

Project: TESTIMONIOS

Latino Service Providers



LOCATION

Sonoma County, CA



GROUPS SERVED

- Latinx youth 16-25 years
- Spanish-speaking community members
- Peers and parents

CONTACTS

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FOR MORE INFORMATION

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<http://latinoserviceproviders.net/testimonios-project/>

Facebook
LSP: Testimonios Project

Instagram
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OVERVIEW

Testimonios Project is a Promotores de Salud Mental y Emocional model that trains 16-20 local youth ages 16-25 annually as mental health ambassadors. Youth receive training at the Santa Rosa Junior College as youth community health workers, known as Youth Promotores (YP), and work with mental health experts and cultural and artistic leaders who help them collect information about mental and behavioral health issues affecting the local Latinx community. YP's impact mental health within the broader Latinx community, but specifically within their own spheres of influence through pláticas, presentations, community awareness campaigns on social media, and other outreach activities.



The Testimonios Project is a mental health prevention and early intervention program that:

- **Is of the community.** At the heart of the program is the identification, recruitment, and training of YP's who are from the community.
- **Engages community members.** YP's engage community members in natural gathering places, offer information in Spanish, interact in a culturally appropriate and acceptable manner, and gain the trust of individuals and families.
- **Empowers youth.** The training and support given to the YP's equip them with communication skills, community organizing skills, knowledge about mental health conditions, symptoms, and community resources.



GOALS



GOAL 1. Reduce mental health stigma. By conducting pláticas, presentations, and community awareness activities the YP's reinforce their own learnings regarding mental health issues and resources, normalizing the conversations among peers, parents and other community members.



GOAL 2. Engage and educate the Latinx community on mental health issues and resources. With a strong focus on community engagement, YP's develop projects that are culturally and linguistically appropriate for the Latinx community. By advocating and sharing personal experiences with peers, parents, and the community YP's are able to connect across their personal, academic, and professional spheres.

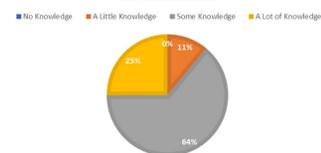


GOAL 3. Inspire the future mental health workforce. YP's receive exposure and opportunities to connect with healthcare professionals through partnerships with local clinics, county mental health clinicians, community health workers, and mental health care advocates, and Mind Body Medicine practitioners.

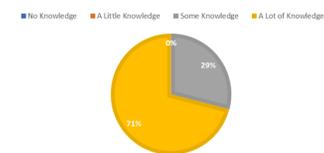
GRAPH 1. PERCENTAGE OF YOUTH PROMOTORES REPORTING KNOWLEDGE OF MENTAL HEALTH ISSUES FACING LATINO YOUTH MAY 2017



GRAPH 2. PERCENTAGE OF YOUTH PROMOTORES REPORTING KNOWLEDGE OF MENTAL HEALTH ISSUES FACING LATINO YOUTH NOVEMBER 2017



GRAPH 3. PERCENTAGE OF YOUTH PROMOTORES REPORTING KNOWLEDGE OF MENTAL HEALTH ISSUES FACING LATINO YOUTH MAY 2018



STRATEGIES

1. Youth Participatory Research. LSP has experienced successful retention and growth of each YP cohort due to strategic engagement of the youth in the development and implementation of their projects, and in the evaluative component of the program. YP's take the lead in identifying priorities and community needs, building their projects around those needs, and documenting engagement with the community that compliments evaluation of the program.



2. Youth Leadership. YP Lead positions were created after the first cohort of Youth Promotores to increase youth leadership opportunities and provide the cohort of Youth Promotores with added programmatic, administrative, and socioemotional support. YP Leads are Youth Promotores who successfully completed a year of the project and continue for a second year as a liaison between the YP and LSP staff.



3. Concilio. The Concilio (Community Advisory Team) is a key component in ensuring the project addresses mental health disparities with a culturally relevant approach in a diverse Latinx community. By design, the Concilio has the role to influence and impact multiple areas of the CDEP. Specifically, Concilio members are asked to participate in one or more of three committees: 1) YP Training Curriculum Committee, 2) Community Outreach and Engagement Committee, and 3) Evaluation Committee.

OUTCOMES

1. Management of YP mental health. Half of the YP experienced their own mental health challenges, including anxiety and depression during the program. They shared that their experience with Testimonios helped them manage their mental health challenges by understanding they were not alone, learning about and practicing self-care and learning about community resources.

2. Workforce development. 70% of the YP reported developing professional skills, such as developing presentations, project planning and teamwork skills during their internship.

3. Community impact. Over 70% of community members attending a YP presentation expressed that they learned something new about mental health.

4. Empowerment. YP's increasingly gain knowledge about mental health issues facing Latinx youth (Graphs 1, 2 and 3) and mental health care resources available to the Latinx community during the one-year span of the internship program.

NEXT STEPS



Sustainability. Latino Service Providers is actively working with community partners, foundations, and health care systems to continue funding the YP Project past the CRDP timeline. The organization is also exploring utilizing the Youth Promotor model to engage the Latinx community in issues and topics, such as emergency preparedness, climate change, and civic engagement.

