

HEALTH EDUCATION COUNCIL

PROMOTING HEALTHY COMMUNITIES



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Mente Sana, Vida Sana

(Healthy Mind, Healthy Life)

Program Updates



Who We Are

The mission of the Health Education Council is to cultivate health and well-being in underserved communities by leveraging the power of collaboration.

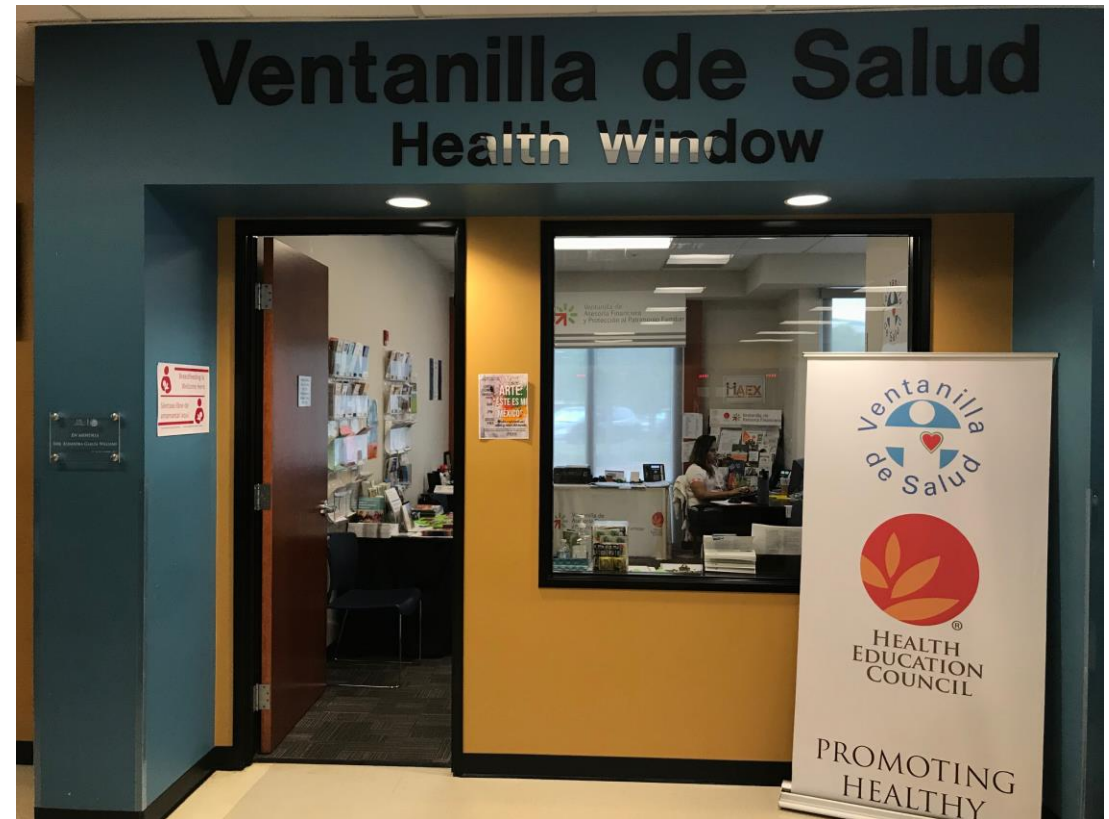




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Ventanilla de Salud "Health Window"

- The *Ventanilla de Salud* (VDS) is a program of the Government of Mexico implemented in 50 Mexican Consulates in the United States in collaboration with local organizations.
- The Health Education Council has been the fiscal agency of the Sacramento Mexican Consulate VDS since 2009



