

Humanidad Therapy & Education Services

1260 N Dutton Ave. Santa Rosa, CA 95405

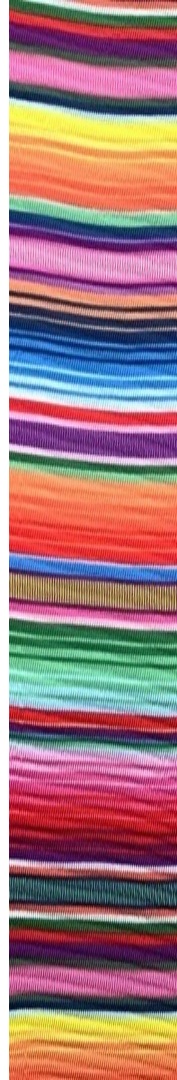
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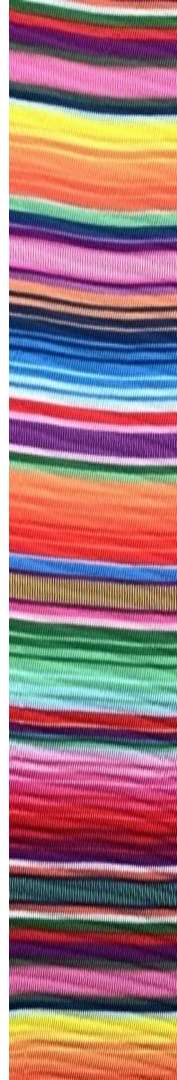
HUMANIDAD
Therapy & Education Services





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Humanidad is a multicultural community mental health agency and a program that trains future Marriage and Family Therapist (MFTs). Humanidad serves communities in Sonoma County with a focus on counseling for individuals, couples, youth, and families and children



Mission: Humanidad's mission is to strengthen the lives of the Latinx community by increasing access and utilization of community mental health resources. We transcend barriers and reduce stigma by providing culturally proficient therapist training, inclusive community education, and bilingual therapy services

Vision: We envision healthy and thriving communities where the stigma associated with mental health does not exist and all have access to quality and compassionate culturally sensitive therapy services.

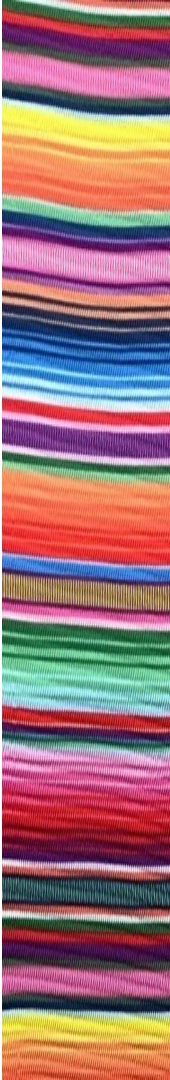
CoreValues:

Compassion – We serve our community with commitment and dedication.

Culture – We respect and honor all cultures.

Integrity – We take great pride in providing high quality services.

Heart-Driven – We do the work because we love the work



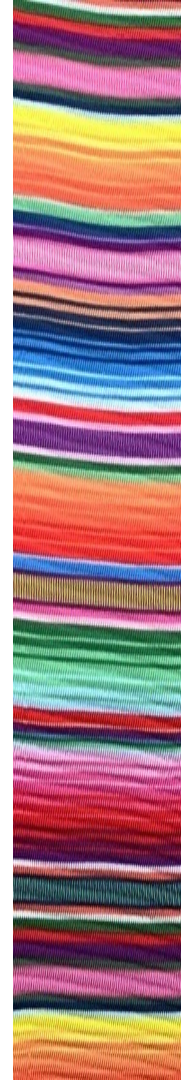
OUR PROGRAMS AND SERVICES

BICULTURAL MARRIAGE AND FAMILY THERAPIST TRAINING (MFT & LCSW)

- Specialized training unique to our work with the Latinx population.
- Traineeships and post-graduate internships, clinical direction and supervision.

STRENGTH-BASED THERAPEUTIC COUNSELING

- Culturally-sensitive approach with emphasis on social and emotional wellness for reduced rates of anxiety, stress and depression.
- Low-cost individual and group counseling, couples, parent& family.



