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# Mejorando Los Esfuerzos De Prevención En Las Escuelas Para Las Poblaciones Hispanas y Latinas En El Contexto Cambiante Del COVID 19.

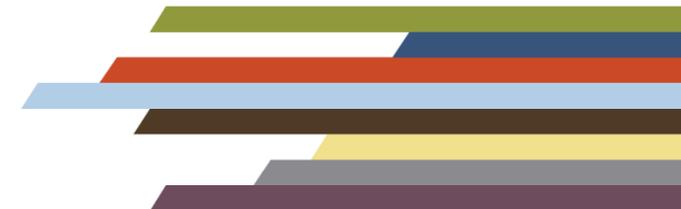
## Sesión 1/2

Presentadores: Michelle Baroni, CPS y Shai Fuxman, Ed.D

Este evento está respaldado por el Acuerdo de cooperación 1U79SP023012 del Departamento de Salud y Servicios Humanos, Administración de Servicios de Salud Mental y Abuso de Sustancias (SAMHSA). Las opiniones expresadas en este documento no reflejan necesariamente las políticas oficiales del Departamento de Salud y Servicios Humanos, el Centro Nacional de Transferencia de Tecnología para la Prevención de Hispanos y Latinos o NLBHA; ni la mención de nombres comerciales, prácticas comerciales u organizaciones implica el respaldo del gobierno de los EE. UU., NHL PTTC o NLBHA.

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Behavioral Health Association **NLBHA**

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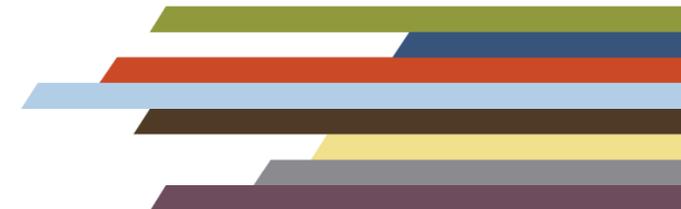
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## Reglas

- Grabación y Conjunto de diapositivas
- Favor mantenga todas las líneas en silencio
- Sesión de preguntas y respuestas
  - Caja de preguntas y respuestas
- Evaluación posterior a la capacitación
  - Enlace externo

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## La misión de NLBHA

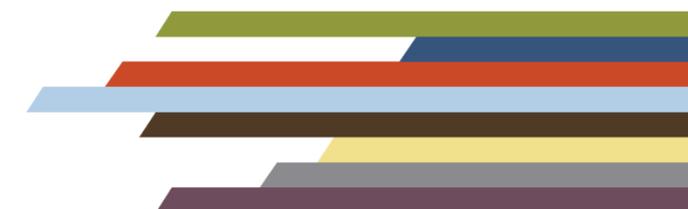
La misión y meta de la La Asociación Nacional Latina de Salud Mental y Adicciones es influir en la política nacional de salud mental y del comportamiento, eliminando las diferencias en el financiamiento y el acceso a los servicios y mejorar la calidad de los servicios y los resultados del tratamiento para las poblaciones latinas.



Fredrick Sandoval, MPA  
NLBHA Director Ejecutivo

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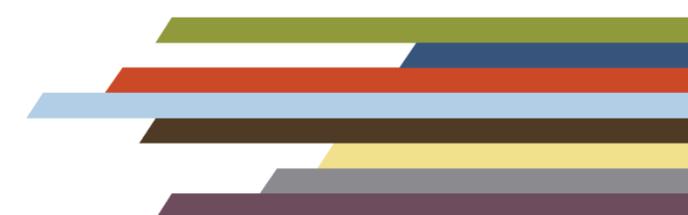
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## Las prioridades de NLBHA

1. La expansión de la capacidad de la fuerza laboral y de los servicios de Salud Mental y Adicciones para Latinos
2. Las prácticas establecidas, basadas en evidencia, para el tratamiento de la Salud Mental y las Adicciones para Latinos.
3. Esfuerzos legislativos para aumentar el número de Consejeros/Terapeutas/Otros profesionales dedicados a la Salud Mental y las Adicciones
4. Financiamiento para los trastornos concurrentes del consumo de alcohol y el abuso de sustancias.
5. La crisis de opioides en la comunidad Latina
6. La prevención del suicidio

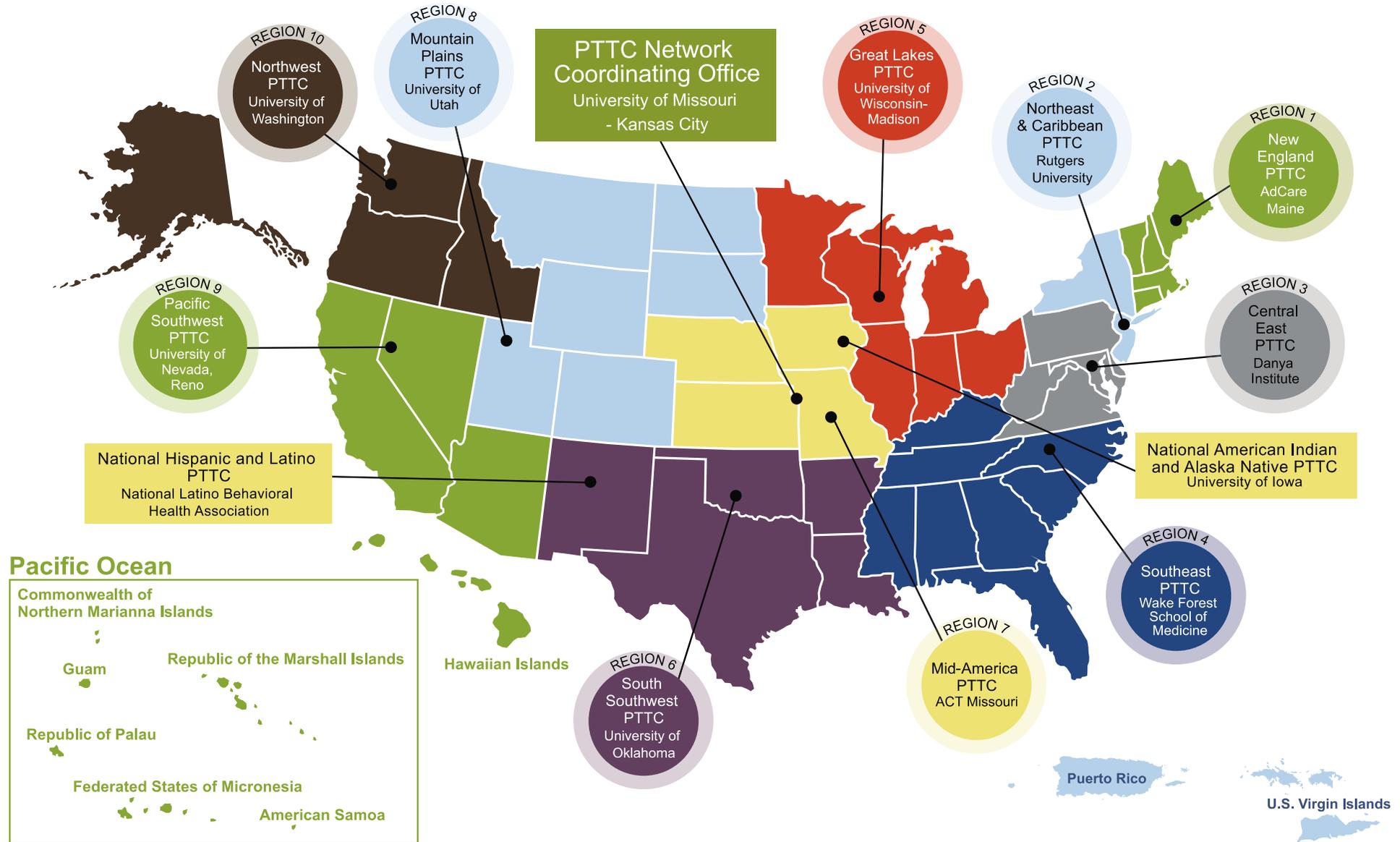




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# Centro Hispano Latino de Capacitación y Asistencia Técnica en Prevención (NHL-PTTC)



