

CULTIVATING WELLNESS

A NEWSLETTER CELEBRATING
LATINO BEHAVIORAL HEALTH

LAYING GROUNDWORK FOR A
HARVEST AND HEALTHY YEAR

Newsletter: Quarter 4 / Issue 5 / December 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.

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.

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PROVERB “DICHO” OF THE QUARTER

SPA – “Poco a poco se anda lejos.”

ENG – “Little by little one goes far.”

Our interpretation: This Mexican proverb reminds us of the value of perseverance. It's meant to remind us that, to make progress, one needs to keep moving forward – even if just a little at a time. Doing tasks diligently, step-by-step will eventually get you the result that you want. (Visit [source](#))

A REFLECTION BY OUR PROGRAM DIRECTOR



Hello and welcome to another issue of the NHL ATTC and PTTC newsletter!

I don't know about you but I'm still recovering from workplan and end of fiscal year reporting! I'm sure everyone is looking forward to a break during the holiday season.



Credit: Clarissa Cervantes, 2022

As we approach Thanksgiving and Christmas holidays for 2022, we take the time to reflect on the many behavioral health challenges our Hispanic and Latino communities are facing. This past year was

difficult for many, but as we look to the future, we refocus for a fresh start. A new year can provide hope and, more importantly, change, inspiration, and connections. I saw this positivity first-hand at our Biennial National Latino Behavioral Health conference in Las Vegas, Nevada on September 15th and 16th 2022. The two-day conference brought a desire to change among our Hispanic/Latino providers in the form of conversations, collaborations, humility, and respect. We could feel the energy spoken in the words of our keynote speakers, Dr. Lisa Cacari-Stone (cultural humility), Tomas Leon (familia and resilience), and Dr. Cynthia Guzman (collaborations). The NHL ATTC and PTTC teams were inspired by Dr. Yngvild K.

Olsen, M.D., M.P.H., Director of the Center for Substance Abuse Treatment (CSAT) who spoke to the conference attendees via a pre-recorded message, discussing SUD treatment, recovery, and



opioid education for BIPOC communities.

The NHL ATTC and PTTC are creating a movement to move the needle further toward Latino behavioral health equity, by allowing Latinidad to permeate every part of product development including the 2022 conference by; celebrating Mexican Independence Day with a cultural "Grito" performed by the Nevada Mexican Consulate, and by creating a conference program reflective of the cultural elements most familiar to Latinos, such as vibrant colors, symbols of faith/music and art! We are most proud in receiving remarks and comments on how each person in the room felt welcomed, no boundaries were drawn, whether you were a Promotore, peer recovery specialist or a Ph.D. It is this type of change that creates movement, positive change, and meaningful conversations for resolutions to the

issues of mental and behavioral health for Latinos! In the coming months, the NHL ATTC and PTTC will be following the same format of inclusiveness,



Credit: Clarissa Cervantes, 2022

cultural responsiveness, and culturally linguistic approaches in the development of its products for year five. Be on the lookout for our next virtual learning series in December, our new podcast series including topics of SUD and Suicide Prevention, Peer Recovery work-force development in collaboration with the Strategic Prevention Framework program located in Northern, New Mexico, and new infographics in collaboration with the American with Disabilities Act National network.

A REFLECTION BY OUR PROGRAM DIRECTOR



Photo courtesy of Dr. Tassy Parker, PhD, RN, UNM Health Sciences Center for Native American Health, 2022.

November was Native American Heritage month, recognizing a 1990 Congressional proclamation encouraging all people to learn about the contributions and cultures of the Indigenous peoples of the North American continent. Such recognition, however, dates back further with state and organizational recognition of Indigenous peoples' days and commemorations occurring at the turn of the twentieth century. We understand the diversity and intersectionality of our Hispanic/Latino populations, and in doing so recognize the need to acknowledge our cultural differences within our own identity but embrace the cultural makeup of our roots.

In the month of December we take time to bring awareness to HIV/Aids with World AIDS Day on December 1st. It is a day to unite with others around the world to prevent HIV, support people with HIV, and remember those who have lost their lives to an HIV-related illness. The ATTC and PTTC created a resource page in English and Spanish. Please click on code!