OUR PROGRAMS AND SERVICES

CONVIVENCIA COMMUNITY GROUPS

Unique group therapy utilizes cultural and social activity of *Convivencia* for increased mental health wellness.

Community gatherings and Therapeutic support groups

COUNSELING & MINDFULNESS TRAINING IN SCHOOLS

Santa Rosa public school system, student counseling for individuals and groups, faculty training and support

COMMUNITY OUTREACH

Private and public sector - mental health lectures, forums, classes and trainings.

Appearances on KBBF 89.1, the first bilingual public radio station.

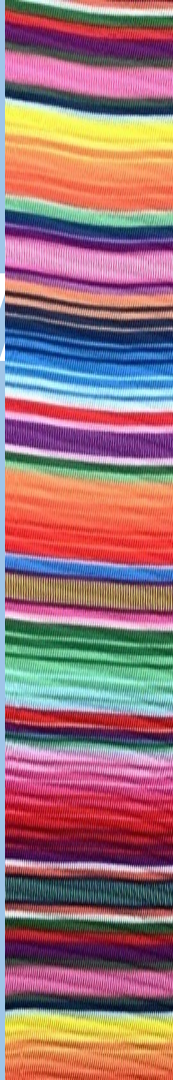


The Convivencias Program

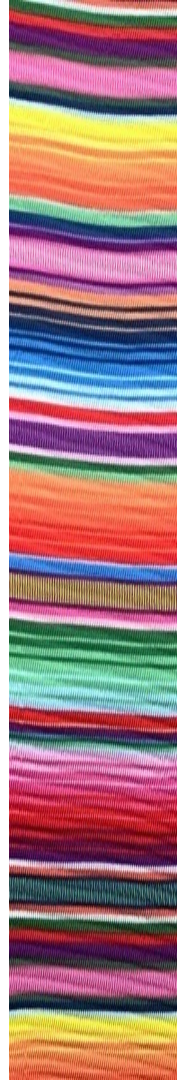
Addressing mental health disparities in underserved Latinx communities in Sonoma County.



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Our Solution: Convivencias



Our Solution: The Program

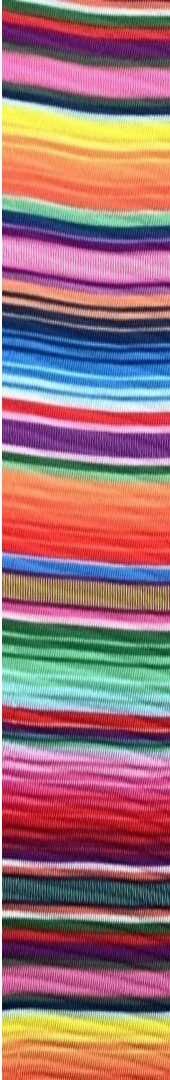
Community Convivencias (one-time event)

A 2-hour gathering in which music, food, and raffle incentives are used to welcome & engage participants as they share their ideas and experiences on a culturally-relevant mental health topic presented by bilingual/bicultural facilitators using “mesas de trabajo” (breakout groups).

Group Convivencias (8-week therapeutic support group)

A series of 90-minute gatherings in which music, food, and other incentives are used to welcome & engage participants using a depth-oriented approach as they share their ideas and experiences with 8-12 others on culturally-relevant mental health discussions guided by bilingual/bicultural facilitators for eight weeks.

... the bottom line: **your voice matters.**



Humanidad Therapy and Education Services: *Convivencias*



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LOCATION

Sonoma County, CA



GROUPS SERVED

- Latinx folks who are monolingual Spanish speaking and bilingual, English and Spanish
- Adults ages 18 and over

CONTACTS

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OVERVIEW

Humanidad Therapy and Education Services (HTES) is a multicultural community mental health agency, and an MFT & LCSW training program, that offers bilingual/bicultural, low-fee psychological services for underserved, diverse populations in Sonoma County with a primary focus on providing culturally sensitive Latinx mental health care. Humanidad's mission is to strengthen lives by increasing access and utilization of culturally proficient community mental health resources. We transcend barriers and reduce stigma by providing bicultural therapist training, community education, and culturally sensitive therapy services.