Ventanilla de Salud Program

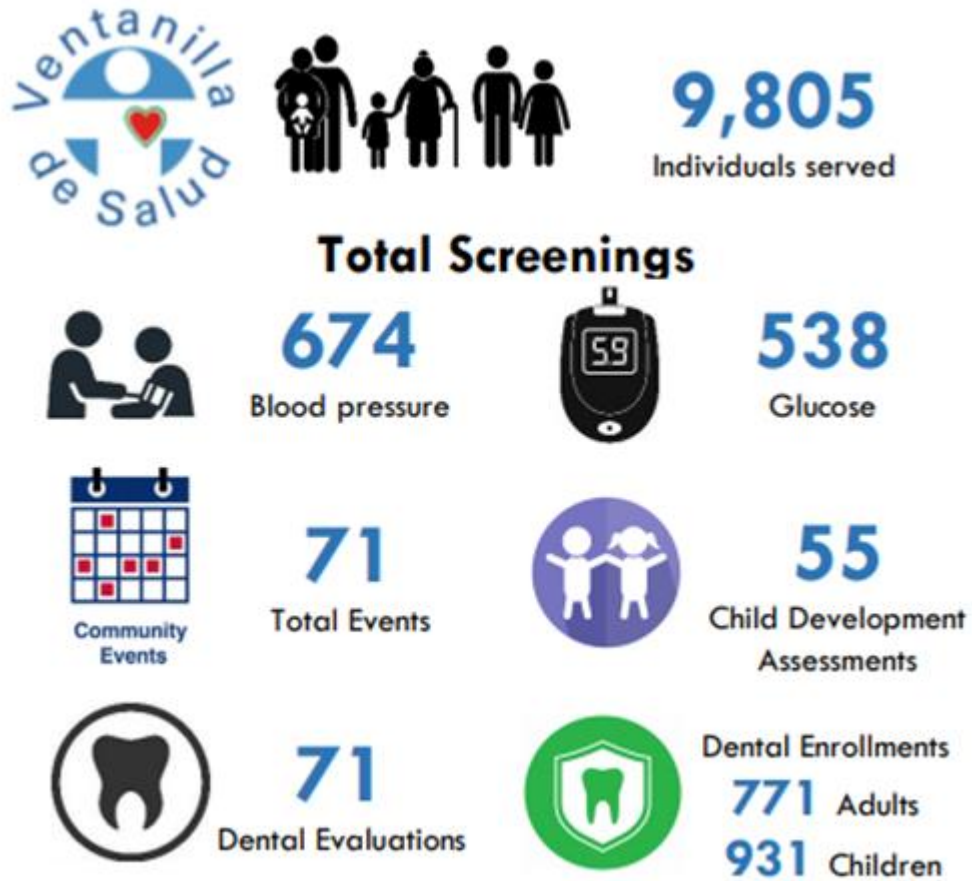


Mission: Improve access to **primary and preventive health services**, increase public insurance coverage and **promote a culture of prevention** through information, education, counseling and referrals to quality health care in a safe and friendly environment.



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VDS Services include:



- Health Education
- Health and Resource Fairs
- Help navigating healthcare system
- Health insurance information
- Medical care referrals
- Free Preventative Health Screenings

*2018 totals

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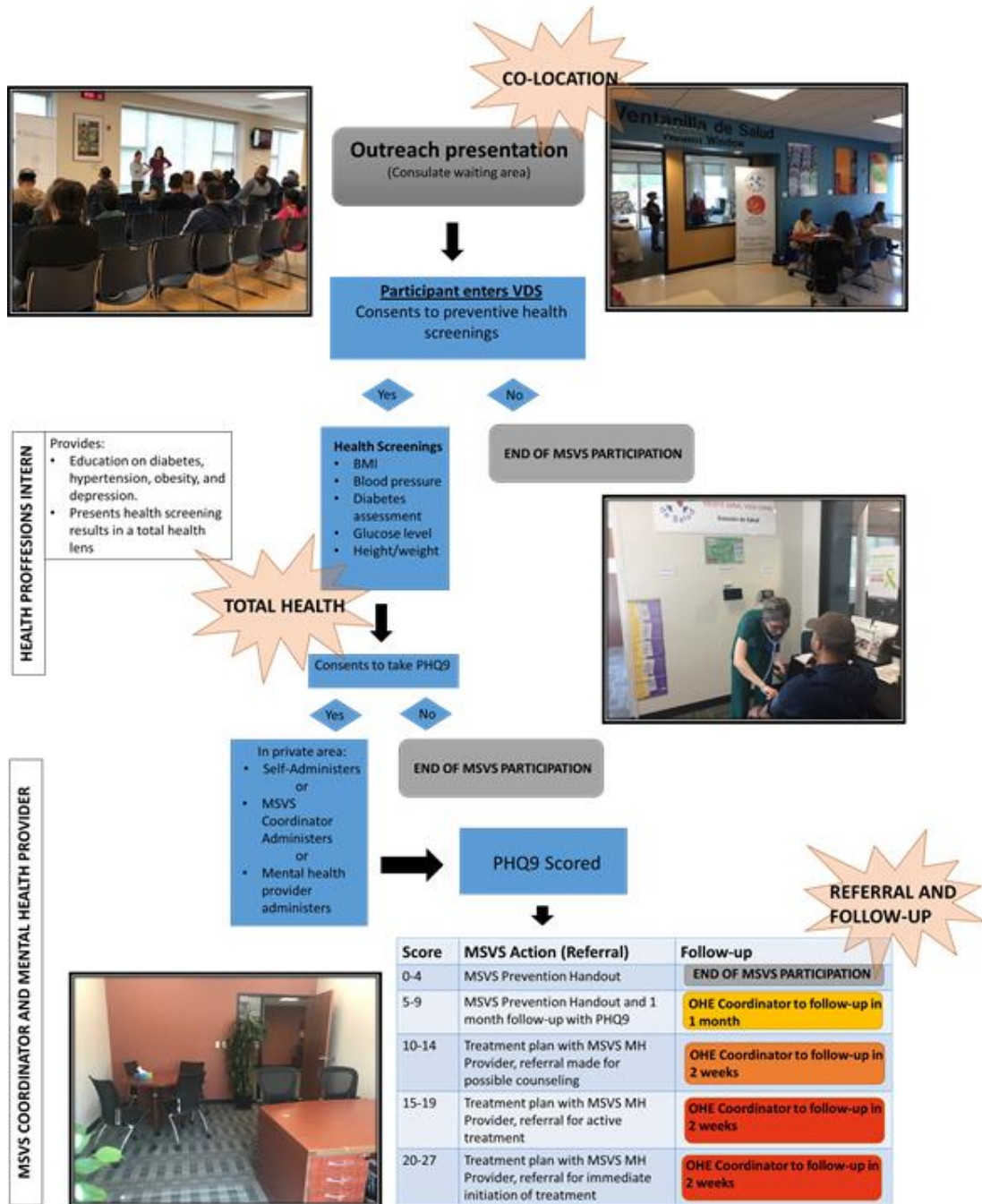


