

CULTIVATING WELLNESS: A NEWSLETTER

CELEBRATING LATINO BEHAVIORAL HEALTH

CULTIVANDO EL BIENESTAR: UN BOLETÍN DE NOTICIAS CELEBRANDO LA SALUD MENTAL LATINO

NEWSLETTER: QUARTER 3 • ISSUE 4 • SEPTEMBER 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.

THIS ISSUE - CONNECTIONS: HONORING CULTURE AND EMBRACING CHANGE

PROVERB "DICHO" OF THE QUARTER

ENG: "Keep your face to the sunshine and you cannot see the shadow. It's what sunflowers do."

Helen Keller

Our interpretation: Our hope is that even when times are challenging, we are able to find light and rely on our resilience to strive and overcome the difficulties in our way.

Our Mission

Dicho of the Quarter
Page 01

A reflection by our Director
Page 02

NLBHA and AFSP: National Suicide Prevention Week Awareness
Page 03

Story time: meet our team member, Ana L. Chavez-Mancillas, MSW
Page 06

Highlighting the experts, Quarterly Highlights and Celebrations
Page 07

Article by Eva Moya, PhD
Page 08

Media Corner
Page 10

Conference Highlights
Page 11

NHL Executive Leadership and Fellowship Program
Page 12

Community Campaigns:
National Suicide Prevention Week
National Recovery Month
Hispanic Heritage Month
Page 10

Staff Contact information
Page 15

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



**SUSIE VILLALOBOS,
ED.D, M.ED., CCTS-I**

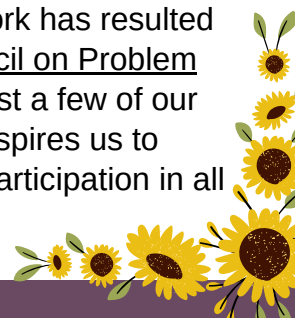
Director National Hispanic and Latino ATTC and PTTC

Hello! And welcome to the 4th issue of our newsletter. What an honor to write a reflection article for the month of September 2022, where we bring awareness to National Suicide Prevention Week, Hispanic Heritage Month, “Unidos: Inclusivity for a Stronger Nation”, and our upcoming National Latino Behavioral Health Conference. Our TTC teams are going through a transitional phase, and we welcome two amazing new Latina Leaders to our family. Ana will introduce herself in this issue, and Raquel who is from Cuba will contribute to our next issue. I am also transitioning into the role of Director for both the NHL ATTC and PTTC. I was formerly the Co-Director for the ATTC, but am enjoying the new collaborations, partnerships, and workgroups. In this issue, we also have Dra. Eva Moya, Chair and Associate professor at the University of Texas at El Paso, Department of Social Work reflecting on Hispanic Heritage Month. Bringing awareness on the issues affecting our communities, sharing hope, highlighting our Latinidad, the resilience and strength of the community.

As we near the end of the summer, I think back to the last 3 months and take great pride alongside the team in all we have accomplished. The accomplishments did not come easy, as we transitioned from seasoned colleagues to new beginnings with fresh faces. We are a resilient team that has overcome challenges. Our leadership academy is entering its final two sessions, with a graduation in September for our 3rd cohort! I remember when I was a fellow for the 2021 academy and found Dr. Weiss and Dr. Araque to be engaging and attentive to the needs of everyone. That is what I found to be most impactful, is following through example, those are the lessons that I hope the current fellows found as a worthwhile experience over the past 7 months. “Leadership with Impact” is the title of Drs. Araque and Weiss’ book, how appropriate! I treasure those learning experiences as they come few and far between, but we learn through tough experiences as well, bad leaders, and bad decisions. I learn just as much from those bad experiences and remember what NOT TO DO in those situations. That’s why I feel my style of leadership is democratic, empathic, and collaborative. There is never a need to carry a heavy stick or use harsh words. We have enough “Karen-minded individuals” to remind us of what a tough world it can be for diverse communities in the U.S.

