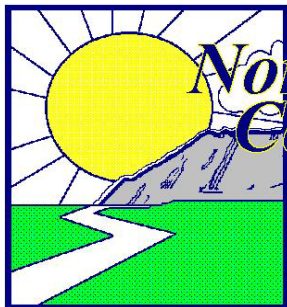


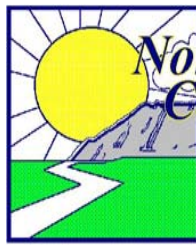
Community mental health needs assessment

Conducted by Northeastern Center, Inc.
Gilberto Pérez Jr., MSW, ACSW
Ligonier, IN
2002



***Northeastern
Center***

*Help for Today
Hope for Tomorrow*



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Center*

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Hope for Tomorrow*

“When we are really honest with ourselves we must admit that our lives are all that really belong to us. So, it is how we use our lives that determines what kind of men we are. It is my deepest belief that only by giving our lives do we find life.”

-Cesar Chavez.

Goals and Objectives

- Present community needs assessment make-up and overall implementation.
- Present research data: community needs assessment performed Summer 2002.
- Present working matrix for developing community programs: Hispanic/Latino Community.
- Current initiatives: community work in Noble County.

Who Are We?

Northeastern Center, Inc.

- CMHC – Ligonier, IN
- Serve SMI, SED, SA
- Intensive adolescent services
- Inpatient Unit
- Community Support Program
- Residential: adolescents, adults

Purpose of Needs Assessment

- Expand outreach efforts to Latino Community in Ligonier
- Create awareness of mental health services
- Identify risk and protective factors
- Communication: culturally and linguistically appropriate services

Needs Assessment Development

Phase 1

- Develop questionnaire by Los Amigos de la Comunidad/Elkhart, IN. Modified to meet mental health needs.
- Sample questionnaire (language appropriateness)
- Train adolescents on pitfalls of interviewing, safety issues, and bias (5 hours).
- Identify areas with high concentration of Hispanics and commercial establishments.
- Inform City Council and state purpose of needs assessment.

Needs Assessment Development

Phase 2

- Conduct interviews and gather data.
- 6 week period (2 hours on Wednesday, 4 hours Saturday).
- Commercial establishments: grocery stores, Hispanic businesses, door to door questionnaire, and English class.

Needs Assessment Development

Phase 3

- Tabulate data: La casa of Goshen, Inc., and Goshen college statistical research software, Minitab.
- Acknowledge validity and reliability factors.
- Present findings to community: newspaper English/Spanish, community meetings, and City Council.

Description of Needs Assessment

Assessment divided in two sections

- Demographics
- Protective/risk factors: point scales (never, sometimes, frequently, low, moderate, severe).
- Sample – language appropriateness for this community.

Protective and Risk Factors

Protective factors

- Linkage between community and institutions
- Natural support systems
- Individuals interested in community involvement
- Community education involvement

Risk factors

- Alcoholism
- Drugs
- Domestic violence
- Use of mental health services
- Child abuse

Empowerment of youth/field interviewers

Delgado, 2001

Empowerment

- Development of self-esteem
- Increased knowledge and skills
- Cultivation of indigenous resources

Field interviewers: Helping Factors

- Community participation
- Community entry
- Interview knowledge of community
- Cost – Less than adults

Demographics

Subject selection locations: neighborhood, stores, doctor's office, grocery stores:

Usable questionnaires: N = 149

Male N = 68

Female N = 70

Average length of time in USA - 6 years

Average length of time Ligonier – 6 years

Religion: 82% catholic 12% evangelical 6% other

Demographics

Chose to live in Ligonier:

18 - peaceful

15 - relatives/family

12 - work peaceful community

Where is a good place to meet to discuss
important issues:

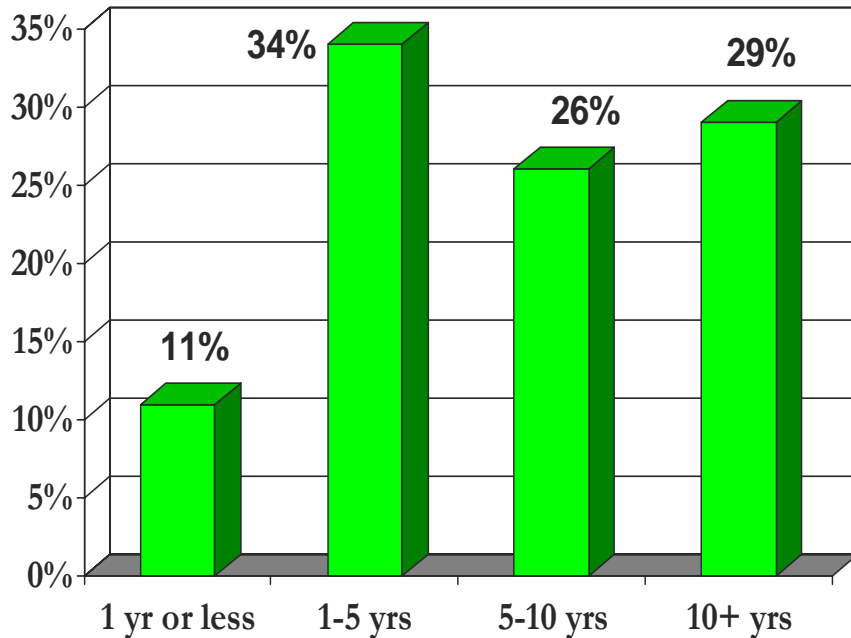
9 - community foundation

9 - church

2 - school

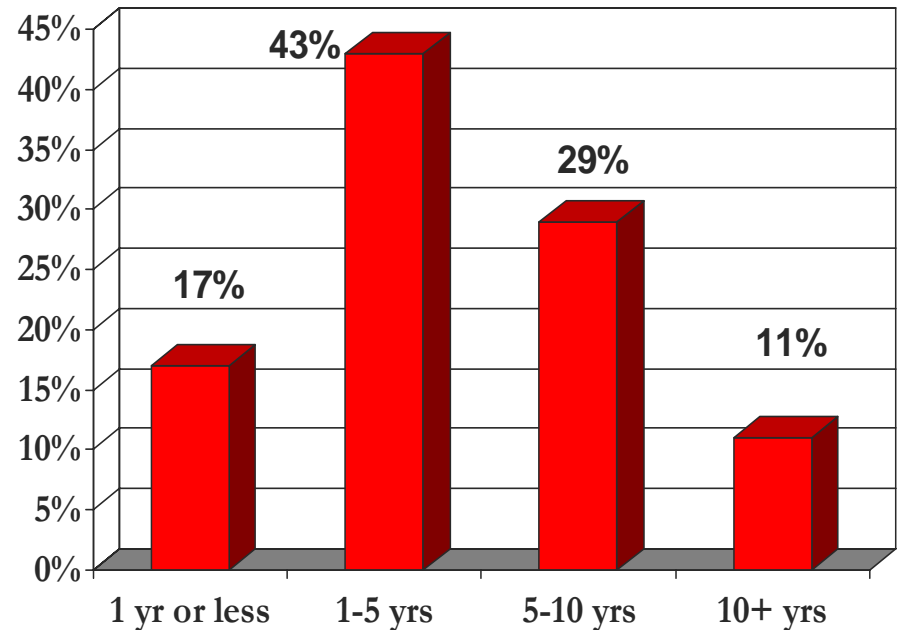
Length of time in US and Ligonier

Length of time in the U.S.