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Project Objectives:

1. Decrease barriers Latinos face in accessing mental health services
2. Reduce the stigma associated with mental health and increase knowledge of the comorbidity of depression and other chronic diseases
3. Increase start of treatment through referral and follow-up
4. Increase availability of culturally and linguistically appropriate mental health services for Latinos





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Year 1: Baseline Evaluation & Findings

- Community surveys and focus groups revealed participants' lack of knowledge about mental health and mental illness
- The term "loco" or "crazy" was the most commonly used to refer to individuals with a mental illness
- Focus group respondents also revealed:
 - Stigma associated with words such as mental health (*salud mental*), mental illness (*enfermedad mental*), and depression (*depresión*)
 - Less stigma associated with words such as stress (*estrés*) and anxiety (*ansiedad*)- not associated with depression



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Baseline Evaluation & Findings cont...

- Education in the Latino community around mental health and cultural values are necessary
 - Ensure that this education is available in Spanish and to individuals of all ages (target families as a whole)
- Barriers in receiving mental health support include:
 - long wait times
 - high cost of services
 - perceived association of mental health treatment with medication
 - No Spanish-speaking clinicians and there is often no interpreters available
 - Inconvenient times of service

Year 2 Program Updates (July 2018-April 2019)



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Year 2 At a Glance:

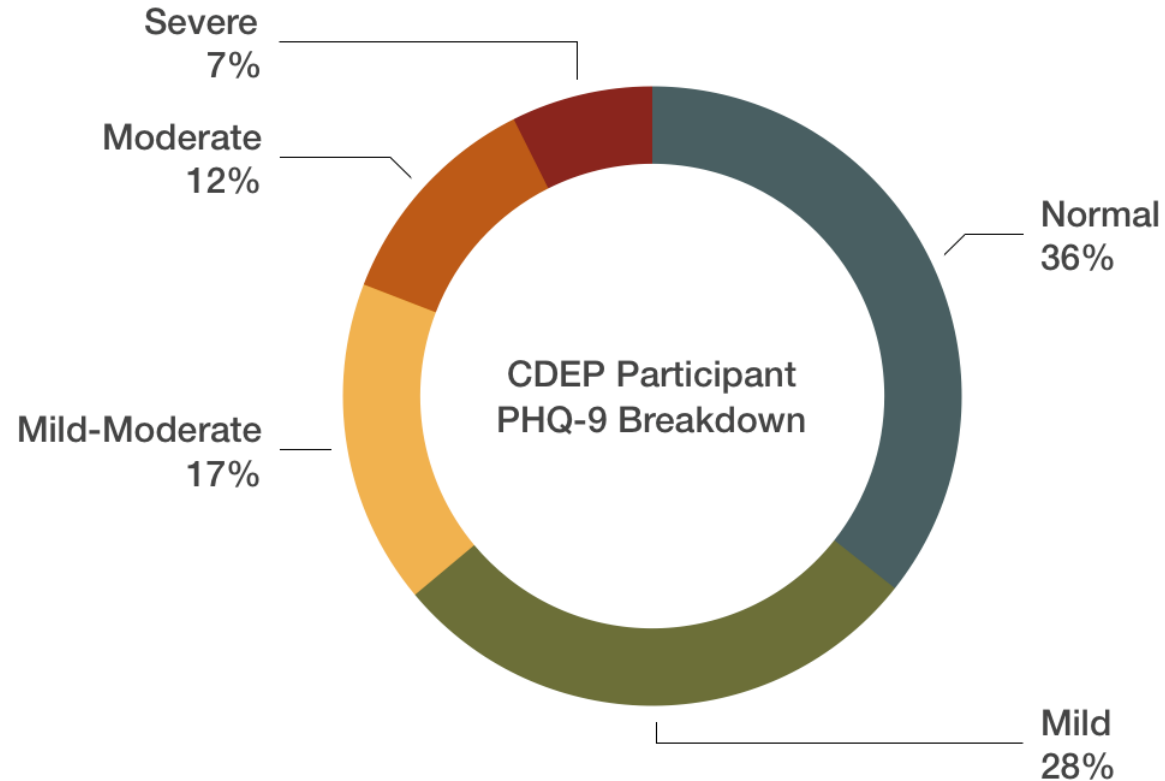
- Integration of the PHQ-9 into existing health screening model
- Greater network of mental health referrals in the consulate's 24 county jurisdiction
- Partnerships with Nursing programs/student-run clinics for volunteers to do health screenings
- Protocols in place for referrals of services post-intervention
- Presence at mobile consulates in rural areas
- Community requests for psychoeducation workshops in community and school settings

