Using Promotores(as) de Salud to Address Mental Health in Latino Communities

MHP Salud
Midwest Stream Forum
Novembre 1, 2016
Objectives

- Describe the benefits of using a community-based, peer-to-peer program to address mental health in Latino communities.

- Identify culturally appropriate strategies and activities to address mental health in Latino and/or agricultural worker communities.

- Apply concepts from the Salud Para Todos curriculum to existing or developing programs.
About MHP Salud
Who are *Promotores(as) de Salud*?

Community members who promote health in their own communities.
Community Health Workers

A CHW is a frontline public health worker who is a trusted member of and/or has an unusually close understanding of the community served. This trusting relationship enables the CHW to serve as a liaison / link / intermediary between health and social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery.

Source: American Public Health Association, Community Health Worker Section 2009
Salud Para Todos
Background on SPT

Original program designed for MSAW community

Expand program to other underserved Latino communities

Updated manual and facilitator’s guide
## SPT Program Goals

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<th>2015</th>
<th>2016</th>
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<td><strong>Target County</strong></td>
<td>Hidalgo County, TX</td>
<td>Hidalgo and Starr Counties, TX</td>
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<td><strong># People Reached in General Outreach</strong></td>
<td>700</td>
<td>Continued outreach in Hidalgo Co, plus 500 reached in Starr Co.</td>
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<td><strong># Participants in Group Sessions</strong></td>
<td>200</td>
<td>200</td>
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<td><strong># Referrals</strong></td>
<td>40</td>
<td>75</td>
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<td><strong>Other</strong></td>
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<td>Reach 50 organizations on how to implement the SPT program</td>
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2015 Results

- 2076 People reached through general outreach
- 22 Group sessions
- 276 Participants in group sessions
- 78 Referrals to mental health services
Salud Para Todos
Facilitator’s Guide
SPT Facilitator’s Guide

- 5 sessions, each ~2 hours
- 10-15 people per group
- PowerPoint presentations accompany each session
- Adaptable to own community
<table>
<thead>
<tr>
<th>I. REVIEW</th>
<th>II. SESSION OVERVIEW</th>
<th>III. APPENDIX</th>
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<tr>
<td>o Detailed information on topic</td>
<td>o Facilitator notes</td>
<td>o Templates of forms for activities or handouts</td>
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Session 1  Mental Health

Objectives

- Participants will understand the difference between mental health and mental illness
- Participants will become familiar with different kinds of mental illnesses, including the symptoms of the different conditions
- Participants will become familiar how mental health illnesses present themselves in teenagers and children
- Participants will be able to identify treatment and management options for people suffering from mental illnesses
Session 2 Stress

Objectives

- Participants will be able to identify signs and symptoms of feeling too much stress
- Participants will become familiar with the causes of stress
- Participants will able to name health problems that result from stress
- Participants will identify practices that can reduce stress
Let’s Talk…
Session 3 Intimate Partner and Domestic Violence

Objectives

- Participants will become familiar with intimate partner violence and domestic violence.
- Participants will be able to distinguish myths from facts regarding intimate partner violence.
- Participants will able to identify different kinds of abuse.
- Participants will become familiar with the barriers an individual faces in leaving an abusive relationship.
- Participants will understand the effects of domestic violence on children.
Session 4 Substance Abuse

Objectives

- Participants will be familiar with short term and long term effects of alcohol and other drugs
- Participants will identify the various family and work problems that can result from alcohol and drug abuse
- Participants will be able to describe the signs of addiction and problems caused by addiction
Session 5 Chronic Disease and Mental Health

Objectives

- Participants will demonstrate an understanding of the relationship between mental health conditions and chronic disease.
- Participants will identify the ways that mental health and chronic disease can influence the other.
- Participants will become familiar with mental health conditions and chronic diseases in teens and children.
- Participants will identify different management and treatment options for people that have both mental health conditions and a chronic disease.
Session 5 Activity
JOIN THE AG WORKER ACCESS 2020 CAMPAIGN

Approximately 20% of Ag Workers are being served in Community & Migrant Health Centers. The goal is to increase that number to 2 million people served. We can’t do it without your help!

I CARE ABOUT AMERICA’S AGRICULTURAL WORKERS
Thank You!

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