Humanidad addresses the stigma associated with seeking mental health services through its use of *Convivencia model*; a space of familismo (family), respeto (respect), and personalismo (relationships), where community members feel safe to engage in storytelling and share life experiences while learning from others. The strategies being integrated include culturally relevant community events (*Community Convivencias*) and group counseling (*Group Convivencias*), both with the main purpose to increase a sense of belonging, self-esteem, and a quality of life.



Community Convivencia- A two hour community gathering...

- ❖ Where community members learn about Humanidad and emotional health.
- ❖ To break the silence and stigma around mental health.
- ❖ Where families with similar backgrounds receive mutual support and talk about their health and experiences.
- ❖ Celebration of cultures, food and raffles are offered.

Group Convivencia- An 8-week support group where participants...

- ❖ Reflect on their life experiences and important relationships in their lives.
- ❖ Meet others who are going through similar life struggles.
- ❖ Receive mutual support from others.
- ❖ Learn about themselves and get support.

OVERCOMING CHALLENGES

In the Latinx culture, there is a strong value to socializing, as well as a more relaxed sense of time. There is a different lifestyle in the American culture, where individuals are more individualized and everything is on a schedule. Latinx individuals usually find themselves in isolation when living in the United States. Through connecting and relating is how therapists are able to reach out to the Latinx Community. Within this community, there is resistance to mental health, which has been a barrier for recruitment for *Convivencias*. However, we are noticing that Humanidad as well as *Convivencias* are beginning to be known in the community. Through word of mouth- by sharing experiences of past *Convivencia* participants, and hearing from trusted professionals about *Convivencias*- we have been able to reduce stigma and recruit more participants. There have been other barriers involved where participants haven't been able to commit to *Convivencias*, such as a lack of transportation or child-care, work schedules, and financial barriers. By being aware of this, Humanidad has been able to build relationships with community partners, in order to provide an accessible space for participants.



Convivencia Model As a Mental Health Intervention

Convivencia model as a therapeutic practice:

- ❖ It encourages peer-to-peer support.
- ❖ Promotes inclusion and access to mental health by engaging Latinx individuals, families, school communities and other community members in a non-threatening practice that is culturally understood and accepted.
- ❖ This process of coming together with those who have garnered trust and respect and who support, challenge, understand, empathize and show compassion, is experienced in the quality of connection, community, dialogue, inclusivity, and engagement. We see these attributes of *Convivencia* as opportunities for both individual and family therapy, and as a way to bring together both humanistic and traditional indigenous practices as critical components of this intervention.



OUTCOMES & TESTIMONIES



Data from local evaluations show:

- 51% of participants report *Convivencias* helped them understand themselves through hearing and sharing stories.
 - 74% of participants feel safe and welcomed when participating in *Convivencias*
 - 53% of participants feel comfortable talking about their problems with members of *Convivencias*.
 - 70% of participants feel great after participating in *Convivencias*.
 - 67% of participants feel like they have a voice and members of HTES understand them.
 - 70% of participants feel their point of view as Latinx is understood in *Convivencias*.
 - 65% of participants feel respected by their mental health beliefs and their preference in types of treatment.
- 66% of participants feel their personal needs are taken into consideration in *Convivencias*.
 - 70% of participants have been offered free or low-cost services by HTES.

Through the *Convivencia model*, participants have reported in the local evaluation:

- ❖ Connection, community building, support, shared experiences, and resilience.
- ❖ Participants have decided to begin individual therapy after being a part of *Convivencias*.

NEXT STEPS

- ❖ Continue to reach out to the community, and connect with and build relationships with partners who share our same mission and who can assist us in providing spaces for healing that are accessible to participants.
- ❖ Continue to decrease stigma and increase mental health awareness.
- ❖ Continue to build capacity to grow and develop within the organization.



