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Increasing Cultural Humility for Prevention Specialists who work with Hispanic, Latino, Latinx Populations in New England



New England (HHS Region 1)

PTTC Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

SAMHSA



The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.

Acknowledgements

The New England PTTC acknowledges that we are all on the traditional lands of native people. In Augusta, Maine, we work from the ancestral lands of the Abenaki People, part of the Wabanaki Confederacy. We have a responsibility to acknowledge our Indigenous connections and the histories of Indigenous land dispossession. We encourage you to learn more about the stewards of the land you live and work on by working with your native neighbors, and by visiting <https://native-land.ca/>

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Introduction

This tool serves prevention specialists that want to establish positive relationships with hispanic, latino, or latinx populations and those who are already working with this population and want to improve their cultural humility. The goal of this product is to help **lessen the barriers** that prevention specialists and latino populations may face when discussing substance misuse and addiction. Covered in this tool are **geography** of hispanic and latino populations within New England, **linguistics** to consider, **risk and protective factors**, and New England **state specific resources** for people who identify as hispanic, latino, or latinx with whom prevention specialists may want to connect. This tool was written in the fall of 2022, during a time of increasing cultural awareness and humility which, when incorporated into all aspects of life, will benefit everyone. This resource is specific to the New England region which includes **Maine, Massachusetts, Rhode Island, Connecticut, New Hampshire, and Vermont**. This tool speaks to some specific cultural aspects of Hispanic, Latino, or Latinx people, discussed further in the Linguistic section.

From the Author:

As someone who identifies as Puerto Rican, and who has a passion for advancing health equity for minority populations, I wanted to create this resource to further knowledge of the complexities of hispanic, latino, latina, and latinx people for the prevention workforce in New England.

Growing up I watched family members struggling with substance misuse and addiction be negatively affected by a lack of understanding in care settings about the diversities between hispanic and latino subgroups. I hope that by increasing knowledge about these differences, I can contribute to the reduction of health disparities in the prevention portion of behavioral health.

-Rhetta Vega

Geography

According to 2020 Census data, **the U.S. is home to 62.1 million Hispanic, Latino, and Latinx people.** The population accounts for 19% of all Americans, making it the second largest racial group in the country (1).

The recorded Hispanic and Latino population is projected to reach 111 million in the US by 2060 (2). New England populations are comprised of immigrants, first generation, second generation and later generations from the Mid Americas, South and Latin Americas, Spain and Portugal. A person can have a long history of American born family members and still identify as part of their origin country. For example, a person could have great-great grandparents from Columbia, and consider themselves Columbian-American. **Each person is able to decide for themselves what they most closely identify as.**

Population per state (2020 Census)

