

# MHAT February NEWSLETTER



# Mental Health Awareness Training Program

**NLBHA's Mental Health Awareness Training Program plays a crucial role in promoting mental health education, reducing stigma, and connecting individuals to vital resources. All MHAT training courses offer NAADAC approved CEU's and because these training courses are SAMHSA sponsored, they are free to the public and meet SAMHSA's fidelity standards.**

**All trainings are offered via zoom, giving access to the most rural communities in the State.**



***SAMHSA RESOURCES***  
**988 Lifeline**  
**FindTreatment.gov**  
**SAMHSA's National Helpline:**  
**1-800-662-HELP (4357)**  
**Behavioral Health Equity Fact Sheet**

# Atención Informada Sobre el Trauma

## Serie de tres partes



### Enrique López-Escalera, JCL., STL., MSW

Enrique nació en El Paso, Texas y creció en Cd. Juárez, México. Enrique es un entrenador de vida. Tiene títulos de posgrado en Trabajo Social, Derecho Canónico y Teología. Tiene más de 25 años de experiencia sirviendo a las personas directamente a través de consejería y tutoría en salud mental.

## Cursos virtuales gratuitos de Zoom

10:00am-12:00pm (MT)

5 de febrero de 2025

**Parte 1: Introducción al Trauma: Conciencia del Proveedor a la Organización**

[Regístrese aquí](#)

25 de febrero

**Parte 2: Impacto del trauma: la intersección del racismo y la salud mental**

[Regístrese aquí](#)

11 de marzo de 2025

**Parte 3: Uso de la atención informada sobre el trauma para mejorar el cuidado del paciente y de sí mismo**

[Regístrese aquí](#)

Este proyecto está patrocinado por SAMSHA. Número de Adjudicación 6U79SP023012-05M001, Número de Identificación de Adjudicación Federal Único (FAIN) U79SP023012, Ley de Servicios de Salud Pública de la Autoridad Estatutaria, Título V, Sec 509,42 USC 290 bb'- 2, Número de Lista de Asistencia 93.243, Título del Programa de Listado de Asistencia Proyectos de Servicios de Salud Mental y Abuso de Sustancias de Importancia Regional y Nacional

# Trauma Informed Care Three-Part Series



## **Dr. J. Rocky Romero LMSW**

Dr. Romero Completed his doctoral studies at the University of New Mexico in Language, Literacy and Sociocultural Studies. As a trainer / program manager for NLBHA, he is focused on culturally appropriate treatment while reducing health disparities for people of color.

## **Free Virtual Zoom Courses**

### **1pm-3pm (MT)**

**February 4th, 2025**

**Part 1: Introduction to Trauma- Awareness from Provider to Organization**

**[Click Here to Register](#)**

**February 18th**

**Part 2: Impact of Trauma- The Intersection of Racism and Mental Health**

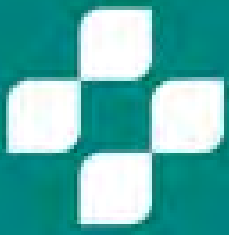
**[Click Here to Register](#)**

**March 4th, 2025**

**Part 3: Using Trauma Informed Care to Improve Patient and Self Care**

**[Click Here to Register](#)**

This project is sponsored by SAMSHA. Award Number 6U79SP023012-05M001, Unique Federal Award identification Number (FAIN) U79SP023012, Statutory Authority Public Health Service Act, Title V, Sec 509,42 USC 290 bb'- 2, Assistance Listing Number 93.243, Assistance Listing Program Title Substance Abuse and Mental Health Services Projects of Regional and National Significance



# Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MHFA gives the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.



National Latino Behavioral Health Association NLBHA



To Register Click  
[HERE](#)

Free virtual training  
February, 26th,  
9:00 am

## WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

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# What's going on in February!!

## International Boost Self-Esteem Month

This month brings awareness to a theme that we should be practicing all year!!

Here are some tips to build yourself up and boost your self esteem.

- **Practice Self-Compassion:** Be kind and compassionate toward yourself. Avoid self-criticism and practice self-love.
- **Set Realistic Goals:** Set achievable goals and celebrate your successes, no matter how small they may seem.
- **Challenge Negative Thoughts:** Identify and challenge negative thought patterns. Replace them with positive affirmations.
- **Self-Care:** Prioritize self-care activities that nourish your body and mind, such as exercise, meditation, and relaxation.
- **Seek Support:** Reach out to friends, family, or a therapist for support and encouragement.
- **Learn and Grow:** Continuously learn and develop new skills to boost your self-confidence and sense of accomplishment.

## National Eating Disorders Awareness Week (Feb. 23-Feb. 29)

Eating disorders affect 9% of the American population and someone dies as a result of an eating disorder every 52 minutes. Here are some resources if you or a loved one experiences an eating disorder.

