

# Humanidad Therapy & Education Services

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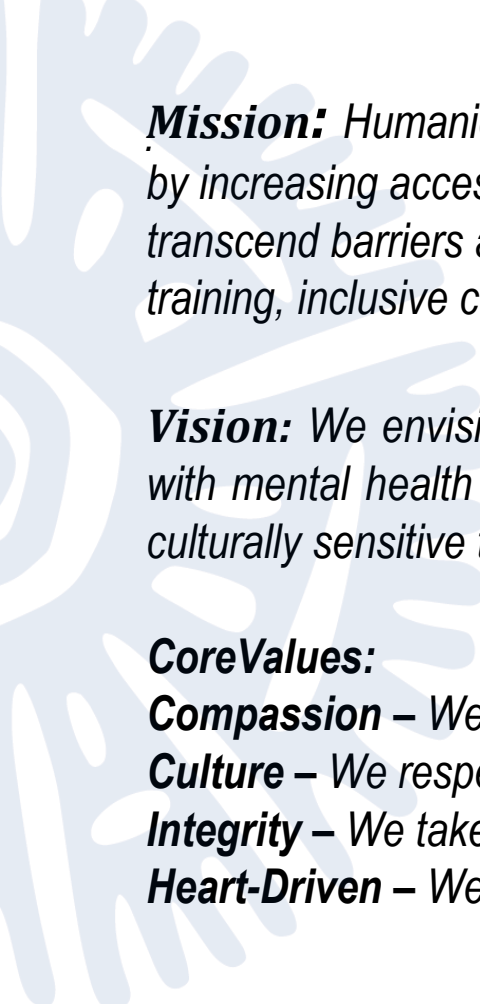
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HUMANIDAD  
Therapy & Education Services





***Mission:*** Humanidad's mission is to strengthen the lives of the Latinx community by increasing access and utilization of community mental health resources. We transcend barriers and reduce stigma by providing culturally proficient therapist training, inclusive community education, and bilingual therapy services

***Vision:*** We envision healthy and thriving communities where the stigma associated with mental health does not exist and all have access to quality and compassionate culturally sensitive therapy services.

**CoreValues:**

**Compassion** – We serve our community with commitment and dedication.

**Culture** – We respect and honor all cultures.

**Integrity** – We take great pride in providing high quality services.

**Heart-Driven** – We do the work because we love the work



# OUR PROGRAMS AND SERVICES

- **BICULTURAL MARRIAGE AND FAMILY THERAPIST TRAINING (MFT & LCSW)**

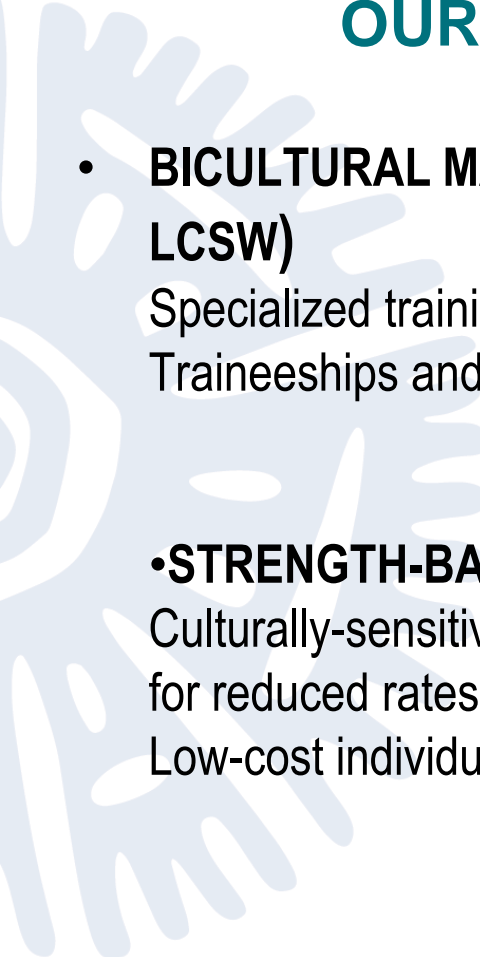
Specialized training unique to our work with the Latinx population.

Traineeships and post-graduate internships, clinical direction and supervision.

- **STRENGTH-BASED THERAPEUTIC COUNSELING**

Culturally-sensitive approach with emphasis on social and emotional wellness for reduced rates of anxiety, stress and depression.

Low-cost individual and group counseling, couples, parent & family.



# Humanidad Services

- *Low-fee, bilingual therapy services*
- *Convivencia\* community gatherings and support groups*
- *Culturally proficient therapist training and mentorship*
- *Inclusive community education*

# OUR PROGRAMS AND SERVICES

## **CONVIVENCIA COMMUNITY GROUPS**

Unique group therapy utilizes cultural and social activity of *Convivencia* for increased mental health wellness.

Community gatherings and Therapeutic support groups

## **COUNSELING & MINDFULNESS TRAINING IN SCHOOLS**

Santa Rosa public school system, student counseling for individuals and groups, faculty training and support

## **COMMUNITY NAVIGATION**

To provide a more holistic approach to services and understand that mental health is the results of many factors in every person life



# Why Immigration and Mental Health?

- Immigration is a life changing event that brings up many issues/emotions especially when there is hardship and complications.
- There is a process of personal loss (identity, family, friends, customs, even food, among other things,
- Sense of belonging is lost and affects the way the person relates to the immediate environment.
- Immigration highlights Generational Trauma.
- Immigration has a compounded effect in the already existing traumas.
- All of us need support especially for those times when everything changes.



# Mental Health – A Call for Action!

- Mental Health has a **Ripple Effect** no just for the immediate persons in the environment but also for the community at large.
- Invest in solutions that are for the Community from the Community
- Invest in solutions that are Community Defined, Evidence based and are culturally relevant.
- Diversify the models to provide mental health to address disparities and work with the community where they are.
- Invest to leverage on what works and is in place.
- Prevention, Prevention, Prevention, it is more cost-effective that crisis intervention.







Q & A