**#WorldAIDSDay #WAD2022
#StopHIVTogether**

For the New Year, we remind ourselves that resolutions can be any type of goal, and at

the NHL ATTC and PTTC we are no different in understanding the need for refocus, and change. We are making end roads through our Technical Assistance activities by encompassing all dimensions of well-being in a person's life that includes, environment, occupation, social life, education, physical, emotional, and financial health. Achieving well-being will allow a person to live a life full of dimension and balance. This is our hope for you and your families this holiday season! May you find the balance most meaningful in achieving happiness! Happy Holidays and Feliz Navidad from the NHL ATTC and PTTC!

See you next year!



Dr. Susie Villalobos
December NHL Newsletter, 2022



HIGHLIGHTS

National Latino Behavioral Health Association **NLBHA**



Achieving Latino Behavioral Health Equity in America

By Fred Sandoval, MPA, NLBHA , Executive Director

“Hispanics are growing in population size, positions of leadership, and economic impact within the United States. At the same time, they face higher levels of poverty, lower levels of educational attainment, lower insurance coverage, and cultural and linguistic differences. Each of these factors contribute to a greater risk for health and mental health problems. These differences create disparities in access to services.” This is the opening paragraph taken from the SAMHSA/CMHS National Congress for Hispanic Mental Health “Creating a Vision for the 21st Century” SUMMARY OF CONGRESS PROCEEDINGS March 2000. Since the time of that report, the body of knowledge around social determinants of health and behavioral health equity has permeated our thinking and doing about how to reduce the great disparities in access to services by Latinos in the U.S.

Today, unlike any other time before, we are envisioning how to or beginning to measure our progress in order to achieve behavioral health equity for Latinos. Increasing the bilingual/ bicultural workforce, increasing language access to Limited English Proficient populations; increasing access to substance abuse and mental health services; advocating for funding more research studies and implementing more evidenced based practices by and for Latinos; and narrowing the scholastic achievement gap by Latino college students who graduate with behavioral health degrees; assuring that more federally funded agencies are adopting the CLAS Standards; or increasing the number of Latino consumers in recovering and completing

treatment goals that are culturally and linguistically appropriate.

As we watch the incredible increases in federal funding to provide, support, fund, or train in the delivery of behavioral health services to mitigate the nation crisis at hand, we also must measure whether those funds are reaching and benefitting the Latino community to help achieve behavioral health equity. There are community-based organizations who every day demonstrate a positive impact on the wellbeing of Latinos and they are growing in number. These Latino serving or Latino led agencies, providers, programs, and practices are growing gradually as a “community response” to help increase the supply of culturally and linguistically appropriate services. So when behavioral health conditions change and even worsen, there is a local response. How we bring federal resources to bear on these efforts needs our attention and advocacy. Learn about these efforts by joining the NLBHA Juntos Network at www.nlbha.org, its free, informative and find out how we can help your organization build its body of knowledge on how to achieve behavioral health equity for the Latino community.



Fred Sandoval,
MPA, NLBHA, Executive Director





Jana Spalding MD, CPSS

We would like to take this opportunity to highlight Dr. Jana Spalding. She was born and raised in Colon, Panama and is bilingual/bicultural. She currently lives in Tucson, Arizona. She is a graduate of the Stanford School of Medicine.

Dr. Spalding is a true “**Luchadora**” and a **Champion** in mental health, with over 25 years of experience, she has provided Behavioral Health Care, Peer Counseling, Peer Support, Peer Training, Consumer Empowerment, Consumer Advocacy, Family Advocacy, Support System Building, Recovery Promotion, Active Listening, Conflict Resolution, Respite Services, and Alternative Healing Strategies.

Her personal experience with mental health, combined with her medical training and background, give her the power of awareness of individual’s pursuing recovery from any illness or infirmity, in particular to those who suffer from so-called mental illness. Her work and dedication have highlighted the value and importance of peer support across the health care spectrum. She has taught and develop curriculum on recovery from mental illness and lifestyle change at the University of Arizona and Arizona State University. As she fully understands that persons who have faced similar challenges as “the patient” or “the client” and have progressed to a place of recovery are in a unique position to offer hope, encouragement, support, a listening ear, and practical help to others in similar situations. She is a promoter of the concepts of recovery and the importance of peer support to people throughout the entire spectrum of behavioral health care. She has been our collaborator since 2014 working to facilitate increased access to behavioral health services for Spanish speakers in the US and to promote cultural humility among health services recipients and providers.

BIOGRAPHY

Dr. Jana Spalding works as a behavioral health consultant, educator, and Spanish interpreter/translator. Born and raised in Panama, she is bilingual in English and Spanish, and is familiar with the diversity of practices and approaches to mental health in diverse Spanish speaking communities.

