

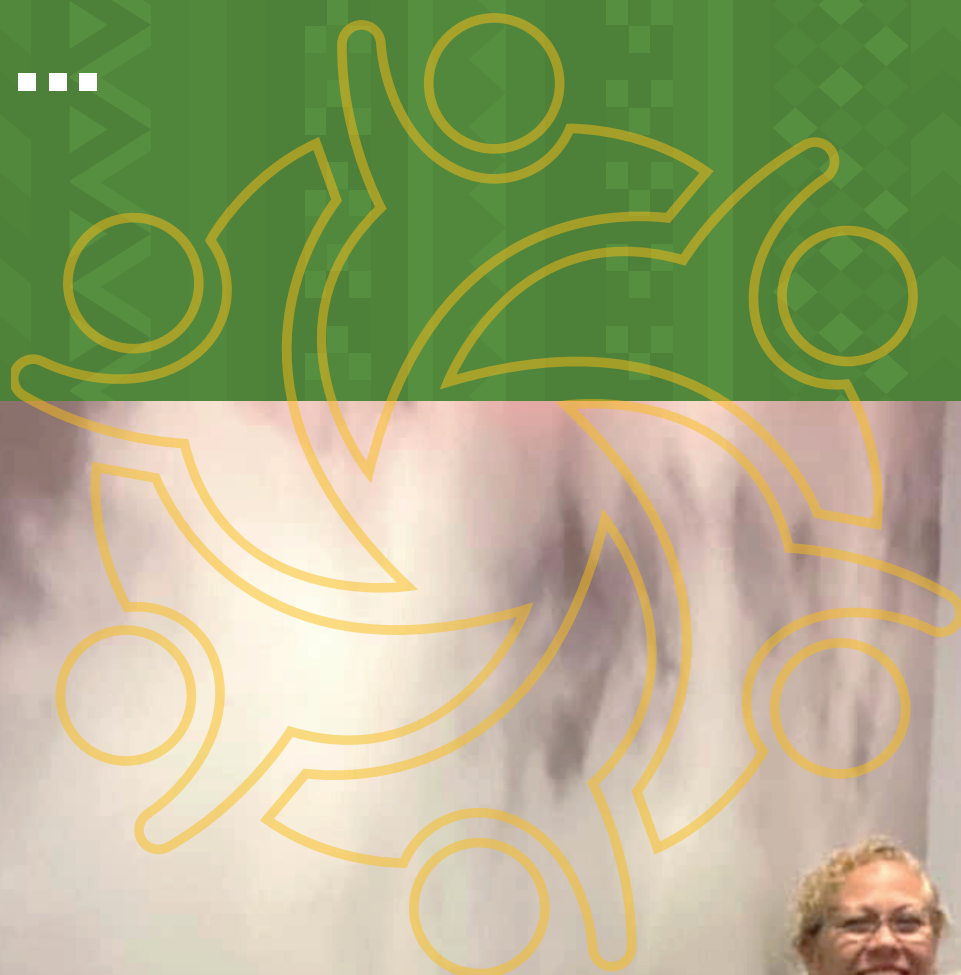
# ENTRE NOS ...

NEWSLETTER

FEBRUARY 2024



HISPANIC/LATINO  
BEHAVIORAL HEALTH  
CENTER OF EXCELLENCE



- CENTER SPOTLIGHT.....2
- COMMUNITY PARTNERSHIPS.....3
- TRENDING TOPICS.....4
- FEATURED PRODUCTS.....6
- WHAT ARE WE DOING?.....7
- SAVE THE DATE.....8

Meet  
**OUR CENTER**

Hispanic/Latino Behavioral Health  
Center of Excellence



# CENTER SPOTLIGHT



## Entre nos...

by David Zelaya, PhD  
Steering Committee Member

The translation of Entre Nos to English has a few variations: just between us, among us, between ourselves. The meaning behind these two words is the important aspect of it which is hallmarked by the values of trust and confidentiality. The name for the newsletter comes from a memory I have of mi mama, mi tia, y mi abuela having conversations over coffee in the afternoons. These reunions were characterized by connection, relationship building, and quality family time. As they would begin to wrap up and clean one of them would often say “bueno, aquí entre nos.” I understand this now as “en confianza”.