Pierluigi Mancini, PhD, MAC  
Director de Proyecto



Dolka Michelle Zelaya, CPS  
Coordinadora de Proyecto



Priscila Giamassi, MPM, CPA  
Asistente Admin. Ejecutiva

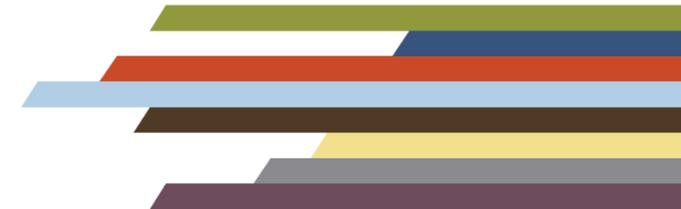


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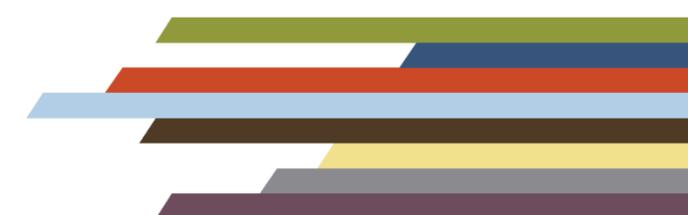
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## Las prioridades del PTTC del Noreste y el Caribe

1. Fortalecer la fuerza laboral de prevención de mal uso de sustancias a través de actividades de transferencia de tecnología
2. Entrega de capacitación y asistencia técnica multifacéticas desde prácticas de prevención basadas en evidencia

## Áreas servidas

- Nueva Jersey
- Nueva York
- Puerto Rico
- Las Islas Vírgenes de EE.UU.

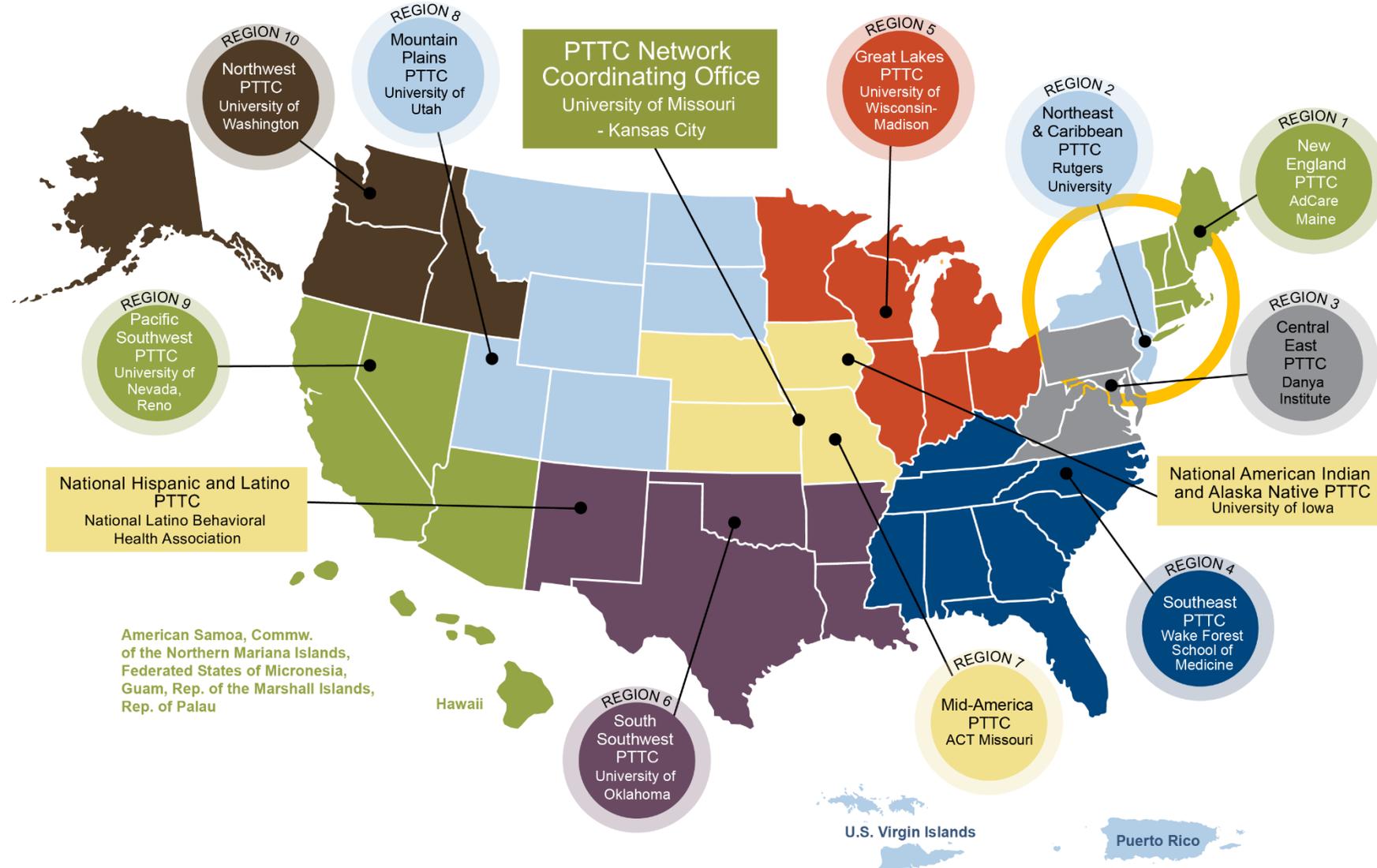




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# Northeast & Caribbean Prevention Technology Transfer Center



Kristen Gilmore Powell, MSW, Ph.D.  
Directora, Northeast & Caribbean  
PTTC, Rutgers University



Clare Neary, MPAP  
Coordinadora del Proyecto,  
Northeast & Caribbean PTTC,  
Rutgers University



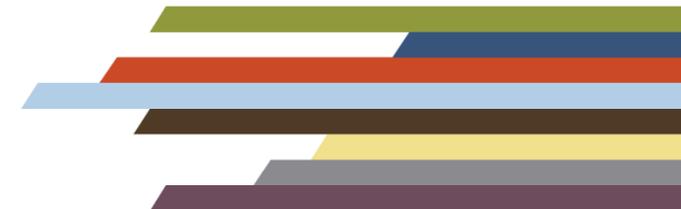
Clara McCurdy-Kirlis, MA  
Coordinadora de  
Adiestramiento y Asistencia  
Técnica, Northeast &  
Caribbean PTTC, EDC



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# Presentadores De Hoy



**Michelle Baroni, CPS**



**Shai Fuxman, Ed.D**



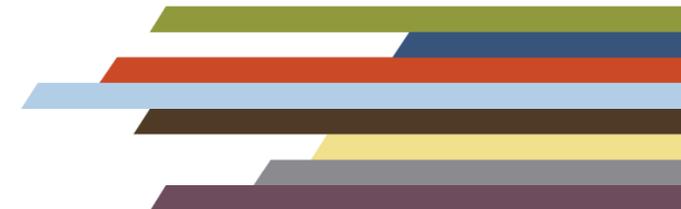
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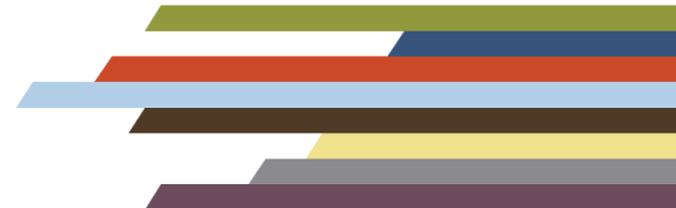