Massachusetts: 828,140

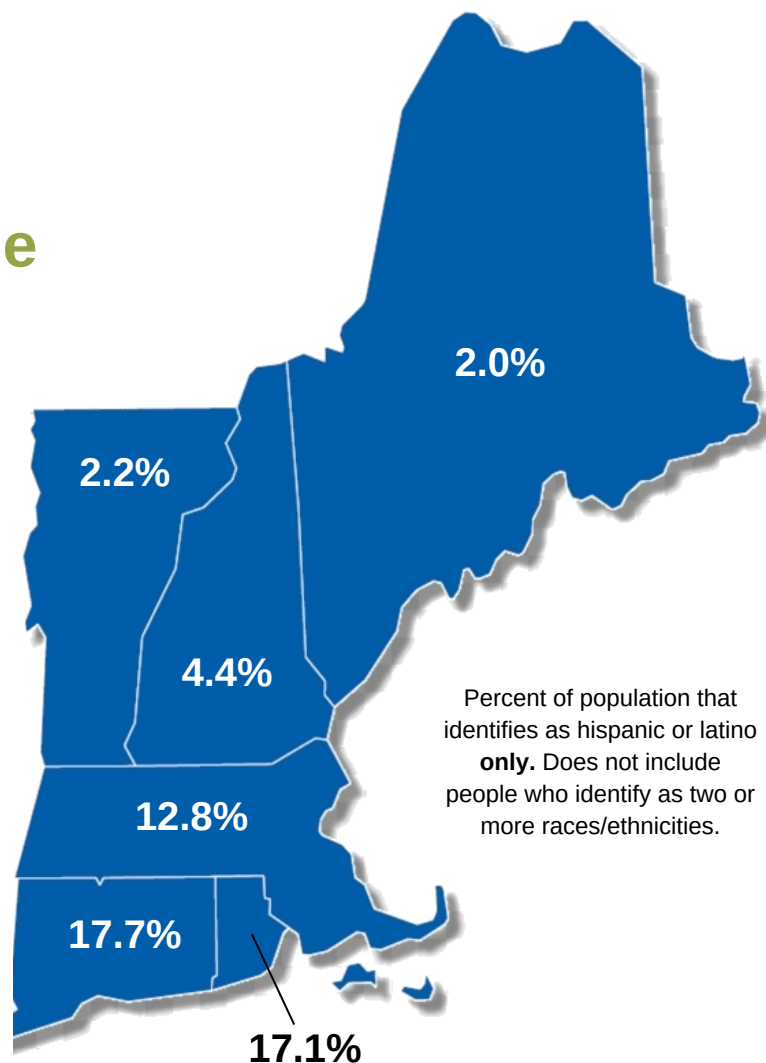
Rhode Island: 168,007

Connecticut: 587,212

Maine: 23,143

Vermont: 12,518

New Hampshire: 52,792





About the population

According to the Pew Research Center:

In 2019, 61.5% of all Hispanics indicated they were of Mexican origin – either they were born in Mexico or traced their ancestor’s roots to Mexico, according to Center analysis of U.S. Census Bureau data. **At 37.2 million people in 2019, this makes the Mexican origin population the largest among U.S. Hispanics.**

The next largest group is Latinos of Puerto Rican origin – those born either in Puerto Rico or who trace their family’s roots to Puerto Rico. **Puerto Ricans account for 9.7% of the U.S. Latino population.**

Cubans, Salvadorans, Dominicans, Guatemalans, Colombians and Hondurans all round out the largest groups, each with a population of a million or more in 2019.

the share of U.S. Latinos born in another country peaked at 40% in 2000, and has declined since then,

reflecting a slowdown in immigration from Latin America since then. Among Latino adults, the share born in another country stood at 44.8% in 2019, down from a peak of 55% in 2007.

English proficiency is rising among U.S. Latinos.

In 2019, the most recent available data from the U.S. Census Bureau, 72% of all Latinos ages 5 and older indicated they spoke English proficiently, up from 59% in 1980. At the same time, the share of Latinos who speak Spanish at home is falling. In 2019, seven-in-ten Latinos ages 5 and older spoke Spanish at home, down from a peak of 78% in 2000. English proficiency among US born Latinos is up: In 2019, 37% spoke English proficiently, a jump from 31% in 1980. At the same time, Spanish use at home remains high: 94% of Hispanic immigrants spoke Spanish at home in 2019, about the same as in 1980. (1)



Linguistics

Hispanic and Latino people are often studied as one population, but it is important to note that the various subgroups within **these populations represent over 20 Latin American countries** and each Hispanic and Latino subgroup embodies its own unique cultural values such as family structures, gender roles, personal relationships, respect, spirituality, and religion (3).

The term Hispanic is not a Spanish term, but instead a term created by a group of government officials tasked with creating a classification for this population. The term Hispanic was created as a monolithic classification to identify everyone from a Spanish speaking country (4). **Someone can identify as hispanic, latino, latina, and latinx regardless of race.**

Race refers to physical differences that groups and cultures consider socially significant.

Ethnicity refers to shared cultural characteristics such as language, ancestry, practices, and beliefs.

It is important to know when one is referring to a racial or ethnic group and to be cautious of imposing racial labels on ethnic groups (5). See pages 9 and 10 for more on these definitions and ethnic groups.

There are many misconceptions and stereotypes about who Latinos are and about the history of Latinos in the United States, including the difference between Latinos and Hispanics. While the term Hispanic often refers to language and those whose ancestry comes from a country where Spanish is spoken, the term Latino often refers to geography (6).