When we discuss the Latine community and the varying values systems that characterize us, one of the most salient ones is confianza (trust/trustworthiness). Confianza is at the center of the colloquial saying entre nos. Confianza can be described as the process of relationship building within the Latine community through reciprocal trust (Adames et al., 2014). Intimacy, loyalty, and familiarity are foundational to the development of confianza (Gloria & Castellanos, 2009). It’s the process of letting people into our inner circle and having them serve as confidants

where we ultimately have their best interest in mind (Adames et al., 2014).

Therefore, when we were brainstorming a name for the newsletter, entre nos seemed to fit our goals. It’s a way to bring us together in a way that felt culturally congruent and familiar. Through our newsletter we aim to lift and center our mission which is to advance the health of Hispanic and Latine communities by supporting our partners and serving as a resource. Yet, the only way to do that is through relationship building and developing trust or confianza and this is the first step!

### References:

- Adames, H. Y., Chavez-Dueñas, N. Y., Fuentes, M. A., Salas, S. P., & Perez Chavez, J. G. (2014). Integration of Latino/a cultural values into palliative health care: A culture-centered model. *Palliative & supportive care*, 12(2), 149-157.
- Gloria, A. M., & Castellanos, J. (2009). Latinas/os and their communities. Council of National Psychological Associations for the Advancement of Ethnic Minority Interests (Ed.), *Psychology education and training from culture-specific and multiracial perspectives*, 12-18.



# COMMUNITY PARTNERSHIPS



by Teresa Chapa, PhD, MPA  
Southern California Regional Vice President,  
Fred Finch Youth & Family Services

Founded 1891 as a modest Oakland orphanage, Fred Finch Youth & Family Services (FF) boasts a rich legacy of adapting to the changing needs of northern and southern California communities. Our agency offers an array of mental health, behavioral, developmental, and social services through its more than twenty programs. Each of these employs dedicated teams of direct care clinicians, paraprofessionals, and support staff, all of whom partner with people and communities to provide culturally and linguistically responsive services that cultivate mental and physical resiliency and wellness.

With a portfolio of over 20 different programs throughout California, our diverse range of services reflects the growth and adaptability of our multifaceted agency. Our comprehensive services are vital to underserved communities and include Family Services, Mental Health Services, Young Adult Services, Housing, Residential Treatment, School & Educational, Enhanced Care Management, and Applied Behavioral Analysis, all bringing hope and healing to some of the most vulnerable individuals and families grappling with trauma, violence, and poverty, as well as former foster youth, formerly incarcerated youth, and individuals living with neurodiverse conditions including autism.

Our diverse workforce helps ensure we reflect the participants and communities we serve. Equally important, this diversity adds depth to our overall agency culture. Our Racial Equity Initiative and Cultural Responsiveness Plan provide steps towards achieving our strategic justice, diversity, equity, and inclusion objectives, including our investment in hiring and retaining a representative workforce that meets the cultural and linguistic needs of our participants. Black (20%) and Latinx (30%) participants represent significant portions of our participants, with 'Other' representing the next largest at 20%. Caucasian

comprise 26%, Native American or Alaskan 1%, Asian 2% and Pacific Islander totaling just over half a percent. Fourteen percent are verified bilingual Spanish/English. Fred Finch is a proud community-based organization elevating the voice of our communities.

[To learn more about Fred Finch programs, click here](#)

[For Fred Finch Leadership, click here](#)

[For employment opportunities, click here](#)



Oakland, CA Campus



San Diego, CA Non-Public School Campus



# TRENDING TOPICS

## The Fentanyl Crisis: Impact on Latine Communities

by Diane Arms, MA

The fentanyl crisis presents a profound challenge to Latine communities across the United States, with devastating consequences. Fentanyl, a synthetic opioid 50 to 100 times more potent than morphine, has been a driving force behind the recent surge in opioid-related overdoses and deaths<sup>1</sup>. Latines, comprising approximately a fifth of the US population, are disproportionately affected by this crisis. Deaths from opioid overdoses in Latines rose 729% from 2007 to 2019. Additionally, overdoses from other drugs like cocaine and methamphetamine which are more prevalent among Latines have risen due to drug producers mixing in fentanyl with these other drugs<sup>2</sup>.

