

## Bienvenido Vision Statement

To provide a caring and supportive environment where individuals can achieve their full potential, give and receive respect, develop personal responsibility and self-determination.



## Bienvenido Mission Statement

The Bienvenido Program is a mental health promotion program that improves the mental health and quality of life of Latino immigrants.

## Interested in Implementing the Bienvenido Program?

Individuals or organizations interested in hosting a training should contact:

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PO Box 290, Ligonier, IN 46767  
260-318-5042  
[www.nec.org](http://www.nec.org)

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Hope for Tomorrow*

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# BIENVENIDO

## PROGRAM



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## Bienvenido Program Empowerment Plan

**W**ork together  
**E**ncourage others to seek support  
**L**isten actively to one another  
**C**ultivate relationships  
**O**pportunity to engage in dialogue  
**M**otivate one another  
**E**mpower one another

### Core Principles

**Collectivism** – The Bienvenido Program works to gather community members in a collective manner versus as an individual practice. The group setting creates a space for development of a peer-to-peer support network.

**Cultivation of relationships** – Opportunities for reflection and sharing regarding good mental health and community integration are emphasized.

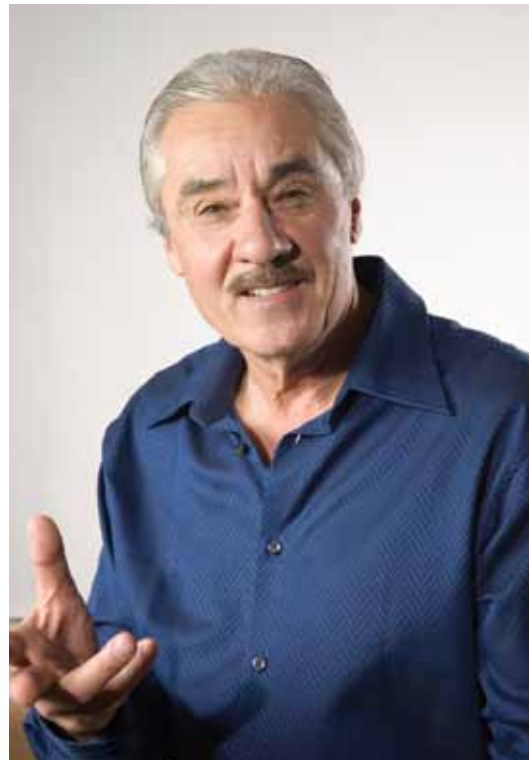
**Community integration** – The Bienvenido Program participants are actively engaged in community activities and offer themselves to volunteer and support community initiatives.

The Bienvenido Program is a 9 week strength's based mental health promotion curriculum. Participants develop skills to reduce risk for emotional distress. Ask for our Bienvenido adolescent curriculum.

## Empowerment Model

### Healing Elements for this Model are Based on Three Premises

1. Educating clients about mental health and enhanced quality of life introduces the potential of hope for a better standard of living;
2. Using a group format for presentation of information and group discussion creates a supportive peer network;
3. Increased community integration and social status will follow greater awareness of behavioral risks and assets.



### Getting Started in the Bienvenido Facilitator Training Program

The Facilitator Training Program is a fun, relaxed, yet challenging exercise for teaching both the novice and expert about issues related to mental health with Latino immigrants.

Upon completion of the training program, facilitators will be able to implement the program within their own organization or community.

### Who Should Attend?

Social workers  
School counselors  
Religious leaders  
Youth leaders  
Therapists  
Community-based workers  
School corporations  
Case managers  
Community health centers

### Who qualifies to be a Facilitator?

Should have demonstrated knowledge and work experience with Latino, and other minority populations.

Have experience with individuals and/or group training for community groups, organizations, and schools.

Knowledge of basic mental health related topics in one or more of the following areas: acculturation, communication styles, anger management, stress management, and parent/child relations.

Bilingual Spanish/English ability.