Given the diversity that exists among Latino and Hispanic individuals, it is important to understand the impact that these unique attributes have on what we understand regarding Latino/a and Hispanic populations (6).

It is best practice to learn what members of the population choose to identify as.



Hispanic, Latino, or Latinx?

"Hispanic" and "Latino" are not races, but ethnicities and represent a variety of unique heritage, dialectal variations, and cultural backgrounds.

According to a Pew Research Center report, "While the two terms have official recognition and are broadly used, the population they are meant to describe is generally ambivalent about the two labels. For example, a 2018 Pew Research Center national, bilingual survey of this population asked which term respondents preferred to describe themselves.

Roughly half (54%) indicated they had no preference for either,

27% preferred Hispanic, and 18% preferred Latino.

These results are little changed from 2002 when 53% indicated no preference, 34% preferred Hispanic and 13% preferred Latino.

Some have drawn sharp distinctions between these two terms – saying, for example, that Hispanics are people from Spain or from Spanish-speaking countries in Latin America (this excludes Brazil, where Portuguese is the official language), while Latinos are people from Latin America regardless of language (this includes Brazil but excludes Spain and Portugal). Despite this debate, the "Hispanic" and "Latino" labels are not universally embraced by the population that has been labeled, even as they are widely used (7).

One way to count Hispanics is straightforward: Hispanics are those who say they are Hispanic, with no exceptions. Pew Research Center uses this approach in our surveys, as do other polling firms such as Gallup and voter exit polls.

-Pew Research Center



Hispanic, Latino, or Latinx?

More recently, a new pan-ethnic label has emerged in the U.S. – **Latinx**. It is a gender-neutral term meant to describe the population of people who trace their roots to Latin America. However, the term is largely unknown among the population it is meant to describe. Only 23% of U.S. adults who self-identify as Hispanic or Latino have heard of the term Latinx, and just 3% say they use it to describe themselves, according to a 2019 survey (1).

Awareness and use of the term vary across subgroups, with Hispanics ages 18 to 29 among the most likely to have heard of the term – 42% say they have heard of it, compared with 7% of those 65 and older. Some of the most common use of Latinx is among Hispanic women ages 18 to 29 – 14% say they use it, compared with 1% of Hispanic men in the same age group" (7).

Latinx is used by some news and entertainment outlets, corporations, local governments and universities to describe the nation's Hispanic population. Yet the use of Latinx is not common practice, and the term's emergence has generated debate about its appropriateness in a gendered language like Spanish.

Some critics say it ignores the Spanish language and its gendered form, while others see Latinx as a gender- and LGBTQ-inclusive term.

The emergence of Latinx coincides with a global movement to introduce gender-neutral nouns and pronouns into many languages whose grammar has traditionally used male or female constructions. In the U.S., the first uses of Latinx appeared more than a decade ago. The term was added to a widely used English dictionary in 2018, reflecting its greater use. And a new gender-neutral pan-ethnic label, *Latine*, has emerged. It is largely used in Spanish (7).

"Cannabis" or "Marijuana"?

"You may have heard the terms 'marijuana' and 'cannabis' used interchangeably, however, there are historical and scientific distinctions. The word 'cannabis' is a generic term that is usually used to refer to preparations derived from the Cannabis Sativa plant. The word 'marijuana' refers to parts of or materials from the plant (usually the leaves and flowers) that contain substantial amounts of tetrahydrocannabinol (THC), the psychoactive component that makes people intoxicated. **'Marijuana' is more recently being replaced with "cannabis with THC" because of a racially-charged and often discriminatory history connected to the use of the word marijuana**"(8).

Some avoid the word because of the argument that it was popularized in the United States to stoke anti-Mexican sentiment. Some argue avoiding the word erases the influence Mexican immigrants had on U.S. culture. Some say the term became popular because of Mexican influence on U.S. culture, not because of a conspiracy to demonize Mexican immigrants.