Latines encounter unique challenges regarding access to healthcare, economic opportunity, and cultural assimilation. The socio-economic disparities that exist for Latines elicit opportunities conducive to drug trafficking and exploitation. Which then increases the propensity for one to use and become addicted to substances. Moreover, legal status and language may make it harder to

find help. All this coupled with Latines' preference for faith-based vs. traditional treatment, our community is undeservedly unprepared to deal with this crisis, and therefore Latines are suffering the detrimental consequences.

Due to the multifaceted nature of this fentanyl crisis in our community, we need to demand comprehensive strategies that address both prevention and harm reduction, culturally competent prevention efforts, and reducing stigma surrounding addiction within Latine communities. Additionally, expanding access to evidence-based treatment and recovery services is critical for addressing substance use disorders among Latines. This includes increasing the availability of medication-assisted treatment (MAT), which combines FDA-approved medications with counseling and behavioral therapies, to support individuals in their journey toward recovery.

Communities have taken note and are addressing this crisis head-on. In the article, "The Opioid Crisis and the Hispanic/Latino Population: An



Urgent Issue,” prepared for the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) by SAMHSA’s Office of Behavioral Health Equity, several community informed strategies are listed with potential for replication. From a community in New York providing MAT at a church facility to a pharmacy in Georgia using pharmacy bags to deliver printed information about the use of opioids in Spanish and English, the nation is listening<sup>3</sup>. We need to do our part and not stay silent.

The nexus of Latines and fentanyl epitomizes the complexities of contemporary public health challenges. Understanding this crisis necessitates a comprehensive analysis of socio-cultural, economic, and systemic factors shaping its trajectory. We all have to do our part, educate ourselves, and advocate for culturally appropriate treatment and prevention strategies. By fostering collaboration, resilience, and cultural competency, stakeholders can mitigate the impact of fentanyl on Latine communities and pave the way for equitable health outcomes.

#### References:

(n.d.). Fentanyl Facts. Center for Disease Control. <https://www.cdc.gov/stopoverdose/fentanyl/index.html>

Townsend T, Kline D, Rivera-Aguirre A, et al. Racial/Ethnic and Geographic Trends in Combined Stimulant/Opioid Overdoses, 2007-2019. *American Journal of Epidemiology*. 2022 Mar;191(4):599-612. DOI: 10.1093/aje/kwab290. PMID: 35142341; PMCID: PMC9077116.

Substance Abuse and Mental Health Services Administration: The Opioid Crisis and the Hispanic/Latino Population: An Urgent Issue Publication No.PEP20-05-02-002. Office of Behavioral Health Equity. Substance Abuse and Mental Health Services Administration, 2020.



# FEATURED PRODUCTS



**HISPANIC/LATINO  
BEHAVIORAL HEALTH  
CENTER OF EXCELLENCE**

**MEET OUR  
CENTER**  
Official Launch Webinar

January 17, 2024  
1:00-2:00 PM ET  
 Zoom Webinar




**HISPANIC/LATINO  
BEHAVIORAL HEALTH  
CENTER OF EXCELLENCE**

**Understanding the Diverse Identities  
of Hispanic and Latino Populations**

In collaboration with Pew Hispanic Research Center  
Presenters: Dr. Mark Hugo López and Dr. Erick Senior Rogés




January 25, 2024 | 12:00 - 1:30 P.M. EDT | Zoom Webinar



**HISPANIC/LATINO  
BEHAVIORAL HEALTH  
CENTER OF EXCELLENCE**

**Nurturing Mentoring Relationships  
among Hispanic and Latine Behavioral  
Health Trainees and Providers**

Presented by: Germán A. Cadenas Ph.D, Domenech Rodríguez Ph.D,  
Mirla Lopez, CHW-I (Instructor), Manuel Paris, Psy.D, Oscar F. Rojas Perez Ph.D