Behavioral health equity in the current system of care, seems to be our Karen. Yet we rally against it and work hard to build community-driven products, take up the charge for new, even uncomfortable partnerships to support communities in their diversity and honor their culture. Our NLBH Conference hopes to unite everyone who attends, with color, music, food, learning and networking. Hispanics love nothing more than to break bread, create friendships and find any reason to celebrate! We hope to see to everyone at our upcoming national conference in Las Vegas, Nevada, September 15-16th at the Sahara Hotel!

Finally, the NHL ATTC and PTTC recognizes the impact, and importance surrounding the development of tools and products in improving the quality of life for Hispanics/Latinos around the country. Our work has resulted in collaborations with the American Foundation for Suicide Prevention, the Evergreen Council on Problem Gambling, and the Center of Excellence on LGBTQ+ Behavioral Health Equity. Those are just a few of our friends we have had the pleasure of working with. Their passion for the clients they serve, inspires us to keep up the fast pace and work toward new innovations and meaningful products. Diverse participation in all that we do is so important, and we find we are the better for it at the end of the day!



THE AMERICAN FOUNDATION FOR SUICIDE PREVENTION AND THE NATIONAL LATINO BEHAVIORAL ASSOCIATION LAUNCH A SUICIDE PREVENTION RESOURCE FOR LATINX AND HISPANIC COMMUNITIES NATIONWIDE

“10 DYING OF SUICIDE EVERY DAY”

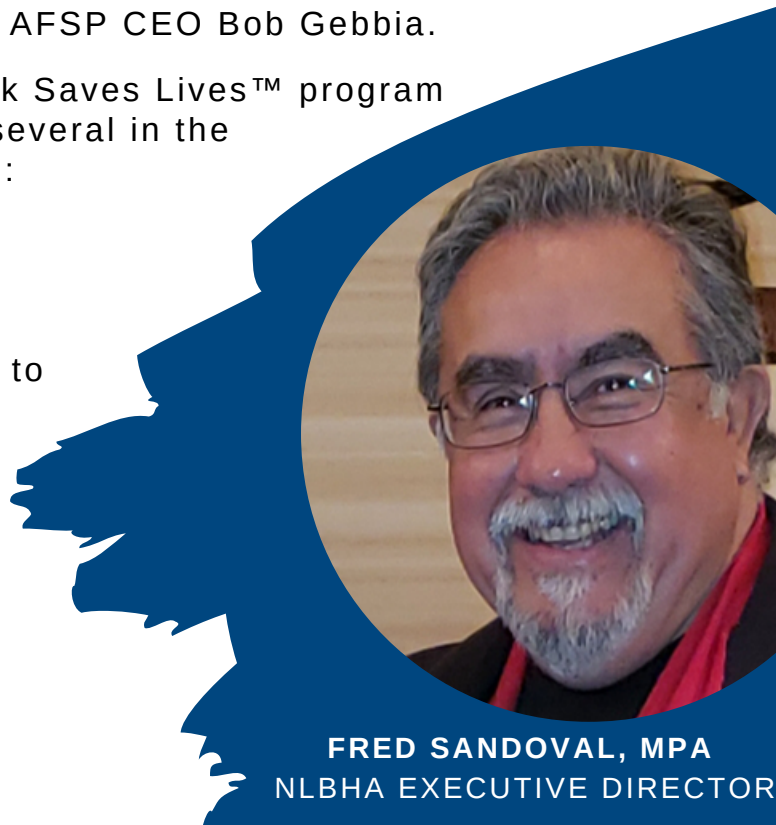
In a recent press release, AFSP and NLBHA announced during Hispanic Heritage Month which is a time to celebrate the accomplishments by and in support of Hispanic communities. This bold and exciting announcement and launching of a much-needed resource for mental health and suicide awareness education for communities of Hispanic heritage called “Talk Saves Lives™ (TSL): An Introduction to Suicide Prevention for Latinx and Hispanic Communities” which was designed to create conversations in Latinx and Hispanic communities around mental health and encourage those who are struggling to seek help. It is available in English and Spanish, in person and virtually, starting in October 2022.”

