

**Leticia Blanca Galicia Morales** (she/her)  
Navigator

**Teresa Isabel Santos Ramirez** (she/her)  
Navigator

**Noemi Tungui** (she/they)  
Program Manager

**Berenice Gonzalez** (they/them)  
Evaluation Coordinator

**Dr. Alison Herrmann** (she/her)  
Local Evaluator

## Purpose, Description & Implementation

Living with Love is a culturally defined 8-workshop mental health and domestic violence program by and for the Indigenous, Mexican, Migrant, and Latino populations.

### Goals:

- **REDUCE** depression, anxiety, DV, socio-cultural and linguistic isolation, and stigma
- **INCREASE** knowledge/ access to support resources

## Cultural Knowledge Strategies



• **Promotoras:** trained community health workers who are trusted members of the community, and share in or are deeply familiar with the culture, language, values, and life experiences of the community.

- **Language:** Spanish/Mixteco interpretation
- **Confidentiality**
- **Cultural items**
- **Group OR Virtual and in-person one-on-one classes:** accommodate community needs
- **Community Advisory Board (CAB)**
- **In Lak'ech (You Are my Other Me):** poem by Juan Valdez based on indigenous Mexican collectivist point of view

## In Lak'ech

You are my other me  
If I do harm to you,  
I do harm to myself  
If I love and respect you,  
I love and respect myself

## Evaluation Design & Methods

Mixed methods, quasi-experimental pre-post design with comparison group.

2- year evaluation period: 8/2023-7/2025

- **Pre/Post & Intake Surveys**
  - Interviewer-administered survey in Spanish and Mixteco
  - CAB consulted on linguistic/cultural aspects
  - Post administered after 4-6 weeks of classes (intervention) or waiting period (comparison)
- **Focus Group (intervention group only)**
  - Spanish/Mixteco consecutive interpretation
  - MICOP office - trusted space
  - Led by trusted/trained promotoras
  - Audio recordings transcribed and translated
  - MICOP and UCLA conducted coding



## Why LwL?

Learn to manage your emotions & behaviors	46 (42.6%)
Be heard and be able to express	43 (39.8%)
Strengthen the relationship & communication of couple and/or children	43 (39.8%)
Personal improvement	31 (28.7%)
Healing of past wounds or current situations	27 (25%)
Learn to educate children	24 (22.2%)
Identity & learn what mental health & wellness tools are	20 (18.5%)
Know what is a healthy and unhealthy relationship (DV)	16 (14.8%)
Learn info to help a family member with mental health/substance abuse challenges	11 (10.2%)
Family Law required	14 (13.0%)
Other	7 (6.5%)