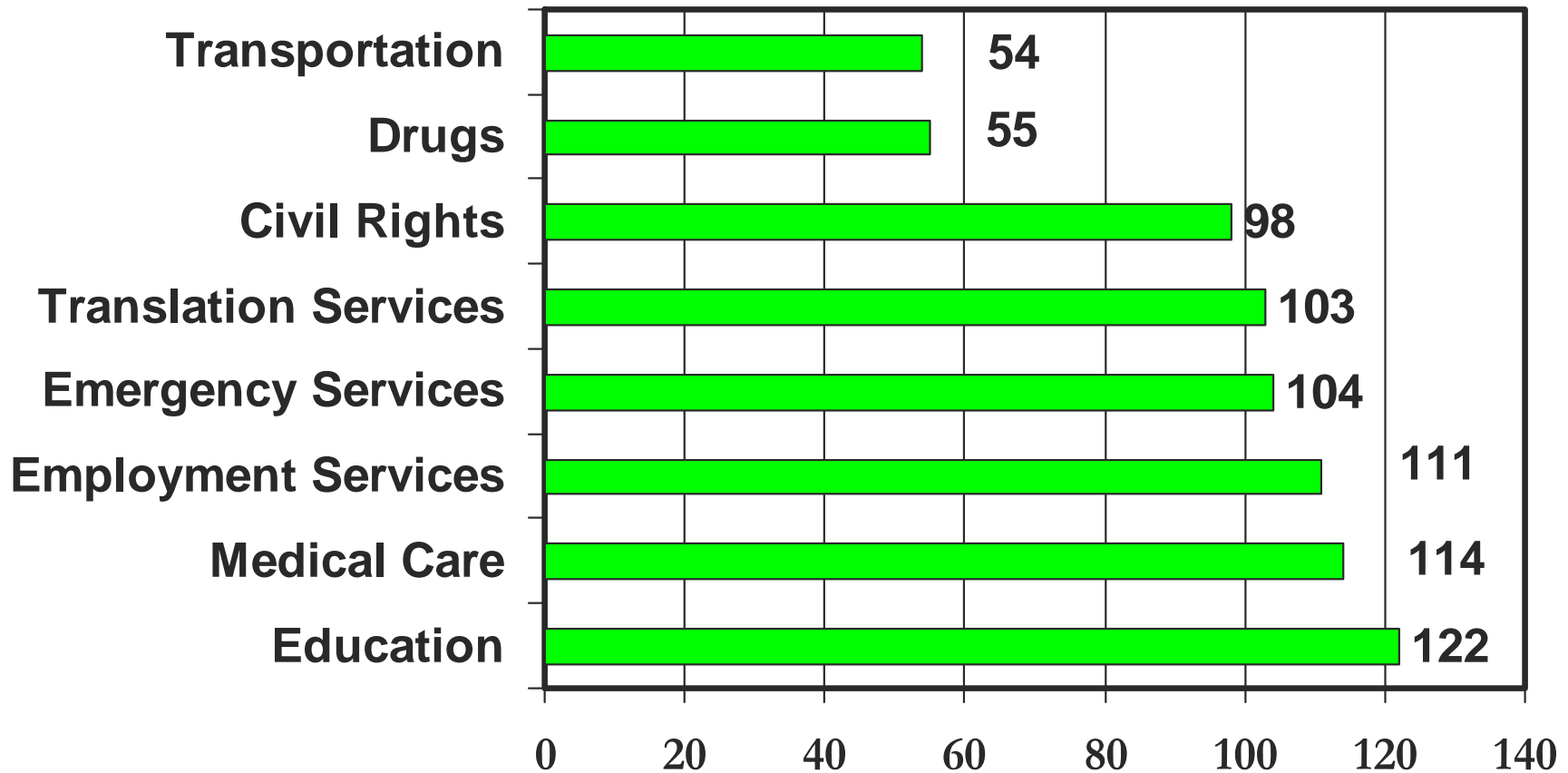
Least amount of time: 3 months;
Most amount of time: 39 years

