, the challenge is to move past awareness into action. It is imperative we take it upon ourselves to leverage our privilege to show up for others. A starting point is the **acknowledgement** of privileges, such as being born in this country, access to education, are in a position of leadership (regardless of title), English as a first language, identify within the gender binary as a cis person and/or as heterosexual, etc. Next, the **willingness** to use our real, perceived and/or adjacent power to amplify the voice of those who are not always able to do so themselves. Then, an **unwavering** expectation of accountability for ourselves and others to support and be responsible to those who need and deserve it most.

To the leaders providing mentorship to others, the accomplices acting as a heat shield for those who are not yet used to using their voice, the powerful allies expecting and accepting nothing short of equity for all, keep doing the work our communities deserve. Let us not continue to expect underserved community members to be held responsible for dismantling the systems built to keep them down.



Saludos! Greetings!

My name is Christina, and I would like to take this opportunity to introduce myself. I was born and raised in Massachusetts, right between Providence and Boston. English is my native language, but I am also fluent in Spanish, and my pronouns are she, her, ella.

I am the proud adopted daughter of a Dominican father and a Puerto Rican mother, who are my role models in everything I do. I would not be half the person I am today without their love and support. I am also a sister to many siblings, who are some of the funniest people I've ever met. Finally, I am a mother of two young, smart, and funny little girls of Dominican descent, ages 10 and 7. I am currently living in Southeastern Massachusetts, in a very diverse community, but have also lived in several cities across the Dominican Republic, which is a second home to me.

I am the daughter and granddaughter of pastors, so needless to say, faith in God is a very important part of my life. I especially love being part of a Hispanic faith community. There's something about it that makes it feel like you are part of a giant family. I honestly believe that it's my faith that has brought me to where I am today. Besides spending time with my family, working, volunteering, or at church, I also love to travel. One of my favorite places to go is the Dominican Republic.

When I was 19 years old, I traveled to the Dominican Republic for the first time to a city named La Romana. I volunteered with a team of American and European volunteers to provide mobile medical services to Haitian refugees and Haitian-Dominican sugarcane workers. This was my first exposure to public health, and I fell in love with everything about this type of work and the Dominican Republic. Honestly, it's hard not to love the Dominican Republic with the amazing food, energy, weather, and people.

It really is such an amazing place! One of my favorite things to have is a morir soñando, which is a drink made of orange juice, evaporated milk, and sugar. I love it so much that I even buy it regularly at a restaurant where I live! If you've never tried it, [click here](#) to access the recipe.

After that first trip I decided to switch my major to Spanish and went on to obtain my master's degree in Public Health and two graduate certificates in Global Health and Epidemiology. I continued to travel to different parts of the Dominican Republic and even lived there for a couple years. I participated and led projects related to parasitic infections, HIV, hypertension, and community needs assessments. I even was able to learn some Haitian Creole!

While I miss working in the Dominican Republic, I am loving the opportunities I've had here in the United States. I never thought I would work in substance misuse prevention, but when the opportunity practically fell into my lap, I ran with it. I built up a multi-community prevention collaborative through a grant I worked on for four years until I was able to begin a Hispanic and Latino-focused opioid prevention project in 2020.

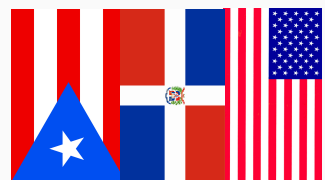
I have built so many relationships through this work, especially with the Hispanic and Latino community. I was able to intersect my involvement in the faith community with the needs of the community.

The people I've had the honor of working alongside have become my family and my friends, some of the most important people in my life.

Thank you for taking the time to learn a little bit more about me, and how my education, experiences, passions, and relationships have helped to form me into the person I am today. I am very excited to work with and get to know everyone who I cross paths with, in my role with NLBHA and the National Hispanic and Latino PTTC! Gracias, adios!

Christina Mancebo-Torres, MPH

Program Specialist
National Hispanic and
Latino PTTC



EXPERT SPOTLIGHT!

DR. CARLOS A. O. PAVÃO



[CLICK HERE TO ACCESS HIS BIO!](#)

We are honored to introduce you to Dr. Carlos A. O. Pavão.

