

# BIENVENIDO

*The Bienvenido Program is a prevention intervention program that increases access to mental health services, improves mental health, and quality of life of Latino immigrants.*

## **Bienvenido Facilitators making a difference**

One of the most exciting things about working with the Bienvenido Facilitators is hearing comments from the field on how their work is coming along. Here are a few comments from various facilitators and two Bienvenido participants:

The experience I had in facilitating the Bienvenido has been very gratifying and exciting because I discovered various things about my life that I thought I would never do. It is special when you realize that what you are saying helps another person. I used to be timid but facilitating helped me get over this. Now I feel more confident about myself and I too have learned from the participants and their personal experiences. I feel calm and happy with my work work. – **Gabriela Mejía, Facilitator, Baltimore, MD**

Today was my first day with the Bienvenido Program. It went well and we had eight participants. There were a lot of feelings shared. Some cried, laughed, but most of all, we built trust. I feel happy because I can help the community. - **Clara Ramírez, Facilitator, Warsaw, IN**

Personally, my first experience with the Bienvenido Group I facilitated with Petra was very interesting because we had some challenges. We had a group with parents and children at the same time. This made the facilitation more difficult because of the full attention. There was little time which also made it difficult to expound on the topics. However, even with the barriers we were able to finish and I would say we were successful. The participants liked the topics that were presented and they shared they would like more topics. **Sofía Ferguson, Facilitator, Baltimore, MD.**

I learned to make friends and I was very happy with all of the participants in the group. Talking with them helped me process many things I had in my mind. They taught us how to move forward. I am trying to learn how to write and I received motivation from the group. I know how to better deal with my daughters and the group helped me reflect. **Bienvenido Participant, Baltimore, MD**

I learned to make better decisions while being in the group, to think things through better, to think before acting, to have better communication with my partner, and to try to calm myself down so things don't get out of control. You did a great job with this project. Feel proud of yourselves because you are helping many people. Thank you to all and may you be well. **Bienvenido Participant, Baltimore, MD.**

## **Northeastern Center and the Community-Defined Evidence Based Project**

Northeastern Center's Bienvenido Program has been selected for participation in Phase II of the study Addressing Disparities in Behavioral Health for Communities of Color: The Community Defined Evidence Project (CDEP). The Community Defined Evidence Project is a joint initiative between the National Latino Behavioral Health Association (NLBHA) and the National Network to Eliminate Disparities in Behavioral Health (NNED) in association with the Department of Child and Family Studies at the University of South Florida. As part of this effort, the Bienvenido Program will be included in the National Directory of Successful Practices available to Hispanics/Latinas/os. A site visit will be made by the behavioral health research team to conduct focus groups with former participants and key stakeholders who support the Bienvenido Program.

### **Bienvenido Facilitator Network members at work**

**Rubén Santos**, Bienvenido Facilitator, conducted a workshop on the adolescent profile on January 16, 2009 at the Center for Intercultural Teaching and Learning at Goshen College. A total of 13 facilitators were present for the training.

**Luz Durán, Laura García, María Campos** volunteered at the Minority Job Fair on January 22.

**Elias García** and Gilberto Pérez led a mental health leadership workshop at Ivy Tech Community College, Logansport Campus on January 30.

**Mariela Gómez, Rubén Santos** and Gilberto Pérez provided two Latino parenting workshops at the Sturgis Parenting Fair on January 31.

**Rubén Santos** and **José Villegas** began a Bienvenido Group at Templo Sinaí, Goshen, IN.

**Laura García, Dr. Margarita Alvarez, and Liliana Quintero** completed a Bienvenido Group at the Hispanic/Latino Health Coalition of Elkhart County.

**Zenaida Velez**, Fort Wayne, IN completed three Bienvenido groups at the Center for Nonviolence and has begun a fourth Bienvenido group at United Hispanic Americans, Inc.

**Martha Huttleston**, Laporte, IN reports she began a third group with Latino parents at an elementary school in Laporte.

### **Bienvenido Facilitator Network Facebook Group continues to grow**

There are 104 individuals who are members of the Bienvenido Facilitator Network Facebook Group. Our friends on Facebook are from Indiana, Florida, Pennsylvania, Puerto Rico, Spain, Paraguay, Panama, Swaziland and many other places. Feel free to look us up and join the group at <http://www.facebook.com/group.php?gid=15561824699>

## **Northeastern Center participates at the Minority Job Fair, Concord Mall**

On January 22, 2009 Northeastern Center participated at a Minority Job Fair co-sponsored by the Hispanic Council of Goshen, Minority Business Community Board, and the Elkhart Chamber of Commerce. The event drew over 1000 individuals from the community. Northeastern Center was available to provide mental health education brochures and Bienvenido Program information. We thank Luz Durán, Laura García, and María Campos for assisting Northeastern Center at the information table.

## **Northeastern Center receives books from US Senator Richard Lugar's Office**



Celina Weatherwax, Director of the Northwest Office for US Senator Richard Lugar, donated 250 children's books to Northeastern Center. The children's books were given to parents and children who attended the Minority Job Fair. Northeastern Center is grateful to US Senator Lugar for this donation. We hope the children's books will bring families together for more reading and family time. Thank you Celina and Senator Lugar!!

## **Northeastern Center holds Bienvenido Dinner**

On February 20 Northeastern held a Bienvenido Dinner for Bienvenido Facilitators and community members. The event brought together 35 facilitators and various community members and partners. Bienvenido Facilitators were given a certificate of appreciation and Laura García, Elias García, and María Campos shared personal stories on how the Bienvenido Program has impacted them. María shared, "I used to be a very nervous person, but now I am more confident." Elias García shared, "I never thought I would present in front of professional social workers and their I was giving advice to social workers." Laura García shared, "The Bienvenido Program has helped me to value myself more and I want to continue learning and helping others." Hugo Rodríguez, Patía Translations and community partner, shared, "It is exciting to see many Bienvenido Facilitators involved in community activities."

## **Northeastern Center hires marketing consultant**

Palermo Galindo, marketing consultant, joined the Bienvenido Team in February. Palermo brings expertise in Latino marketing and will assist Northeastern Center in promoting the Bienvenido Program in Fort Wayne, IN. Palermo is originally from Morelos, Mexico and has lived in the US for almost 20 years. We are pleased to have Palermo as part of our Bienvenido Team. ***¡Bienvenido Palermo!***

If you are interested in learning more about the Bienvenido Program, feel free to visit the website at: [www.nec.org](http://www.nec.org) (Click Latino Services) or call Gilberto Pérez Jr. at 260-318-5042.