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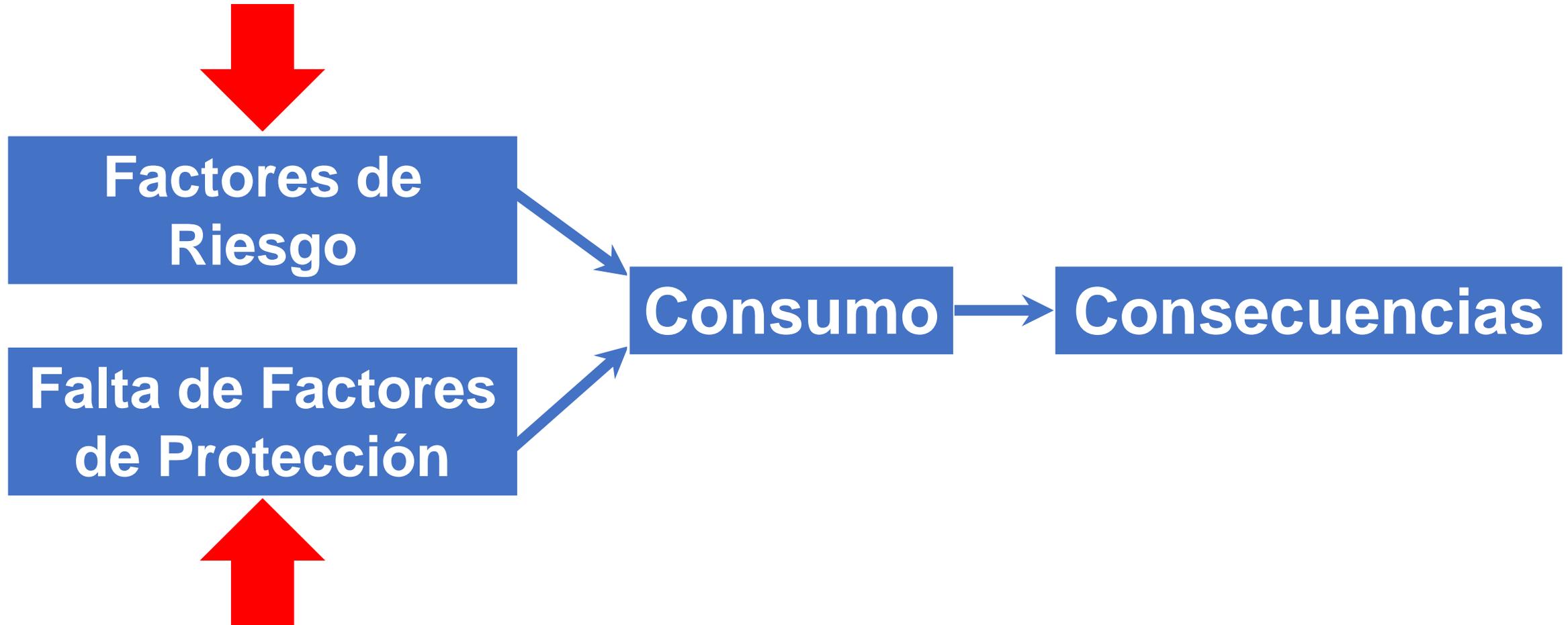
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# Encuesta

¿Cuales esfuerzos y/o estrategias de prevención ha visto en su comunidad?

# ¿Como Se Previene La Adicción?



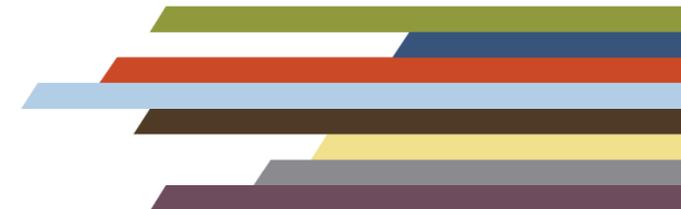
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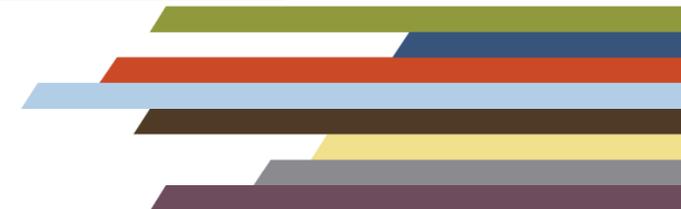
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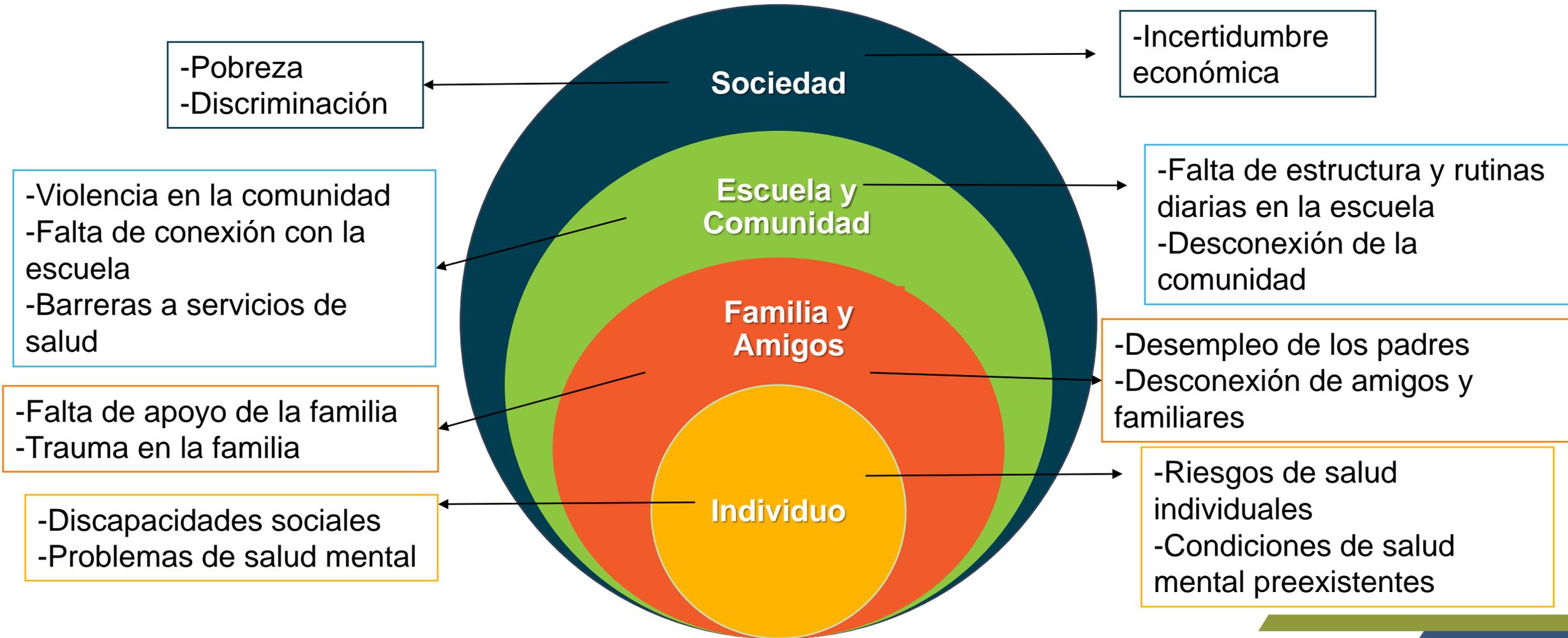


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# Factores de Riesgo ...y aún más durante COVID-19