A graduate of the Stanford University School of Medicine, she pursued her Pediatric residency at UCLA and at the Children’s Hospital of Orange County. Following her own bout with debilitating mental illness, she turned to peer support, where she learned about mental health recovery. There followed wonderful work opportunities: from peer support to recovery education, administration of recovery facilities, and C-suite experience in behavioral health managed care.

Dr. Spalding has enjoyed collaborating with several projects of the National Latino Behavioral Health Association since 2014, always working to facilitate increased access to behavioral health services for Spanish speakers in the US.

Dr. Spalding lives in Tucson, Arizona. She is blessed with an extensive extended family and is the proud mother of a senior soon to be receiving his Bachelor’s degree in Public Health at the New Mexico State University.



QUARTERLY HIGHLIGHTS: What did we do last quarter?



Please visit our website to access these resources:

Grief and Loss Toolkit

Problem Gambling Toolkit

Domestic Violence Prevention Amongst
Hispanic and Latino Communities Mini eBook

CELEBRATE WITH US!

December	January	February
<u>Universal Human Rights Month</u>	<u>National Slavery and Human Trafficking Prevention Month</u>	<u>Black History Month</u>
<u>International Monkey Day</u>	<u>National Cheese Lover's Day</u>	<u>National Pizza Day</u>

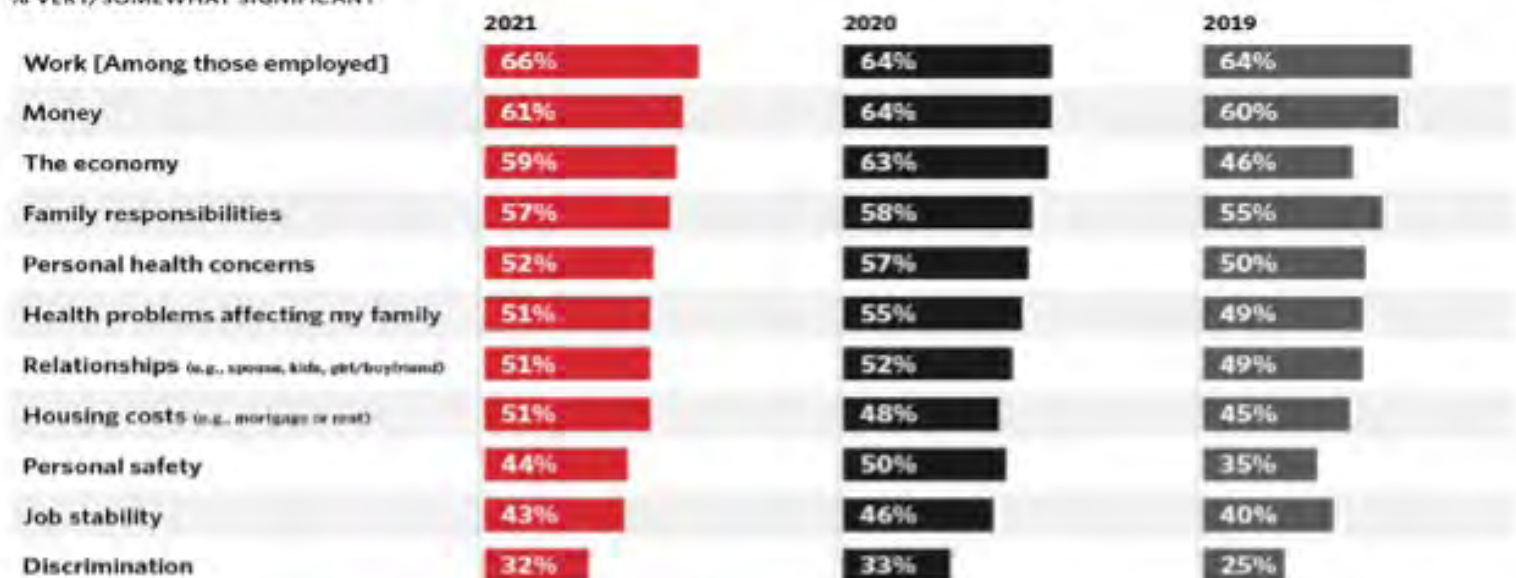
STRESS DURING THE HOLIDAYS – Understanding Ourselves, our Clients, and our Culture

Richard Cervantes, Ph.D.

