

MENTAL HEALTH MATTERS:
EMPOWERING OUR COMMUNITY

National Latino
Behavioral Health Association

NLBHA

**SUBSTANCE MISUSE PREVENTION MONTH AND
YOUTH SUBSTANCE USE PREVENTION MONTH**

Partners in Prevention!



SAMHSA
Substance Abuse and Mental Health
Services Administration

Newsletter
OCTOBER 2023



TABLE OF CONTENTS

MESSAGE FROM SAMHSA
MENTAL HEALTH AWARENESS TRAINING PROGRAM
UPCOMING EVENTS
STAY CONNECTED AND SUBSCRIBE AND FOLLOW US



We're excited to present the latest edition of the NLBHA newsletter, delivering you up-to-date insights from our Mental Health Awareness Training Project.

Message from SAMHSA (Substance Abuse and Mental Health Services Administration):

Throughout the month of October, we come together to commemorate the boundless potential that prevention initiatives offer. It's a time when we acknowledge that by working in unison, we become true partners in the noble cause of prevention. We want to take a moment to extend our heartfelt appreciation to individuals and organizations worldwide who are actively engaged in saving lives through their dedication to prevention efforts.

Prevention is a powerful tool that empowers communities, fosters healthier living, and safeguards well-being. Whether it's promoting awareness about mental health, advocating for healthy lifestyle choices, or championing safety measures, every action taken in the spirit of prevention is a step towards a brighter and safer future for us all.

As we celebrate this month, let's recognize that our collective commitment to prevention can lead to transformative change. Together, we are indeed partners in prevention, and it's through our collaborative efforts that we can create a world where the value of prevention is truly appreciated, and its potential fully realized.

MENTAL HEALTH AWARENESS TRAINING PROGRAM

The Mental Health Training Awareness program plays a crucial role in promoting mental health education, reducing stigma, and connecting individuals to vital resources within the Paso del Norte region. This program is instrumental in addressing the growing need for comprehensive mental health support and awareness in our communities. Here, we will expand on the importance of each aspect of this program:

1. Promoting Mental Health Education:

Mental health education is essential because it equips individuals with the knowledge and understanding they need to recognize, manage, and support mental health challenges. By offering workshops, seminars, and educational materials, the program empowers people to identify signs of mental health issues in themselves and others. This knowledge is the first step towards early intervention and seeking help when needed.

2. Reducing Stigma for Seeking and Needing Help:

Stigma surrounding mental health issues can be a significant barrier to seeking help. The Mental Health Training Awareness program actively works to combat this stigma by fostering an environment where open discussions about mental health are encouraged and accepted. When individuals feel safe to discuss their mental health challenges, they are more likely to seek help without fear of judgment. Breaking down these barriers can save lives by encouraging timely access to support.

3. Connecting People to Resources:

Access to mental health resources is crucial for anyone facing mental health challenges. The program serves as a bridge between individuals in need and the resources available in the Paso del Norte region. This may include connecting individuals with therapists, support groups, crisis helplines, or community organizations. By facilitating these connections, the program ensures that individuals can access the appropriate care and support they require.



Helping the Paso del Norte Region!

Happy National Latino Heritage Month!

September 15 to October 15

Hispanic Heritage Month celebrated from September 15th to October 15th, is a time to honor Hispanic and Latino communities' rich cultural contributions while highlighting important issues, including mental health awareness.

Within the diverse Hispanic and Latino population, there are unique challenges and opportunities when it comes to mental health. It's crucial to recognize that cultural factors, such as family values, community support, and resilience, play a significant role in the mental well-being of individuals from these backgrounds.

During Hispanic Heritage Month, we not only celebrate the vibrant traditions and achievements of this community but also foster a dialogue about mental health. It's a time to acknowledge that seeking help for mental health issues is a sign of strength, not weakness. By breaking down stigma and increasing access to culturally competent mental health services, we can ensure that everyone, regardless of their background, receives the support and care they deserve.

Let us use this month as an opportunity to promote understanding, empathy, and inclusivity within the Hispanic and Latino communities, emphasizing that mental health is a vital part of overall well-being and deserves attention, care, and support.



Upcoming Events!

events

“Breaking the Stigma-A Review of Barriers and Culturally Grounded Approaches for Serving Hispanic/Latinx Populations.”

Tuesday, October 24, 2023

9am-10:30am

Virtual- Zoom, English

Register Here: <https://bit.ly/NLBHA-MHAT3>

JOIN

US!

events

Rompiendo el Estigma

Friday, October 27, 2023

9am-10:30am

Virtual-Zoom, Spanish

Register Here: <https://bit.ly/3svAkSW>

REGISTER
NOW

STAY CONNECTED: SUBSCRIBE AND FOLLOW US

Subscribe to our newsletter and follow us on social media. By joining our community, you'll receive regular updates, event notifications, and valuable resources to support your mental health journey.

[Latino Behavioral Health Juntos Network \(nlbha.org\)](http://nlbha.org)

For questions or comments, please reach out to the Program Director:

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