Dr. Pavão identifies as Latinx, who is bicultural, bilingual, an immigrant, and a first-generation college graduate. While Brazilians are often overlooked when talking about the Latinx communities, Dr. Pavão is very vocal and passionate about supporting marginalized and undocumented populations, especially Brazilian-Americans who are part of the Latinx population in the US. His goal is to work with researchers to bridge the gap between research and practice, wherein, the Brazilian populations often slip the cracks in data systems and methodology.

As a part of Cultural Brokers Database, Dr. Pavão has worked with the National Hispanic and Latino PTTC last summer as a panelist of the Virtual Learning Series titled 'What LGBTQIA2S+ BIPOC want Prevention Professionals to Know?'. During this series, he shared the challenges and barriers faced by LGBTQIA2S+ BIPOC populations in accessing behavioral health care. He passionately described what is missing and what can be done in our communities and how to bridge the gap between research and practice.

With more than 20 years of experience in public health, Dr. Pavão has been supporting our populations on crucial issues including immigrant and sexual minority health disparities, HIV prevention, tobacco control, substance use prevention, and mental health. He is currently an affiliate faculty with GSU's Center for Latin American & Latino/a Studies, Women's, Gender, and Sexuality Studies, and the Center for Evaluation and Research Studies.

We are excited to share that Dr. Pavão is now engaged in conducting a national study on Brazilian immigrants, and is working on a book exploring Portuguese-speaking health disparities. Stay tuned to see the valuable work he will continue to develop for our populations.

QUARTERLY HIGHLIGHTS: WHAT DID WE DO LAST QUARTER? Please visit our websites to access these resources

- [Toward Equity-Focused Prevention of Substance Misuse for Hispanic and Latin Populations: Old Trends and New Directions](#)
- [Platica/Conversation on 'Toward Equity-Focused Prevention of Substance Misuse for Hispanic and Latino Populations: Old Trends and New Directions'](#)
- [Resources on Suicide Prevention](#)
- [What LGBTQIA2S+ BIPOC want Prevention Professionals to Know?](#)

CELEBRATE WITH US!

June

[June is National Men's Health Month](#)

[National Onion Ring Day!](#)

July

[National Minority Mental Health Awareness Month](#)

[National Watermelon Month](#)

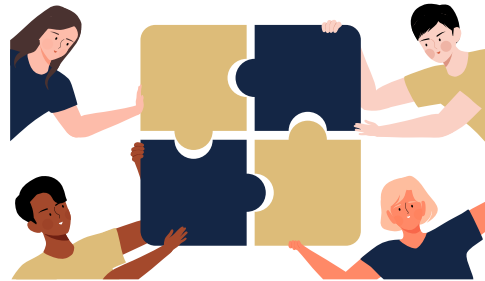
August

[August is Overdose Awareness Month](#)

[Navajo Code Talkers Day](#)

HIGHLIGHTS

NLBHA is ramping up the number of partners to collaborate with on increase messaging to the Latino community on how to help access information and mental health resources during the pandemic. We plan to reach new outreach goals in collaboration with the Hispanic Communications Network, the Mexican Consulates and CDC to address misinformation to the Latino community and to identify local mental health resources available to Latino communities.



NLBHA is continuing its efforts to build the behavioral health workforce through various initiatives that connect the educational pipeline to the workforce pipeline. New efforts will concentrate on youth development mentoring, youth specialists, youth leadership, youth facilitators for suicide prevention and student wellness programming as well as promoting dual college credits for behavioral health courses in high school. Exciting opportunities lay ahead to address the shortage of bilingual and bicultural practitioners.

NLBHA will be hosting Morehouse University School of Medicine who is leading the National COVID-19 Resiliency Network (NCRN) on June 30, 2022 LIVE on FACEBOOK during NLBHA's Platica on Latino Wellness During COVID-19. NLBHA is a national strategic partner of NCRN and we will discussing the significant work on mitigating COVID-19 infections, hospitalization and deaths. Joining us and our special guests from Morehouse University Dr. Dominic Mack and Lisette Badillo.

Visit our **Facebook Page** and learn more about our projects, Platicas, opportunities and upcoming events.

We invite you to join **our Juntos Network** to get a first glimpse at our upcoming events.

LOVE, RESPECT, AND PEACE

- LUIS CORNEJO (HE/HIM)
M.S., L. M. F. T.



"You've gotta give them hope." These words by Harvey Milk, an openly gay politician, queer icon, and unofficial "mayor" of San Francisco have always stuck with me. They remind me, when we have hope, we have a chance. This is what PRIDE represents for so many people around the world. A reminder that hope continues to permeate the movement towards equality for all in the LGBTQ+ community. Throughout the years, PRIDE has changed immensely, and yet the intention remains the same: a celebration of the LGBTQ+ community and its important contributions to the world.