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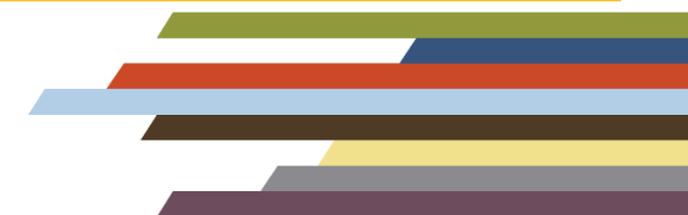
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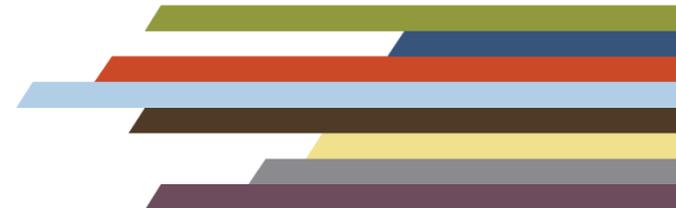
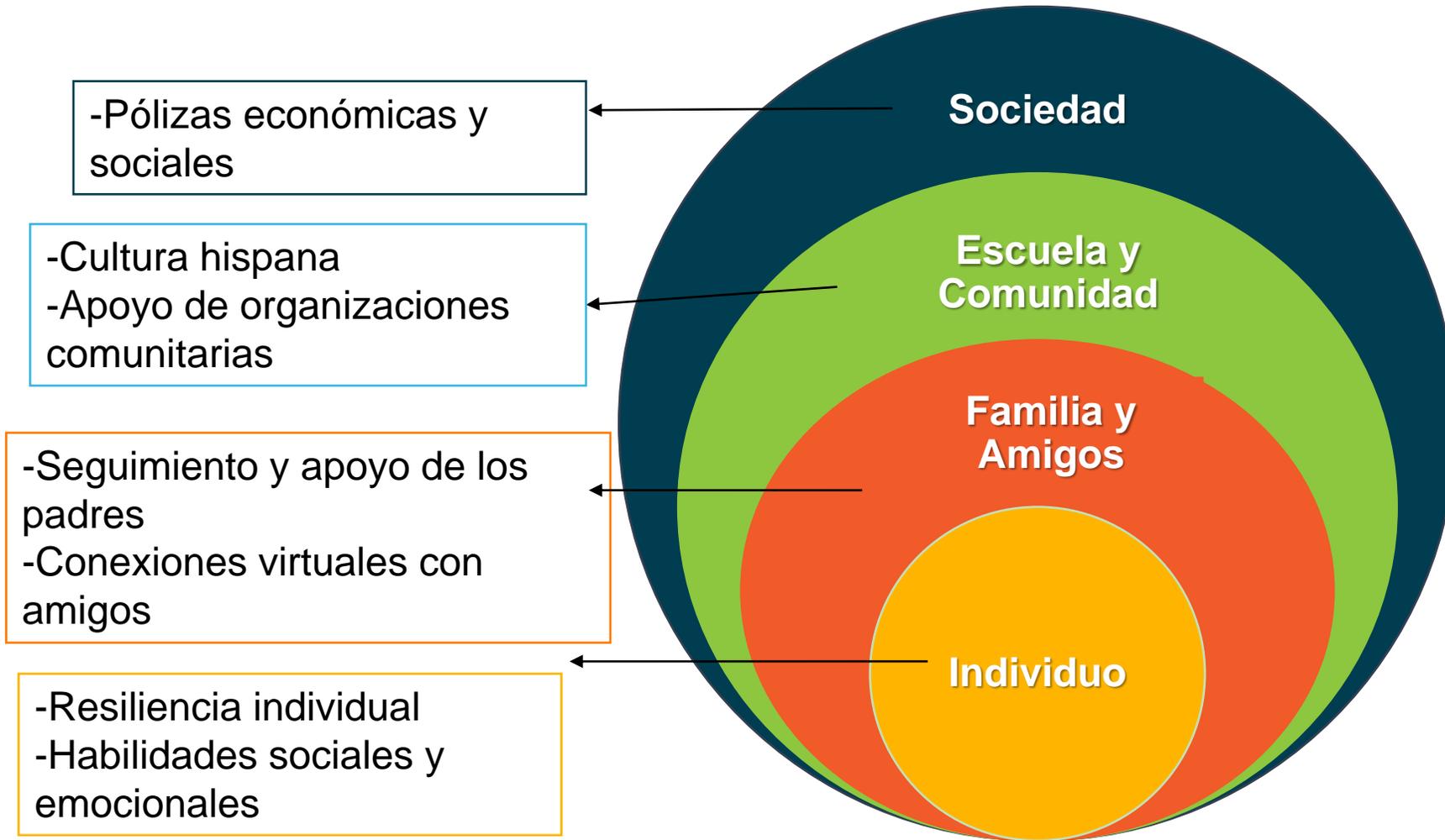
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# Factores de Protección



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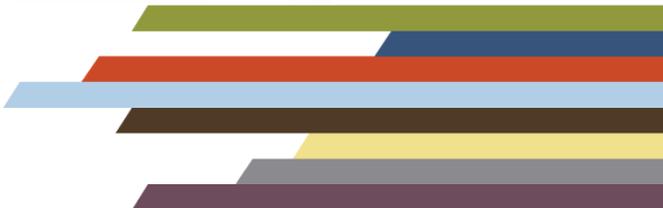
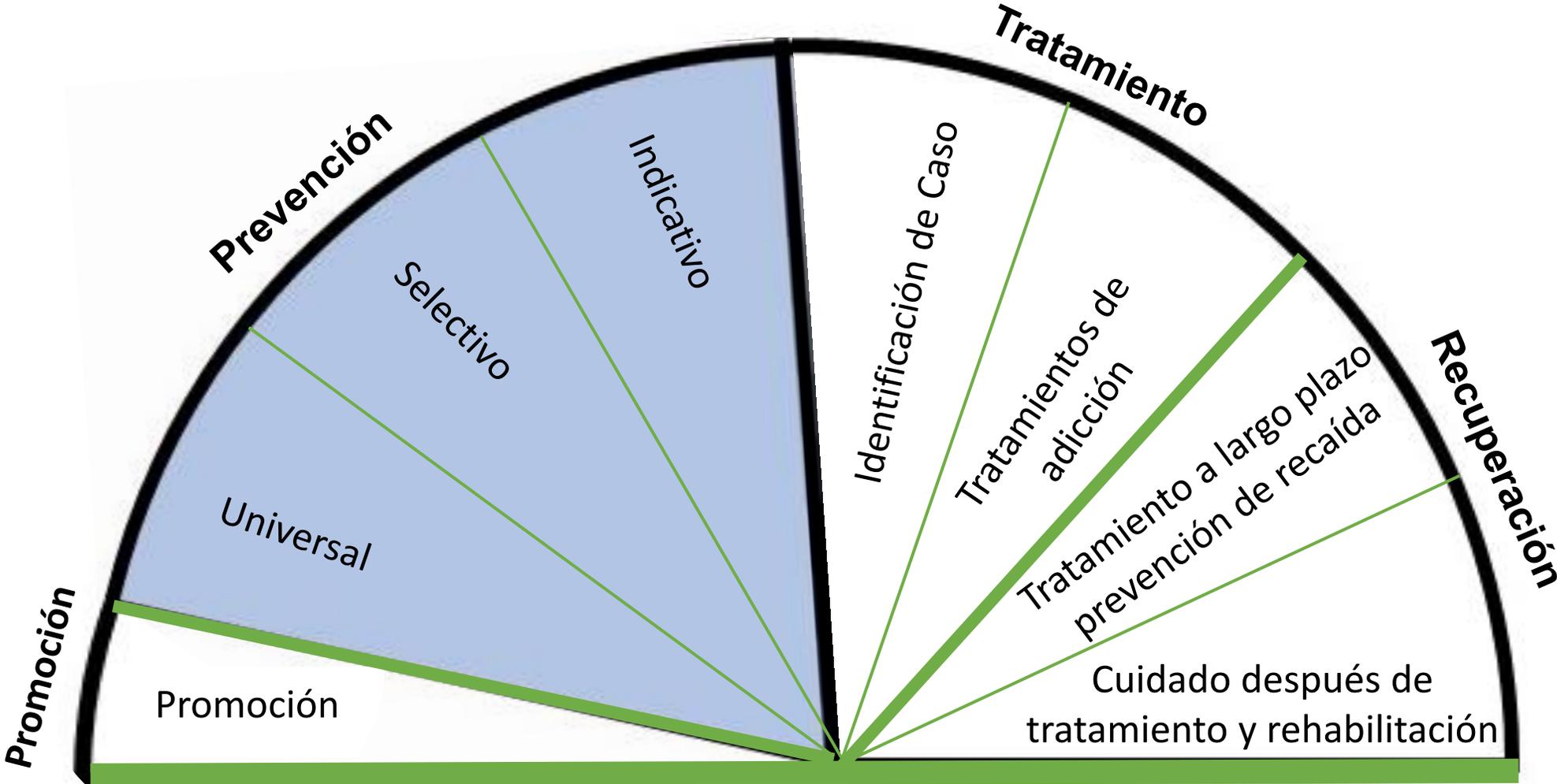


