

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 of Latinos in Northeast Indiana.

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Bienvenido Program Evaluation

The Bienvenido Program has been in existence for almost three years and we have conducted self satisfaction surveys with Bienvenido participants, however, we have not a conducted a process or summative evaluation. In order for us to better determine if the Bienvenido Program has the potential in becoming an evidence based practice we understand the necessity of conducting a formal program evaluation.

Northeastern Center is happy to announce that is has secured the services of Dr. Delia Saldaña, Ph.D., University of Texas at San Antonio, Department of Psychiatry, to conduct a program evaluation of the Bienvenido Program.

Below are several areas Dr. Saldaña will evaluate:

- **Review relevant literature on delivery of services to immigrant populations.**
- **Examine the Bienvenido curriculum and investigate its relationship to other promising interventions.**
- **Discuss facilitator role and methods used to provide information and practice through group exercises.**
- **Clarify key objectives.**
- **Clarify usefulness of various methods to assess process and outcomes measures.**
- **Develop fidelity checklist that reflects provider and evaluator perspectives.**

Through the evaluation process we hope gain a better understanding of the effectiveness of the Bienvenido Program. Dr. Saldaña will work closely with NEC to develop and implement the evaluation plan. We are excited about the evaluation process and believe it will shed light on what areas need improvement as well as reveal what areas are working well with Bienvenido participants. A full report of the evaluation will be made available in January 2007.

We are grateful for the financial support provided by Mennonite Central Committee, Akron, PA to conduct the program evaluation.

Gilberto Pérez Jr., MSW, ACSW
Bienvenido Program Director

Bienvenido Program Activities

Bienvenido Facilitator Training CD

The *Bienvenido Program* has a facilitator training for individuals and organizations interested in implementing the program in their community. The CD outlines the reasons why one should participate in the program, what you will learn at the training, and process for establishing training in your community. If you are interested in receiving a CD please feel free to email Michael Steigmeyer at msteigmeyer@nec.org. In August information will be made available regarding facilitator training schedule.

Bienvenido Program and CAPT

On April 27-28, 2006 Northeastern Center had the opportunity to be a participant at the Center for Application of Prevention Technologies (CAPT) of the Minnesota Public Health Institute. The Services to Science Academy sponsored by CAPT brought together promising programs from across the Midwest in order to work with an evaluator/consultant. Northeastern Center was privileged to have worked with Michelle Decker Gerrard, Wilder Research. Our evaluator was instrumental in helping Northeastern Center develop a logic model for the *Bienvenido Program*.

Bienvenido and SAMHSA ADS Center

On June 28, 2006 Northeastern Center participated in a National Teleconference sponsored by the SAMHSA Resource Center to Address Discrimination and Stigma (ADS Center), a project of the Center for Mental Health Services (CMHS) of the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services.

The teleconference brought together a national audience of mental health consumers, advocates, providers, researchers, friends and family to discuss and explore the topic of stigma in the rural communities of the United States.

Bienvenido Community Dialogues

Plans are underway to start ***Bienvenido Community Dialogues*** in August 2006. The community dialogues will be an opportunity for *Bienvenido* participants to learn more about community activities, meet other residents, interact with local leaders and government officials. It is envisioned that by participating in the Community Dialogues *Bienvenido* participants will increase sense of belonging and participation in community events. A special thank you to **Waterford Mennonite Church** in Goshen, IN for contributing financially to the *Bienvenido Community Dialogues*.

Bienvenido Program: Is it for your organization and community?

The *Bienvenido Program* is a prevention intervention program targeting new Latino immigrants and is designed to:

- (1) decrease alcohol and drug use and other risk factors,**
- (2) increase access to and use of mental health services, and**
- (3) increase sense of belonging and participation in the community.**

The *Bienvenido Curriculum* is focused on three objectives to obtain good mental health:

Objective 1: Utilize prevention interventions that improve overall mental health and quality of life for Latinos.

Objective 2: Enhance existing life skills that facilitate Latino immigrants life transition and connections to the community.

Objective 3: Allow Latino immigrants the opportunity to process experiences related to their new life in a new country.