As we approach the holiday season it is a time to reflect and take inventory of ourselves and our wellbeing. For those of you who provide services for Latino/a populations, it is also a time to consider how stress levels may be affecting you, and/or your clients during this busy holiday season. It is so important that we reflect about how our clients' experience the holidays as they move through treatment and recovery, but also be attentive to our own personal needs and the healing that may come from this reflection. Take time to consider the internal stress levels that we've experienced during the past year, moving away from the pandemic. In addition it's a time to think about ways that we can effectively handle stress during the upcoming year, and how we can support families, friends and even our own clients in the upcoming year. It is a time to remember all of the ways in which our culture can be a source of resilience, and positive coping to deal with stress that comes from the external environment.

So what do we know about stress during the holidays? First, researchers tell us that the feeling of “stress” is caused by stressors which are demands made by the environment that upset individual or family balance. Stressors can be chronic or more sudden and can affect us physically and psychologically. Stress is the perception that a situation exceeds the psychological, social, or material resources for coping (Cohen, Kessler, & Gordon, 1995). Further, stress contributes to illness through its direct physiological effects or through indirect effects via maladaptive health behaviors (e.g., alcohol use, substance use, smoking or poor eating habits). Stress does not affect all people equally and much of our own feelings of stress depend on the skills, cultural resources and positive coping strategies that we use. According to the American Psychological Association (2021), sources of stress relate primarily to employment and income related stressors, as well as “family responsibilities”.

% VERY/SOMEWHAT SIGNIFICANT



STRESS IN AMERICA™ 2021: STRESS AND DECISION-MAKING DURING THE PANDEMIC

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STRESS DURING THE HOLIDAYS – Continued

Richard Cervantes, Ph.D.

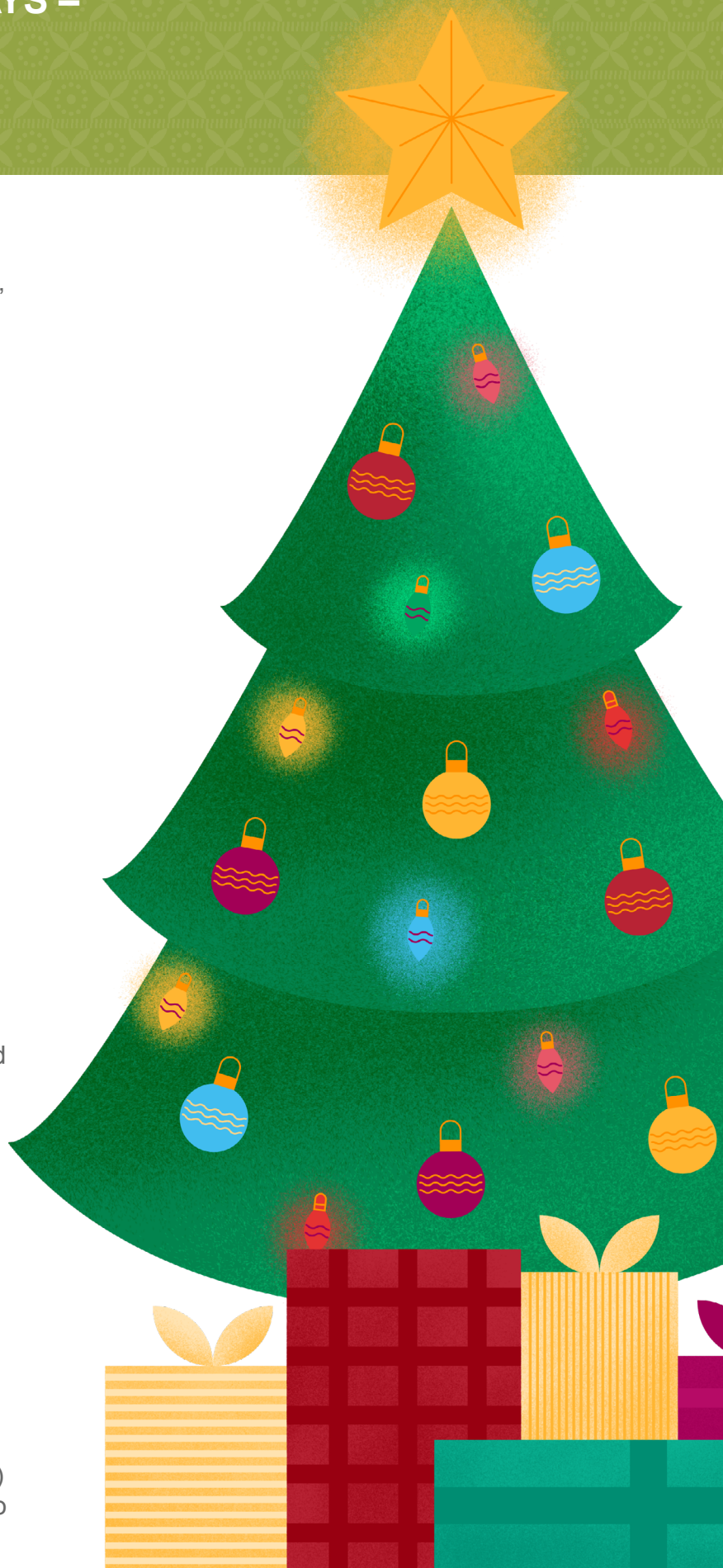
For those with a mental health condition, 64% report increased stress during the holiday (NAMI, 2022).

