

# CULTIVATING WELLNESS

A NEWSLETTER CELEBRATING  
LATINO BEHAVIORAL HEALTH

Newsletter: Quarter 7 / Issue 8 / September 2023

LAYING GROUNDWORK FOR A  
HARVEST AND HEALTHY YEAR

## OUR MISSION

The mission of the National Hispanic and Latino Addiction and Prevention Technology Transfer Centers is to provide high-quality training and technical assistance to improve the capacity of the workforce serving Hispanic and Latino communities in behavioral health prevention, treatment, and recovery. We disseminate and support the implementation of evidence-based and promising practices to enhance service delivery, promote the growth of a diverse, culturally competent workforce, and bridge access to quality behavioral health services. We are committed to increasing health equity and access to effective culturally and linguistically grounded approaches.

### Inclusivity Statement

The National Hispanic and Latino ATTC and PTTC understand that there is a lot of important discussion focusing on the terminology individuals choose to use for racial, ethnic, heritage, and cultural identification. There are different terms, such as Latinos, Hispanics, Latinx, Latine, Chicano, and others, all equally valuable. We advocate for self-identification for every person. For purposes of this newsletter and additional uses, our Centers are using the term Latino and Hispanic.

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## PROVERB “DICHO” OF THE QUARTER

SPA – “Del dicho al hecho, hay mucho trecho.”

ENG – “From saying to fact, there is a stretch.”

**Our interpretation:** In this phrase, we are warned that saying or promising something is not the same as doing it. Often, the difference between “the saying” and “the fact” can be found in how hard it is to fulfill what has been promised.

(Visit [Source](#))

# A REFLECTION BY DR. SUSIE VILLALOBOS



## Greetings!

Dear valued partners, colleagues, and friends,

We hope this newsletter finds you in good health and high spirits as we delve into an exciting and important time of the year. September is a month of profound significance for our community, as it marks both **Mental Health and Suicide Prevention Month** as well as **Hispanic Heritage Month**. It is a time to honor our diverse cultural roots and, more importantly, to foster a shared understanding of the unique challenges and strengths that make us who we are.

The National Hispanic/Latino Addiction Technology Transfer Center ([ATTC](#)), and the Prevention Technology Transfer Center ([PTTC](#)), are humbled and privileged to serve our communities by promoting “[better health through better understanding](#)”. Our mission is to disseminate evidence-based practices, provide training and technical assistance, and build the capacity of professionals and organizations in the fields of addiction treatment and prevention.



**Dr. Susie Villalobos**  
September NHL Newsletter, 2023

## **Mental Health and Suicide Prevention Month: Breaking the Stigma, Saving Lives**

September is a time to turn our collective attention towards mental health and suicide prevention. These matters are of utmost importance as we strive to create compassionate and supportive environments that prioritize mental well-being. The statistics remind us of the urgency: suicide rates continue to rise, affecting individuals from all walks of life, irrespective of age, race, or background. It is vital that we stand together, united in our efforts to prevent these tragedies.

# A REFLECTION BY DR. SUSIE VILLALOBOS



Throughout this month, the NHL-ATTC and NHL-PTTC teams have been working diligently to spread awareness and knowledge on mental health issues. We have collaborated with mental health experts, researchers, and community leaders to develop specialized training sessions, webinars, and resources that equip professionals and organizations with the tools they need to address mental health concerns effectively.

Moreover, our commitment extends beyond the professional sphere. We encourage everyone to engage in open, non-judgmental conversations about mental health. By breaking the stigma surrounding mental illness, we can create a safe space for those who may be struggling to seek help and support.

## Hispanic Heritage Month: Celebrating Diversity, Fostering Understanding, Prosperity, Power, and Progress



September also marks the beginning of Hispanic Heritage Month, a time to celebrate the rich history, culture, and contributions of Hispanic and Latinx communities in the United States.

This period provides a wonderful opportunity for us to deepen our understanding of the diverse perspectives and traditions that enrich our society.

The NHL-ATTC and NHL-PTTC teams are delighted to embrace this celebration of cultural diversity. Our approach to building a better understanding involves actively listening and learning from the experiences and knowledge of Hispanic and Latinx communities. Through culturally competent training, technical assistance, and collaboration, we aim to ensure that addiction treatment and prevention efforts are culturally relevant and responsive.

