



LOCATION

Alameda County, CA
Oakland & South Alameda



GROUPS SERVED

- Latinx & Central American Indigenous population :
- Urban & Suburban Setting
 - Low Income
 - Uninsured or underserved
 - Immigration experience
 - All ages : Children, Youth, Transitional Age Youth (TAY), Adults, Seniors

OVERVIEW

- Background :**
- Ongoing structural inequities impact the mental health and well-being of groups served .
 - **Cultural, linguistic, and structural barriers** to accessing appropriate mental health services .
- Cultura y Bienestar (CYB) :**
- Culturally rooted mental health prevention and early intervention program . Traditional Healing Practices are emphasized .
 - Community -based collaborative .
- Purpose :** Address the mental health needs of the communities it serves .
- Approach :**
- * Non -stigmatizing
 - * Holistic view of health *
 - Community -defined
 - * Culturally, linguistically relevant
 - * Honors history & traditions
 - * Fosters community building

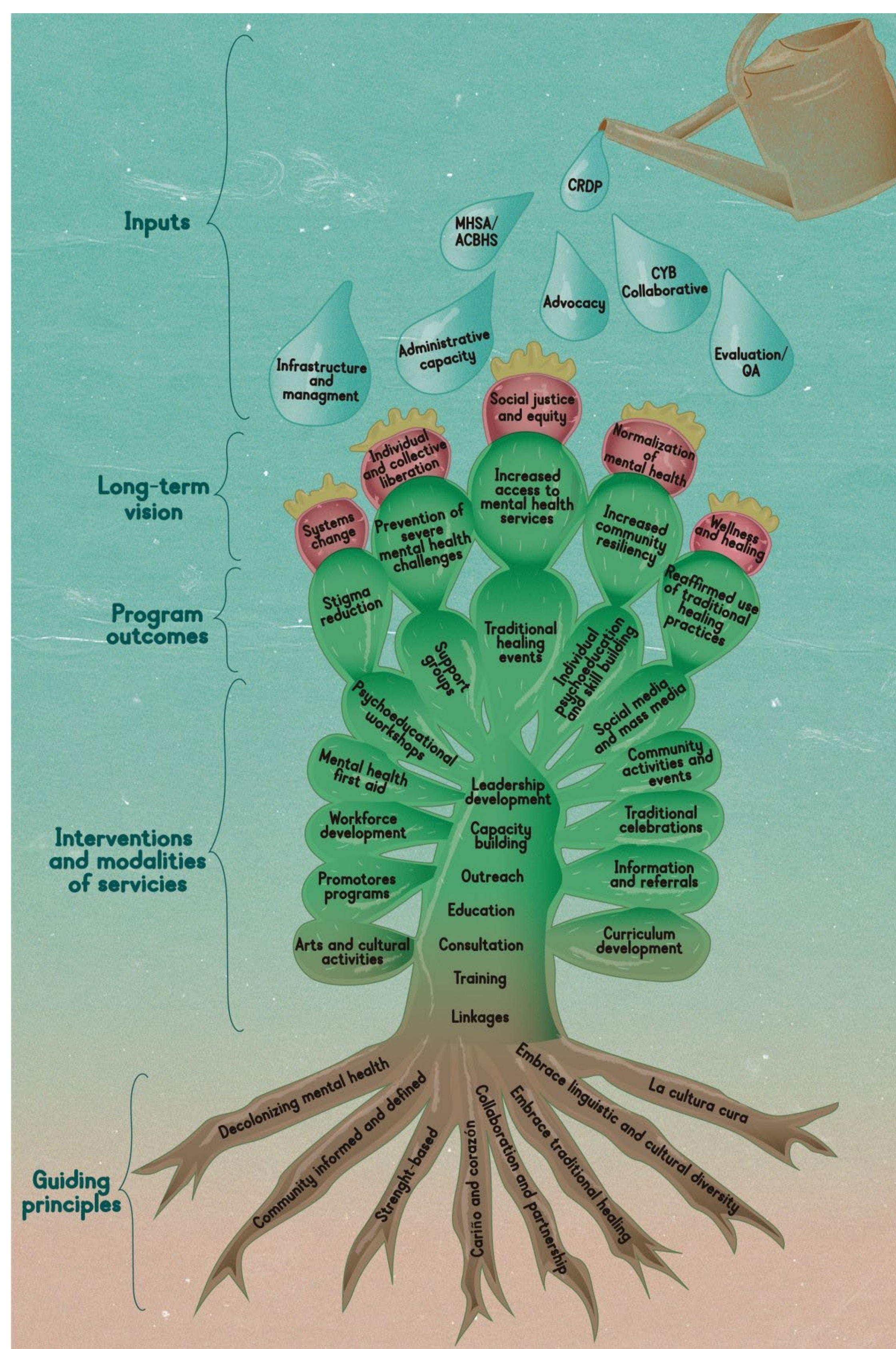
INCORPORATING COMMUNITY KNOWLEDGE

- Ongoing **dialogue** with community leaders and parents .