“The Hispanic community makes up more than 18% of the nation's population yet there is a lack of suicide prevention services that are accessible and relevant. AFSP and NLBHA have partnered together to address suicide prevention and have worked to culturally adapt the Talk Saves Lives™ curriculum to support the Latino community. This is an exemplary model of how to address suicide for a growing segment of the U.S. population in order to save lives, ” notes NLBHA Executive Director Fred Sandoval.

“Our partnership with NLBHA is at the heart of AFSP's efforts to build health equity. We know that struggling with suicide is incredibly difficult and our goal is to connect Hispanic people across the country with resources in a language they understand, and in a way, they can relate to culturally,” shares AFSP CEO Bob Gebbia.

“We are excited to be offering our flagship Talk Saves Lives™ program in Spanish which highlights a module, one of several in the AFSP Talk Saves Lives™ program, focuses on:

- Protective factors, risk factors and warning signs specific to Latinx and Hispanic communities.
- Racial and systemic factors that contribute to barriers in seeking help and suicide risk in Latinx and Hispanic communities.
- How participants can take care of their communities and speak with family and friends about suicide and mental health.
- And steps to take to seek culture-specific mental health resources in Spanish and English.



FRED SANDOVAL, MPA
NLBHA EXECUTIVE DIRECTOR

THE AMERICAN FOUNDATION FOR SUICIDE PREVENTION AND NATIONAL
LATINO BEHAVIORAL ASSOCIATION LAUNCH A SUICIDE PREVENTION
RESOURCE FOR LATINX AND HISPANIC COMMUNITIES NATIONWIDE
“10 DYING OF SUICIDE EVERY DAY”



Talk Saves Lives™: An Introduction to Suicide Prevention for Latinx and Hispanic Communities was created in collaboration with NLBHA and clinical experts at AFSP. This partnership is the first of its kind at AFSP in its effort to provide mental health and suicide prevention education, alongside culturally relevant information; and to expand suicide prevention programming to the Hispanic community.

Resources specific to the Latinx/Hispanic community:

- AFSP’s website can be translated into Spanish by clicking on the “Accessibility” top right button, then “Choose language,” then “Spanish.”
- Visit [here](#) to request a presentation of Talk Saves Lives™: An Introduction to Suicide Prevention for Latinx and Hispanic Communities and other presentations through a local chapter.
- [#RealConvo](#) and [More Than Sad](#) (parents) in Spanish
- [Surviving a Suicide Loss: Resource and Healing Guide](#) in Spanish
- [Mental Health Resources for Underrepresented Communities](#)
- [Fact Sheet: Suicide Prevention Amongst Hispanics and Latinos](#) (created by AFSP and NLBHA)

For safe reporting consult these [quick tips](#). When reporting on suicide, please include the Suicide and Crisis Lifeline number 9-8-8, which provides 24/7, free, and confidential support or the Crisis Text Line (text TALK or AYUDA to 741741).

While this nationally significant collaboration was developing a response to this national crisis, a new study was released entitled, “Suicides Among Non-Elderly Adult Hispanics, 2010–2020 by [Jagdish Khubchandani](#) and [James H. Price](#).

In this study it reports that the Hispanic population continues to grow, but also faces chronicity of prejudice, underemployment, lack of healthcare access, multiple stressors, and rising levels of suicide. The reduction of adult Hispanic suicides would require additional resources, interventions, and research to understand prevention and risk factors. Hispanics were among the largest ethnic/racial minority group in the U.S. in 2019, and by 2045, Hispanics are projected to be 25% of the U.S. population.

The report shows that Hispanics are significantly less likely than whites to receive treatment in the past year for their mental health issues and these differences are seen across the lifespan.

**THE AMERICAN FOUNDATION FOR SUICIDE PREVENTION AND NATIONAL
LATINO BEHAVIORAL ASSOCIATION LAUNCH A SUICIDE PREVENTION
RESOURCE FOR LATINX AND HISPANIC COMMUNITIES NATIONWIDE
“10 DYING OF SUICIDE EVERY DAY”**

There are many factors associated with lower utilization of mental health services in Hispanics. For example, a study of Hispanic immigrants residing in the mid-southern U.S. found the primary barriers to mental health services were cost (59%), lack of health insurance (35%), and language (31%).

