

BIENVENIDO

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Northeastern Center Inc.

The Bienvenido Newsletter is Northeastern Center's primary means of communicating with individuals and organizations current happenings in the Bienvenido Program. It shares activities, personal stories, and current initiatives that address the mental health and acculturation process of Latinos in Northeast Indiana.

The newsletter is published quarterly by Northeastern Center, PO Box 290, Ligonier, IN 46767. www.nec.org

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For the next seven weeks I will have the opportunity of meeting with seven Latino high school students from West Noble High School in Ligonier. We will work at understanding the process of arriving in a new country and what it means to have good mental health. We will discuss their experience of leaving home, their migration trip, arrival, and adjustments to life in a new country. We will learn the value of assertive communication and encourage them to put into practice the skills learned in group. Our time will also challenge us to think about the acculturation process and how the students cope with being away from a familiar community. My hope is to connect with the students on a deeper level and offer opportunities for personal growth. We give a special thanks to Melanie Tijerina, ENL Director, for allowing us to meet with the students.

In this newsletter you will read about our recent Latino Behavioral Health Summit held in November 2005. Also, we will share briefly our attempt at creating a Bienvenido Program Advisory Committee which is made up of Bienvenido Program participants and NEC staff. We will give a short profile of two Bienvenido participants. We are excited to report that a former Bienvenido participant will begin training in the Bienvenido curriculum and he would like to implement the Bienvenido Program in his community.

Finally, we continue to work at creating a program that will be recognized as an evidence-based prevention intervention program. We have begun conversation with the Midwest Latino Health Research, Training & Policy Center, University of Illinois-Chicago to conduct a program evaluation. The evaluators will evaluate the effectiveness of our objectives and help us determine what areas need to be modified. We have created a Bienvenido Fund to help cover the costs of the program evaluation and other community initiatives. We invite you to consider supporting this endeavor with a financial contribution. We have listed several opportunities for you to consider supporting with our Bienvenido Fund Opportunities. It is an exciting time and we are most grateful for your continued support.

- *Gilberto Pérez Jr., MSW, ACSW*
Bienvenido Program Director

Latino Behavioral Health Summit 2005

On November 2-3, 2005 the Inaugural Latino Behavioral Health Summit took place in Angola, IN. The summit event was an excellent opportunity to bring local, regional, national, and international leaders together to discuss the gaps, barriers, and effective strategies to link Latinos to behavioral health services. Our keynote speaker, Dr. Sergio Aguilar-Gaxiola, M.D., Ph.D., UC Davis, challenged the participants to look at diversifying services to Latinos.

The event brought together over 110 participants and 70 different agencies from our geographical area. Below are some of the comments made by participants:

- The presentations and speakers were wonderful. Well worth the trip. I'm excited about implementing some of the ideas and sharing information in Noble County.
- Dr. Aguilar-Gaxiola was absolutely the correct choice as a keynote speaker. Very knowledgeable and engaging.
- I will return. This was a high quality event.
- The information and people gathered here is very impressive. The networking is probably one of the most important aspects.
- A great start.
- Thank you for the opportunity to meet such knowledgeable individuals that have such a passion in creating changes that will ensure meeting the Latino population's need in these crucial areas.

Listed below were the keynote speakers and workshop presenters:

- Dr. Sergio Aguilar-Gaxiola, M.D., Ph.D. UC Davis.
- Juana Watson, Senior Advisor Hispanic/Latino Affairs, Governor Match Daniels Office.
- Juan Ramos, Ph.D. National Latino Behavioral Health Association, CO.
- Jennifer Weiss, NAMI (VA), Guadalupe Morín, NAMI San Antonio, TX.
- Dr. Marcia Good, Ph.D., University of Notre Dame
- Dr. Daniel Lende, Ph.D., University of Notre Dame
- Ana Guisti and José Luis Rivera, Center for Nonviolence, Fort Wayne, IN.
- Dr. Emilia Lucio Gómez, Ph.D., National Autonomous University of Mexico, Mexico City.
- Amy Mendoza, Indiana Comisión Hispanic/Latino Affairs, Indianapolis.
- Gilberto Pérez Jr., MSW, ACSW Northeastern Center
- Ellen Krulewitch, Elkhart Communit Schools
- Frank Pizaña, Northeastern Center
- Ambrose Rodriguez and Irma Martinez, Latino Behavioral Health Institute, Los Angeles, CA
- Jorge Vielman, Center for Problem Resolution, Goshen, IN
- Sonia Acosta, Ph.D. and Debrah Ehrmann, Centro la Familia, MI.

Bienvenido Fund Opportunities

Bienvenido Program Scholarships

Participants who participate in the Bienvenido Program have an opportunity to share stories and adjust to living in a new country and community. Participants are provided with basic mental health education information as well as opportunities for informal sharing in a group setting.

