

ENTRE NOS ...

NEWSLETTER

FEBRUARY 2025



HISPANIC/LATINO
BEHAVIORAL HEALTH
CENTER OF EXCELLENCE



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How culture affects recovery
**The Cultural Driven Approach to
Behavioral Health Recovery for
Hispanic and Latino Communities**



CENTER SPOTLIGHT

by Paola C. Díaz Arce, MHS, H/LBH CoE Outreach and Engagement Manager

The Cultural Driven Approach to Behavioral Health Recovery for Hispanic and Latino Communities

Substance use and mental health disorders continue to affect Hispanic and Latino communities across the U.S. Tackling these requires an engagement approach, which should include a culturally aware and responsive to their unique needs and values of these populations. The Hispanic/Latino Behavioral Health Center of Excellence (H/LBH CoE) is dedicated to promoting recovery strategies that focus on the strengths and values of the community, the role of family in the population, and the importance of making services accessible through language, bilingual if necessary.

Recovery Approaches Driven by Culture

Mainstream recovery methods may not always align with the experiences and consequences of Hispanic and Latino individuals. By integrating cultural values, such as curanderismo/spirituality (traditional healing), faith-based support, and community-driven strategies in the prevention, treatment or recovery services can become more meaningful and engaging for the Hispanic and Latino populations. Many find healing through a combination of clinical care and cultural practices that honor their values and traditions.

The Role of Family and Community in Recovery

For the Hispanic and Latino populations, family (familia) and community (comunidad) are at the heart of the recovery process. Including family members, peer support specialists, and “promotoras de salud” (community health workers) in the journey not only reduces stigma but also provides essential support and guidance.

Breaking Down Barriers to Care

Access and language barriers, a lack of insurance, and the stigma surrounding mental health and substance use can make it difficult for people to seek services. To address these obstacles, H/LBH CoE is working to improve access by offering bilingual resources, advocating for behavioral health policy changes, and training community-based healthcare providers to embedded serve these communities through a culturally sensitive care.

Building Long-Term Recovery

The sustainability of services and recovery for the Hispanic and Latino persons depend on the appropriate consistency access of culturally responsive resources, peer support, and comprehensive care that considers the broader context of the person’s life. Through technical assistance, training, and partnerships with community-based organizations, local and states departments and stakeholders, the H/LBH CoE is working to enhance behavioral health services solutions that are demonstrated be more effective with Hispanic and Latino populations. The initiatives of the Leadership and Empowerment Academy and the Behavioral Health Public Policy Academy, which been implemented by the Center, are examples of these. The next newsletter edition will include what we are doing in both.

REFERENCES

COMMUNITY PARTNERSHIPS



A Movement to End Addiction Stigma in the U.S.

Shatterproof is a national nonprofit dedicated to reversing the addiction crisis. Through advocacy, education, and community programs, Shatterproof is transforming addiction treatment, reducing stigma, and supporting individuals and families affected by substance use disorder. Their goal is to ensure addiction is treated like any other chronic illness—without shame or barriers to care.

Key Initiatives

- **Improving Addiction Treatment:** Shatterproof collaborates with healthcare providers, policymakers, and insurers to establish evidence-based standards for addiction treatment and expand access to quality care.
- **Reducing Stigma:** The Shatterproof Addiction Stigma Index (SASI) tracks public perceptions of addiction and works to shift negative attitudes. Shatterproof also promotes stigma-free language in media, workplaces, and communities.
- **Advocating for Policy Change:** By working with lawmakers, Shatterproof has helped pass legislation improving treatment access, expanding insurance coverage, and increasing availability of life-saving medications like naloxone.
- **Supporting Families & Communities:** Shatterproof provides educational resources, peer support, and public awareness campaigns like Rise Up Against Addiction to empower families and communities.

