

BIENVENIDO

(WELCOME)

Is this training for you?

Ask yourself:

- Do I come into contact with recent immigrants who struggle to adjust to their new environment?
- Do I sometimes find myself wanting to help recent immigrants, but don't know how to respond?
- Do I sometimes spend time thinking how my community can respond to recent immigrants' needs?

If you answered **yes** to any of the above questions the facilitator training program for the *Bienvenido Program* may be for you.

The *Bienvenido Program* offers basic psycho-social adjustment classes to recent Latino immigrants.

The classes give participants an opportunity to vent their experience of arriving in a new country, identify strengths, needs, and establish goals that will help them better integrate into their community.

The facilitator conducts the *Bienvenido* classes in Spanish. The facilitator and student manual are in the Spanish language.

Bienvenido Training Values

- The facilitator training program is an interactive training activity designed to assist individuals and organizations in making diversity an integral part of their community.
- The facilitator training program begins making a conscious, deliberate attempt in your organization at more dialogue among community leaders and its members who have recently arrived in this country.

About the Trainer

GILBERTO PEREZ JR, ACSW has worked with Latinos throughout his thirteen years as a social worker. He currently works for Northeastern Center, Inc. as a Director of the *Bienvenido Program*. Gilberto received his undergraduate degree from Eastern Mennonite University (VA), obtained his Master of Social Work from the Universidad Interamericana in San Juan, PR. He has worked successfully at empowering the Latino community through advocacy and education. His relationship with mental health initiatives at the local and state level ensure capacity building for all sectors of the community.

Bienvenido Facilitator Training Program

Northeastern Center, Inc., a community mental health center in Ligonier, Indiana seeks to conduct a facilitator training program that gives individuals and organizations an opportunity to implement a mental health education prevention program for Latinos. The *Bienvenido Program* addresses issues related to mental health and effective strategies to strengthen the life of the Latino immigrant.

NORTHEASTERN
CENTER

Help for Today
Hope for Tomorrow

**Ayuda para hoy,
esperanza de mañana**

BIENVENIDO

What is the Bienvenido Facilitator Training Program?

- ◆ The Facilitator Training Program is about learning and broadening knowledge and understanding about mental health education.
- ◆ The Facilitator Training Program is about empowerment and having the capacity to impact one's community.
- ◆ 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.
- ◆ The Facilitator Training Program is about collaborative efforts. In conjunction with other individual's and agencies you will build respectful and collaborative relationships within your community.
- ◆ The Facilitator Training Program is about facilitating peer to peer support with members of your community who share a common experience, migration.

Who should attend a Bienvenido Facilitator Training?

- ◆ Social workers, religious leaders, school counselors, youth leaders, teachers, community based workers, nurses, psychologists, case managers,

Who qualifies to be a Bienvenido Facilitator?

- ◆ Demonstrated knowledge and work experience with Latino, and other minority populations.
- ◆ 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

What happens after my training?

- ◆ Facilitator returns to community and works at securing referrals from community agencies, court system, schools and community.
- ◆ Facilitator orders *Bienvenido* Student Manuals from NEC.
- ◆ Facilitator becomes part of the *Bienvenido* Facilitator Network.
- ◆ Facilitators can participate in additional training to further group facilitation skills.

Registration information: Bienvenido Program

General Information

Registration fee: 1-6 participants = \$444/participant 7-10 participants = \$407
11-15 participants = \$379 16-19 participants = \$355

Payment is due before the training.

Cancellation fee: Up to five days prior, \$10.00 administrative fee, less than five days, non-refundable.

Confirmation: A confirmation letter will be sent to registrants.

Location:

Program schedule:

Day One
<ul style="list-style-type: none">• Introduce Bienvenido Program• Theoretical Base• Issues of Confidentiality• Cultural Competency issues• Review Lessons 1-9

Day Two
<p>Morning: Practice Lessons 1-4</p> <p>Afternoon: Practice Lessons: 5-9</p> <p>Group Scenario Discussion</p>

Day Three
<ul style="list-style-type: none">• Review Lessons Covered• Group Dynamics• Implementation Process

Training kit includes: Facilitator Manual, Student Manual, & Bienvenido Training Ball.

REGISTRATION FORM – Bienvenido Facilitator Training Program

Name: _____

Title/Discipline: _____

Organization: _____ Address: _____

City/State/Zip: _____ Phone: () _____ Fax: () _____

Education B.A/B.S M.A/M.S M. Div. Ph.D. Other _____

Training date _____

Email: _____

Please make check payable to: Northeastern Center, Inc. Memo line: Bienvenido Training, and send to: Northeastern Center, Inc. Bienvenido Program, P.O. Box 290 Ligonier, IN 46767

Bienvenido Program Summary

Theoretical Base - The Bienvenido curriculum is a strengths-based educational curriculum to enhance awareness of mental health, clarify a participant's personal goals for an enhanced quality of life, and develop skills to reduce risk for emotional and behavioral risks associated with mental distress. In particular, Bienvenido seeks to reduce reliance on alcohol, tobacco and other drugs for individuals at risk for abuse and dependence due to stresses associated with immigrant traumas and ongoing marginalized community social status. The Bienvenido curriculum is appropriate for use in various community settings, including behavioral service settings, schools, and outpatient mental health centers.

The Bienvenido curriculum is based on an expectation of short, intermediate and long term outcomes that reflect greater sense of empowerment. The healing element for this model is based on four premises:

- 1) Assisting clients in their acknowledgement of the trauma they have suffered during immigration and current stigmatized social status helps them to recognize sources associated with maladaptive behavior;
- 2) Educating clients about mental health and enhanced quality of life introduces the potential of hope for a better standard of living;
- 3) Using a group format for presentation of information and group discussion creates a supportive peer network;
- 4) Increased community integration and social status will follow greater awareness of behavioral risks and assets.

Curriculum Content – Each module of the nine week Bienvenido curriculum provides information about topics related to development and sustenance of mental health and enhanced quality of life. Modules are ordered to first introduce participants to potentially new knowledge about mental health, clarify their understanding of risk and protective factors associated with mental health and quality of life, and develop skills to enhance effective social functioning and community integration.

Participants are encouraged to describe their immigration experience, and group discussion provides acknowledgement and support. Acculturative stresses and local values of cultural diversity are topics that provide examples of on-going risks for emotional distress, and potentially adverse behavioral consequences. Application to daily functioning is addressed by modules on anger management and effective communication. Clients are encouraged to seek mental health as a family goal.

For more information, please contact Mr. Gilberto Pérez Jr. at 260-894-7179 or at gperez@nec.org

Copyright © 2006 All Rights Reserved, Northeastern Center, Inc.

BIENVENIDO