RESTORATIVE PRACTICES IN PREVENTION

Taking A Relationship-based Approach to Preventing Youth Cannabis Use Through Restorative Practices

A Guide for Youth-Serving Prevention Programs



New England PTTC Fellowship Program 2022 Term

Fernando Perfas, Jr, CPS, Assistant Director of Prevention, MA Dept. of Public Health, Bureau of Substance Addiction Services



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In Year 3 of the PTTC's Marijuana Risk Work Group, the work group deliberated and came to a decision to change the name of the work group from Marijuana Risk Work Group to Cannabis Prevention Work Group. There was unanimous agreement that this was an opportunity for the Work Group and the PTTC Network to show leadership in shifting the language we use when we talk and educate around this substance, especially given the mixed history of the usage of the term in contributing to the marginalization and stigmatization of Hispanic and Latino people (10).

Definitions

These terms reflect a current understanding, and we recognize that as people change, so do terms and understandings. People may choose to identify in a way that doesn't fit into one of these boxes as outlined below.

LATINO/LATINA

The US Census Bureau defines this group as people with origins in Mexico, Puerto Rico, Dominican republic, Cuba.

CENTRAL AMERICAN

The US Census Bureau defines this group as people with origins in Costa Rica, Guatemala, Honduras, Nicaragua, Panama, Salvador.

SOUTH AMERICAN

The US Census Bureau defines this group as people with origins in Argentine, Bolivia, Chile, Colombia, Ecuador, Paraguay, Peru, Uruguay, Venezuela, Other South American areas.

HISPANIC

The US Census Bureau defines this group as people with origins in Spaniard, Spanish, Spanish American, All other Hispanic or Latino.

CHICANA/CHICANO

Someone who is native of, or descends from, Mexico and who lives in the United States.

INDIGENOUS

Refers to the original inhabitants of a region, who speak Indigenous languages.

AFRO-LATINO

Refers to individuals of Latin America or of Latin American descent who are also of African ancestry.

LATINX

A gender-neutral term to refer to people who are of or relate to Latin American origin or descent.

Definitions

People may occupy any of these status's, or others, at the same time as a cultural identity, as outlined on the previous page.

ASYLUM SEEKER

Refers to someone who has fled war, violence, conflict, or persecution and whose request for sanctuary in another country has yet to be processed.

FIRST GENERATION

First generation and second generation refer to those descendants of immigrants and refugees in the new country that they decided to reside in. Someone that is first generation would have one or both parents that are immigrants.

IMMIGRANT

The term immigrant is a person that migrates to another country, usually for permanent residence.

REFUGEE

Refugee refers to those that have fled war, violence, conflict, or persecution and have crossed an international border to find safety in another country.

SECOND GENERATION

Second generation is someone that has one or more grandparents that are immigrants.

CITIZEN

A citizen is a person who is a member of a particular country and who has rights because of being born there or because of being given rights, or a person who lives in a particular town or city.

In context: When working with this population, its best to understand the different **labels** that may be put on them. The term **immigrant** is a person that migrates to another country, usually for permanent residence. Then there are the terms **asylum seeker** and **refugee**. Both have different meanings and are not interchangeable. Asylum seeker refers to someone whose request for sanctuary has yet to be processed while refugee refers to those that have fled war, violence, conflict, or persecution and have crossed an international border to find safety in another country. **First generation** and **second generation** refer to those descendants of immigrants and refugees in the new country that they decided to reside in. Someone that is first generation would have one or both parents that are immigrants while a second generation is someone that has one or more grandparents that are immigrants.

Risk and Protective Factors

Specific to Hispanic, Latino, Latinx populations



Generally speaking, “Risk factors are characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a higher likelihood of negative outcomes.” “Protective factors are characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor’s impact. Protective factors may be seen as positive countering events.” -SAMHSA

Region two ATTC has a resource about **Cultural Elements When working with Hispanic Adolescents**. In this resource, risk and protective factors, as well as elements of resilience and effective partnerships and prevention, are discussed. Risk and protective factors to keep in mind include:

Risk Factors:

Poverty, violence and trauma, racism and oppression, migration history, immigration status, acculturative stress, poor educational achievement, lack of access to services, cultural barriers to help-seeking

While Latino groups may experience the same risk and protective factors that other populations do, there are some that apply to this population specifically, and must be addressed accordingly.