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Education Services

Virtual Convencias Community Preparation

Educate our Community to take full benefit of our Convivencia Program:

- ❖ Space
- ❖ Tools
- ❖ Technology
- ❖ Zoom
- ❖ Surveys

Community Webinars:

- ❖ Monthly Educational Webinars open to Community.
- ❖ Sliding scale Educational Webinars
- ❖ Different topics related to Mental Health

Strength - Based Therapeutic Counseling Training:

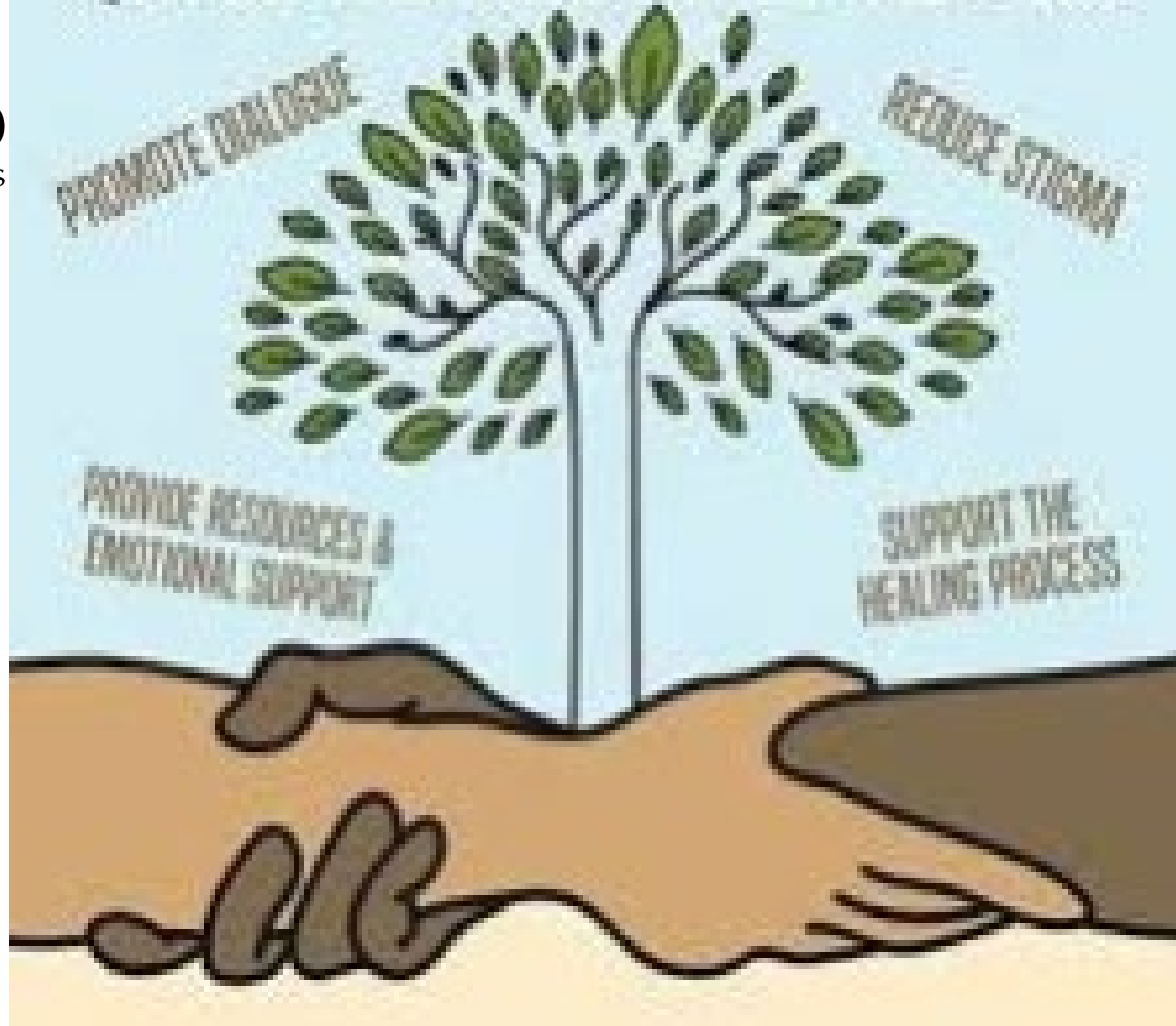
- ❖ All Staff Meeting 1 hr Monthly
- ❖ Partners Training and Conventions
- ❖ HTES Webinars with Special Speakers



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Community Navigator

- Promote Connections
- Provide Resources
- Reduce Stigma
- Support Healing Process
- Engage Community Leaders
- Take Action
- Educate





Q & A