Also, frequently, there is a lower quality of care for Hispanics and a shortage of qualified professionals where Hispanic adults often seek assistance from primary care physicians for mental health issues (who may not be well trained in the area of mental health and suicide prevention). In response to the question “if someone you know was suicidal, what would you do first?,” a sample of Hispanic adults were most likely to recommend a psychiatrist (54%), talk to the family (63%), or contact a suicide hotline (50%). Also, two-thirds (65%) preferred to communicate in Spanish. However, nationally, less than a tenth of psychologists or psychiatrists are either Hispanic or can provide services in Spanish.

In conclusion, the report states that more than 31,000 non-elderly Hispanic adults have died of suicide within the past decade with nearly 10 dying of suicide every day by the year 2020. Our findings of non-elderly Hispanic adult suicide epidemiology, males more likely to die by suicide, hanging/suffocation being the leading method of suicides, and a pronounced increase from 2010 to 2020 in their suicides, indicate the major contribution of this group to the growing national burden of suicides. Research on STBs, suicide risk factors, and prevention is grossly inadequate across all population groups. Among Hispanics, the added challenges for suicide prevention research and interventions are factors such as language, culture, nativity, immigration status, religion, and traditions.

Given the large proportion of adults in the overall Hispanic population, the unique challenges and life stressors faced by this group, and their changing epidemiology of suicides indicate further research is needed to understand risk factors and prevention strategies. Also, given the results of our study, public health practitioners and policymakers should help develop and implement policies to curtail the rising tide of suicides among the Latino population.

**WE INVITE YOU TO ACCESS THE
RESOURCES AND MATERIALS
PROVIDED ON THIS NEWSLETTER TO
SUPPORT US IN BRINGING
AWARENESS TO THE
NATIONAL SUICIDE PREVENTION
WEEK.**



**American
Foundation
for Suicide
Prevention**



Hello, Hola!

MEET OUR TEAM!

Allow me to introduce my self, my name is Ana! I use the pro-nouns she, her, ella. I was born and raised in Guatemala and came to the United States at the age of 14 not speaking a single word of English.

I remember my shock when I first came to this country everything was so different here. I was able to learn the language within my first year living here and after I graduated High School I was able to attend the University of California Riverside (UCR). I am the youngest of 4 siblings in my family, but pretty much grew up as an only child as there are huge age gaps between my siblings and I. I am the first in my family to go to get a Bachelors and a Masters degrees, and I am currently a Doctoral student of Social Work at the University of Southern California - USC.

I currently live in Southern California in a small town called San Dimas, some of you might have heard of this town, from the Bill and Ted Excellent Adventures movie. I have lived in Southern California for the last 37 years. I am happily married with my husband Hector for 18 years now and we have two beautiful girls, Zoe 16 and Zophia 12.

Ana L. Chavez-Mancillas, MSW
Program Specialist
National Hispanic and Latino ATTC



My husband is a Pastor so needless to say, faith in God and a relationship with him is a very important part of my life. One of my favorite things is to go on missionary trips and bring a little joy to those who need it most. As a family we enjoy going to the movies, going to dinner, doing missionary work, traveling and just about anything we can do as long as we do it together. Family is very important value for me.

My career in the in the Mental Health and Substance Use fields began 23 years ago. I first became interested in the Substance Use and Mental Health fields after experiencing a 10 year addiction with alcohol and drugs of my own, finding recovery made me want to help others in similar situations. Getting into the Mental Health and Substance Use fields gave me a sense of purpose and made me feel like I was doing something important. I have worked with the Latino community from the very beginning of my career and it has been extremely fulfilling and gratifying.

I am honored to be part of the National Latino Behavioral Health Association (NLBHA) and the National Hispanic and Latino ATTC, so I can continue to help the Latino and Hispanic population in the United States by contributing in finding treatment and recovery options for those who need it most. I have been extremely blessed throughout my life and will continue to give back by advocating for those issues most pertinent to our people related to Mental Health and Substance Use.

