

ENTRE NOS...

NEWSLETTER

MARCH 2025



HISPANIC/LATINO
BEHAVIORAL HEALTH
CENTER OF EXCELLENCE



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Giving a spotlight and
Celebrating
Language Access
Excellence



CENTER SPOTLIGHT

Pilar Cristina Orlandi: Celebrating Language Access Excellence

The Institute for Research, Education, and Services in Addiction and its projects, including the Hispanic and Latino Behavioral Health Center of Excellence, celebrate 34 years of translation services by Pilar Cristina Orlandi. As its official translator, she has contributed significantly to the development of the Institute. Her work has enriched our knowledge and that of the audience by allowing us to have educational material available in English and Spanish, which is crucial for the Hispanic and Latino communities. Pilar Cristina holds a master's degree and a postgraduate certificate in Translation from the University of Puerto Rico, with an emphasis in English, French and Spanish, and an advanced certificate in Health Care Policy and Administration from the City University of New York to address health disparities and social determinants in healthcare services. She is a Certified Healthcare Interpreter (CHI) by the Certification Commission for



Healthcare Interpreters and has participated as a Subject Matter Expert for test development of the oral performance of the CHI-Spanish exam. As a native Spanish-speaker from Spain, who became an adult in Puerto Rico, and then moved to the United States, her exposure to language differences, terminology, regionalisms, and cultural outlooks have shaped her experience as a translator and interpreter in the medical field. Pilar is committed to ensuring meaningful access to language services with effective communication strategies that meet the provisions of the standard of care, terminology consistency, and relevant language use for all persons.

COMMUNITY PARTNERSHIPS



Casa Esperanza, Inc. is a nonprofit organization dedicated to providing comprehensive behavioral health and recovery services to Latino and underserved communities since 1987. It's mission is to empower individuals to overcome addiction, trauma, and other mental health challenges while promoting self-sufficiency and long-term well-being.

Inpatient Services

Casa Esperanza offers inpatient programs designed to address substance use disorders and medical stabilization needs:

- **Clinical Stabilization Services (Conexiones CSS):** This program provides evidence-based treatment for substance use disorders, including medical and psychiatric evaluations, medication management, and access to Medication-Assisted Treatment (MAT). A nurse practitioner is available on-site seven days a week to ensure continuous care.
- **Acute Treatment Services (Conexiones ATS):** This program offers bilingual (Spanish and English) medically supervised detox services, helping patients manage acute withdrawal symptoms and prepare for long-term recovery. Services include integrated treatment plans, post-treatment planning, and recovery support.

Outpatient Services

For individuals seeking support without hospitalization, Casa Esperanza provides outpatient services:

- **Familias Unidas Outpatient Clinic:** A CARF-accredited and licensed behavioral health clinic that offers telehealth services. It provides individual and group therapy, as well as support groups to address various mental health needs.
- **Recovery Services:** These include recovery coaching and navigation, workforce development, and community support programs—all designed to help individuals on their recovery journey and reintegrate into society.
- **HIV Treatment and Prevention:** Through the “Tu Bienestar” program, Casa Esperanza offers comprehensive medical care for individuals living with HIV/AIDS or those at risk of HIV/STI exposure. Services focus on prevention, diagnosis, and treatment, helping patients manage their health and reduce community transmission.

Residential Programs

Recognizing the importance of a supportive environment for recovery, Casa Esperanza offers residential programs:

- **Residential Treatment for Women (Latinas y Niños):** This program helps women heal from trauma and raise their children while advancing on their path to long-term recovery.
- **Residential Treatment for Men (Casa Men's Program):** This program is a residential treatment program that provides patients with treatment, support, and a recovery-oriented peer community. The patients work with a team of skilled caregivers to create a personal treatment plan.

Housing Services

For those in recovery who need a safe place to live, Casa Esperanza offers:

- **Supportive Housing (Nueva Vida):** Located in Roxbury, MA, this initiative provides safe, recovery-centered housing with case management for individuals and families who meet specific criteria, such as having a Section 8 voucher or being on a waitlist, having one or more physical or mental disabilities, and recently experiencing homelessness.

Justice and Health Initiatives

Casa Esperanza works to reduce involvement in the criminal justice system through:

- **Reentry Services:** These services connect participants with recovery resources, facilitating their transition back into the community and reducing the likelihood of recidivism.
- **Early Diversion:** Programs designed to intervene before individuals become more deeply involved in the criminal justice system, offering recovery-centered and supportive alternatives.

Community Engagement and Employment Opportunities

Casa Esperanza values active community participation and offers various ways to get involved:

- **Volunteering and Advocacy:** Individuals can organize campaigns, and workshops, or become advocates by subscribing to alerts and contacting legislators to support the organization's mission.
- **Ways to Donate:** Contributions can be made through direct donations, planned giving, in-kind contributions, and employer matching programs.
- **Employment Opportunities:** For those passionate about behavioral health, Casa Esperanza offers full-time and part-time positions, supporting professional development in an inclusive and equitable environment.