A Provider's Pathway: Transforming Healthcare Through Education

Shatterproof's latest initiative, A Provider's Pathway to Supporting Patients with SUD, is an e-learning curriculum designed to equip healthcare professionals with the tools to reduce addiction stigma in clinical settings. This free, self-paced program integrates real-world case studies, practical harm reduction strategies, and the latest research to improve patient interactions and treatment outcomes.

Healthcare providers, including physicians, nurse practitioners, and physician assistants, can earn free continuing education credits (CEUs) while gaining critical insights on how to offer compassionate, stigma-free care. These CEUs are eligible for submission to meet the MATE Act requirements.

[Click here to visit the Shatterproof website](#)

[Click here for more information or to access the curriculum](#)

We appreciate Shatterproof for sharing their information with our community.

We look forward to continued collaboration and shared efforts in supporting our communities!

FEATURED PRODUCTS

VIDEOS



[WATCH HERE](#)

LANGUAGE ACCESS RESOURCES MAP



The Language Access Resources Map showcases behavioral health organizations, providers, and services that offer services in English, Spanish, Portuguese, and/or the Indigenous Languages of the Americas by state. **Click on the map** to search for services near you.

Are you a provider or behavioral health organization that serves Hispanic/Latino Clients? **Please click the link below.**

[Language Access Inventory](#)



WHAT ARE WE DOING?

by Paola C. Díaz Arce, MHS, H/LBH CoE Outreach and Engagement Manager
Ibis S. Carrión González, PsyD, H/LBH CoE Program Director
Jessenia D. Zayas-Ríos, DBH, MPHE, CHES® - H/LBH CoE Program Manager

The Hispanic/Latino Behavioral Health Center of Excellence is proud to share the success of two impactful webinars hosted in January 2025, each addressing critical topics affecting the behavioral health and well-being of Hispanic and Latino communities. These sessions exemplified our commitment to fostering culturally informed practices and promoting sustainable behavioral health fairness.

January 22: Entre Colegas – Addressing Poverty and Other Social Determinants of Health When Working with Latino Communities

The *Entre Colegas* series on January 22 focused on addressing poverty and other social determinants of health when working with Latino communities. This session brought together professionals and a guest specialist to discuss how factors like economic instability, access to healthcare, and cultural barriers impact behavioral health outcomes. Attendees learned strategies for fostering participation, building strong therapeutic relationships, and integrating cultural elements into treatment plans. By highlighting the importance of person-centered, strength-based approaches, the webinar provided actionable tools to address these challenges and better serve Latino populations.

January 23: Recovery Approaches for Substance Use and Mental Health Disorders in Hispanic and Latino Communities

In collaboration with the Addiction Professionals of North Carolina (APNC), this webinar delved into culturally relevant recovery strategies. The session highlighted principles of recovery aligned with Latino cultural values and explored recovery management approaches tailored to this population. Attendees also learned about the Multiple Pathways of Wellness and Recovery and discussed the importance of addressing behavioral health disparities, such as the high overdose rates among men of color. The session emphasized the significance of culturally informed recovery management strategies to improve outcomes for Latino communities.

SAVE THE DATE



Why Does Acquiring Knowledge in Perinatal Mental Health Matter when Serving My Community?

February 20, 2025



Karla Cardoza,
LMFT, PMH-C



[REGISTER HERE](#)



The Impact of Social Determinants on Hispanic and Latino Populations and its Relationship with Anxiety in Communities

February 25, 2025
1:00 - 2:30 P.M. EST
ZOOM Webinar



Patricia L. Landers Santiago,
MEd, PsyD



[REGISTER HERE](#)



“Widen the path of opportunities and continue to leave a powerful and positive legacy in this world.”

- Luis Fonsi

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

Darice Orobítg, PhD, Training and Technical Assistance Consultant

Paola Díaz-Arce, MHS, Outreach and Engagement Manager

Briseida Navarro-Sierra, MBA, MS. Ed, Coordinator Assistant

CONTACT US

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

www.hispaniclatinobehavioralhealth.org

You can also contact the center directly by email at:

info@hispaniclatinobehavioralhealth.org



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