\$70.00 provides a student with a scholarship for seven sessions.

Bienvenido Facilitator Training Program

Bienvenido Facilitators participate in a two day training that prepares facilitators to implement the Bienvenido Program in their community. The facilitators become part of the Bienvenido Facilitator Network. You receive the Bienvenido Newsletter and information on facilitators.

\$249.00 provides a facilitator with a scholarship for a 2 day training.

Bienvenido Dinner

A Bienvenido Dinner is held for participants who have completed the Bienvenido Program. Participants and facilitators gather to share informally their experience in the Bienvenido Program and learn to know other participants. It is an opportunity to celebrate the accomplishments achieved in the program.

\$35.00 provides a Bienvenido meal and a small gift.

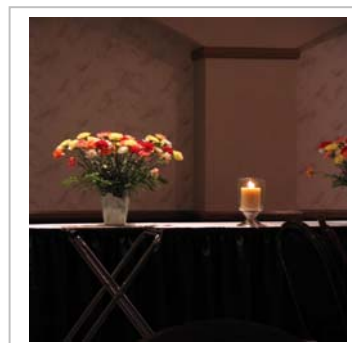
Bienvenido Program Evaluation

Bienvenido Program evaluation will enhance program effectiveness in the community. Evaluators will work to determine program strengths and areas to be modified.

___ \$50 ___ \$100 ___ \$250 ___ \$ 500 ___ \$1000

Send donations to:

**Bienvenido Fund, Northeastern Center, Inc.
PO Box 817, Kendallville, IN 46755**



*Flowers and candle:
remembrance of those
who suffer from
mental illness.*

*Latino Behavioral
Health Summit 2005*

Bienvenido Program Advisory Committee

Bienvenido Program participants in Noble County Indiana are encouraged to consider serving on an advisory committee. The committee is responsible for assisting Northeastern Center in the further development of the Bienvenido Program. We have outlined some initial responsibilities for the Bienvenido Program Advisory Committee in Noble County. Currently we have two committee members. Responsibilities are outlined below:

Responsibilities

➤ Strategic Planning:

1. The advisory committee must periodically assess the Bienvenido Program to ensure culturally and linguistically appropriate interventions.
2. Monitor and strengthen the Bienvenido Program to ensure that the Bienvenido Program is consistent with Latino community needs.

➤ Development:

1. Committee members should promote the Bienvenido Program.
2. Committee members should share accomplishments achieved in the Bienvenido Program at events, meetings, and with other community members.
3. Committee members should work at identifying and creating new relationships with potential Bienvenido Program participants.

Individual Committee Member Responsibilities

- Attend all committee meetings and functions, such as special events.
- Be informed about Northeastern Center's mission, services, policies and programs.
- Suggest possible nominees to the committee who can make significant contributions to the work of the Bienvenido Program.
- Keep up-to-date on developments regarding Latino issues.

We continue to work at strengthening relationships with the Bienvenido participants. By creating a Bienvenido Advisory Committee we believe this places us in the forefront of creating a program that suits the real needs of the Latino community.

Currently we are working with a former Bienvenido participant who will participate in the Bienvenido Facilitator Training Program. We look forward to having a Bienvenido Program participant be a facilitator. We are excited about this new phase in the Bienvenido Program.

Bienvenido Participant Profiles

Below are two entries of participants who completed a brief profile sheet for the Bienvenido Program.

My name is: Ivan Calvo

Town where I live: Ligonier, IN

Hometown/Country: Durango, Mexico

In my free time: I like to be with my family.

Why did I immigrate to this country: The economic situation in my country was not so good.

What I like most about being in another country: My new lifestyle.

What has been the most difficult thing about adapting to another culture: The language.

What do I do when I feel sad or miss my country: I try and remember my country and call home.

What do I like about my new community: I like life because it is lived with tranquility.

What have I learned in the Bienvenido Classes: I learned more about this country and how to be well.

What advice would you give a recently arrived immigrant in this country: That they adjust to living in the North American culture and most of all start with learning English.

My name is: Ricardo Esparza

Town where I live: Goshen, IN

Hometown/Country: Aguascalientes, Mexico

In my free time: Ride horses.

Why did I immigrate to this country: The economic situation in my country.

What I like most about being in another country: I live more at peace.

What has been the most difficult thing about adapting to another culture: Nothing.

What do I do when I feel sad or miss my country: Listen to music.

What do I like about my new community: Everything.

What have I learned in the Bienvenido Classes: The importance of good communication.

What advice would you give a recently arrived immigrant in this country: Do not isolate yourself from others.

Profile information: used with permission from Bienvenido participants.