Class format

Over the course of 9 weekly sessions, a trained facilitator guides discussions and presents information in a curriculum designed to develop healthy alternatives to alcohol and drugs, identify mental health symptoms and resources, identify community supports and resources, and to support healthy decision making. The average group size is eight to 10 participants. Groups meet for one and a half hours.

Participants have an opportunity to identify strengths, needs, and establish goals for their new life in this country. Participants complete psychosocial exercises that are designed to educate them about the acculturation process, ways of obtaining better mental health, and ways to communicate effectively with members of their community. Participants are given information and encouragement about how to become more involved in community activities.

The classes are interactive and group exercises are structured in a manner that is conducive to trust and cooperation. The classes have been implemented at Northeastern Center, LEAP of Noble County, Center for Nonviolence (Ft. Wayne), Elkhart Community Schools, and West Noble High School.

If you feel the *Bienvenido Program* might be a good fit for your organization or community, feel free to contact us at gperez@nec.org or call us at 1-800-229-5510.

Bienvenido Advisory Committee and Bienvenido Working Group

As the Bienvenido Program has continued to evolve Northeastern Center has created two working groups: ***Bienvenido Advisory Committee and Bienvenido Working Group*** that help give direction to the program and its future development. The Bienvenido Advisory Committee is the working body that advises Northeastern Center on program development of the Bienvenido Program.

The first meeting of the ***Bienvenido Advisory Committee*** was held on April 19, 2006. It was a great opportunity for members to meet one another as well as learn more about their role as advisory committee members. Members selected one of our subcommittees they wanted to serve on: resource, marketing, research, and assessment.

Members were asked three questions: What do I know about the Bienvenido Program? How do I envision the Bienvenido Program in my community? How do I envision myself involved with the Bienvenido Program?

The second working group is the ***Bienvenido Working Group***. The working group is made of NEC clinical staff and administrative personnel. The working group is the decision making body of the Bienvenido Program and also helps give direction in the area of administrative and future initiatives in the community.

At the July meeting advisory members will be introduced to the Bienvenido Program evaluation. Dr. Delia Saldaña explain in detail the evaluation plan.

Bienvenido Fund

Bienvenido Program Scholarship - \$70.00 provides a student with a scholarship for seven sessions.

Bienvenido Facilitator Training - \$249.00 provides a facilitator with a scholarship for a 2 day training.

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

You can send your donation to the Bienvenido Fund by sending your check to **Bienvenido Fund**, PO Box 817, Kendallville, IN 46755. All donations are tax deductible.

Latino Behavioral Health Summit Planning

The 2nd Annual Latino Behavioral Health Summit is scheduled for

November 9-10, 2006

at Pokagon State Park in Angola, IN.

There will be 12 workshops available. Below is the list of our keynote speakers:

Keynote speakers:

Dr. Lorraine Gutierrez, Ph.D. University of Michigan, School of Social Work **“Empowerment of Latinos in the 21st Century”**

Dr. Ernest Marquez, Ph.D. National Institute of Mental Health (Maryland) **“Postpartum Depression in Latina Women: NIMH Panel”**

Cathy Boggs, Director, Division of Mental Health and Addiction (Indiana) **“Transformation of the Mental Health System in Indiana”**

Cynthia Roat, Medical Interpreter Consultant, (Washington) **“Working with Interpreters in Behavioral Health”**

Hank Balderrama, National Latino Behavioral Health Association (Washington) **“Cultural Competent Services”**

For more information visit our website at www.nec.org

Latino Behavioral Health Insititute, Los Angeles, CA

LBHI is hosting its 12th annual Latino Conference on **September 18 – 21, 2006**. This year’s theme “Innovation, Intervention & Education in Latino Behavioral Health” affords LBHI a broad umbrella for its program. There are many new ideas in Latino Behavioral Health for more effective intervention. Education and training are essential to the process of enhancing Latino behavioral health. The 50+ workshops currently being organized, promise to resonate with this theme. www.lbhi.org

Ambrosio Rodríguez, MPA, CEO and Founder