Protective Factors:

Familism, collectivism, personalism, respect, religion and spirituality, bilingualism and biculturalism, academic achievement, social networks, involvement in culture of origin

[Youtube Video of presentation Part 1](#)
[Youtube Video of presentation Part 2](#)
[PDF to slides](#)

State by State

Hispanic, Latino, Latinx Supporting organizations

Though **Maine, New Hampshire, and Vermont** are among the whitest states in the nation, they do have populations of Latino communities who deserve and need culturally humble prevention.

Maine:

Presente! Maine, works to empower displaced indigenous and afro-Latinx peoples of Maine through survival programs, community power building, cultural celebration, and transformative healing practice.

CHISPA (Centro Hispano) is a community organization dedicated to building community and providing educational programs that promote the Hispanic Culture for greater Penobscot County of Maine.

Maine Multicultural Center is a network of educational, business, and cultural stakeholders that promote community enrichment and economic growth by attracting, retaining, supporting, and integrating people of diverse cultures and backgrounds.

Mano en Mano

Mano en Mano works with farmworkers statewide and immigrants in Downeast Maine to promote a more inclusive Maine where the contributions of diverse communities are welcomed, access to essential services, education and housing are ensured, and social justice and equity are embraced.



State by State

Southern New England, including **Massachusetts, Connecticut, and Rhode Island**, have larger Hispanic, Latino, Latinx populations by proportion.

Massachusetts:

Greater Boston Latino Network's mission is to promote Latino leadership in decision-making positions at the local and state level – from city halls and local boards and commissions to schools and state agencies. They advocate for policies that bring new voices and leaders from the Latino community to the table to help shape the future of the Commonwealth.

Jamaica Plain APAC & Citywide Boston Hispanic Center offers a variety of resources for the community such as food pantries, tax assistance, and educational opportunities.

Sociedad latina has been working in partnership with Latino/a youth and families to support education, workforce development, civic engagement, as well as arts and culture.

LUMA contributes to the development of the Latin American community. This organization is directed primarily by Latin Americans, and promotes auto determination through basic services and civic participation.

La Alianza Hispana's mission is to improve the lives of the Latino community of Massachusetts. La Alianza Hispana works with the community to provide educational, health, and workforce programs in order to create a society in which all members can realize their fullest potential.

Casa Esperanza studies the impact of addiction and mental illness on the Latino community in Massachusetts.



State by State

Rhode Island:

Progreso Latino provides services to a diverse Latino population as well as immigrants and refugees of other European, African and Asian nationalities. It manages a bilingual day care, a senior center, and provides educational services in the areas of health, education, housing and business development.

Conexión Latina Newport (CLN) was established to support the needs of Hispanic and Latino communities by creating connections and partnerships with resources and advocacy, and creating pathways to increase access and representation throughout the city of Newport, Rhode Island.

Puerto Rican Professional Association of Rhode Island serves as a platform where Puerto Rican American youth and professionals can collaborate to enhance their educational, career, and professional development.