## Results

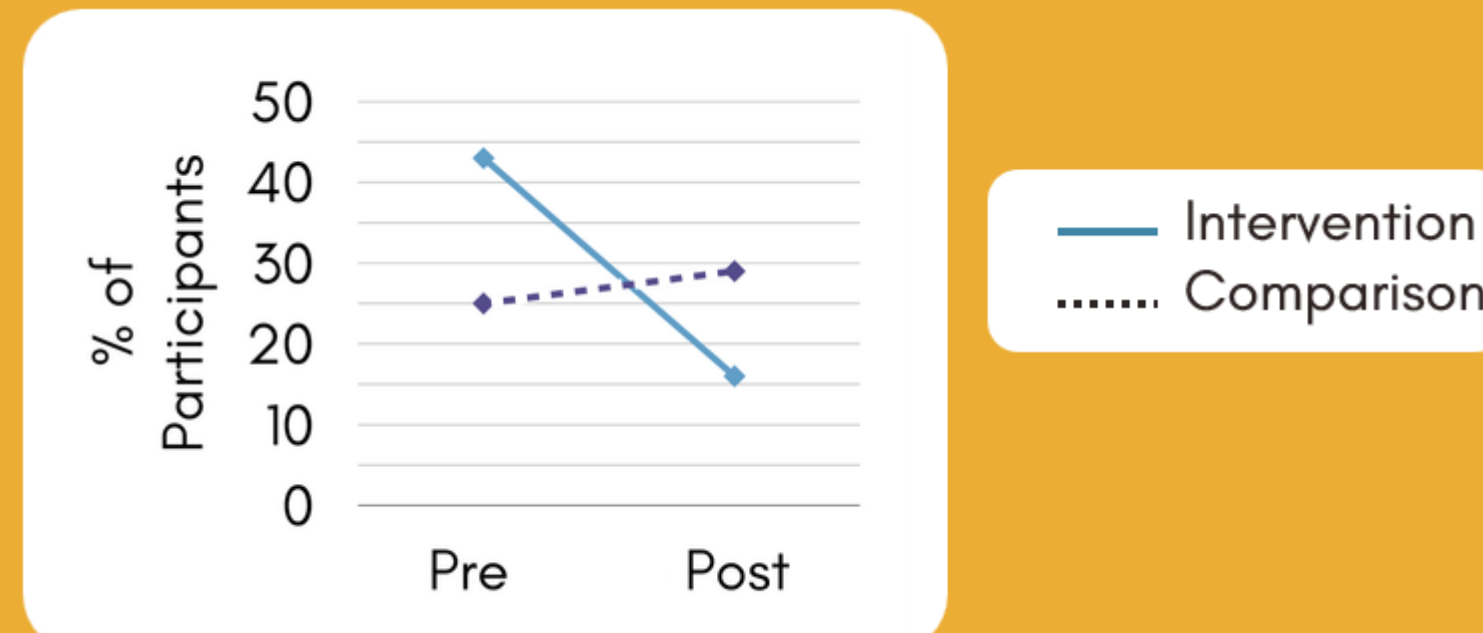
## Depression and Anxiety Symptoms

(p=.0001, referred by court system p=.0003)

"...the first time I came here, I had a headache and wasn't feeling ok...and now I feel happier..."

Female, Mixteco translation

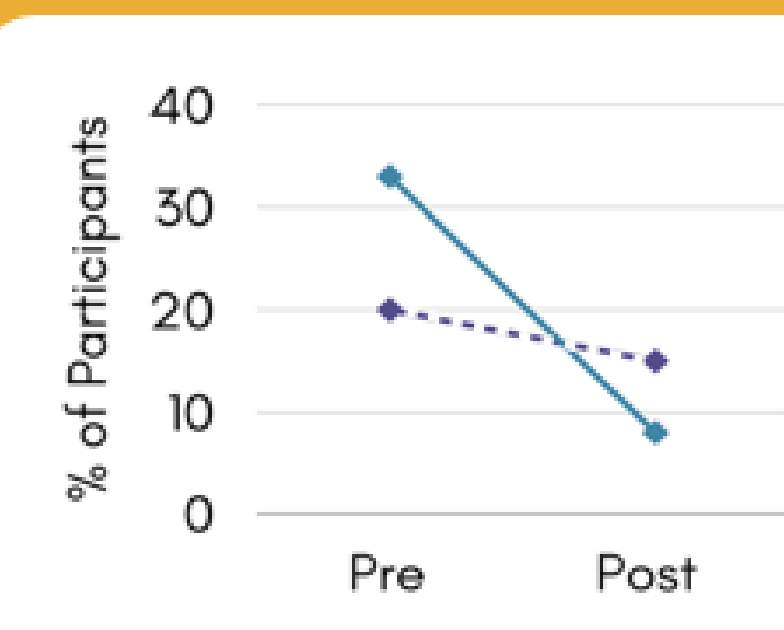
Fast breathing/increased heart rate - sometimes & always (intervention p=.0005) (comparison p=0.919)



## Stress Management

(p<.0001)

Difficulty relaxing - always (intervention p=.0001) (comparison p=0.855)