Preventative Health Screenings:

Since Year 2 began, 230 participants have completed the Patient Health Questionnaire-9 (PHQ-9)



Score	Range
Normal	0-4
Mild	5-9
Mild-Moderate	10-14
Moderate	15-19
Severe	20+



A closer look at the Patient Health Questionnaire-9 (PHQ-9)

- Analysis of 125 PHQ-9 responses between January-April 2019
 - Participants' responses:
 - Question 1: 55% expressed having little interest or pleasure in doing things at least several days a week
 - Question 2: 63% expressed feeling down, depressed or hopeless at least several days a week
 - Question 9: Almost 10% of participants expressed suicidal thoughts at least several days a week



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Outreach & Education at the Mexican Consulate



- Daily educational presentations in waiting area and increased referrals from the Consulate's Protection Department
- Monthly presentations to Sacramento STOP Stigma
- Increase in mental health educational materials and its correlation to other chronic diseases, such as depression/diabetes
- Psychoeducation workshops led by MSVS counselor, Daniel Cisneros, in March and May 2019.



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Outreach & Education at the Mexican Consulate



8th Annual Women's Leadership Conference December 8, 2018

- 121 total conference attendees
- 54% participated in the Walk for Health Mental Health in the Latino Community Workshop Led by Dr. Monica Torreiro-Casal from UC Davis
 - 5 mental health professionals facilitated small group breakout activity





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Outreach & Education at the Mexican Consulate



Comments that Emerged During the Mental Health Workshop Small Breakout Sessions:

- Limited resources on mental health available in Spanish
- There are very few Spanish-speaking mental health professionals
- Rural areas have limited health resources in general or have cultural beliefs that limit care
- Trainings in the workplace about mental health are needed
- Sharing information about mental health with the entire community is important and educating parents can help reduce stigma

Referral & Follow up (Access & Linkages): Counseling Sessions

- Since September 2018
 - 216 scheduled onsite counseling appointments
 - 79% attendance rate
- Three partner agencies have provided linguistically and culturally competent counseling services onsite at the Mexican Consulate
 - El Hogar Counseling Services
 - RISE Inc.
 - Life Practice Counseling Group
- Most common client presenting issues include:
 - Anxiety, stress management, depression, lack of coping strategies, unresolved complex trauma related to issues such as domestic violence and emotional abuse

MSVS Media Outreach



- HEC Communications team is working on updating our MSVS site
- Developed educational materials that are being reviewed and tested by MSVS Community Advisory Board and members of the community

Provider Capacity Trainings

- Quarterly VDS/MSVS Provider's Meetings
- Mental Health Training for Consulate Staff on October 11, 2018
 - Training led by Martha Sinclair-West, LCSW, and provided staff with an overview of key mental health symptoms including depression and anxiety along with self-care management tools that individuals can apply in daily life
- In response to a high number of MSVS domestic violence related cases, we partnered with WEAVE to host a training on how to recognize signs, be an ally and refer appropriately to resources
 - HEC Staff on December 18, 2018
 - Consulate Staff & Community Members on January 10, 2019

Next Steps



- Expand awareness of MSVS in the Sacramento Mexican consulate jurisdiction
- Successful evaluation for replicability within the 9 consulate locations in California
- Funding beyond 2022 to further MSVS goals of reducing mental health disparities in minority populations

Thank you!

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