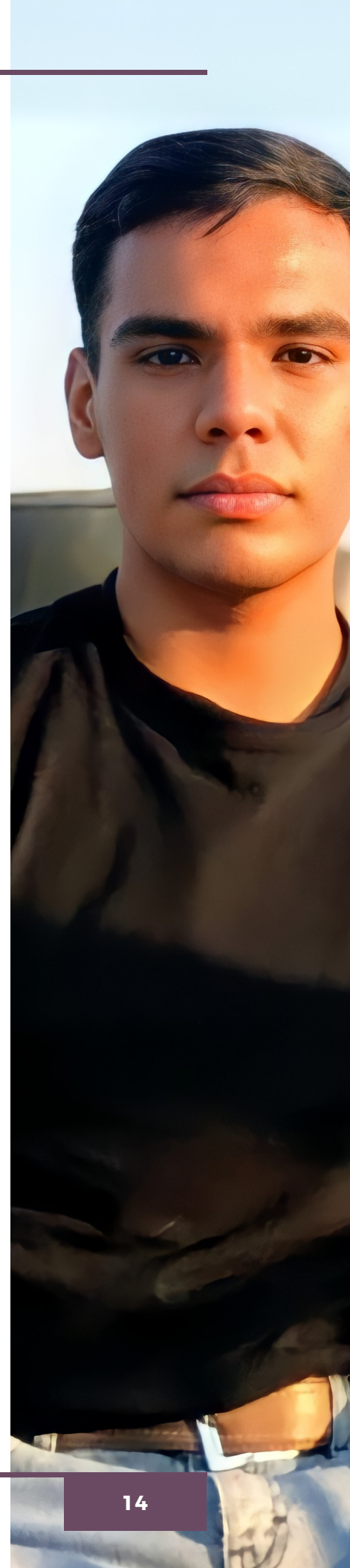
Connecticut:

The Hispanic Alliance of Southern Connecticut was founded in 2002 and offers a wide range of programs and initiatives to support Hispanic communities.

The Greater Bridgeport Latino Network promotes community engagement through networking, education, communication, and collaboration to address socio-economic issues affecting Latinos

The Hispanic Health Council has 3 offices throughout Connecticut working to address health disparities Hispanics and Latinos face while promoting health equity.

Hispanic Federation has a CT office, and offers many resources, including other area organizations which support this community such as Arte Inc. and Junta for Progressive Action, as well as The Center for Latino Progress. Visit Hispanic Federation is view the full list of resources.



State by State

Though **New Hampshire** and **Vermont** are among the whitest states in the nation, they do have populations of Hispanic, Latino, Latinx communities who deserve and need culturally humble prevention. In the research for this product, a gap in services for this population was identified in these states. National services, including **National Hispanic and Latino PTTC** may still be utilized here, though there is room for more local services.

Vermont:

Latino Community Outreach Mission

GANAS aims to produce informative programming related to legal, educational, and healthcare services for migrant workers.

The Peace and Justice

Center in Burlington, Vermont promotes education and advocacy to help activist groups better support minority communities in Vermont.

New Hampshire:

NH Brazilian Council

offers legal services to recent and established immigrants from South America. Offers help getting drivers license, establish residency, family unity, deportation defense, and more.

Centro Latino is a drop in center for members of Hispanic and Latino communities. The most important offering of Centro Latino is a place for people to go and feel safe and to get their questions answered.



National Hispanic and Latino PTTC

The mission of the National Hispanic and Latino Prevention Technology Transfer Center 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.

Below are recorded webinars from the National Hispanic and Latino PTTC of particular interest to the New England PTTC workforce. You can find more about the NHL PTTC at pttcnetwork.org/centers/national-hispanic-latino-pttc

- **Cannabis use among youth presented by Zophia Mancillas**
- **A Cultural Adaptation of Screening, Brief Intervention, and Referral to Treatment, (SBIRT) Session 1**
- **Toward Equity-Focused Prevention of Substance Misuse for Hispanic and Latino Populations**
- **Smoking and Vaping in the Americas: Considerations about Prevention and Public Policies**



Resources

Sources and links, numbers corresponding to text

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 - 2: <https://www.census.gov/library/visualizations/2018/comm/hispanic-projected-pop.html#:~:text=Hispanic%20Population%20to%20Reach%20111%20Million%20by%202060>
 - 3: <https://americanaddictioncenters.org/rehab-guide/addiction-statistics/hispanic-americans>
 - 4: "We Are Not a Monolith" https://www.youtube.com/watch?v=FtyZUg-L9Wg_
 - 5: <https://apastyle.apa.org/style-grammar-guidelines/bias-free-language/racial-ethnic-minorities>
 - 6: <https://www.psychiatry.org/psychiatrists/diversity/education/best-practice-highlights/working-with-latino-patients>
 - 7: <https://www.pewresearch.org/fact-tank/2022/09/15/who-is-hispanic/>
 - 8: [Sanderson, M.F., \(2022, October 31\). 2022 PTTC RAD Fellowship Project. Burlington, VT; Burlington Partnership for a Healthy Community. 55](#)
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 - 11: https://www.exploratorium.edu/sites/default/files/Genial_2017_Terms_of_Usage.pdf
 - 12: <https://highlandsupportproject.org/highland-support-project/hispanic-latinx-andor-indigenous>
 - 13: <https://dictionary.cambridge.org/us/dictionary/english/citizen>
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Resources

