

MENTAL HEALTH NEWSLETTER

October 2020

Featured Story

The opioid crisis, declared a public health emergency in 2017, continues to affect hundreds of thousands of families each year. In the USA, approximately 130 people are lost everyday in opioid use-related deaths. As Latinos continue to grow as the largest minority in the country, learning how to provide culturally appropriate and effective care in English as well as Spanish, becomes an increasingly dire need. Which is why it is important to call upon the experts, already doing the work, in our own backyard. Lissette Quinones, founder of [Lissette Quinones Ministries](#) in Cleveland, rises to meet the needs of the community everyday. Lissette and her team provide bilingual, culturally informed, holistic care to anyone who seeks help. Check out the various resources available using the link above. Read more about opioid abuse and the support available below.



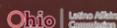
CULTURALLY RESPONSIVE PROGRAMS TO IMPROVE ACCESS TO MENTAL HEALTH SERVICES TO HISPANICS/LATINX COMMUNITY

This one and half-hour online session will focus on culturally responsive programmatic efforts to improve access and utilization of behavioral health services among the Hispanic/Latinx community. The session will describe how these programs and strategies reduce disparities by addressing often cited barriers and promote behavioral health equity. The concept of cultural brokering and its use in across settings will be discussed and considerations and implementation of community mental health navigator programs will be described. Information presented by Dr. Sampilo of the Cleveland clinic. Read more information and register [here](#).

Virtual Panel

Learn how mental health is a part of overall health. Identify ways you can continue to care for yourself and others. Empower people to ask for help. Learn about local mental health resources. Join this virtual event taking place October 16th, from 10 AM to 12 PM. Register and read more information [here](#). This event is hosted by the Hilliard Community Health Action Team (CHAT). Justine Barr, Community Health Planner, Franklin County Public Health, coordinates the CHAT. Learn more about their missions and projects [here](#).

Coronavirus (COVID-19) Resource Page



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As society moves away from criminalizing drug use behavior to understanding it as a preventable, treatable chronic health condition, this public health approach needs to be inclusive of and tailored to diverse and historically underserved communities. To learn more about the issue and to read about community minded solutions, click [this link](#) to a well informed 2020 report by [SAMHSA](#). Below are a few tips from [shatterproof.org](#) on supporting loved ones going through addiction.

- 1.) Understand what is going on medically—It is important to be as well informed as possible and understand that addiction is a medical condition. We generally don't blame people for having conditions such as asthma. Thinking like this could be a helpful reframe. When we treat reoccurrence as a symptom, it becomes less frightening and more treatable.
- 2) Be prepared to provide radical empathy, and make self-care a priority. Setting healthy boundaries is vital.
- 3) Be prepared for an emergency. Find options and assistance in acquiring and using NARCAN kits at [harmreductionohio.org](#).

Tool Kit

OhioHealth Community Health Partnerships has developed a free, Spanish health education toolkit on diabetes and heart and vascular disease. The toolkit "ENGAGE In The Driver's Seat" is comprised of four, 1-hour sessions that could be used by a community worker or navigator or community leader from nonprofit or government organizations to teach for free in Hispanic and Latino communities throughout the State of Ohio. A memorandum of understanding with OhioHealth will need to be set-up with community partners who would like to use the toolkit. Please email maryann.abiado@ohiohealth.com if interested.

NLAAD

October 15th is National Latino Aids Awareness day. This event is coordinated by the Latino Commission on AIDS and is meant to increase awareness of the impact of HIV on the Hispanic/Latino population in the USA. To learn about the day, register for events, and find sharable info graphics, visit [NLAAD.org](#). To find free testing sites near you, click [here](#). If you are looking for LGBTQ sensitive health care look for an [Equitas Health](#) near you. Equitas is a regional non-profit that serves in 13 cities around the Midwest., with 17+ locations across Ohio. Check one out Today!

Study

A new study finds that mental health care for many children in the U.S. falls far short, particularly when it comes to the follow-up treatment they receive. The authors found that only 71% of the children received treatment in the 3 months that followed an initial insurance claim — but the study found that rate varied widely from one ZIP code to the next. In the best-performing ZIP codes, nearly 90% of children received follow-up care within three months of an initial insurance claim. In the worst-performing areas, only half of the children got that care. Read more [here](#).

A LITTLE MORE ON QUINONES MINISTRIES:

Mission: Empowering individuals and families in the community to become self sufficient through education advocacy and spiritual growth.

Vision: To promote and provide educational tools that are needed and personal retraining and healing that will incorporate self-esteem building with the sort of gnus and communication skill development in order to strengthen individual and family structure in our communities.

Purpose: Our focus is to educate and create awareness in the community through education advocacy and spiritual growth. Quinones Ministries offers a huge range of services such as housing services, crisis intervention, men and women support groups, adult recovery groups and reentry programs. [Click here](#) to read more about these services.

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