Length of time in Ligonier

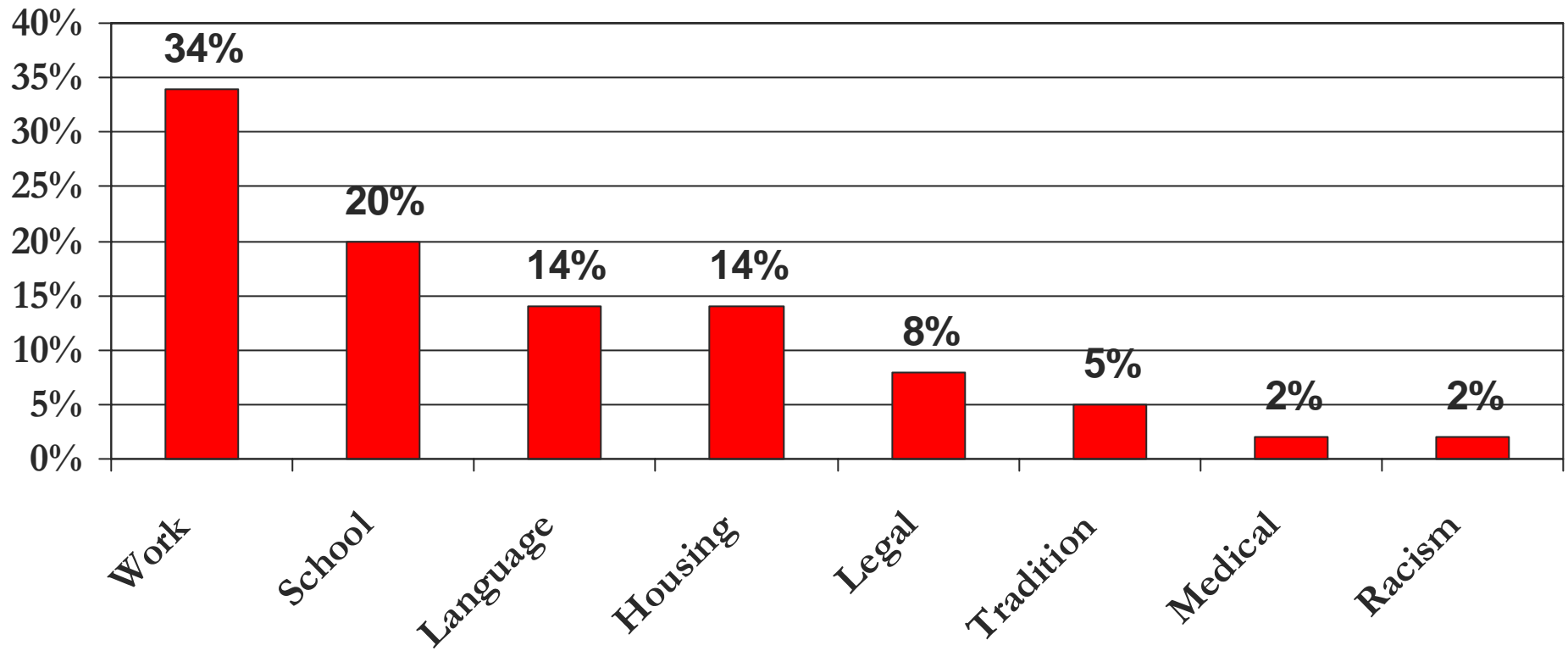


Least amount of time: 3 months;
Most amount of time: 36 years

Which of these do you think are important issues?