Continued

- 14: <https://www.census.gov/topics/population/hispanic-origin/about.html#:~:text=OMB%20defines%20%22Hispanic%20or%20Latino,or%20origin%20regardless%20of%20race>
 - 15: <https://www.samhsa.gov/sites/default/files/20190718-samhsa-risk-protective-factors.pdf>
 - 16: https://attcnetwork.org/sites/default/files/18_Cultral_Elements_with_Hispanic_Adolescents.pdf
 - 17: <https://pttcnetwork.org/centers/content/national-hispanic-latino-pttc>
 - 18: <https://data.census.gov/cedsci/table?y=2020&d=ACS%205Year%20Estimates%20Detailed%20Tables&tid=ACSDT5Y2020.B03001>
 - 19: <https://www.samhsa.gov/behavioral-health-equity/hispanic-latino>
 - 20: [Presente! Maine](https://www.presentmaine.org) - <https://www.presentmaine.org>
 - 21: [CHISPA \(Centro Hispano\)](https://changingmaine.org/listing/chispa-centro-hispano/) - <https://changingmaine.org/listing/chispa-centro-hispano/>
 - 22: [Maine Multicultural Center](https://mainemulticulturalcenter.org/resources/) - <https://mainemulticulturalcenter.org/resources/>
 - 23: [Mano en Mano](https://www.manomaine.org) - <https://www.manomaine.org>
 - 24: [Greater Boston Latino Network](https://greaterbostonlatinonetwork.org) - <https://greaterbostonlatinonetwork.org>
 - 25: [Jamaica Plain APAC & Citywide Boston Hispanic Center](https://bostonabcd.org) - <https://bostonabcd.org>
 - 26: [Sociedad latina Sociedad Latina](https://www.sociedadlatina.org) - <https://www.sociedadlatina.org>
 - 27: [LUMA](https://latinosunidosma.org/quienes-somos/) - <https://latinosunidosma.org/quienes-somos/>
 - 28: [La Alianza Hispana's](https://laalianza.org) - <https://laalianza.org>
 - 29: [Casa Esperanza](https://www.casaesperanza.org) - <https://www.casaesperanza.org>
 - 30: [Progreso Latino](http://www.progresolatino.org) - <http://www.progresolatino.org>
 - 31: [Conexión Latina Newport \(CLN\)](https://www.conexionlatinanewport.org) - <https://www.conexionlatinanewport.org>
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Resources

Continued

- 32: [Puerto Rican Professional Association of Rhode Island](https://www.prpari.org) - <https://www.prpari.org>
- 33: [The Hispanic Alliance of Southern Connecticut](https://hispanicalliancesect.org) - <https://hispanicalliancesect.org>
- 34: [The Greater Bridgeport Latino Network](https://gbln.net) - <https://gbln.net>
- 35: [The Hispanic Health Council](https://hispanichealthcouncil.org) - <https://hispanichealthcouncil.org>
- 36: [Hispanic Federation](https://www.hispanicfederation.org/agencies/) - <https://www.hispanicfederation.org/agencies/>
- 37: [Arte Inc.](https://arte-inc.com) - <https://arte-inc.com>
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- 40: [Latino Community Outreach Mission GANAS](https://www.ganas.world/mision) - <https://www.ganas.world/mision>
- 41: [The Peace and Justice Center](https://www.pjcv.org) - <https://www.pjcv.org>
- 42: [NH Brazilian Council](https://www.nhbraziliancouncil.org) - <https://www.nhbraziliancouncil.org>
- 43: [Centro Latino](https://granitestateorganizing.org/centro-latino/) - <https://granitestateorganizing.org/centro-latino/>
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