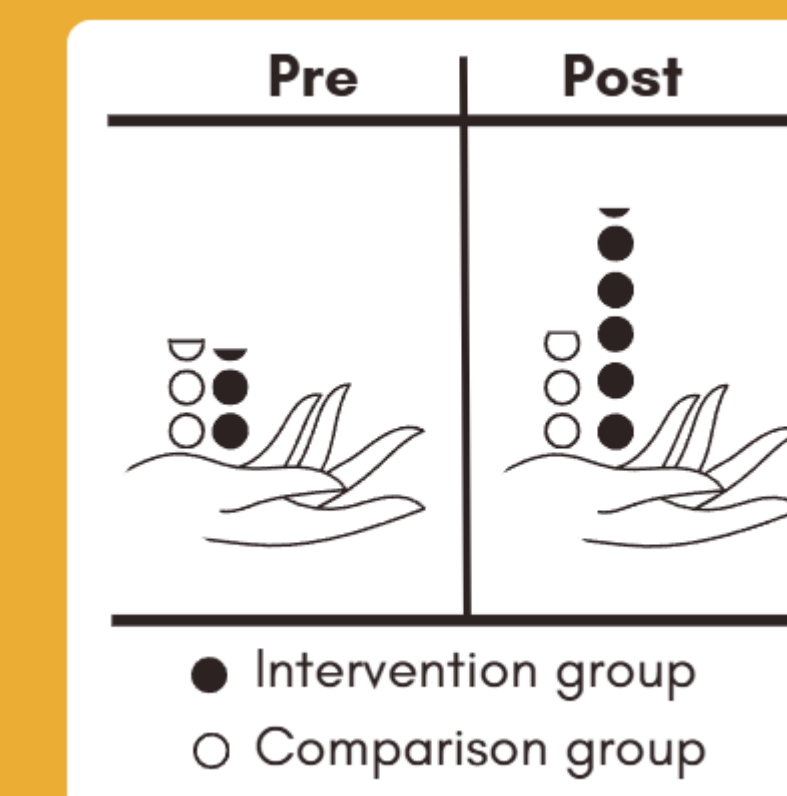
"I go for a walk when I feel like I'm about to get stressed... listening to music relaxes me a lot, or I start singing... and breathing helps too."

Female, Mixteco translation

## Mental Health Resources

(p<.0001)

Mean # of resources known (intervention p<.0001) (comparison p=0.3351)



Standard Deviation

- Intervention (n=84) pre= 1.933, post= 2.19
- Comparison (n=41) pre= 1.1356, post= 1.526

## Subgroup: Men

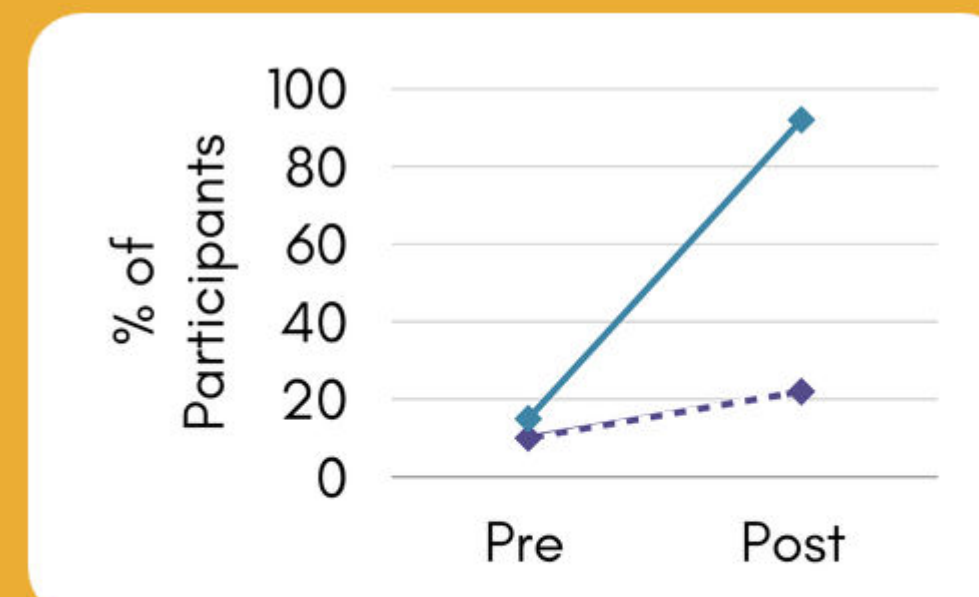
- 18 men participated in program
- Trends show improvements in all evaluation areas



## Domestic Violence Knowledge

(p<.0001)

Heard of a DV safety plan (intervention p<.0001) (comparison p=0.059)