- CYB educators **rooted in the communities** CYB serves .
- **Relationship -building** with grassroots groups (Desarrollo Maya, MUA, Street Level, etc .).
- Needs assessments



CULTURA Y BIENESTAR MODEL

The Nopal of Cultura y Bienestar represents our program model using a plant that is deeply connected to our cultural heritage and that is a symbol of resiliency and strength .



TRADITIONAL HEALING

Traditional wellness practices and wisdom are grounded in a holistic and interconnected approach to health and wellness :

- Foster cultural affirmation, connection, and community care .
- Support prevention and healing around mental health .
- Expand community outreach .

CRDP Phase 2 Extension :

- **Evaluation of CYB's Traditional Healing (TH) component** .
- Jul. 2022-Dec. 2025: **219** traditional and community events shared among four (4) CYB sites across Alameda County.

LOCAL EVALUATION: DESIGNS, METHODS, AND FINDINGS

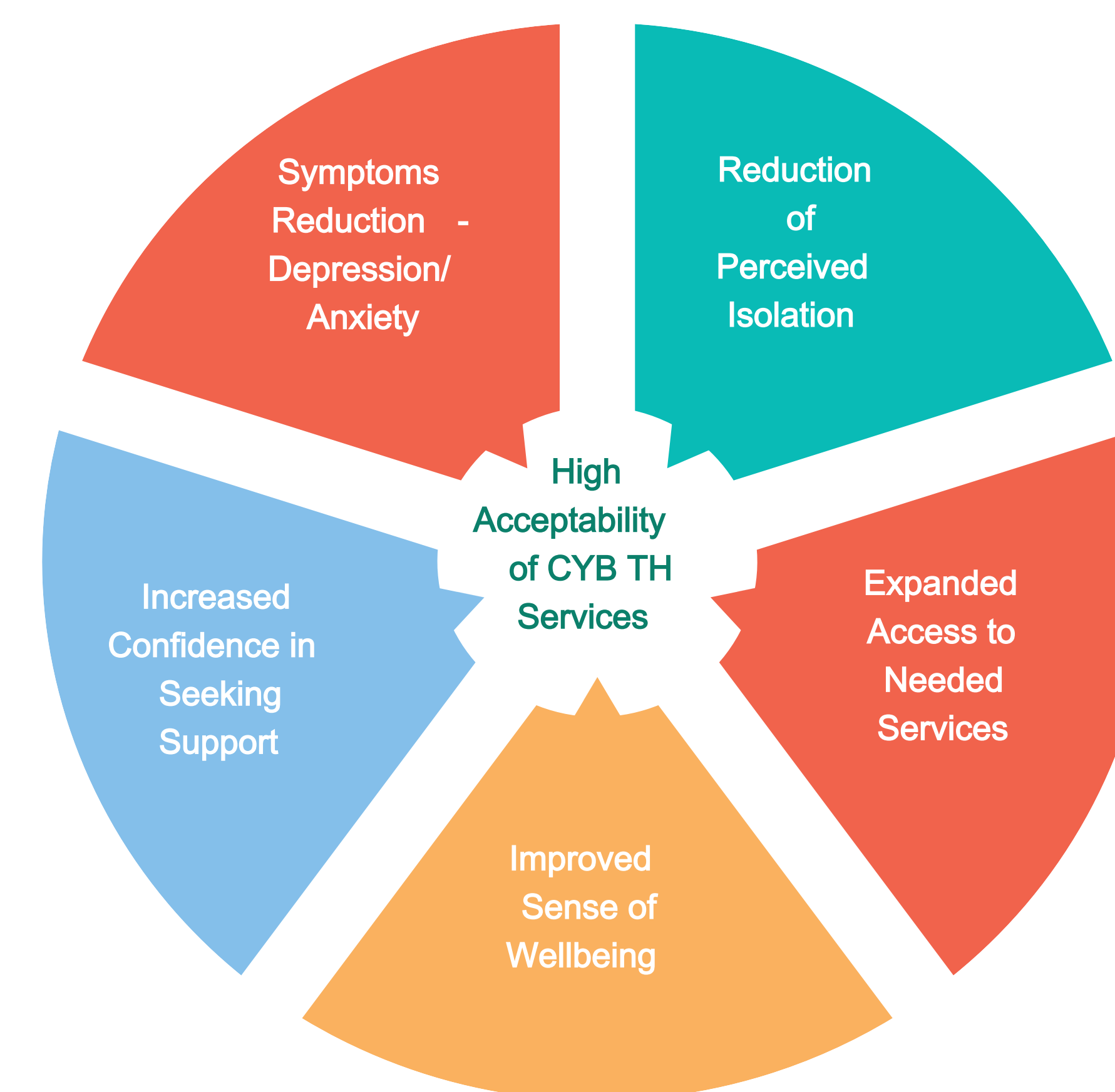
Both qualitative & quantitative data collection methods were applied to Traditional Healing and Community event interventions among four (4) CYB sites across Alameda County :