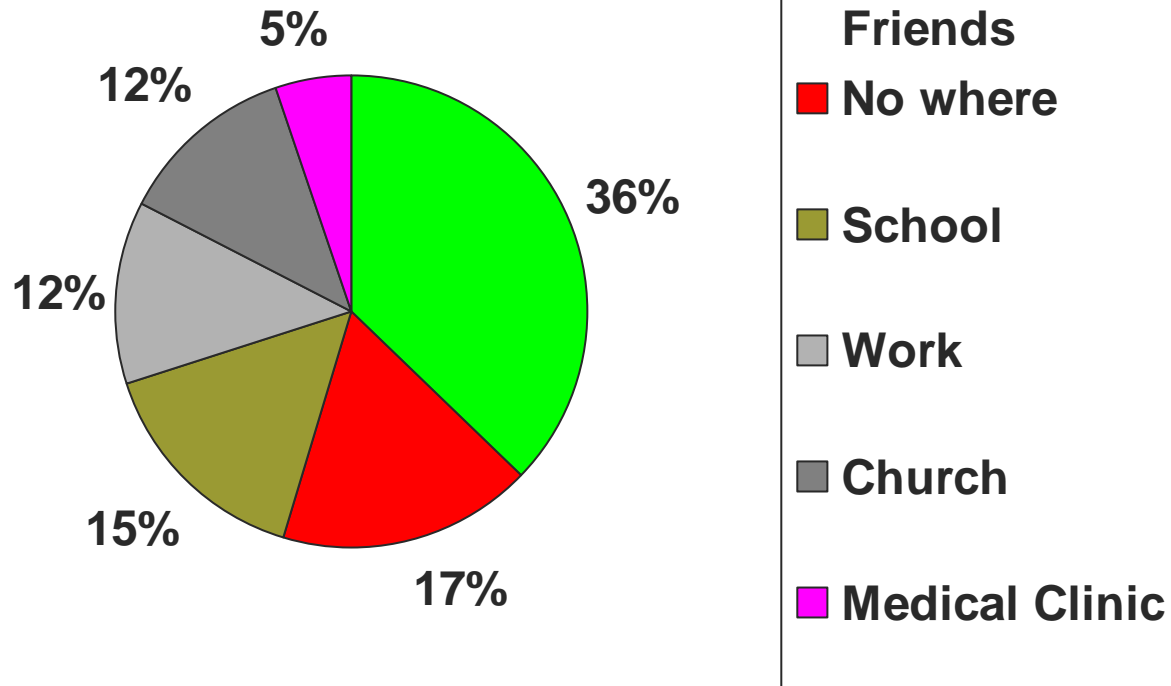


Initial issues when moving into Noble County

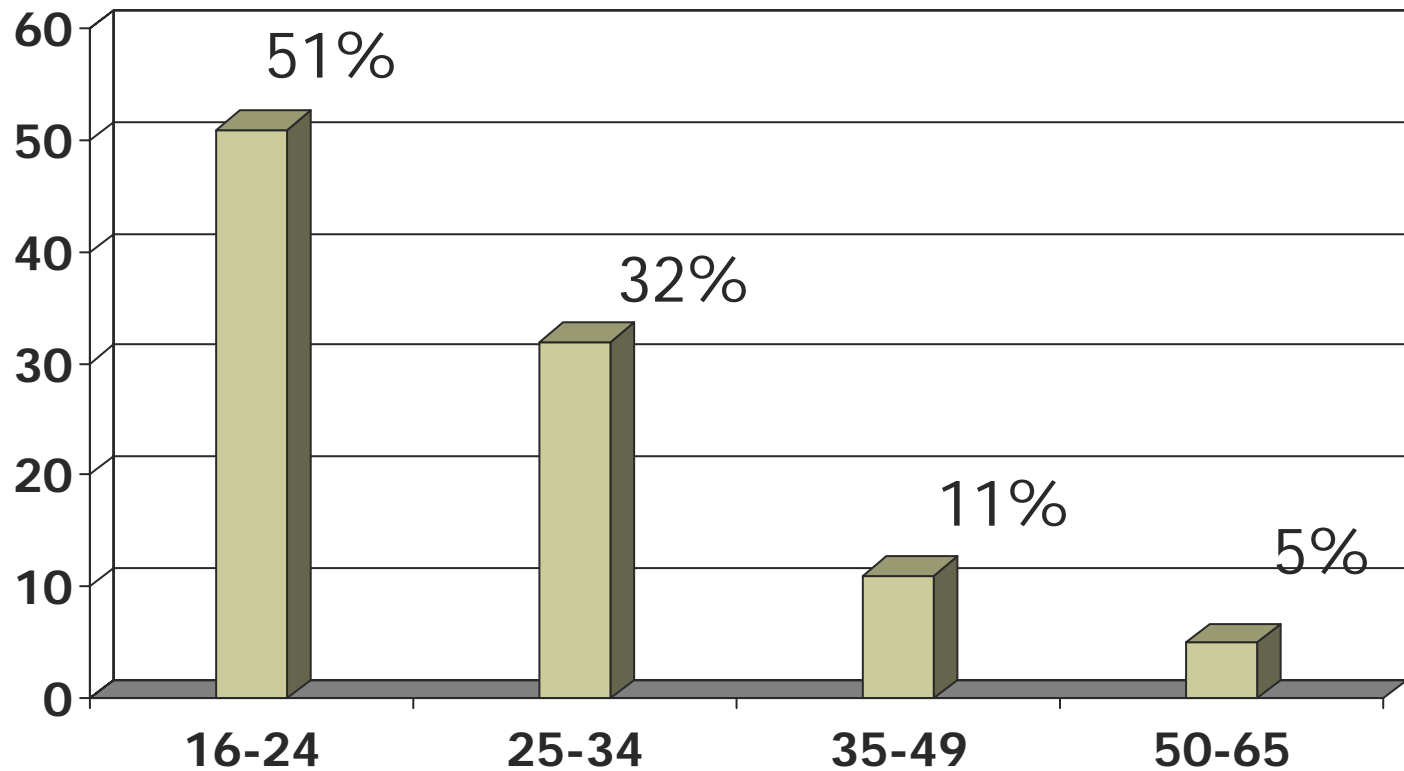


57% of respondents still encounter these issues

Where or by who were those needs addressed?