"The majority... thought that if they don't get hit, it's ok...because in our community, the man is boss and has a right to yell...[It is also believed] that the [proper] way to educate is with blows but after participating...they share, 'I learned that is not good and now my relationships with my kids and partner have improved'"

LwL Promotora, Leticia Blanca Galicia Morales

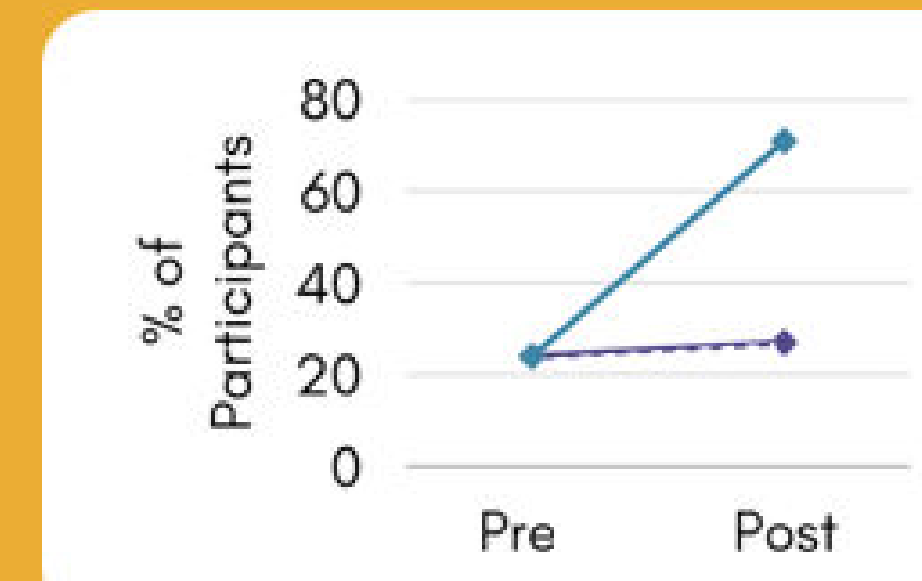


## Mental Health Knowledge & Stigma\*

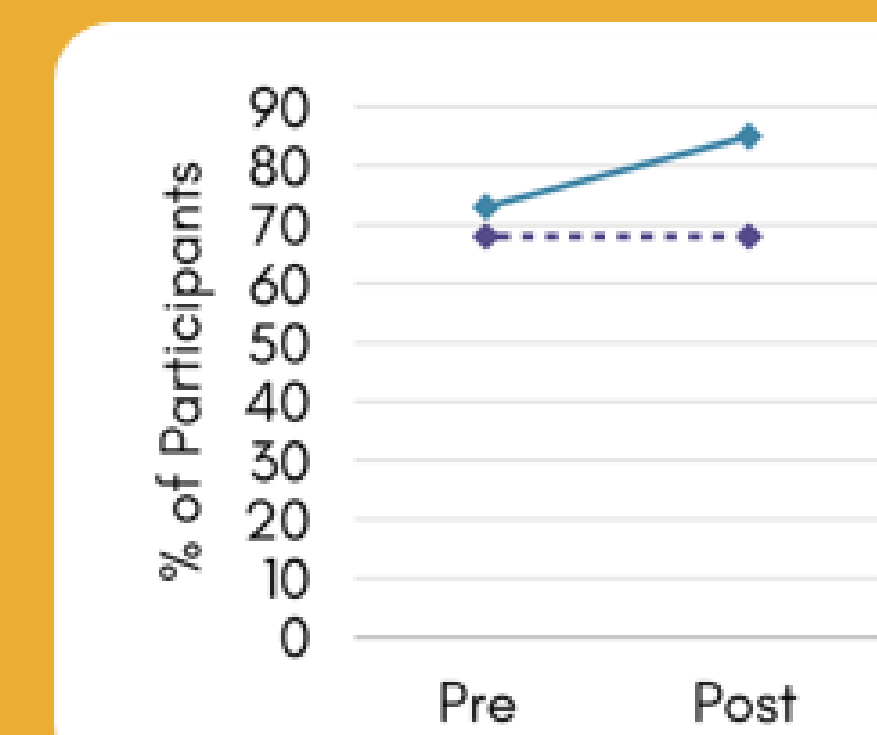
(p<.0001)