\*Se ofrecerá interpretación  
simultánea al español

January 31, 2024 | 12:00 - 1:30 P.M. EDT  
Zoom Webinar



# WHAT ARE WE DOING?

## Hispanic/Latino Behavioral Health Center of Excellence Steering Committee Inaugural Meeting

by Ibis Carrion, PsyD  
H/LBH CoE Director

In January the H/LBH CoE Steering Committee met in Atlanta, GA to discuss with the Center's team the situations experienced by Latine communities related to behavioral health needs and to prepare a plan on how to address them and to achieve health equity among this communities.

This Committee is composed of individuals from diverse Latin American backgrounds who reside in various health regions across the United States. Its members include individuals from community, recovery, LGBTQ+ organizations, service providers, and academia. Their goal is to ensure the attainment of the Center's goals, provide support to the team, and address topics deemed relevant to the Hispanic and Latine community.

The Center's team had the opportunity to present its annual implementation plan, which included focused initiatives for outreach and engagement, training and technical assistance, and workforce development. The members of the Steering Committee were divided by each initiative and submitted recommendations on how to address and implement the plan.

The H/LBH CoE Steering Committee will convene three times a year to exchange insights on the experiences of the Hispanic and Latine populations from diverse member perspectives and offer alternative strategies for ongoing efforts to enhance their behavioral health equity.





# SAVE THE DATE



**Introduction to the National Enhanced CLAS Standards: Understanding Disparities and Building Health Equity (Culturally and Linguistically Appropriate Services)**


[REGISTER HERE](#)

**February 27 | 1:00 - 2:30 p.m.**

In collaboration with Central East (HH Region 3) ATTC, this training will explore the development of disparities in the US and their impacts on marginalized and racialized communities. Utilizing a social justice framework the participants will learn about building health equity, cultural humility, and community engagement. This training will center the Enhanced CLAS Standards, Cultural Self-Assessments and other tools designed to improve services and eliminate health Disparities.

Presenter: Haner Hernandez PhD, CPS, CADCI, LADCI





**“Culture shapes the way we get sick,  
the way we interpret our distress, the  
way we think we’re going to heal, the  
way we see our healers”**

**- Lillian Comas-Díaz, PhD**

## **OUR TEAM**

### **Hispanic/Latino Behavioral Health Center of Excellence Team**

**Ibis Carrión-González, PsyD, Director**

**Christine Miranda, PhD, Evaluator**

**Jessenia D. Zayas-Ríos, DBH, MPHE, CHES®, Program Manager**

**Erick Senior-Rogés, PhD, Training and Technical Assistance Manager**

**Darice Orobitg, PhD, Training and Technical Assistance Consultant**

**Ivette Pérez-Morales, MS, Outreach and Engagement Manager**

**Carmen Andújar, BA, Logistics Specialist**

**Wendolyn Ortega, MA, Media Content Specialist**

## **CONTACT US**

For more information on the H/LBH CoE, visit:

[www.hispaniclatinobehavioralhealth.org](http://www.hispaniclatinobehavioralhealth.org)

You can also contact the center directly by email at:

[info@hispaniclatinobehavioralhealth.org](mailto:info@hispaniclatinobehavioralhealth.org)



**REQUEST TA**

\*The Hispanic/Latino Behavioral Health Center of Excellence recognizes the complexities associated with gender and ethnic identification as well as the right of all individuals to self-identify. The Center uses the term Latine with the intention of both facilitating fluent reading and pronunciation and supporting an inclusive and respectful language. Latine is a gender-neutral form of the word Latino that uses the letter e at the end, an idea native to the Spanish language.

The Hispanic/Latino Behavioral Health Center of Excellence is led by the Institute of Research, Education, and Services in Addiction at the Universidad Central del Caribe School of Medicine and is funded by the Substance Abuse and Mental Health Services Administration under grant number H79FG001136.