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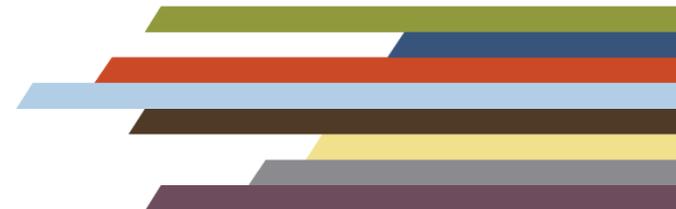
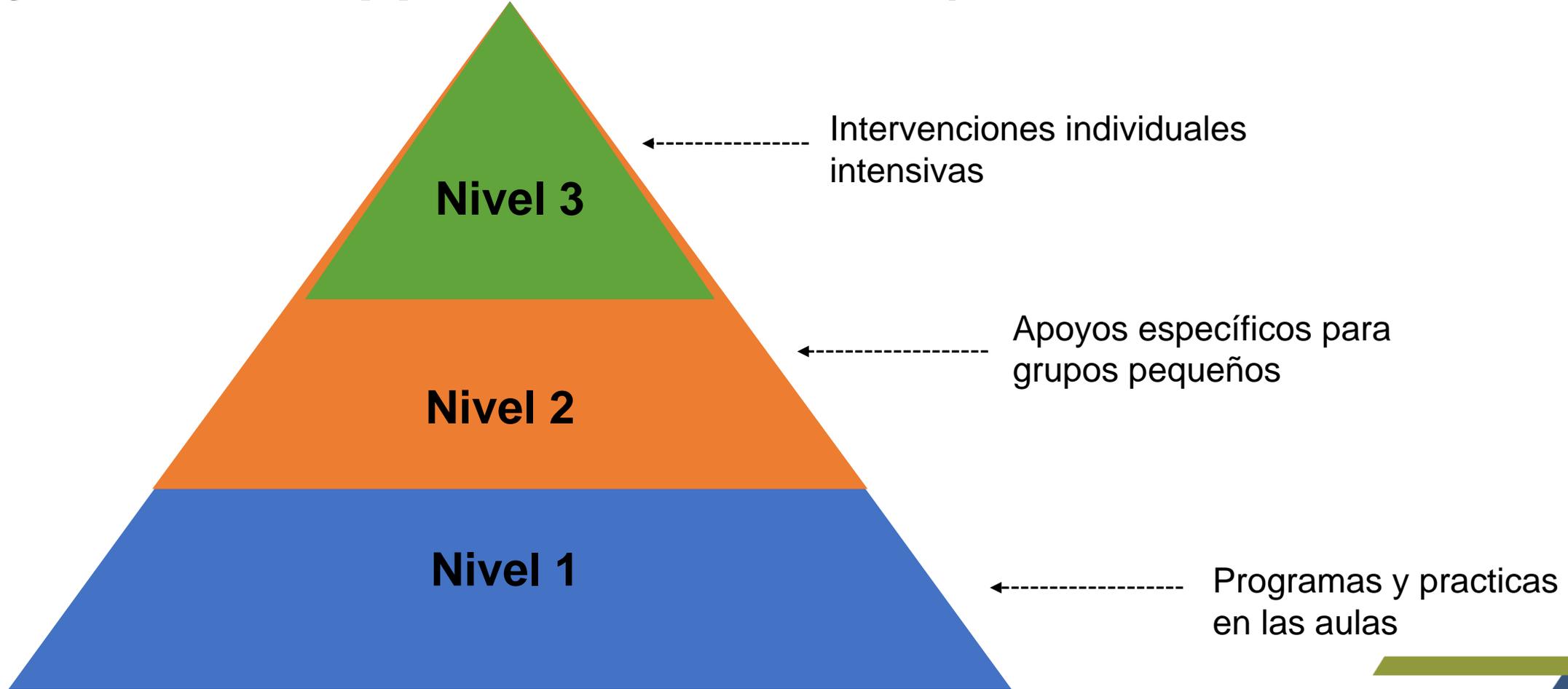
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# Marcos de Prevención: Salud Publica



# Marcos de Prevención: Educación

## Sistema de Apoyos a Varios Niveles (En inglés, Multi-tier System of Supports, o sea, MTSS)



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# Tipos de programas de prevención escolares

## Educación en habilidades sociales y emocionales

Promueven las habilidades cognitivas, emocionales y/o sociales asociadas con un bajo riesgo de abuso de drogas.

## Educación Normativa

Corrigen las percepciones erróneas de los estudiantes relacionadas con la prevalencia y aceptabilidad del abuso de drogas

## Educación en habilidades de resistencia

Aumenta el conocimiento y desarrolla habilidades para resistir la presión social tanto pasiva como activa para abusar de drogas.