In addition to common stressors, a number of Holiday Stress conditions can make our experience of the holidays less enjoyment and more difficult. Some of these include:

- Financial stress – credit card debt
- Limited domestic or international travel
- Fear of getting COVID
- Limited supply of goods and delays
- Limited worship or faith-based holiday events
- Limited gatherings with families and friends
- High expectations to give gifts or host meals

Among Latinos, there are other stressors that may be troubling and that may also occur. Our own research suggests that “acculturation” related stress in its’ various forms, can be debilitating. These studies have shown increased depression, anxiety, substance and alcohol use among Latinos with high levels of immigration stress, family stress, discrimination stress and parent-child acculturation “gaps” stress (Cervantes, et.al, 2016; Berger Cardoso, et al, 2014).

During the holiday season, it is important that we do a self inventory, family inventory and client inventory (for those who provide services) to determine if common holiday stressors, in combination with culturally based stress are impacting our well being. According to the APA and the National Alliance of Mental Illness (2022) this self, family and client level inventory can also



STRESS DURING THE HOLIDAYS – Continued

Richard Cervantes, Ph.D.

include important and effective ways for coping with stress, including:

- Acknowledge your feelings: If grieving or lonely, it's okay to express your feelings.
- Reach out: If you feel lonely or isolated, seek out community, religious or other social events.
- Be realistic. The holidays don't have to be perfect
- Plan ahead. Set aside specific days for shopping, baking, and other activities.
- Attend virtual church services and holiday events
- Practice self care: Get enough sleep, exercise, eat well, set aside time for yourself.
- Practice mindfulness: keep attention on the present, not past or future
- Write a "gratitude" list – offer thanks to family, friends and co-workers
- Learn to say No: Saying yes when you should say no can leave you feeling overwhelmed
- Setting boundaries with family members and friends
- Practice relaxation – get some daily exercises

- Reaffirm our own and our client's cultural identities – value our "raíces"
- Encourage virtual cultural celebrations during the holidays – teach children about these traditions

Promoting cultural resilience today, during the holidays, and in the future can help all of us maintain positive mental health and overall wellbeing. For Latino/as, our culture can serve as a great source of strength. Strong familismo, orgullo, respeto, religion (faith) and hope/optimism among immigrants have all been suggested to reduce acculturation stress, and other forms of stress, and thereby reduce problem behaviors including substance and alcohol use. Mobilizing these cultural strengths in ourselves and in others, can bring us a sense of peace, joy and happiness during the holiday season.



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.

LEADERSHIP ACADEMY CLASS OF 2022



This past September, 19 Hispanic and Latino behavioral health professionals from across the United States graduated from the third cohort of the National Hispanic and Latino Executive Leadership and Fellowship Program. This program provides training and professional development opportunities,

Cesar Enrique Bravo Wolfe, MSSW, LICSW (MN)

David Sotelo (KS)

Dyann Avila, LCSW-S (TX)

Emely Santiago, LMSW, MPH (NY)

Ernesto Figueroa, BA, LLM (RI)

Evelyn Casimiro, MSW, ACSW (CA)

Gabriel Ramirez, MPA, MBA, CASAC (NY)

Glory McDaniel, MA, LPC, LAC, MFTC, NCC, EMDR Trained (CO)

Lisa Noelani Chavez, LISW (NM)

including mentorship, to mid-level management professionals working in prevention, intervention, treatment, and recovery. The National Hispanic and Latino ATTC and PTTC are proud to present the graduates of the Class of 2022:

Liz Espinoza, LCSW-R (NY)

Liz Paola Domingues, MSc, PhD (FL)

Lucila A. Beaton, LMSW, LISW-CPS (SC)