## Better Health, through Better Understanding: An Ongoing Commitment

As we reflect on the significance of Mental Health, Suicide Prevention Month, and Hispanic Heritage Month, the theme "Better Health, through Better Understanding" resonates deeply within our hearts. Our commitment to promoting better health through the exchange of knowledge, compassion, and cultural appreciation remains unwavering.

# A REFLECTION BY DR. SUSIE VILLALOBOS



**We invite you to join us on this journey towards better health and understanding.**

Together, we can foster an inclusive environment that recognizes the unique needs and strengths of all individuals, regardless of their background. Let us continue to learn, support, and uplift one another, as we strive to build a healthier and more resilient community.

## **Upcoming Events and Initiatives**

As we move forward, we are excited to announce several upcoming events and initiatives:

**Cultural Competence in Addiction Treatment and Prevention:** Join us for a series of webinars focused on integrating cultural competence into addiction treatment and prevention practices.

**Spotlight on Hispanic and Latinx Communities:** We will be highlighting success stories and innovative approaches within **Hispanic and Latinx communities in addressing substance use and related issues.**

Community Conversations on Mental Health: Participate in our community-driven discussions to address mental health concerns, break the stigma, and promote help-seeking behaviors.



[Click here](#) to access our ¡Latinos con Voz! Podcast series

We are grateful for your continued support and partnership. Together, we can build a healthier, more compassionate society that values diversity and prioritizes mental well-being. Let us embrace the spirit of "**Better Health, through Better Understanding**" as we embark on this journey together.

**With warmest regards,**

**Dr. Susie Villalobos, Former Project Director National Hispanic/Latino ATTC-PTTC**

# HIGHLIGHTING THE EXPERTS: AMERICAN FOUNDATION FOR SUICIDE PREVENTION



The [American Foundation for Suicide Prevention](#) (AFSP) is dedicated to saving lives and bringing hope to all people affected by suicide, including those who have experienced a loss. The organization creates a culture of mental health advocacy through public education and community programs that advance the conversation on suicide prevention.

Suicide does not discriminate and affects all sectors of our society. In the United States, nearly 22% of Hispanic and Latinx individuals report having a mental illness. However, only 36% of Latinx people receive mental health services, compared to 52% of White individuals ([SAMHSA](#)). Reducing long-standing socioeconomic and cultural barriers within the Latinx community is critical to addressing mental health equity and to save lives. Prevention efforts are also necessary to provide effective and culturally appropriate care to these individuals who are often in rural areas or areas experiencing shortages of medical professionals, especially those who are bilingual.

Last year, AFSP partnered with NLBHA to create and launch [Talk Saves Lives™ \(TSL\) An Introduction to Suicide](#)

[Prevention for Latinx and Hispanic Communities](#), a bilingual community presentation focused on mental health and suicide prevention awareness through the lens of Latinx communities. The presentation is mirrored after AFSP's existing Talk Saves Lives™ presentation, which covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. The Latinx module, however, focuses on context specific to Latinx and Hispanic communities and addresses some of the cultural, racial, systemic, and socio-economic factors that contribute to the barriers in seeking help and accessing care.

The goal of this collaboration between AFSP and NLBHA was to foster more conversations within the Latinx communities and reduce cultural stigma around mental health and suicide. This partnership has positioned AFSP to provide culturally relevant materials and bolstered its Hispanic community reach. Since launching the presentation in 2022, AFSP has trained 47 presenters across 22 chapters and reached more than 300 people.

# HIGHLIGHTING THE EXPERTS AMERICAN FOUNDATION OF SUICIDE PREVENTION



Additionally, the organization's website can be accessed in Spanish and also has several readily available Spanish-language resources, including:

- [#RealConvo](#) *en español* - a guide on how to start, and continue, an authentic conversation around mental health and suicide with the people in your life and how to reach out for help if you are struggling.
- [More Than Sad: Parent Education](#) *en español* - a 90-minute program that teaches parents and guardians how to recognize signs of depression and other mental health problems with their child, initiate a conversation about mental health with them, and get help.
- [Surviving a Suicide Loss](#) *en español* - a resource and healing guide that provides information about coping with loss, the survivor loss community, and resources to help with this journey.
- [Children, Teens and Suicide Loss](#) *en español* - provides guidance on how to provide support for young loss survivors.