PRIDE started as a protest against oppression many years ago in New York (1969). It is still heavily debated by many historians on what exactly happened; however, one thing is certain, queer folk revolted against police violence when they attacked patrons of the Stonewall Inn (a gay bar). Today PRIDE continues to be a protest. A protest intentionally focused on combating hatred, and a celebration of queer diversity that is embraced by millions of people around the world each year. You may be wondering why PRIDE is still necessary in 2022? And you don't have to look very far or even search too hard on Google to see that PRIDE continues to be an essential part of the LGBTQ+ movement. We continue to see opposition to the rights of millions of LGBTQ+ folx around the world. Heck, it's even still illegal in a few countries to be Queer. Yet, we have seen growth, and even through opposition, the community has pushed forward.

As a Queer person of color who identifies as Indigenous and Latinx, I know first-hand many of the struggles that my community faces. There is still strong resistance to acceptance in the Latinx community mostly due to shame/stigma, higher discrimination rates (15% higher than white folx), religious trauma, and higher rates of mental/physical health challenges.

Even so, the Latinx/Hispanic community continues to be a strong force in the United States. It is one of the fastest growing populations in the U.S. (62.1 million in 2020) and according to the UCLA school of Law, 2.3 million Latinx/Hispanic folx identify as LGBTQ+. This is a significant number, and with significant disparities.

According to this same report, Hispanic/Latinx experience higher levels of depression, anxiety, unemployment, and other health conditions. These higher levels are due to unique barriers that Queer Latinx/Hispanic individuals face in this country such as immigration, education, poverty, housing, discrimination, racism, and language barriers to name a few.



LOVE, RESPECT, AND PEACE

- LUIS CORNEJO (HE/HIM)
M.S., L. M. F. T.

CONTINUE...



However, even with these challenges and barriers the Latinx/Hispanic community continues to thrive and grow. It's important we acknowledge the challenges communities face to address them and close the gap. But make no mistake, the Latinx/Hispanic Queer community is resilient, beautiful, and influential in so many areas like entertainment, fashion, education, technology, history, and many others.

When I think of my community outside of the metrics, I see people with a powerful history and diversity that is immeasurable. Queer people have always existed and have survived through social changes, discrimination, hatred, ignorance, and violence. Each generation growing stronger and freer. I get so much joy watching the work and dedication many of my Latinx/Hispanic Queer colleagues do to advance and advocate for our community. Queer Latinx/Hispanic individuals work in non-profits, big-name institutions, private businesses, government, and media doing what they can to help communities not just survive but thrive. Community has and will always be a crucial part of the movement and healing.

As PRIDE starts back up after two years since the pandemic, it's important to remember the history of PRIDE and the crucial role people of color played. People from the Latinx/Hispanic Queer community were present all those years ago when the stone inn riots occurred and continue to be a crucial part of the movement. Let's not forget the progress we know today, for the LGBTQ+ community didn't start with laws or peace. It started within the community demanding love, respect, and peace.

[CLICK HERE TO ACCESS HIS BIO!](#)

I was a radical, a revolutionist. I am still a revolutionist... I am glad I was in the Stonewall riot. I remember when someone threw a Molotov cocktail, I thought, my God, the revolution is here. The revolution is finally here!"

- Sylvia Rivera

Citations

- <https://www.hrc.org/resources/religion-and-coming-out-issues-for-latinas-and-latinos>
- <https://www.americanprogress.org/article/hispanic-lgbtq-individuals-encounter-heightened-discrimination/>
- <https://www.thetaskforce.org/new-report-explores-latinoa-attitudes-toward-lgbt-people/>
- <https://www.hrc.org/resources/religion-and-coming-out-issues-for-latinas-and-latinos>
- <https://williamsinstitute.law.ucla.edu/publications/latinx-lgbt-adults-in-the-us/>
- <https://www.pewresearch.org/fact-tank/2022/02/03/u-s-hispanic-population-continued-its-geographic-spread-in-the-2010s/>
- <https://loveexpands.com/author/sylvia-rivera/>
- <https://www.history.com/news/stonewall-riots-timeline>

The opinions expressed herein are provided by the author. Therefore, do not officially reflect the views, opinions, or official positions of the National Latino Behavioral Health Association (NLBHA), the National Hispanic and Latino ATTC or PTTC nor do they reflect the official position of the Department of Health and Human Services (DHHS), and/or the Substance Abuse and Mental Health Services Administration (SAMHSA). No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.

