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

MHP Salud
Washington Community Health Worker Conference 2018
April 12, 2018
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
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
Who are *Promotores(as) de Salud*?

Community members who promote health in their own communities.
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

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target County</td>
<td>Hidalgo County, TX</td>
<td>Hidalgo and Starr Counties, TX</td>
</tr>
<tr>
<td># People Reached in General</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outreach</td>
<td>700</td>
<td>Continued outreach in Hidalgo Co, plus 500 reached in Starr Co.</td>
</tr>
<tr>
<td># Participants in Group</td>
<td>200</td>
<td>200</td>
</tr>
<tr>
<td>Sessions</td>
<td></td>
<td></td>
</tr>
<tr>
<td># Referrals</td>
<td>40</td>
<td>75</td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td>Reach 50 organizations on how to implement the SPT program</td>
</tr>
</tbody>
</table>
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
I. REVIEW
  o Detailed information on topic

II. SESSION OVERVIEW
  o Facilitator notes
  o Objectives
  o Materials
  o Handouts
  o Session agenda
  o Session plan

III. APPENDIX
  o Templates of forms for activities or handouts
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
Relax
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.
AG WORKER ACCESS 2020
CAMPAIGN

NCFH
National Center for Farmworker Health, Inc.

NATIONAL ASSOCIATION OF
Community Health Centers
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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