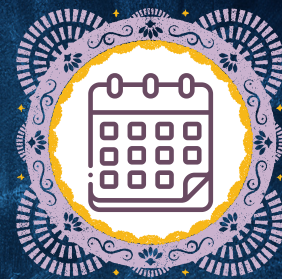
It shows the life-saving impact of simple direct dialogue about suicide and how to initiate those conversations. At the center of the campaign is a PSA in [English](#) also captioned in [Spanish](#) and resources in both languages on the campaign page. As the largest private funder of suicide prevention research in the U.S. and globally,

AFSP is continuously evolving its research to not only gain a better sense of how different racial groups are impacted by suicide, but understand the risk factors that are specific or unique to these communities. In recent years, research has shown the ways that structural racism, social determinants of health, and health inequities affect the mental health and suicide risk of multicultural populations.

As a health organization, AFSP is dedicated to advancing equity and increasing access to suicide prevention resources needed within underserved populations. This Hispanic Heritage Month, AFSP invites you to spread the word about its information, resources, and education programs that can help our communities break the stigma surrounding mental health, learn the warning signs of suicide, seek help and provide support. Learn more at [afsp.org](https://afsp.org) and [afsp.org/talkawaythedark](https://afsp.org/talkawaythedark).

AFSP will continue to champion education and awareness for all communities and marginalized groups, knowing that long-term, sustained efforts are needed to improve access to culturally informed, evidence-based quality mental health care.

# QUARTERLY HIGHLIGHTS AND CELEBRATIONS



What did we do last quarter?

Please visit our website to access these resources:



[Hispanic/Latino Populations and the Criminal Justice System Mini eBook](#)



[Understanding and Preventing Child Abuse Mini eBook](#)



[Transitional Aged Youth \(TAY\) Mini eBook](#)



[Serious Mental Illness \(SMI\) and Substance Use Disorder \(SUD\) Among Hispanic and Latino Communities](#)



[Adverse Childhood Experiences \(ACEs\) Trauma Mini eBook](#)



[Disability and Substance Use Disorder \(SUD\) Factsheet](#)



[Stigma and Substance Use Disorder \(SUD\) Factsheet](#)



[iLatinos con Voz! Podcast - Moving Forward Together - Maria Aponte](#)

## CELEBRATE WITH US!

September	October	November
<a href="#"><u>Hispanic Heritage Month</u></a>	<a href="#"><u>National Domestic Violence Awareness Month</u></a>	<a href="#"><u>National Native American Heritage Month</u></a>
<a href="#"><u>National Suicide Prevention Month</u></a>	<a href="#"><u>Talk About Prescriptions Month</u></a>	<a href="#"><u>National PPSI AIDS Awareness Month</u></a>

# MEDIA CORNER



## Podcast Series

Please visit [our page](#) to listen to our podcast series. We have English, Spanish, and Portuguese episodes on topics including SUD and Stigma, Americans with Disabilities Act and SUD, and more!



## eCompendium

To access the resources and request technical assistance, please visit:

[Guide and eCompendium of Evidence-Based Programs](#)



## External & Partner Resources

The ADA National Network has released four fact sheets in our ADA, Addiction Recovery Series.



Learn more about how the ADA applies to people with addiction to alcohol and people in recovery from opioids and other drugs.

These can be found on the [New England ADA Center](#) website.

1. [The ADA, Addiction and Recovery](#)
2. [The ADA, Addiction, Recovery and Employment](#)
3. [The ADA, Addiction, Recovery and State and Local Governments](#)
4. [The ADA, Addiction, Recovery for Private Businesses and Nonprofits](#)

## On the Horizon: Whats Coming Up?

Be on the lookout for new products including:

New Episodes of our [iLatinos con Voz! Podcast Series](#)

New Releases of our [Short Videos and Fact Sheets](#)

New [Toolkits](#)



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 [Products & Resources Catalog](#)

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 [Products & Resources Catalog](#)

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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.

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