[ANAD Helpline](https://www.anad.org/helpline): 1 (888) 375-7767 Monday-Friday, 9am-9pm CT

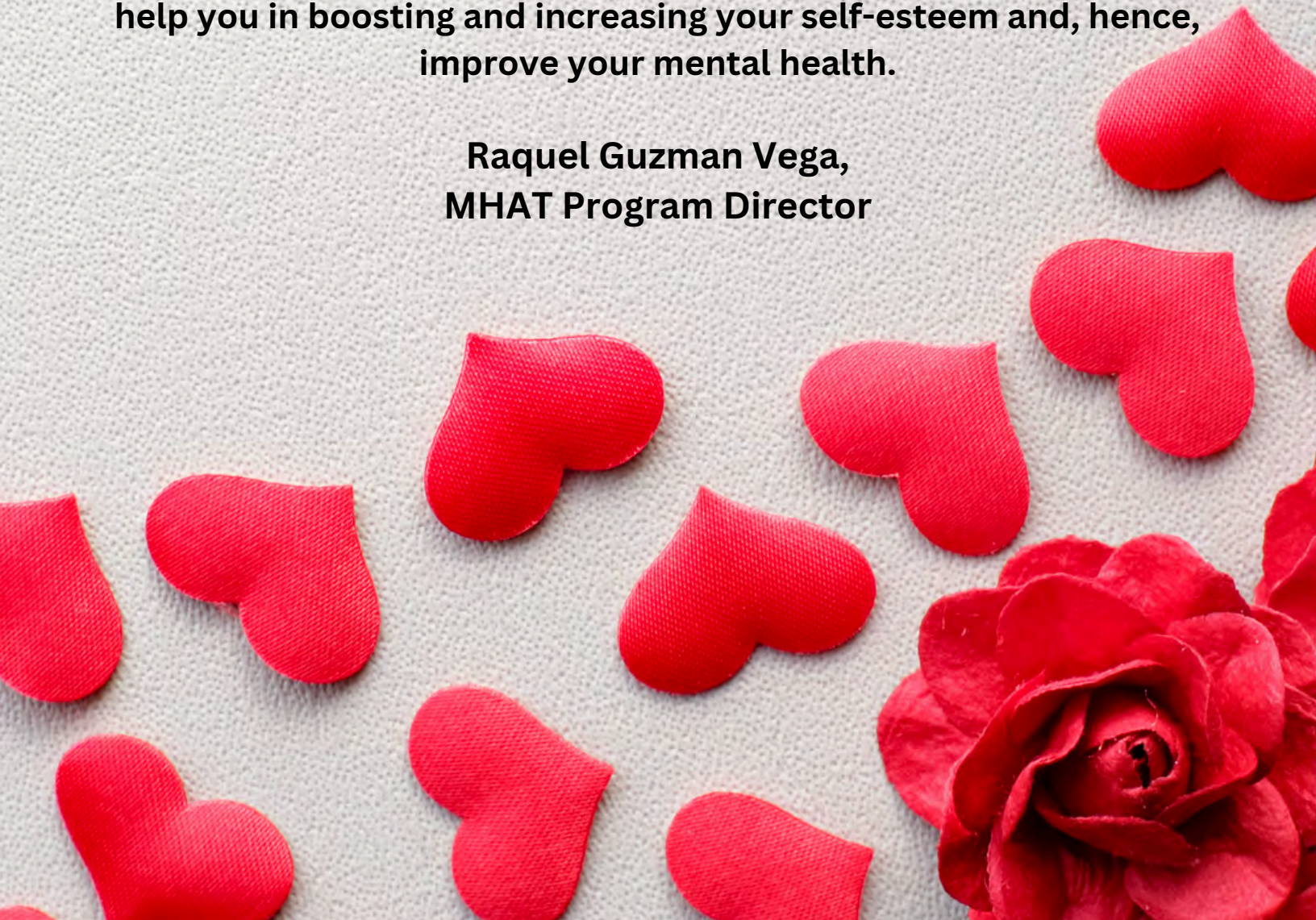
[National Alliance for Eating Disorders Helpline](https://www.nationaleatingdisorders.org/helpline): 1 (866) 662-1235  
Monday-Friday, 9am-7pm ET

[Diabulimia Helpline](https://www.diabulimia.com/helpline): 1 (425) 985-3635

# PROGRAM DIRECTOR'S CORNER

As we celebrate International Boost Self-Esteem Month, I wanted to take a moment to talk about the vital connection between self-esteem and mental health. Self-esteem is how we perceive our own worth and value as individuals. It influences our thoughts, feelings, and behaviors, crucial to our overall mental well-being. When we have healthy self-esteem, we are more likely to face challenges with resilience, build positive relationships, and confidently pursue our goals. However, low self-esteem can lead to feelings of inadequacy, self-doubt, and increased vulnerability to anxiety and depression. Recognizing these patterns and taking proactive steps to nurture our self-worth is essential. I hope that the tips we shared in this newsletter help you in boosting and increasing your self-esteem and, hence, improve your mental health.

**Raquel Guzman Vega,  
MHAT Program Director**



# STAY CONNECTED

**Sign up to NLBHA Juntos  
Network**

**Register Here**

**<https://nlbha.org/juntos/>**

**For Questions or Comments, please reach out!**

**[mhat@nlbha.org](mailto:mhat@nlbha.org)  
Click the link to visit us**