LATINOS CON VOZ PODCAST SERIES



Latina Leaders Episodes! [Click here to listen to these conversations.](#)

Problem Gambling Awareness Series. [Click here to listen to the episodes!](#)

Alcohol awareness Series: [Click here to listen to learn more.](#)



ECOMPENDIUM

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

EXTERNAL & PARTNER RESOURCES

[New England PTTC: Focus on Cannabis Prevention](#)



We invite you to access these incredible resources provided by the Center of Excellence on LGBTQ+ Behavioral Health Equity (CoE LGBTQ+ BHE). Our ATTC and PTTC supported them in translating and adapting from English to Spanish and Portuguese this animated video and a glossary of terms on Sexual Orientation, Gender Identity & Expression (SOGIE).

Please click here to access these resources: [Learning About Sexual Orientation, Gender Identity & Expression](#)

2022 NATIONAL LATINO BEHAVIORAL HEALTH CONFERENCE: LATINO BEHAVIORAL HEALTH EQUITY ¡JUNTOS PODEMOS!



The National Hispanic and Latino Addiction Technology Transfer Center (NHL-ATTC) and the National Hispanic and Latino Prevention Technology Transfer Center (NHL-PTTC) invite you to join us for the 2022 National Latino Behavioral Health Conference: Latino Behavioral Health Equity ¡Juntos Podemos! in September 15-16, 2022 at the Sahara Hotel in Las Vegas, Nevada.

This Conference will provide a forum for Behavioral Health professionals from different areas to connect, exchange ideas and together explore best practices to attend the Hispanic and Latino Communities.

For More Information on Registration, CEs, Call for Proposal, Sponsorship, Exhibitor and Advertising, Scan the QR Code or visit: <https://nlbhconference.com/>



NHL ATTC CONTACT INFORMATION

MAXINE HENRY, MSW, MBA
NHL ATTC PROJECT DIRECTOR
(720) 607-7897
MAXINE@NLBHA.ORG

SUSIE VILLALOBOS, ED.D, M.ED., CCTS-I
NHL ATTC PROJECT CO-DIRECTOR
(915) 503-5111
SUSIE@NLBHA.ORG

RUTH YÁÑEZ, MSW, LMSW
PROGRAM SPECIALIST
(505) 554-8440
RUTH@NLBHA.ORG

[NLBHA WEBSITE](#)
[NHL ATTC WEBSITE](#)
[NHL ATTC FACEBOOK PAGE](#)
[NHL ATTC TWITTER PROFILE](#)
[NHL ATTC LINKEDIN PAGE](#)
[PRODUCTS & RESOURCES CATALOG](#)

NHL PTTC CONTACT INFORMATION

MAXINE HENRY, MSW, MBA
NHL PTTC PROJECT DIRECTOR
(720) 607-7897
MAXINE@NLBHA.ORG

PRISCILA GIAMASSI, MPM, CPS
PROJECT COORDINATOR
(678) 822-1308
PRISCILA@NLBHA.ORG

CHRISTINA MANCEBO-TORRES, MPH
NHL PTTC PROGRAM SPECIALIST
(774) 400-0897
CHRISTINA@NLBHA.ORG

[NLBHA WEBSITE](#)
[NHL PTTC WEBSITE](#)
[NHL PTTC FACEBOOK PAGE](#)
[NHL PTTC TWITTER PROFILE](#)
[NHL PTTC LINKEDIN PAGE](#)
[PRODUCTS & RESOURCES CATALOG](#)

This work is supported by grants 5H79TI081174-04 and 1U79SP023012 from the Department of Health and Human Services, Substance Abuse, and Mental Health Services Administration.

The opinions expressed herein are provided by the author. Therefore, do not officially reflect the views, opinions, or official positions of the National Latino Behavioral Health Association (NLBHA), the National Hispanic and Latino ATTC or PTTC nor do they reflect the official position of the Department of Health and Human Services (DHHS), and/or the Substance Abuse and Mental Health Services Administration (SAMHSA). No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.

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.

Image credit: all the images were retrieved from Canva.

National Latino
Behavioral Health Association **NLBHA**

SAMHSA
Substance Abuse and Mental Health
Services Administration