Thank you for taking the time to read my introduction and learn more about me and how I bring my cultural upbringing, passion, education, and experience into my work with our team at the National Latino Behavioral Health Association and the National Hispanic and Latino ATTC. Have a blessed day! Bendiciones!, ¡Hasta Pronto!

EXPERT SPOTLIGHT! FABRICIA PRADO, LCSW



We would like to take this opportunity to highlight Ms. Fabricia Prado. She has been working with us as a subject matter expert since the beginning of our projects. She has been working with the National Hispanic & Latino ATTC and PTTC providing cultural review, adaptation and translation of our training resources, webinars, and other materials, helping us to serve our communities in the best way possible.

Fabricia presented a webinar for the PTTC on Preventing Adverse Childhood Experiences (ACEs) in the Hispanic and Latinx Communities and to this day, this was one of our most well attended and received events. Last year, Fabrica helped us to deliver our second live webinar in Portuguese on Grief and Loss.

The conversation was greatly appreciated by our communities and based on this initial conversation, we've developed our first toolkit with several resources on El Día De Los Muertos/Day of the Dead, Grief and Loss. Fabricia Prado is a trilingual speaker and a Clinical Social Worker in the state of Georgia. She obtained her Master's degree in Social Work from Kennesaw State University, and a Master's degree in Psychology from the Pontifícia Universidade Católica de Goiás in Brazil.

Please click [this link](#) to learn more about Fabricia. *Obrigada*. Thank you!

[CLICK HERE TO LEARN MORE ABOUT FABRICIA](#)

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

- Understanding, Going Through, and Managing Loss, Grief, and Bereavement: Life with the Covid-19 pandemic for Latinos with a view on Latino Men [Part 1](#), [Part 2](#) and [Part 3](#)
- Mini e-book: [Suicide Among Hispanic And Latino Communities](#)
- [Resources on Suicide Prevention](#)
- [Harm Reduction Awareness for Latino Communities Infographic](#)
- [Hispanic and Latino Veterans and Substance Use Disorders - Infographic](#)
- [Hispanic and Latino Problem Gambling Awareness - Infographic](#)

CELEBRATE WITH US!

SEPTEMBER

[National Suicide Prevention Month](#)

[Happy Cat Month](#)

OCTOBER

[National Depression Education and Awareness Month](#)

[International Coffee Day](#)

NOVEMBER

[El Día De Los Muertos/Day of the Dead](#)

[National Gratitude Month](#)

HEALTH DISPARITIES MET WITH RESILIENCE

DR. EVA M. MOYA



LATINO COMMUNITIES MEET MENTAL AND PHYSICAL HEALTH DISPARITIES WITH RESILIENCE

Eva M. Moya, Trianna Bergstrand, Meagan Whitney,
Department of Social Work, University of Texas at El Paso

According to the U.S. Census Bureau (2022), the Hispanic population in the U.S. has increased over 563% since 2010 with approximately 20.3 million identified as Latinos. Unfortunately the report does not account for the vast number of undocumented immigrants. Latino communities are resilient and occupy a large population of the U.S. and therefore must be prioritized in health systems and community spaces. Latino communities face diverse social challenges such as mental and physical health problems, exposure to trauma, and systemic discrimination. Anti-immigrant rhetoric and sentiment leave communities exposed to the possibility of having poorer mental and physical health outcomes and further grows health disparities (Andrade et al., 2021). In addition, the COVID-19 pandemic has had a profound impact on mental health, limited access to timely health care, and rising substance use rates nationally, especially for the Hispanic population and communities of color.

Despite the challenges Latinos face, resiliency, or the ability to deal with adverse experiences and bounce back from trauma, is strong among the community. Our culture prioritizes and deeply values strong attachments to *familia* (family) and loyalty, which have been identified as protective factors against negative health outcomes (Bosma et al., 2019).



Social support helps to cope with chronic stress, which may help increase resiliency and ultimately improves mental health and quality of life (Revens et al., 2021). Along with social support, “ethnic-racial pride”, or *orgullo etnico*, has been associated with more favorable psychosocial outcomes and reduced health and academic risks among both Latino youth and youth from communities of color (Bosma et al., 2019).