For over four decades, Casa Esperanza has been a beacon of hope, providing support and inspiration to individuals and communities. It remains committed to its mission of empowering people to transform their lives and strengthen the broader community.

[Click here to visit the Casa Esperanza website](#)

FEATURED PRODUCTS

PRODUCTS

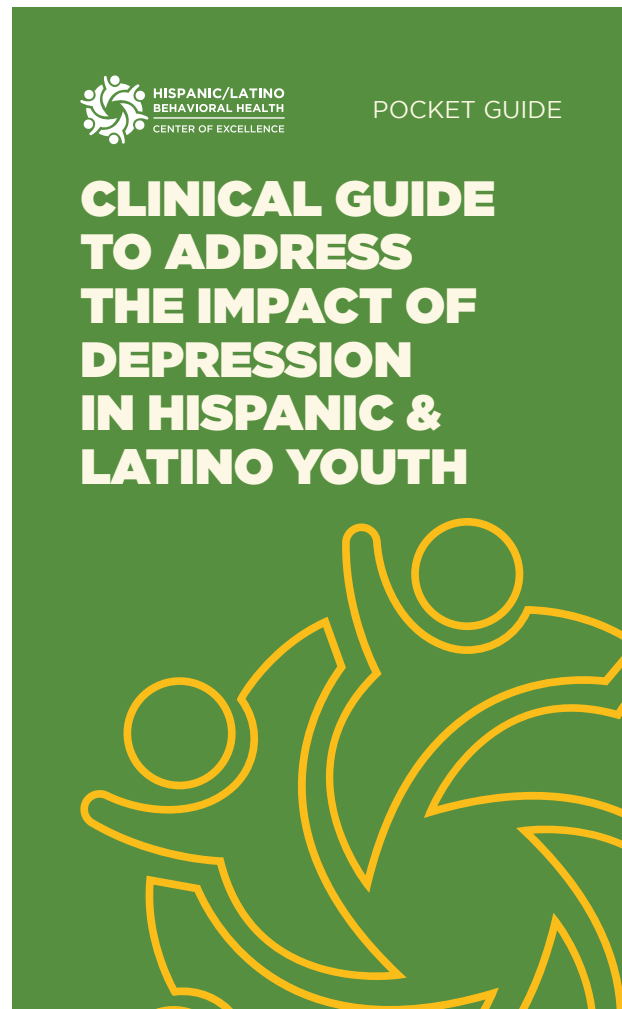


The cover features the logo of the Hispanic/Latino Behavioral Health Center of Excellence at the top left. The title is centered in white text on a green background. Below the title is a photograph of a woman with curly hair and a headband, wearing a tan sweater, sitting and holding a young child who is eating a snack.

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

**Challenging Stigmas
and Recognizing the
Strengths of Hispanic
and Latino Families
Headed by Single
Mothers**

[DOWNLOAD HERE](#)



The cover features the logo of the Hispanic/Latino Behavioral Health Center of Excellence at the top left. The text 'POCKET GUIDE' is in the top right. The title is centered in white text. At the bottom is a stylized yellow line-art illustration of a family (two adults and a child) in a dynamic, joyful pose.

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

**CLINICAL GUIDE
TO ADDRESS
THE IMPACT OF
DEPRESSION
IN HISPANIC &
LATINO YOUTH**

[DOWNLOAD HERE](#)



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

February 20 | 12:00-1:00 PM: Why does acquiring knowledge in Perinatal Mental Health matter when serving my community?

The Hispanic/Latino Behavioral Health Center of Excellence hosted a webinar on perinatal mental health within Hispanic and Latino communities. Our trainer highlighted three key risk factors impacting mental health during the perinatal journey, including limited access to culturally competent care, stigma surrounding mental health, and socioeconomic stressors. The speaker emphasized the importance of integrating culturally sensitive practices, such as incorporating traditional healing practices and fostering bilingual communication, to empower clients in advocating for their needs. Additionally, the discussion underscored the significance of reclaiming ancestral traditions to strengthen emotional well-being. Participants were introduced to three essential resources for promoting optimal perinatal mental health, including community-based support networks, bilingual therapy services, and educational programs tailored to Latino families. The webinar also provided actionable strategies for providers to enhance culturally responsive care and address systemic barriers. Attendees engaged in a dynamic Q&A session, exchanging insights and best practices to improve maternal mental health outcomes.

February 25 | 1:00-2:30 PM: The Impact of Social Determinants on Hispanic and Latino Populations and Their Relationship with Anxiety in Communities

This webinar offered a comprehensive exploration of anxiety disorders within Hispanic and Latino populations, focusing on common types, symptoms, and diagnostic criteria relevant to these communities. The session provided participants with culturally adapted treatment options and coping strategies designed to address the unique needs of Latino individuals. By examining the role of social determinants in anxiety, attendees gained a deeper understanding of how systemic factors influence mental health and how to serve their communities better.

We look forward to continuing these important conversations and supporting the well-being of our Hispanic and Latino communities.