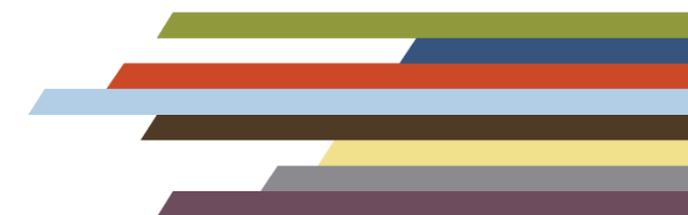
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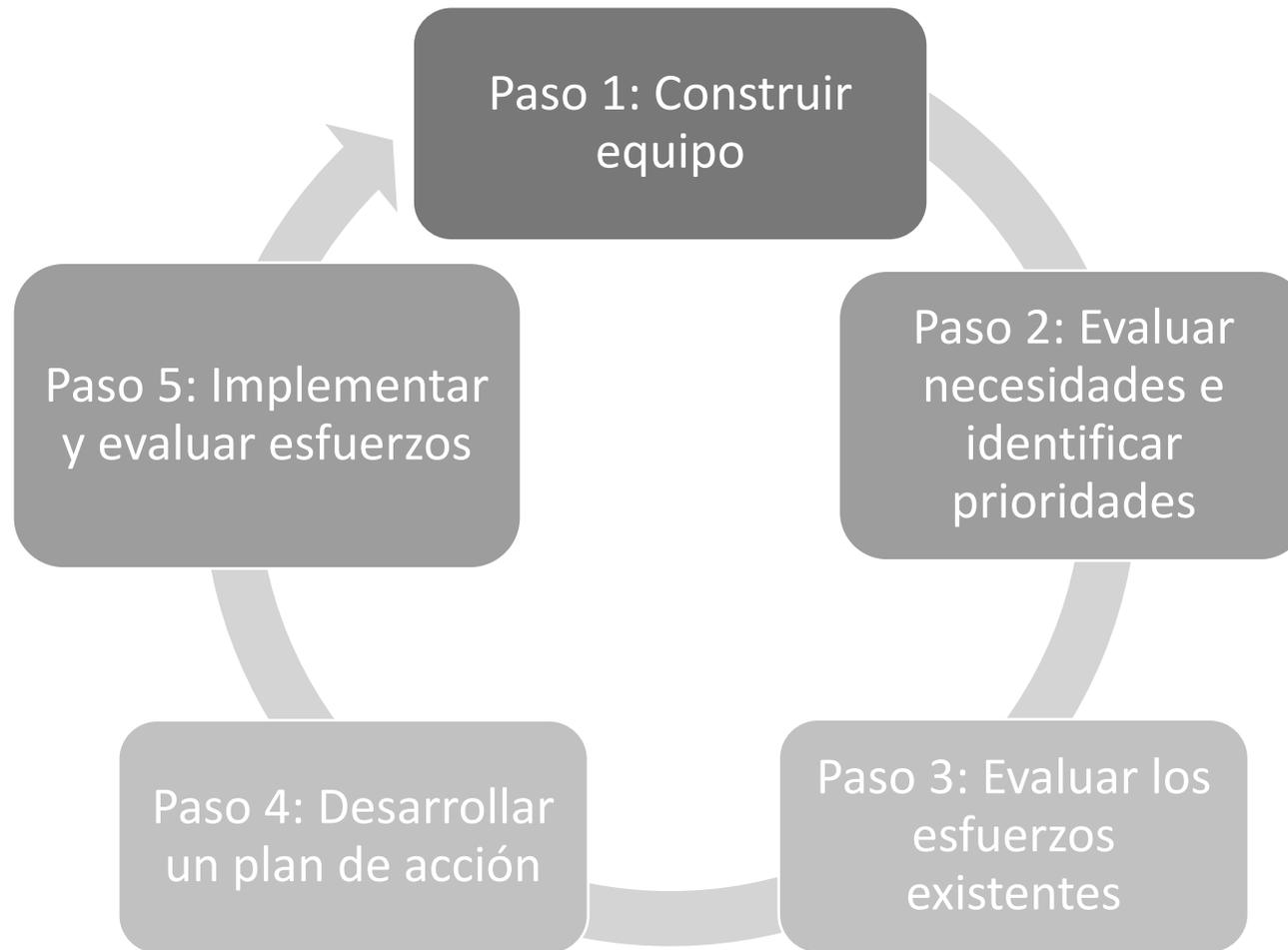


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# Proceso para desarrollar un plan de prevención



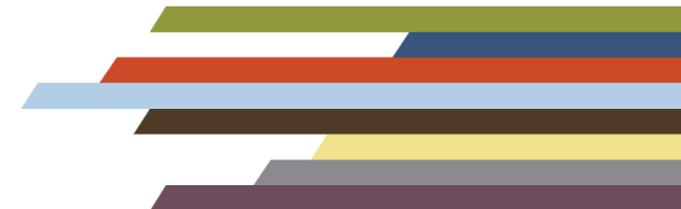
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# Prevención durante COVID-19

- Enfocarse en la importancia de relaciones de confianza—entre adultos y estudiantes, y entre estudiantes mismos
- Mantener estructuras y rutinas diarias
- Entablar en conversaciones sobre las preocupaciones de los niños y jóvenes, apropiadas para su edad
- Apoyar el desarrollo de habilidades sociales y emocionales, como bajar el estrés y manejar emociones
- Adaptar programas existentes a través de métodos virtuales



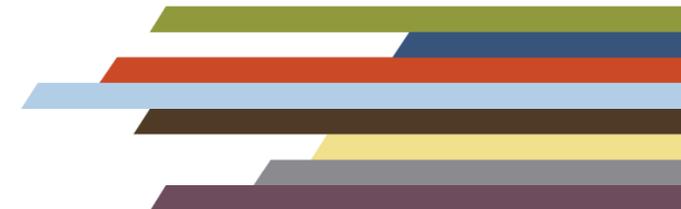
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# ¿Preguntas?



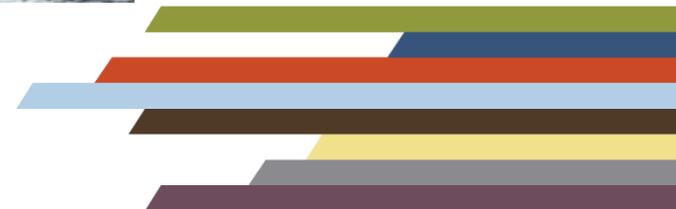
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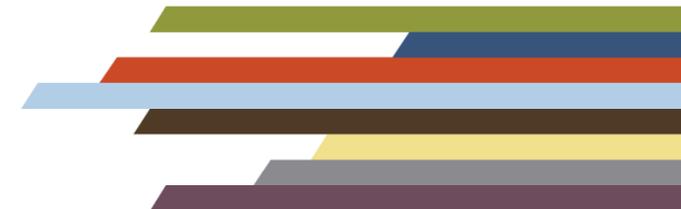
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# Consideraciones Culturales



## Planificación Estratégica para programas después de la escuela (COMPETENCIA CULTURAL)

- Familia
- Leyes al nivel local y nacional
- Necesidades de la comunidad



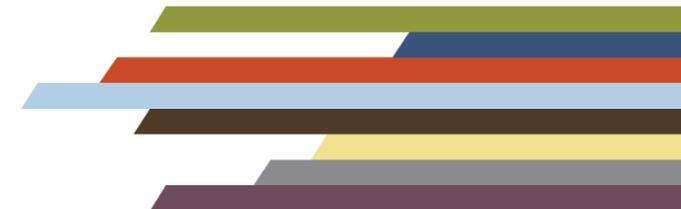
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# Factores de Riesgo y Protección

## Factores De Riesgo

- Disparidades Culturales
- Discriminación
- COVID-19
- Salud Mental

## Factores De Protección

- Apoyo entre compañeros
- Guía/Mentores
- Comunidad
- Apoyo familiar



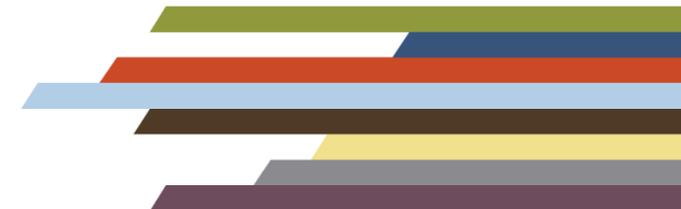
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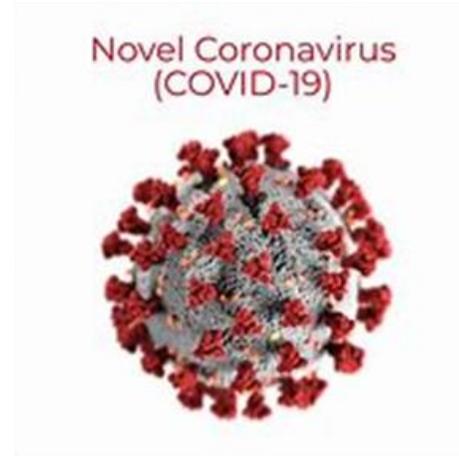


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# La Familia Hispana Durante El Pandemia Del Covid-19



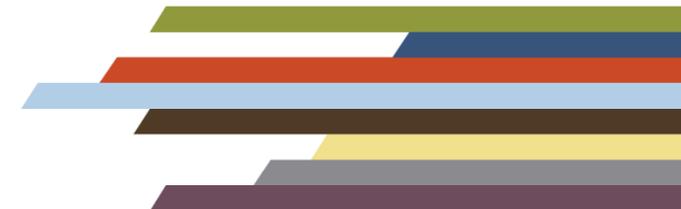
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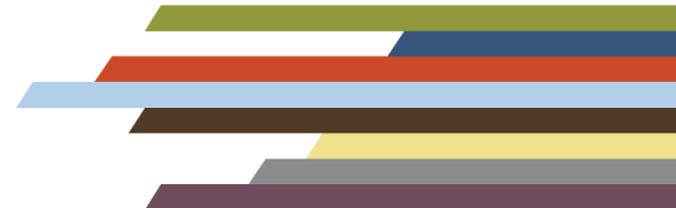