Tools /Data Collected :

- (Paired T-Test Analysis) Statewide Evaluation CDEP Participant Questionnaire - Traditional Healing (TH) events' participants:
 - Pre surveys: 220, Post surveys: 189
- (Paired T-Test Analysis) Comm. Event Post/Follow Up Questionnaire - Comm. Events' participants:
 - Post Event surveys: 53, Follow-Up surveys: 37
- Key Informant Interviews:
 - Seven (7) Community Traditional Healers

Findings :

- **Significant reductions in symptoms of depression and anxiety**, decreased social isolation, and increased cultural resilience .
- **Strong evidence of CYB services acceptability** : Particularly regarding **staff respect for identity and cultural practices** - essential for building trust .
- Positive impacts on participants' mental health awareness, **confidence in seeking help**, and perceived value of cultural practices in promoting well-being .
- Traditional Healing practices offer acceptable, **non-pathologizing pathways to mental health support** .
- **Increased sense of wellbeing** by rebalancing emotions, fostering connectedness, and reconnecting with cultural roots and ancestral wisdom .



SUMMARY, FUTURE DIRECTIONS, AND KEY TAKE AWAY

Impact Summary :

- **Traditional healing practices**, embedded within a holistic approach to mental health, offer an effective way to expand outreach, strengthen care, and improve community wellbeing .
- Supported by the highly positive CRDP Phase II results on CYB's early intervention services, **the CYB Model's demonstrates its ability to provide meaningful support** for community members with mild to elevated symptoms .

Future CYB Plans :

- In response to changes in mental health services and the political landscape, **CYB will continually pivot and adapt to safeguard the continuum of care** .
- Building on the DHCS-BHS recommendation of the CYB Model, the program will pursue opportunities to strengthen its sustainability and scalability .
- CYB will continue amplifying community -defined evidence practices, like the CYB Model, as a **core part of the continuum -based care to prevent severe mental illness and substance use disorders** .

TAKE AWAY:

The community -based, culturally rooted, and holistic CYB approach is key to expanding outreach and preventing mental suffering and severe mental illness among Latinx and Central American Indigenous community members across service locations.



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