We are in need of more community, culturally, and linguistically responsive services, practitioners, community health workers and health advocates to assess clients, integrate evidence-based practices with culturally responsive treatment, and leverage resources to fund services (Torres et al., 2018). This means understanding the role of culture, faith, spirituality, and religion as protective factors to address mental and physical health disparities.

HEALTH DISPARITIES MET WITH RESILIENCE

DR. EVA M. MOYA



-CONTINUE...

It also means being able to speak Spanish or native languages and understand cultural norms, as well as strengthening the use of interpreters as needed.

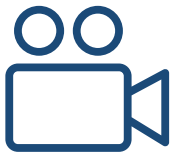
Lastly, utilizing family networks by encouraging involvement in prevention and treatment can help mitigate stigma about mental illness and substance abuse and generate conversations that may lead to motivation to seek services and care. These are a few of the ways in which behavioral health professionals and organizations may become culturally and linguistically responsive when working with Latinos. We have several tools and evidence-based science practices to mitigate the risks and engender prevention.

If you and/or your agency would like to learn more about how to earn certification and ensure culturally competent services for individuals with limited English proficiency and the Latino community in general, please visit the [NLBHA](#) website or [SAMHSA's](#) website for more information.

[CLICK HERE TO ACCESS DR. MOYA'S BIO!](#)

References

- Andrade, N., Ford, A. D., & Alvarez, C. (2021). Discrimination and Latino Health: A Systematic Review of Risk and Resilience. *Hispanic Health Care International*, 19(1), 5–16. <https://doi.org/10.1177/1540415320921489>
- Bosma, L. M., Orozco, L., Barriga, C. C., Rosas-Lee, M., & Sieving, R. E. (2019). Promoting Resilience During Adolescence: Voices of Latino Youth and Parents. *Youth & Society*, 51(6), 735–755. <https://doi.org/10.1177/0044118X17708961>
- Revens, K. E., Gutierrez, D., Paul, R., Reynolds, A. D., Price, R., & DeHaven, M. J. (2021). Social Support and Religiosity as Contributing Factors to Resilience and Mental Wellbeing in Latino Immigrants: A Community-Based Participatory Research Study. *Journal of Immigrant and Minority Health*, 23(5), 904–916. <https://doi.org/10.1007/s10903-021-01179-7>
- Torres, S., Santiago, C. D., Walts, K. K., & Richards, M. H. (2018). Immigration Policy, Practices, and Procedures: The Impact on the Mental Health of Mexican and Central American Youth and Families. *The American Psychologist*, 73(7), 843–854. <https://doi.org/10.1037/amp0000184>
- U.S. Census Bureau. (2022). 2020 census illuminates racial and ethnic composition of the country. *Census.gov*. Retrieved July 29, 2022, from [https://www.census.gov/library/stories/2021/08/improved-race-ethnicity-measures-reveal-united-states-population-much-more-multiracial.html#:~:text=The%20Hispanic%20or%20Latino%20population%20grew%20from%2050.5%20million%20\(16.3,million%20\(18.7%25\)%20in%202020](https://www.census.gov/library/stories/2021/08/improved-race-ethnicity-measures-reveal-united-states-population-much-more-multiracial.html#:~:text=The%20Hispanic%20or%20Latino%20population%20grew%20from%2050.5%20million%20(16.3,million%20(18.7%25)%20in%202020)



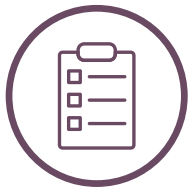
SHORT VIDEOS: PLEASE VISIT OUR WEBSITES TO ACCESS OUR VIDEOS

[Awareness about Cannabis Use among youth](#)
[Harm Reduction](#)



LATINOS CON VOZ PODCAST SERIES

Please visit [our page](#) to listen to our podcast series. We have more than 10 episodes available in English, Spanish and Portuguese.