Age of Survey Respondents



Demographics

Civil Status

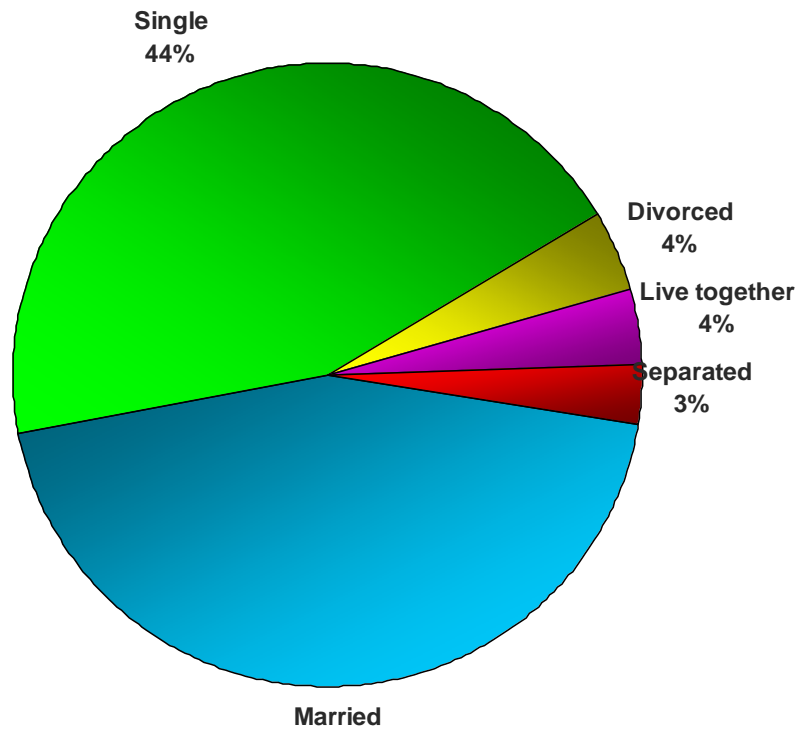
single

married

divorced

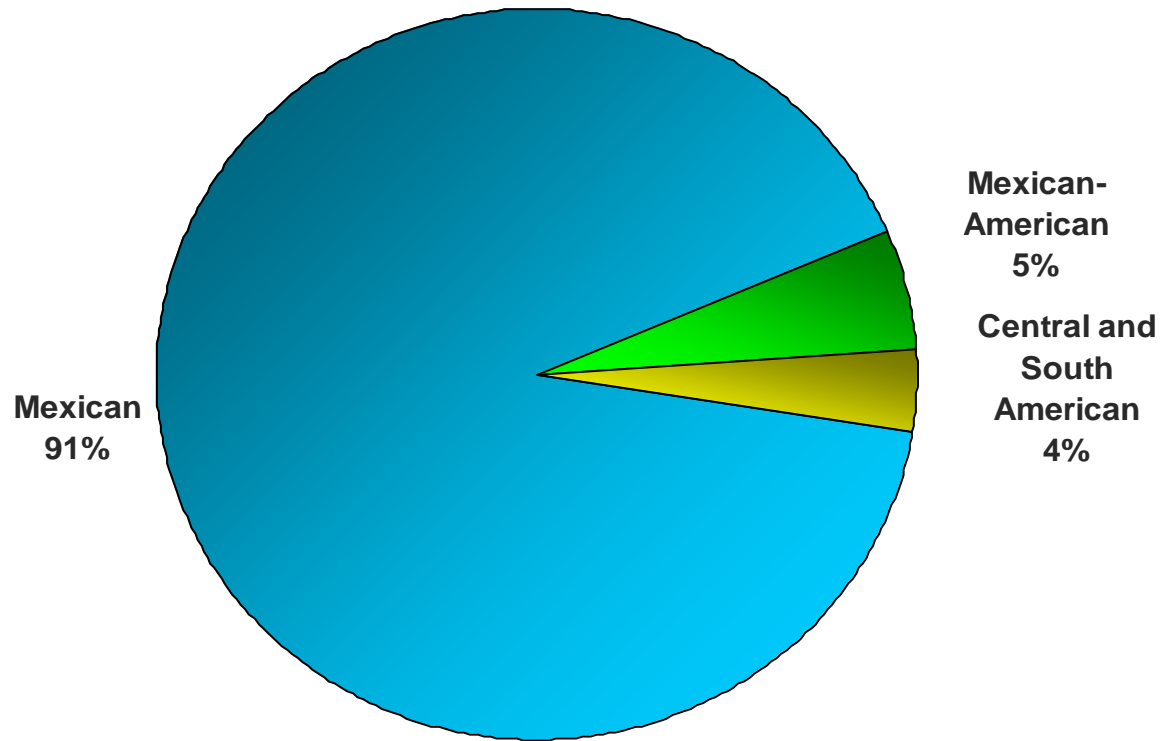
Live together

separated

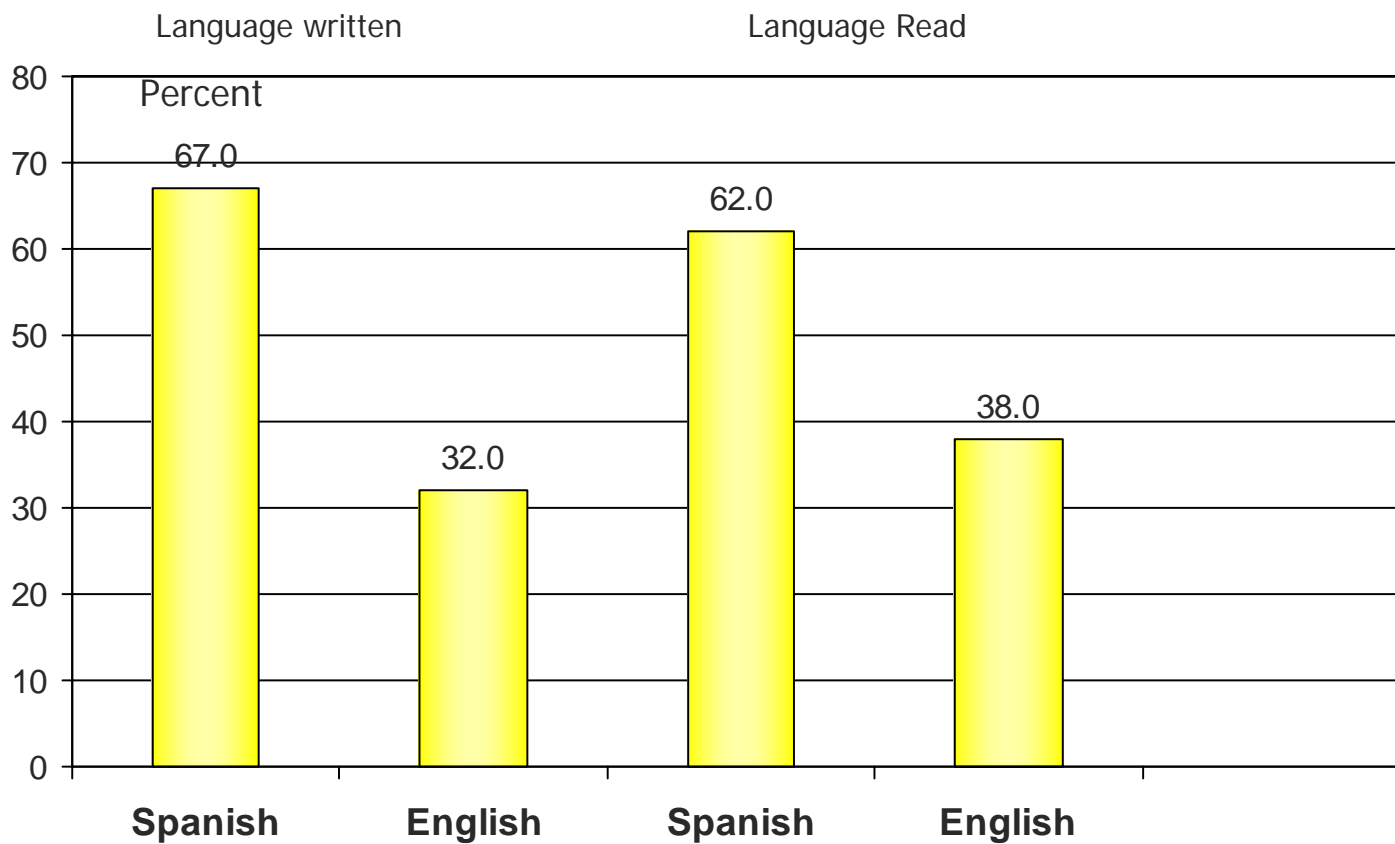


Hispanic Population by Type: Ligonier, IN

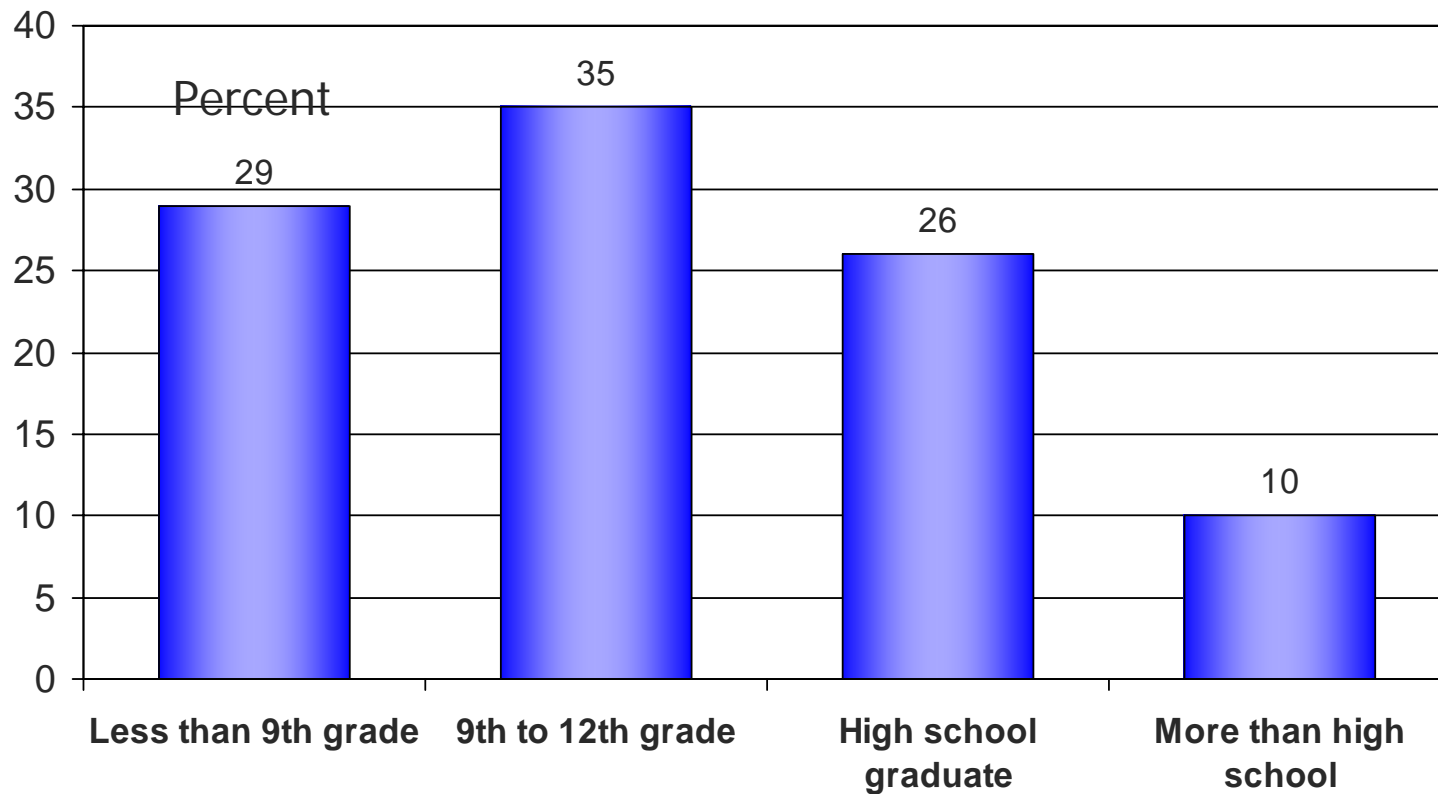
N = 149



Language Results



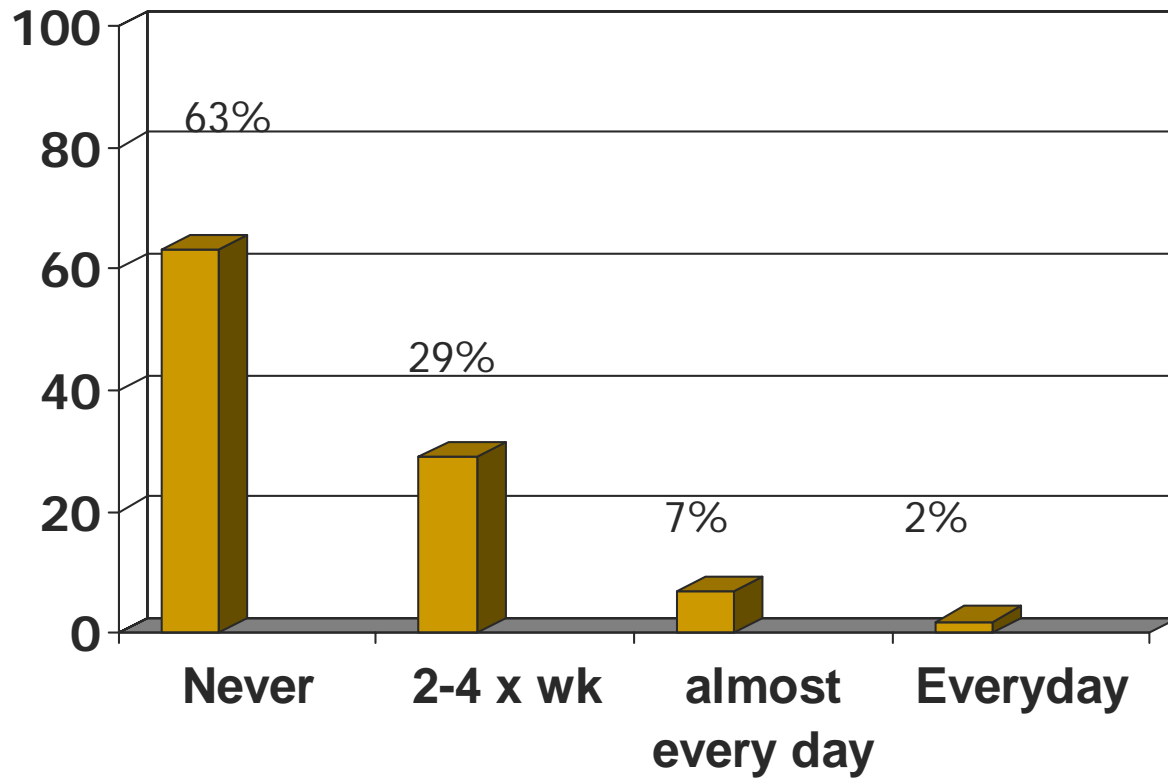
Educational Attainment



Utilize and Aware of Mental Health Services

- **94 percent** have never utilized mental health facility in Ligonier.
- **90 percent** have not participated in counseling for depression.
- **67 percent** have never participated in workshops related to child development.
- **83 percent** are not aware of parenting classes.
- **25 percent** have participated in workshops related to child development.
- **17 percent** are aware of parenting classes.