SAVE THE DATE

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

Entre colegas...

Dialogues between Behavioral Health Providers of Latinos

**March 19, 2025
1:00 - 2:00 P.M. EST**

 **Guest:
Dr. Evelin Gómez**



[REGISTER HERE](#)



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

Treatment and Recovery of Co-Occurring Disorders among Hispanic and Latino Individuals

**March 25, 2025 | 2:00-3:30 P.M. EST
ZOOM Webinar**

 **Dr. Hector Colón-Rivera, MD, MBA**

[REGISTER HERE](#)

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

Recovery Approaches for Substance Use & Mental Health Disorders in Hispanic and Latino Communities

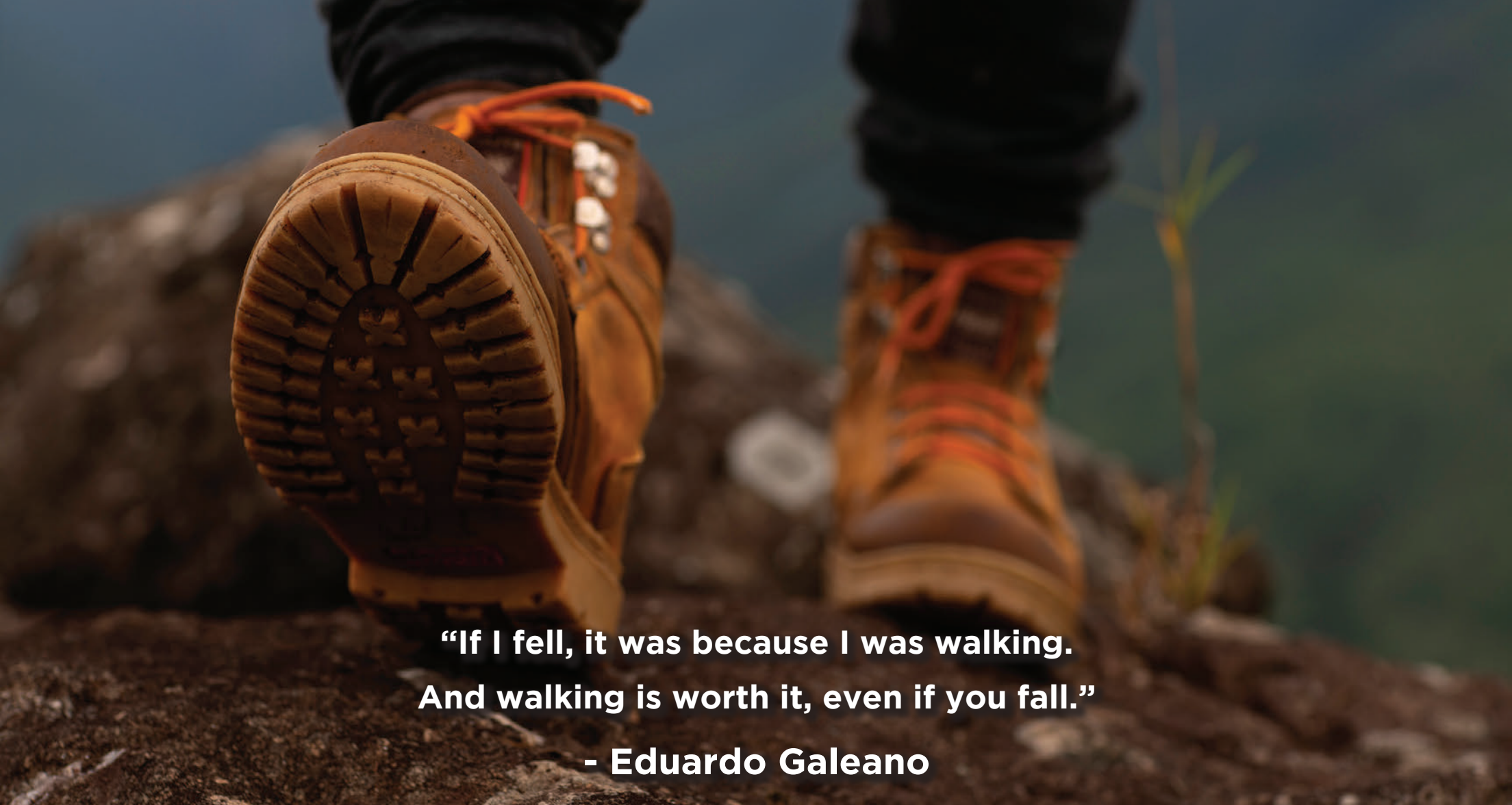
**March 27, 2025
1:00 P.M. - 2:30 P.M. EST
ZOOM Webinar**

 **Haner Hernández, PhD, CPS, CADCI, LADC**



[REGISTER HERE](#)



**“If I fell, it was because I was walking.
And walking is worth it, even if you fall.”
- Eduardo Galeano**

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

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Paola Díaz-Arce, MHS, Outreach and Engagement Manager

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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



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.