

MENTAL HEALTH NEWSLETTER

August 2020

Special Opportunity



Mental Health First Aid Project

Mental Health America of Ohio wants to train 30 recruits to become Mental Health First Aid Instructors. Mental Health First Aid is a skill based training that teaches participants about mental health and substance abuse issues. This training will be free of charge due to generous funding from the Ohio Department of Health and Addiction Services but is valued at a cost of \$2,200. [Apply](#) by August 21st.

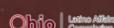
Featured Story

COVID-19 AND YOUR MENTAL HEALTH

Informational Video Series

Everyone experiences, reacts, and adapts to the pandemic and the circumstances it creates differently based on the aspects that make up their own individual identity. One of these aspects is culture. It is our pleasure to announce a unique, insightful, and important video series on how COVID-19 affects our mental health from the LatinX perspective. Join respected Ohio psychologists Dr. Erendira Lopez-Garcia and Dr. Evelyn Rivera as they explore how to keep each other safe in these difficult times. This video series is produced by Lorena Mora-Mowry who has spent 14 years empowering the LatinX community in Cincinnati, Ohio through [Mujer Latina Today](#). Watch the insightful introduction by our very own Executive Director Lilly Cavanaugh, followed by the four available segments in the [Mujer Latina archives](#) as well as their [youtube channel](#). All videos in Spanish. View the panel below for information in Spanish!

Coronavirus (COVID-19) Resource Page



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LATINA WOMAN TODAY

Mujer Latina Today is a resource and podcast share website where the LatinX population in Ohio and beyond can find informative interviews, inspirational stories, and vital community connections. Because Mujer Latina is a platform built by Latinos for Latinos they are positioned to create awareness, advocacy, and action towards empowering the community in exciting and insightful ways. The website was founded by Ohio's own Lorena Mora-Mowry over 14 years ago, and she continues to diligently update Mujer Latina to this day.

COVID-19 y Tu Salud Mental

Videos Informativos

Todos experimentan, reaccionan y se adaptan a la pandemia y las circunstancias que crea de manera diferente en función a los aspectos que configuran su propia identidad individual. Uno de estos aspectos es la cultura. Es un placer para nosotros anunciar una serie de videos única, perspicaz e importante sobre cómo el COVID-19 afecta nuestra salud mental desde la perspectiva LatinX. Únase a las respetadas psicólogas de Ohio, la Dra. Eréndira López-García y la Dra. Evelyn Rivera, mientras exploran cómo protegerse mutuamente en estos tiempos difíciles. Esta serie de videos es producida por Lorena Mora-Mowry, que ha trabajado 14 años empoderando a la comunidad LatinX en Cincinnati, Ohio a través de [Mujer Latina Today](#). Vea la perspicaz introducción de nuestra directora ejecutiva Lilly Cavanaugh, seguida de los cuatro segmentos disponibles en [los archivos de Mujer Latina](#) y su [canal de YouTube](#). Todos los videos están en español.

MINORITY HEALTH NEWS

Governor DeWine has released the final minority health strike force report. The minority health strike force was formed in April to examine the disproportionate impact of the COVID-19 pandemic on minority communities. The [COVID-19 Minority Health Strike Force Blueprint](#) lists 34 recommendations on dismantling racism, removing public health obstacles, improving the social/economic and physical environments, and strengthening data collection to better track disparities.

COVID-19 SYMPOSIUM

On Thursday, September 17, 2020, the U.S. Department of Health and Human Services Office of Minority Health is hosting a virtual symposium to highlight state, tribal, territorial and community-based efforts to address COVID-19 among racial and ethnic minority populations. Register today [here](#).

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You are receiving this email in response to your expressed interest on mental and behavioral health matters in the Latino community.

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