Depression

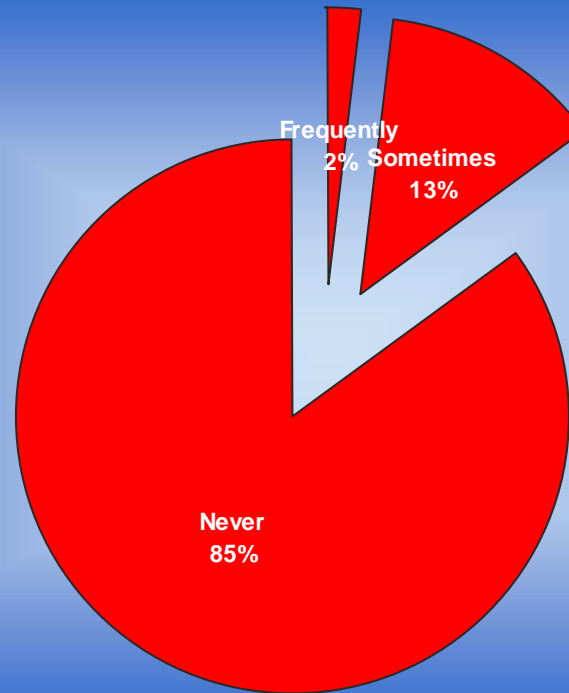


Suicide

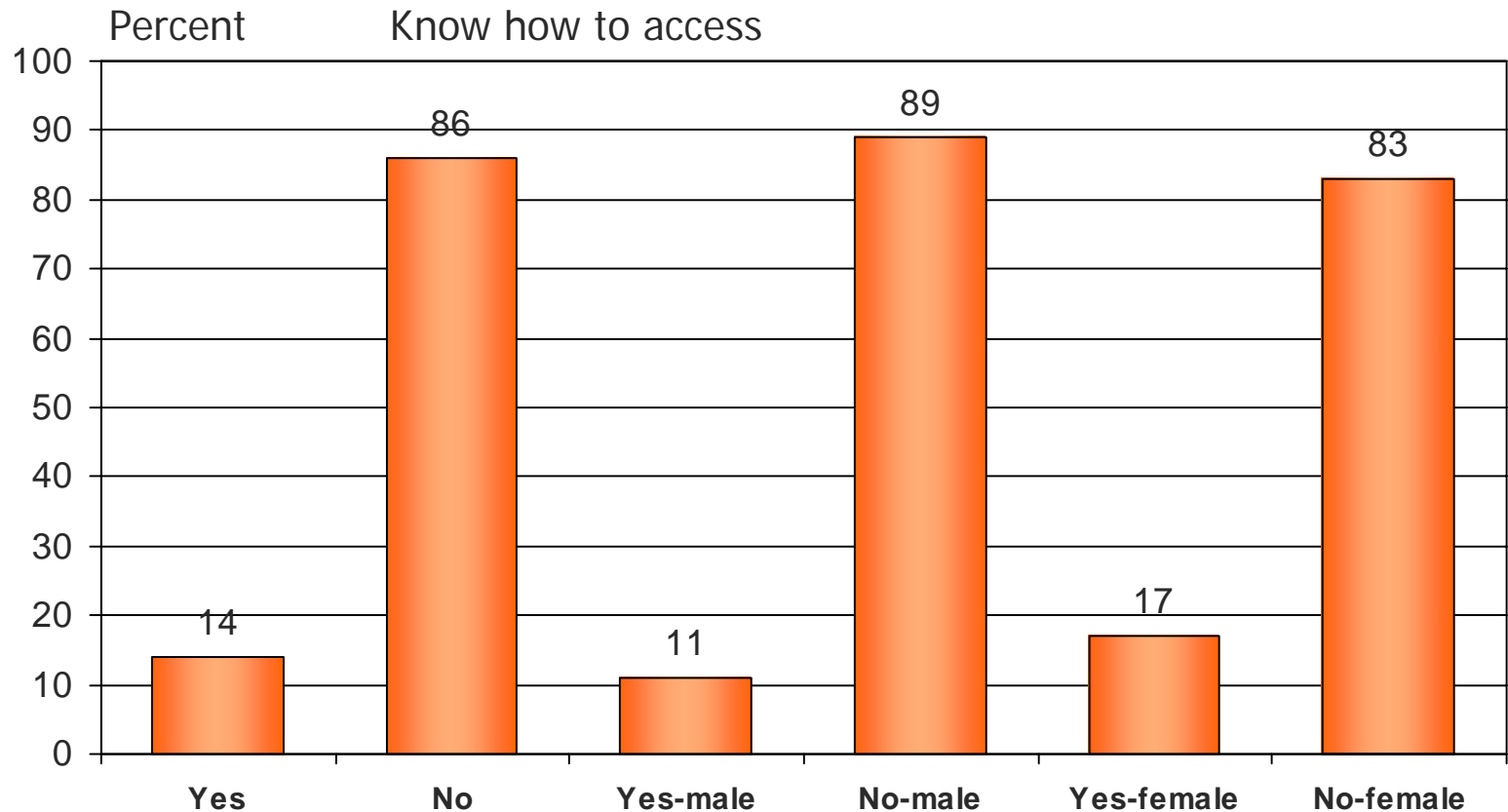
Never
85%

Sometimes
13%

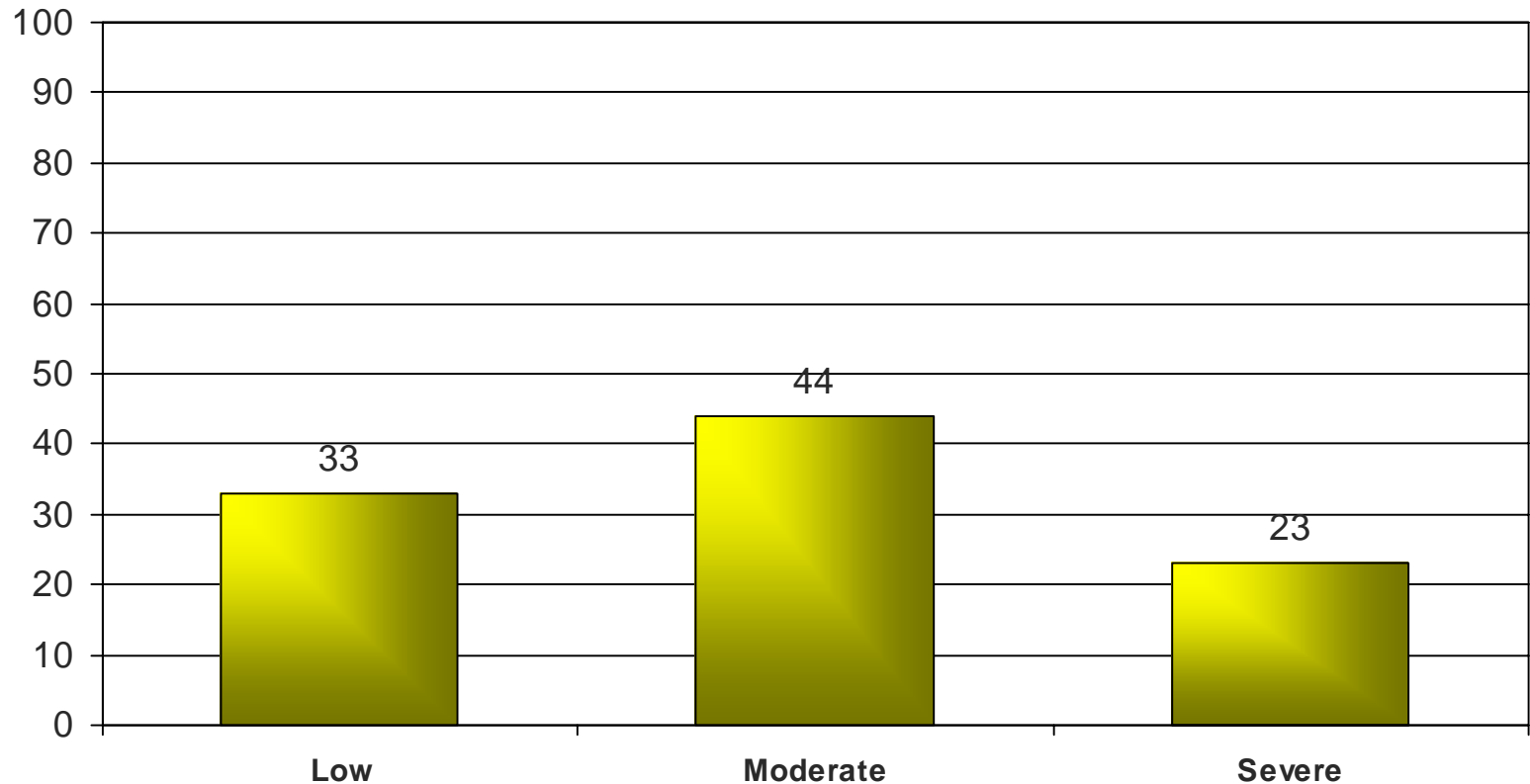
Frequently
2%



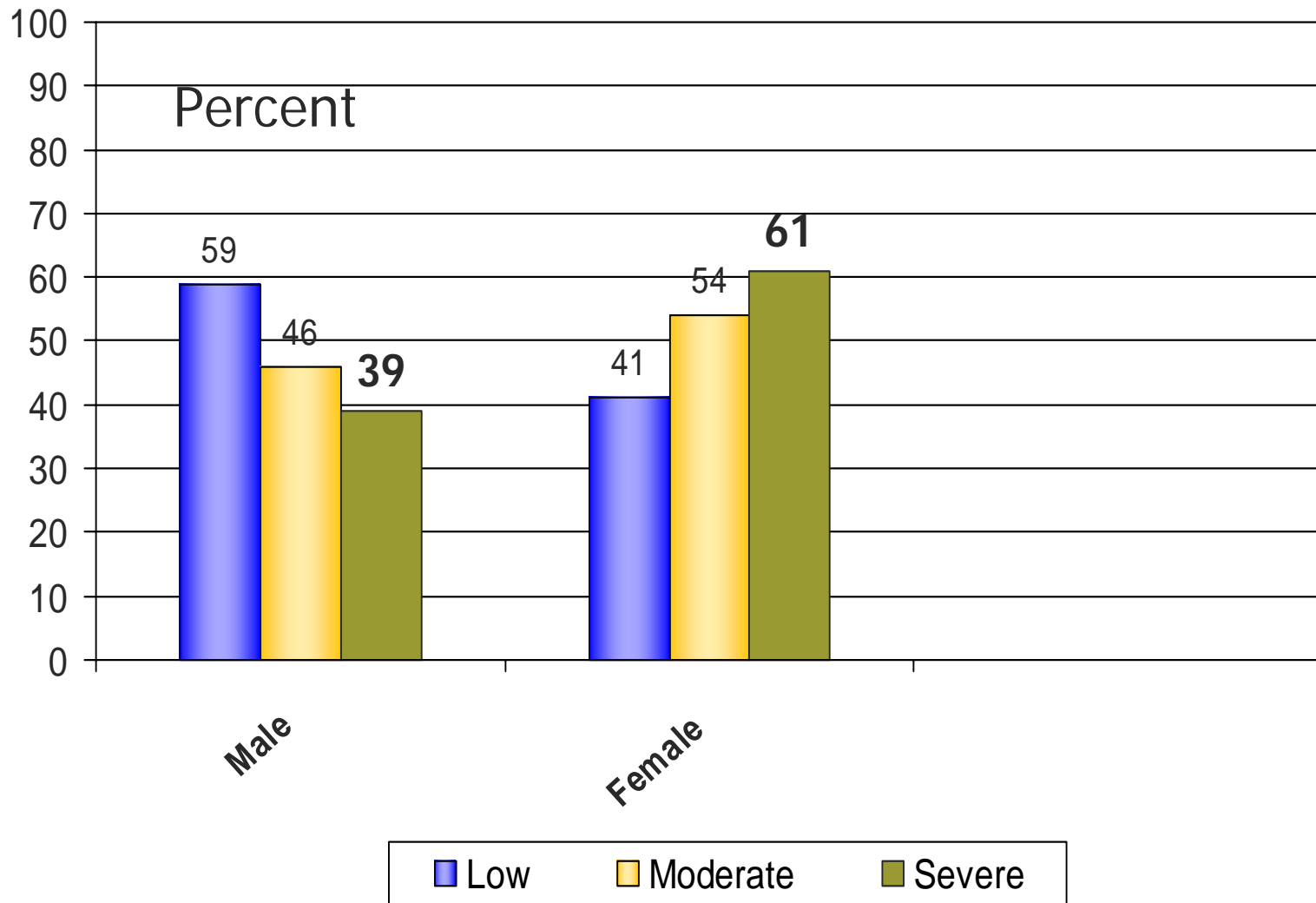
Access Mental Health Services



Domestic Violence Considered a Problem in Hispanic Community



Domestic Violence



Initiatives As a Result of Needs Assessment

- Drug Free Noble County and Northeastern Center partner: offer Spanish parenting class.
- Noble Court Services and Northeastern Center partner: offer Spanish Substance Abuse Education Classes.
- Northeastern Center developed Latino male batterer's group. Received training through Center for Non-violence, Ft. Wayne.
- Submitted proposal to Diversity Project requesting funds to purchase culturally appropriate material for adolescent group.

Effective Strategies for Partnering in a Rural Setting

Factors contributing to successful partnerships

- Network system created that values shared responsibility.

Additional partnerships:

- NEC rents our space for LEAP.
- NEC therapist to participate in LEAP Summer Program.

Effective Strategies for Partnering in a Rural Setting

Additional partnerships with other agencies

- Drug Free Noble County (DFNC) and NEC
- NEC adolescent consumers to participate with DFNC adolescents with Marcus Beardsley (Olympic soccer player).

Diversity/Inclusion in Community Planning

- Funding provided by DFNC for Latino parenting class
- Creation of a Facilitator Training Program for Latinos and community leaders.

Diversity/Inclusion in Community Planning

