

CULTIVATING WELLNESS

A NEWSLETTER CELEBRATING
LATINO BEHAVIORAL HEALTH

LAYING GROUNDWORK FOR A
HARVEST AND HEALTHY YEAR

Newsletter: Quarter 5 / Issue 6 / March 2023



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 – “No hay mal que por bien no venga.”

ENG – “Every cloud has a silver lining.”

Our interpretation: This saying encourages us all to view the positive side of life and offers an optimistic view of reality. Despite the hardships and worst situations, we may face, we can find comfort in knowing we can learn from this experience, even if it's not obvious right away.

(Visit [Source](#))

A REFLECTION BY OUR PROGRAM DIRECTOR



Celebrating Women's History Month

March is upon us! This month the National Hispanic Latino ATTC and PTTC are celebrating Women's History Month. The month of March is an opportunity to reflect on gender equality and the valuable roles women play in our field of behavioral health. Women contribute to building a more just nation and increasing health equity among disparate populations. As the NHL-TTCs, we have the unique opportunity of working with some of the most phenomenal experts in our field of addiction science, prevention competencies, linguistic appropriateness, and advocates for behavioral health equity.

While we recognize and appreciate these women's tremendous work across our nation, we know that much work still needs to be done. We are incomplete in areas of health, rights, and justice. No woman should have to encounter barriers to comprehensive health care that includes SUD Treatment, Recovery, or Mental Health services.



Dr. Susie Villalobos
March NHL Newsletter, 2023

The NHL ATTC and PTTC are committed to our Hispanic/Latino women for gender equality. We demand no less in the protection and self-determination of the rights for women in behavioral and mental health. Celebrate with us and recognize the accomplishments of your mother, daughter, sister, aunt, friend or colleague!

We hope you enjoy this 6th issue of the newsletter!

QUARTERLY HIGHLIGHTS AND CELEBRATIONS



What did we do last quarter?

Please visit our website to access these resources:



[Fentanyl Resource Fact Sheet for Providers](#)



[Cannabis Prevention Toolkit](#)



[Suicide Prevention Toolkit](#)



[Problem Gambling Toolkit](#)



[¡Latinos con Voz! Podcast - Know Your Rights! Understanding Americans with Disabilities Act for Substance Use Disorder - Dr. Oce Harrison](#)



[¡Latinos con Voz! Podcast - Breaking the Silence: Substance Use Disorder and Stigma - Dr. Christina Rabadan-Diehl](#)

CELEBRATE WITH US!

March	April	May
<u>National Women's History Month</u>	<u>National Cannabis Awareness Month</u>	<u>National Mental Health Awareness Month</u>
<u>National Inhalants & Poisons Awareness Week</u>	<u>Sexual Assault Awareness Month</u>	<u>National Get Caught Reading Month</u>

NHL EXECUTIVE LEADERSHIP AND FELLOWSHIP PROGRAM



The National Hispanic and Latino Addiction and Prevention TTCs presented at the 2023 Innovations Regional Training Event: Honoring Workforce Solutions to Support Care for Communities of Color, organized by the New England Addiction, Prevention, and Mental Health TTCs.

During this panel discussion, Priscila Giamassi, MPM, CPS, the project manager of the National Hispanic Latino Executive Leadership and Fellowship Program, provided a brief presentation about the leadership program, shared some of the highlights of the program and its outcomes regarding strengthening the Hispanic and Latino behavioral health workforce and growing our own.



If you missed the session, we invite you to watch the recording here: [**2023 Innovations Regional Training Event \(Day Two\): February 14, 2023**](#)

Susie Villalobos, Ed.D., Project Director for the NHL-PTTC, and Priscila Giamassi, MPM, CPS, are excited to be attending the Focus on the Future Conference in Seattle early in May 2023. The conference is organized by the Evergreen Council on Problem Gambling. Dr. Villalobos and Priscila will present about the National Hispanic Latino Executive Leadership and Fellowship Program, highlighting some of the fellows and alumni's testimonials about their experience participating in the program, the successes and challenges, and the impact of the program in developing the Hispanic and Latino behavioral health workforce.

We hope to see you there!

Learn more about the conference: [**Focus on the Future ECPG**](#)

MEDIA CORNER



Podcast Series

Please visit [our page](#) to listen to our podcast series. We have English, Spanish, and Portuguese episodes 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

The National American Indian and Alaska Native PTTC developed a comprehensive guide for researchers to have a better understanding when approaching research with Native populations entitled "Research at the Speed of Trust."



[Click here](#) for more information.



On the Horizon: Whats Coming Up?

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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[Products & Resources Catalog](#)

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