

EMOTIONAL HEALTH

MENTAL HEALTH COMMUNITY HEALTH WORKERS/ PROMOTORES PROJECT

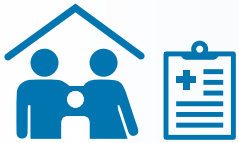


The Reason:



Provide a culturally appropriate, community-based strategy to improve mental health education, reduce stigma associated with mental illness, and educate parents about mental health concerns in children.

The Strategy:



- Health education presentations to large groups, modular presentations to small groups in homes or community centers, and outreach at health fairs.
- El Sol worked with partners and providers in the Coachella Valley to develop a resource list of current services available to the community. The community health workers/promotores were trained on this updated mental health resources list including emergency hotlines, free mental health providers and clinics in 6 the area, and county mental health service providers.
- CHW/Promotores provided resource referrals using the resource list to participants during all group, modular and outreach presentations, and on an individual basis as needed.

The Participants:

1,814

Participants attended the presentations



66%

Female

32%

Male

Most of the participants were between the age ranges of 50-59 and 40-49.



The Impact:

- 74% of participants agreed/totally agreed that the presentations provided by El Sol had an impact on their knowledge as to where to seek mental health services in their community.
- 76.9% of participants responded that El Sol had a very positive/somewhat positive impact on their relationships with others.
- 76.5% of participants indicated that they agreed/totally agreed that they would not feel shame for seeking mental health services for self or family members if needed.
- About 73 community members indicated they wished for El Sol to further help them beyond the presentations.

Focus Group Discussion



Among the focus group discussions, individuals were asked about their perception regarding the impact that the services provided by El Sol had on them.

- 64% participants indicated that the services they received from El Sol had influenced their knowledge regarding mental health. In general, they had acquired new knowledge about the various conditions, symptoms, and even warning signs.
- After the presentations participants indicated they understood how to identify symptoms and the diversity of mental health conditions.
- Participants also elaborated that they had acquired knowledge about services and resources that they were not aware existed, such as the local hotlines.

Testimonials:

- "I feel good about this conversation. And in reality I am going through something harsh and I need more of your help."
- "Learning and knowing that there is more help for the community as personally I was unaware of the resources in the city as I come from Orange county and although I had the information already I didn't have the resources. Thanks."
- "What I found useful about this presentation was that now I understand what is mental health and that its important to help people who are having mental health issues..."

Influence on Mental Health Knowledge. "I have only attended two classes; and the first day I attended, they were presenting on how to prevent suicide. And it was...it was very important because we have seen it a lot in the Valley. And...we have to be watchful of the warning signs...of the children. And there are some who have not attended the classes, who may see the warning signs but not understand them [fully]."

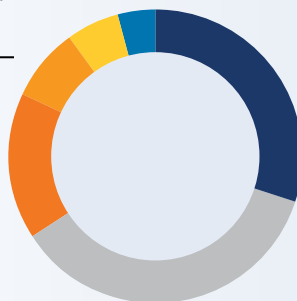
Program Participant

- **Managing Stigma.** "There...there is a lot of people who have mental health problems and they are ashamed. [They do not put it out there.] But if they could speak to someone in private (hotlines) that could help them a lot."
- **Impact on New or Existing Friendships.** "Well I say that it motivates us to make new friends. I even came to host a gathering in my apartment...so that others who were not able to attend the presentations could hear the information."

Presentation:

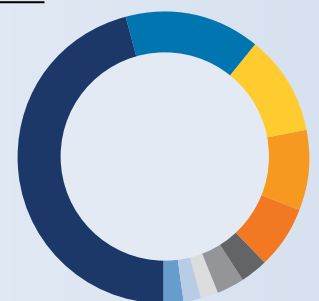
Distribution of Presentation by Topic (n=198)

Characteristic	Number of Presentations (n=198)	Weighted %
Presentation Topic (%)		
Anxiety	60	30.3%
Bipolar Depression	31	15.6%
Depression	71	35.9%
Depression & Anxiety	1	.05%
General Mental Health	12	6.1%
Schizophrenia	15	7.6%
Suicide	8	4.0%



Distribution of Presentation by Location (n=198)

Location	Weighted %
Homes	46%
Church	15%
Mexican Consulate	11%
Not Specified	9%
Salvation Army	7%
Family Engagement Centers	3%
Center Carl's Jr.	3%
School	2%
Gym	2%
Health Fair	2%
Food Now	0%
Delac Meeting	0%
Grupo Mariposa	0%



2014-2015, Riverside County