Strategic relationship building with other community leaders:

1. Mexican Consulate Indy allows us to send Bienvenido newsletter and networking possibilities.
2. Collaboration with area agencies in county wide assessment (CTC)

Long Term Implications

Visions: 20 years +

- What are long term visions for healthy vibrant community?
- Who are the dream-keepers?
- What appropriate mechanisms for engaging institutions in imaging future?
- What systemic changes are needed locally, internally, regional, global to achieve those visions?

Long Term Implications

1. Develop relationships with international mental health providers:
NEC – Univ. Costa Rica 2006
NEC – National University of Mexico (UNAM) 2004-2005
2. Support and provide space for dream keepers to meet.

Long Term Implications

3. Conduct longitudinal studies.
4. Secure funding.
5. Identify new leaders who will share vision of an empowered community.

Conclusion

Development of community mental health needs assessment has created new opportunities for:

- Prevention program to bring about empowerment and social change in Latino community.

Conclusion

- Partnerships among different providers in the community: mental health, education, diversity initiative.
- Resource sharing by community based agencies.

Conclusion

Capacity building at different levels:
community members and leaders.

- Training of Latino adolescents in community field work.

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Questions/Answers:

For more information contact:

Call Gilberto Pérez Jr

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260-894-7179 or email:gperez@nec.org