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# Too Good For Drugs



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# Desarrollo de Normas Positivas



HABILIDAD PARA ESTABLECER METAS



HABILIDAD DE TOMAR DECISIONES



HABILIDADES PARA RESOLVER CONFLICTOS



COMUNICACIÓN EFECTIVAS



PRO-VINCULACIÓN SOCIAL



COMPETENCIA SOCIO-EMOCIONAL



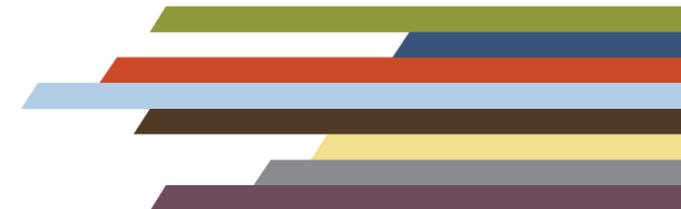
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# Programa Universal



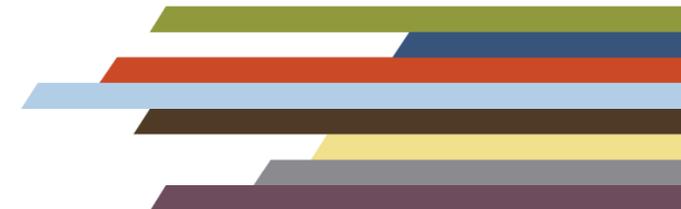
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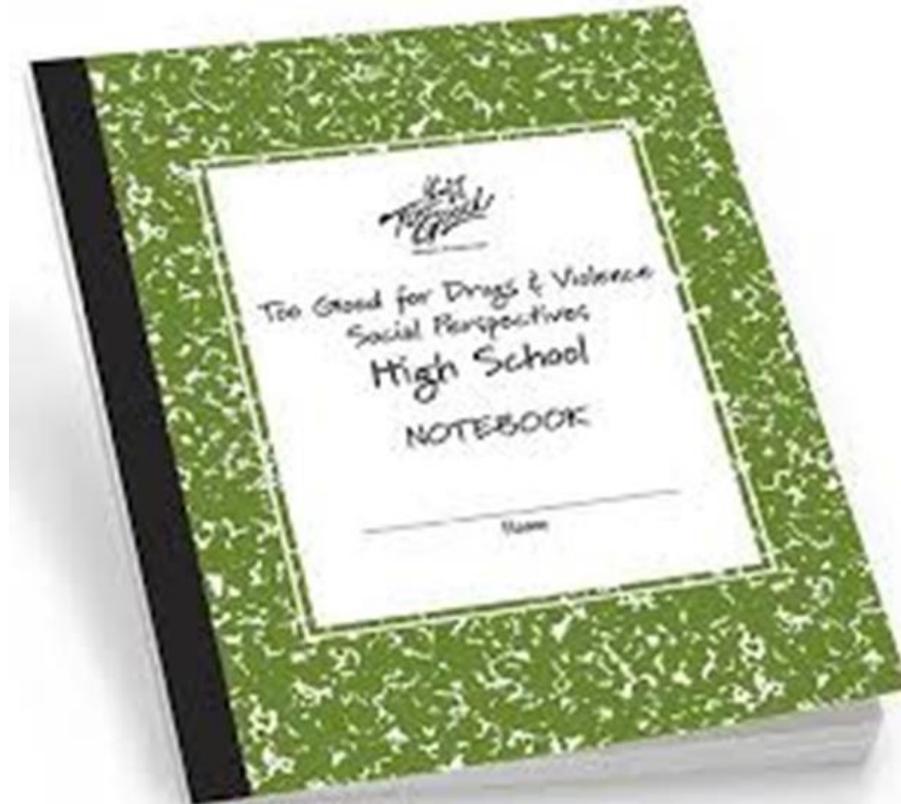
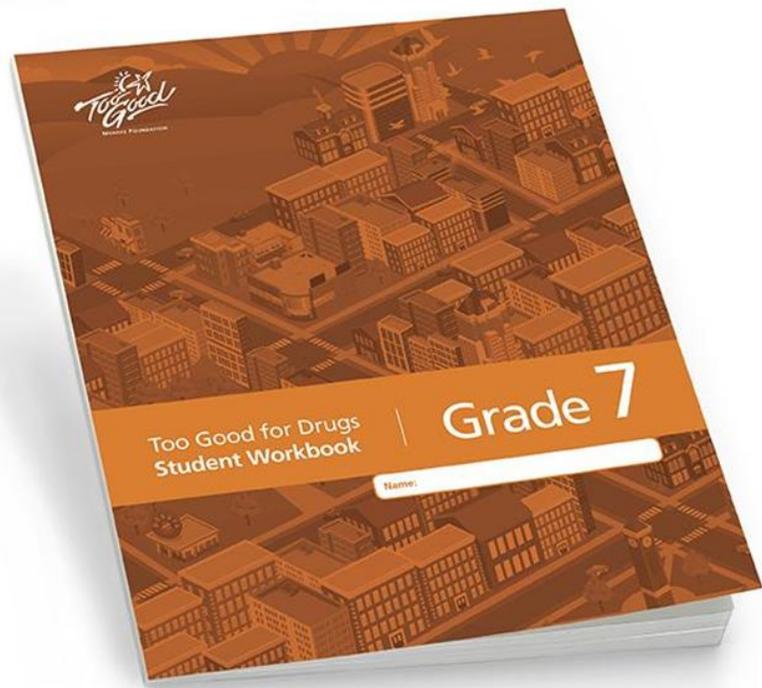
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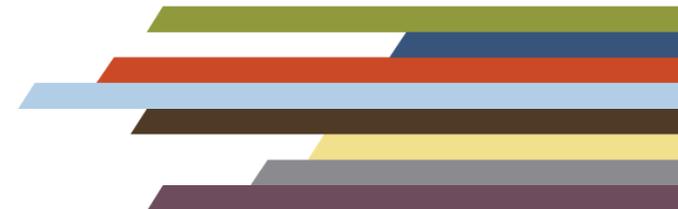
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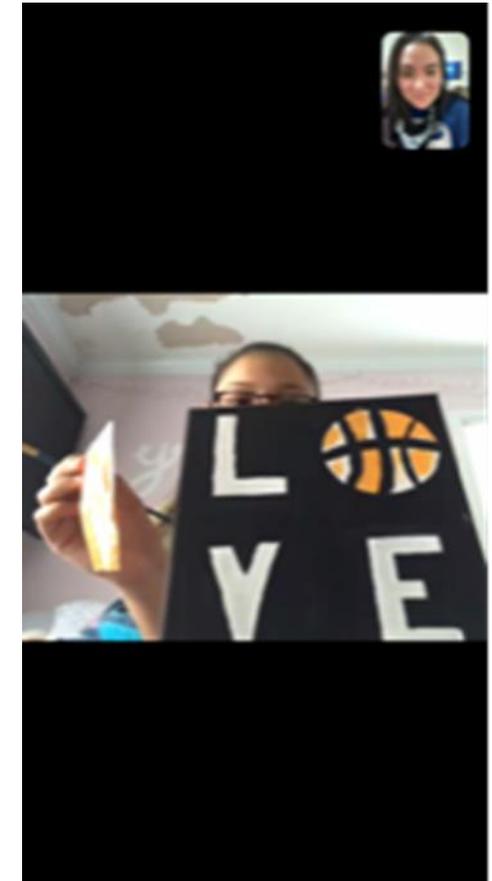