ECOMPENDIUM

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

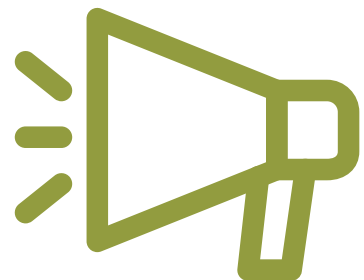


EXTERNAL & PARTNER RESOURCES

Latina leader and researcher, Dr. Susie Villalobos, joins the [Evergreen Council on Problem Gambling's Connections Podcast](#) She is the Director of the National Hispanic Latino Addiction and Prevention Technology Transfer Centers, and host of the "¡Latinos Con Voz!" podcast. She gets real about what led her to this work, how she uncovers the needs of Latino communities, and the incredible teamwork that goes into the heart-driven dedication of making it happen.

ON THE HORIZON: WHAT'S COMING?

2022 National Latino Behavioral Health Conference
Latino Behavioral Health Equity: ¡Juntos Podemos!
September 15-16, 2022



2022 NATIONAL LATINO BEHAVIORAL HEALTH CONFERENCE

September 15-16, 2022 • SAHARA Las Vegas Hotel

Keynote Speakers



Dr. Juan Araque
USC Suzanne
Dworak-Peck School of
Social Work



Dr. Lisa
Cacari-Stone
University of New Mexico



Dr. Cynthia Guzman
National Latinx
Psychological Association



Tomás León
Equally Health
Foundation



Dr. Eugenia Weiss
Weiss Research &
Consulting, LLC



Dr. Stephanie
Woodard
State of Nevada



National Latino Behavioral Health Association **NLBHA**

For More
Information,
Scan the QR
Code or Visit:



<https://nlbhconference.com/>

Tribute to Selena and Vicente Fernandez

SEPTEMBER 16, 2022

7:00pm - 11:30pm PT

**SAHARA Las Vegas
2535 South Las Vegas Blvd
Las Vegas, NV 89109**

**\$50 General Admission
\$125 VIP Reserved Seating**



Join us for a special musical tribute featuring
Pepe & Susie, a Mariachi Tribute to Vicente Fernandez
and Jenny Sotongo as Selena, La Reina del Tex-Mex!
Proceeds benefit the JTR Scholarship Fund.



National Latino Behavioral Health Association **NLBHA**

2023 NATIONAL HISPANIC AND LATINO EXECUTIVE LEADERSHIP AND FELLOWSHIP PROGRAM



We are honored to announce the fourth cohort of the National Hispanic and Latino Executive Leadership and Fellowship Program. This training aims to provide leadership capacity building for executive leadership training as well as coaching to up to 20 scholarship recipients, in order to maximize their leadership potential in behavioral health and integrated health.

The 2023 National Hispanic and Latino Executive Leadership and Fellowship Program is offered to those identified by the National Hispanic and Latino ATTC and PTTC for executive leadership training and coaching to maximize their leadership potential in behavioral health and integrated health. The Fellows are entry-level to mid-level career leaders/managers in the health and behavioral health (mental health and substance use disorder treatment or substance misuse prevention and mental health promotion) sectors who have demonstrated potential and interest in executive leadership positions and have been selected for participating in the National Hispanic and Latino Executive Leadership and Fellowship Program.

Please use the QR Code or visit [this link](#) to learn more about the program.

If you have any questions, please email us at nlhleadership@nlbha.org





NATIONAL RECOVERY MONTH

RECOVERY IS FOR EVERYONE:
Every Person, Every Family, Every Community



NATIONAL SUICIDE PREVENTION WEEK

September 4 – 10, 2022

afsp.org/nspw



American
Foundation
for Suicide
Prevention

LET'S CONNECT WITH OUR HISPANIC HERITAGE & COMMUNITY

Conectemos con nuestra Herencia y Comunidad Hispana



NHL ATTC CONTACT INFORMATION

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

RAQUEL GUZMAN VEGA, LMSW
NHL ATTC PROJECT CO-DIRECTOR
(678) 332-1337
RAQUEL@NLBHA.ORG

ANA L. CHAVEZ-MANCILLAS, MSW
PROGRAM SPECIALIST
ACHAVEZM@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

SUSIE VILLALOBOS, ED.D, M.ED., CCTS-I
NHL PTTC PROJECT DIRECTOR
(720) 607-7897
SUSIE@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