\*Changes in stigma more pronounced in those referred by law

Understand depression well (intervention p<.0001) (comparison p=0.801)

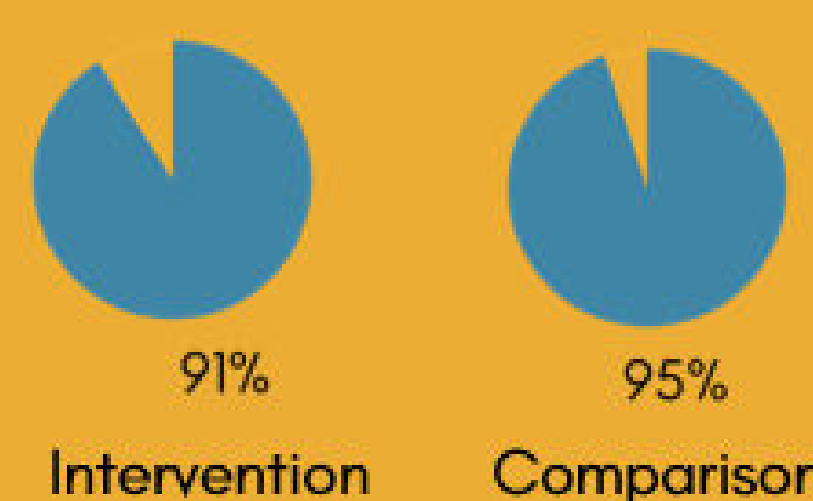


Comfort in sharing about receiving mental health support, with family and/or friends (intervention p<.0001) (comparison p=1)



## Culture

Both intervention and comparison groups maintained cultural traditions at high rates at pre-evaluation



## Self Esteem

"...A participant wore a mask at the beginning of the workshops and at the end shared that she covered herself out of shame but now accepts herself as she is and shows her face."

LwL Promotora, Teresa Isabel Santos Ramirez

"I did not like myself, did not love myself, did not respect myself, did not value myself... my self love has evolved because I have learned...to love myself more, to value myself more, to respect myself more, to take care of myself..."

Male, Spanish translation



## Key Takeaways & Next Steps

Data shows the transformative positive effects Living with Love has had on individuals, families, and the community. We had statistically significant desirable outcomes for intervention group in all areas regardless of age, gender, Indigenous identity, marital status, years in US, Spanish proficiency, and whether they were referred by law or came voluntarily.

- Culture is integral to individual and collective success
- Similar info unavailable in Mixteco elsewhere
- Connection with promotoras allows deeper dialogue
- Several found strength to leave DV situations

### Future considerations

- Deeper analysis among men and couples
- Longer-term follow up
- Evaluate impact of modifications on success in other communities
- Presentations on program processes and results
- Facilitator's guide to train others
- Expand to MICOP Santa Barbara County
- Seek funding from court systems
- Copyright curriculum

## Acknowledgements

California Reducing Disparities Project Phase II Extension 2022-2025. This work was made possible in part by funds received from the California Department of Public Health, Office of Health Equity's California Reducing Disparities Project, Contract #16-10525.

**Special thanks to collaborators:** Leticia Blanca Galicia Morales, Teresa Isabel Santos Ramirez, Irisela Contreras, Berenice Gonzalez, Dulce Vargas, Noemi Tungui, Living with Love Community Advisory Board, Arcenio J. Lopez, Genevieve Flores-Haro, Rio Lorenzo, Adriana Mandujano Angel, Bárbara Márquez-O'Neill, UCLA Kaiser Permanente Center, Dr. Alison Herrmann, Diana Balderas Trujillo, UC Davis Center for Reducing Health Disparities.

## Contacts

Arcenio J. Lopez  
Executive Director  
arcenio.lopez@mixteco.org

Genevieve Flores-Haro  
Associate Director  
genevieve.flores-haro@mixteco.org

Rio Lorenzo  
Behavioral Wellness Director  
rio.lorenzo@mixteco.org

Dr. Alison Herrmann  
Local Evaluator  
aherrmann@ucla.edu