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## ADAPTACIONES

<https://toogoodprograms.org/pages/remote-learning-resources>

- Clases via Zoom
- Repartos
- Redes Social ej: Snapchat y TikTok



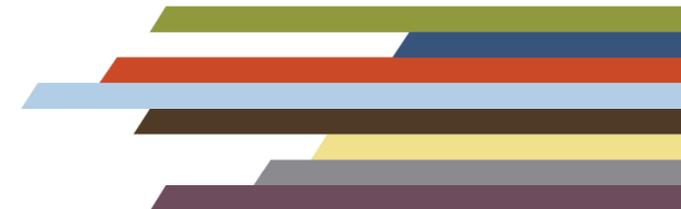
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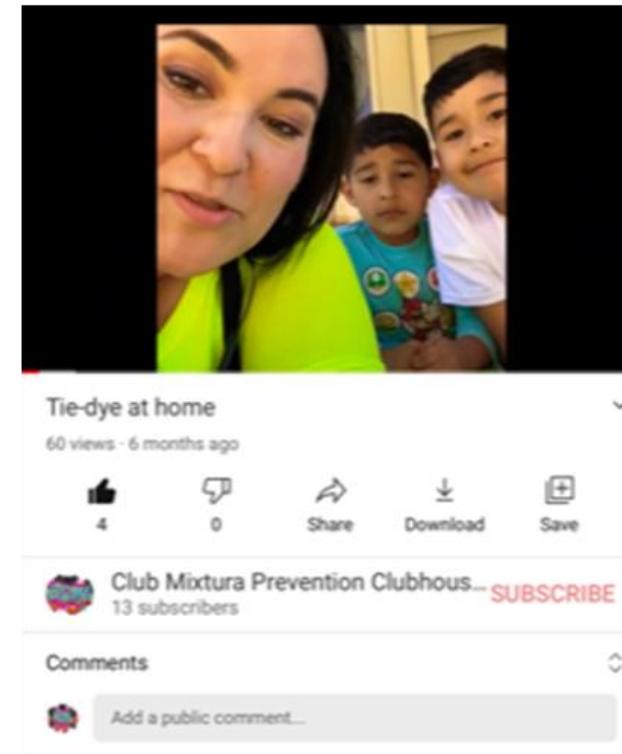
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# Consejos para la participación de los estudiantes

## Actividades Alternativas Saludables



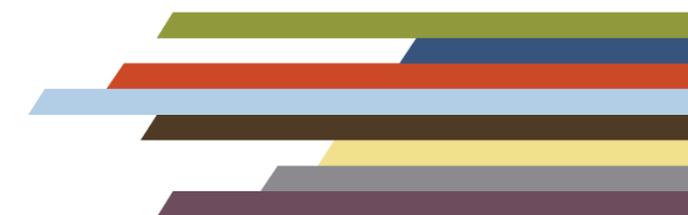
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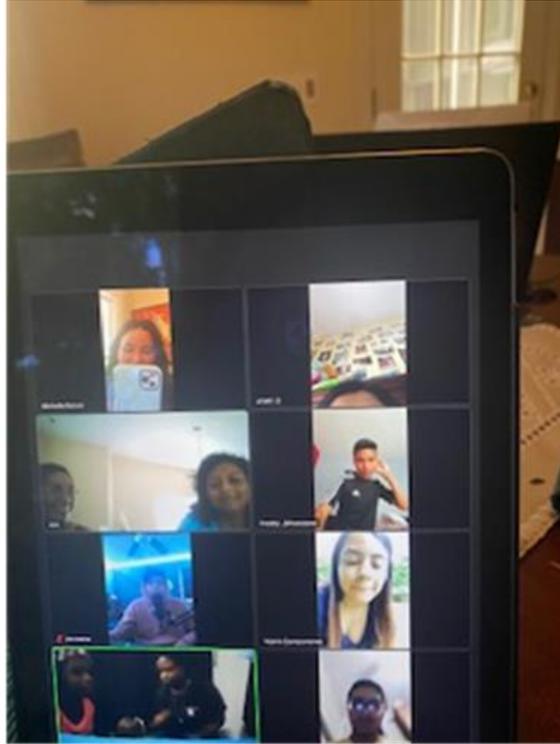


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# Graduación



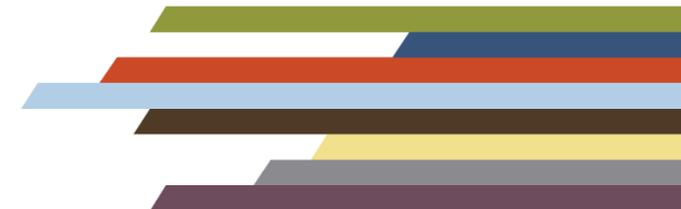
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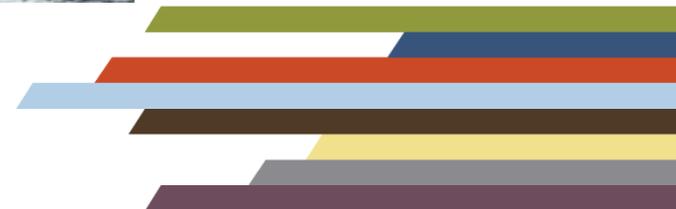
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Para obtener más información sobre el Centro Hispano Latino ATTC y para solicitar capacitación y asistencia técnica, puede comunicarse con nosotros en:

[PTTCnetwork.org/hispaniclatino](http://PTTCnetwork.org/hispaniclatino)

[www.nlbha.org](http://www.nlbha.org)



O directamente :

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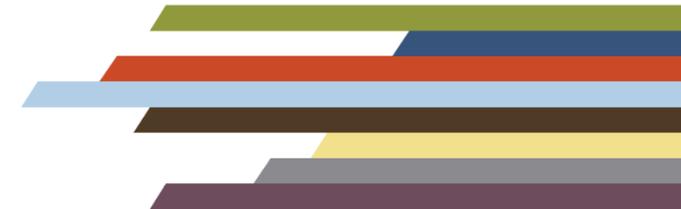


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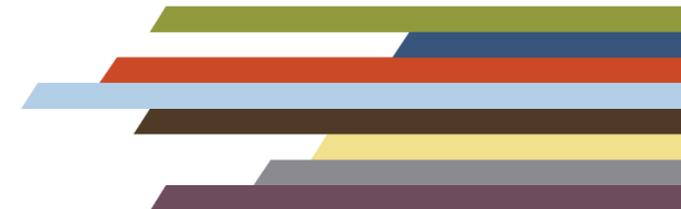
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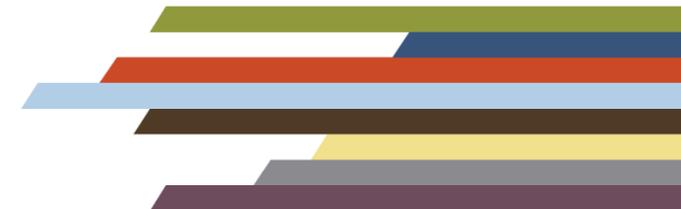
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# Evaluación de Satisfacción

Inmediatamente después de que finalice este seminario web, se le redireccionará de inmediato a un sitio externo para completar la encuesta de evaluación. Le rogamos nos ayude con esta información para continuar mejorando nuestros servicios

**Thank you for attending our presentation.  
Gracias por atender a nuestra presentación.  
Obrigado por participar desta apresentação.**



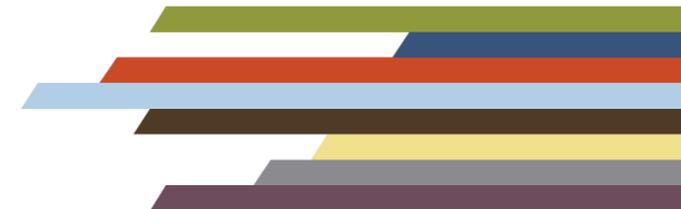
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**Thank you.  
¡Gracias!  
Obrigado.**

National Latino  
Behavioral Health Association **NLBHA**

***SAMHSA***  
Substance Abuse and Mental Health  
Services Administration