Norma A. Martinez, MSW, LICSW (WA)

Norma Patricia Fernandez, PhD, MPH (NM)

Onesimo Baltazar Corona, MPA (VA)

Priscila Giamassi, MPM, CPS (GA)

Roberto Suarez, LMFT (CA)

Thomas Anthony Chavez, PhD (NM)

Ziomara Ochoa, MS, LMFT (CA)



Leadership Academy Awardees

Presented at the 2022 National Latino Behavioral Health Conference: Latino Behavioral Health Equity ¡Juntos Podemos! in Las Vegas, NV

Four of our fellows from the Class of 2022 were honored at the 2022 National Latino Behavioral Health Conference: Latino Behavioral Health Equity ¡Juntos Podemos! in Las Vegas, NV, where they received awards recognizing their success in the National Hispanic and Latino Executive Leadership and Fellowship Program. The awards and recipients were:

National Latino Hispanic Executive Leadership Innovation Award:

★ **Cesar Enrique Bravo Wolfe**, MSSW, LICSW (MN)

National Latino Hispanic Executive Leadership Inspiration Awards:

★ **Onesimo Baltazar Corona**, MPA (VA) and
★ **Lucila A. Beaton**, LMSW, LISW-CPS (SC)

One award was also given to an alumni of the National Hispanic and Latino Executive Leadership and Fellowship Program. The National Hispanic Executive Leadership Impact Award was given to

★ **Dr. Susie Villalobos**.

2023 NATIONAL HISPANIC AND LATINO EXECUTIVE LEADERSHIP AND FELLOWSHIP PROGRAM



The National Hispanic and Latino ATTC and PTTC are proud to announce the fourth cohort of the National Hispanic and Latino Executive Leadership and Fellowship Program. This cohort is made up of 25 Hispanic and Latino behavioral health professionals working in the areas of prevention, intervention, treatment, and recovery in community-based, clinical, academic, and governmental settings. Introducing the National Hispanic and Latino Executive Leadership and Fellowship Program Class of 2023:

Angelita Valdez,
LMSW, CAADC, RPT-S, CCS (MI)

Angie J. Castro Moreno,
MSW, LICSW, LCSW-C (MD)

Austin De La Cruz,
PharmD, BCPP (TX)

Bernice Varela,
LCSW (NM)

Christina Alejo,
B.A. (CA)

Cira E. Burke,
Eds (VI)

Elijah Jones,
MSW, LISW-S, LICDC, CCTP, CDP (OH)

Elisa C. DeVargas,
PhD (NM)

Esmirna Corona,
LCSW-S (TX)

Flor Cano-Soto,
LCSW (NM)

Fredy L. Martinez,
MS.Ed. CSAC, QMHC,
PMC-CMHC, PMC-AC (MD)

Itza Morales,
MSB, CASAC (NY)

Jessica Mora,
LCSW (NJ)

Jorge Morales-Lopez,
MSW, CBHCM, GCDF (FL)

Luz Miranda (MA)

M. Tica Torres,
MHA (MD)

Mary Jones (NC)

Mateo Ortega,
BSW (NM)

Mayra Velazquez Rosario,
MS, LPC (CO)

Nancy Nava, MPH (GA)

Odalinda Ávila-Triviño,
MA, LPC (IL)

Salvador Amezola-Zaragoza,
CADCII, QMHAI (OR)

Sevy Gurule, MD (NM)

Tatiana Ormaza,
MSW, LCSW (CA)

Vanessa Alarcón,
MSW, LCSW, LAC (CO)

MEDIA CORNER



Short videos

[El Día de los Muertos/Day of the Dead](#)

[A Healthy New Year](#)



Podcast Series

Please visit [our page](#) to listen to our podcast series. We have episodes in English, Spanish, and Portuguese on topics including Men's Health, Latina Leaders, Problem Gambling, and more!



ECompendium

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



External & Partner Resources

[National Prevention Day and CADCA's 33rd Annual National Leadership Forum](#)

The Central East PTTC has a new 2-part series entitled "Preventing Cannabis Use: Risk/Protective Factors & Effective Communication." [Click here](#) for more information.

The New England PTTC has developed a Diversity and Cultural Inclusion in Prevention Toolkit. [Click here](#) for more information.



On the Horizon: What's Coming?

Be on the lookout for new products including:

New episodes of our Latinos Con Voz podcast series

New releases of our short videos and fact sheets

New toolkits



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 [/nhlattc](#)

 [Products & Resources Catalog](#)

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