

# MENTAL HEALTH AWARENESS TRAINING

Newsletter: Quarter 2 / Issue 2 / May 2026



## OUR MISSION

The National Latino Behavioral Health Association (NLBHA) was established to fill a need for a unified national voice for Latino populations in behavioral health.

NLBHA's Mental Health Awareness Training (MHAT) Program plays a crucial role in promoting mental health education, reducing stigma, and connecting individuals to vital resources.

MHAT prepares individuals and communities to safely and appropriately respond to persons experiencing mental health challenges.

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.



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## QUOTE "DICHO" OF THE QUARTER

**SPA** – "Si te caes siete veces, levántate ocho."

**ENG** – "If you fall seven times, get up eight."

**Our interpretation:** This proverb shows that setbacks are part of life, and mental health recovery means continuing despite challenges. It highlights resilience as a skill built over time, encouraging persistence and self-compassion throughout healing and growth.

## A Reflection from Our Director

May is recognized nationally as **Mental Health Awareness Month**—a time to elevate the importance of mental well-being, reduce stigma, and strengthen access to care in our communities. At NLBHA, this month serves as a powerful reminder of the work we do year-round to ensure that culturally responsive, community-centered behavioral health resources are accessible to those who need them most.

Through our **Mental Health Awareness Training (MHAT)** program, we continue to provide free, SAMHSA-supported trainings that equip individuals, first responders, and community members with the knowledge and skills to recognize and respond to mental health challenges. Our work extends beyond training through initiatives such as **Career Pathways**, which supports workforce development, and **Circles of Care**, which creates safe, culturally grounded spaces for healing, dialogue, and connection.

In Northern New Mexico, our **Connecting Our Voices** coalition and **Strategic Prevention Framework (SPF)** programming have made a meaningful impact over the past five years through federally funded efforts. By implementing the **Families Moving Forward** curriculum in local schools, we have worked alongside educators and communities to support youth through school-based prevention initiatives that strengthen resilience, promote mental wellness, and create supportive environments where young people can thrive.

As we honor this month, we also recognize the strength within our communities. Healing is rooted in connection, culture, and shared understanding—and through our collective work, we continue to move forward with purpose and hope. We invite you to visit our MHAT website to learn more about our trainings and to join us at our upcoming **National Latino Behavioral Health Conference** this September in Albuquerque.

~ **Dr. Susie Villalobos**, Senior Director, MHAT, NLBHA



**Dr. Susie Villalobos**  
May MHAT Newsletter, 2026



# PROGRAM HIGHLIGHT

## *Circles of Care*



**Silvia Romero**

MSW Intern, NLBHA

Participating in **Circles of Care** has been one of the most meaningful parts of my journey with NLBHA. As a facilitator, I have witnessed the power of creating safe, culturally grounded spaces where individuals feel seen, heard, and connected. Through shared dialogue, participants begin to recognize their strengths, build meaningful connections, and feel less alone. This work is strengthened by the parallel process within NLBHA, where collaboration, learning, and support are modeled across teams. It is truly an honor to work alongside such dedicated and inspiring staff, and through this internship, I have built meaningful and lasting relationships that I look forward to continuing through future collaborations.

This work aligns closely with my role as a Home Visiting Program Manager with **Las Cumbres Community Services**. As an agency, Las Cumbres serves families across five counties in New Mexico through a wide range of programs. Within home visiting, we focus on early intervention, nurturing relationships, and strengthening family well-being. Circles of Care extends these values into the broader community and rural areas, creating spaces for healing and connection.

Through NLBHA, I have also had the opportunity to work directly with youth, expanding my perspective on supporting mental health across the lifespan. As an MSW intern and **JTR Scholarship** recipient, I am deeply grateful for this opportunity, which continues to shape my commitment to culturally responsive, community-centered care.



 [/COVNLBHA](https://www.facebook.com/COVNLBHA)

# PARTNERSHIP IN ACTION

## MOORE Equity in Mental Health Youth Summit



The **American Psychiatric Association** partnered with **NLBHA** to host this year's MOORE Equity in Mental Health **Youth Summit** at the National Hispanic Cultural Center in Albuquerque. The event brought together young people from across Northern New Mexico for a day focused on mental health, culture, and community. The event created a supportive space where youth could openly discuss challenges like stress, identity, and emotional well-being while connecting with peers and trusted mentors.

*I enjoyed listening to the presenters' thoughts on the importance of mental healthcare and their visions for the future.*

~ Youth Participant

Throughout the Youth Summit, participants engaged in interactive workshops, group discussions, and wellness activities designed to promote self-expression and reduce stigma around mental health. Organizers emphasized culturally relevant approaches, incorporating elements of Hispanic and Latino traditions that center family, community connection, and holistic healing. This helped foster a strong sense of belonging and cultural pride among attendees.

The summit also provided youth with access to local resources and tools they can use beyond the event, encouraging ongoing conversations about mental health within their families and communities. By centering cultural identity and shared experiences, the Youth Summit had a meaningful impact—empowering young people to prioritize their well-being while feeling seen, supported, and connected.



**NLBHA and APA Staff**  
Youth Summit, April 2026

# UPCOMING TRAININGS & EVENTS



## 2026 National Latino Behavioral Health Conference

**When:**

September 9-11, 2026

**Where:**

Albuquerque, NM

**Keynote Speaker Highlight:**

Dolores Huerta, Co-Founder  
National Farm Workers Association



**Early Bird Registration**

**Ends May 31st!**

See special rates



### **Rooted in Community, Guided by Learning.**

*See our upcoming trainings and reserve your spot!*

May 29, 2026 9AM-1:00PM MDT	Verbal Intervention (Crisis Prevention Institute) <b><u>Register Here</u></b>
June 11, 2026 9AM-10:30AM MDT	Trauma-Informed Care: Foundations for Practice <b><u>Register Here</u></b>
June 26, 2026 9AM-10:30AM MDT	Trauma-Informed Care: Advanced Methods in Practice <b><u>Register Here</u></b>
July 9, 2026 9AM-10:30AM MDT	Breaking the Stigma - En Español <b><u>Register Here</u></b>
July 23, 2026 9AM-10:30AM MDT	Understanding ACE's & Building Resilience <b><u>Register Here</u></b>
August 6, 2026 9AM-10:30AM MDT	Talk Saves Lives – En Español <b><u>Register Here</u></b>

## MHAT Contact Information

### Susie Villalobos, Ed.D, M.Ed., CCTS-I

Senior Director, NLBHA  
Training/Technical Assistance &  
Professional Development  
[Susiev@nlbha.org](mailto:Susiev@nlbha.org)

### Elizabeth Rodriguez Diaz, BA

Project Coordinator, NLBHA  
[Elizabeth@nlbha.org](mailto:Elizabeth@nlbha.org)

### AC Butman, MCPC

MSW Intern, NLBHA  
Chamberlain University  
[AC@nlbha.org](mailto:AC@nlbha.org)

 [nlbha.org](http://nlbha.org)

 [MHAT Program](#)

 [/MHATNLBHA](#)

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## SAMHSA Resources

### 988 Suicide & Crisis Lifeline

- Text, Call, or Chat [988lifeline.org](http://988lifeline.org)
- Available 24/7
- Disaster Distress Support
- 200+ local crisis contact centers at [FindTreatment.gov](http://FindTreatment.gov)

### 988 en Español

- Texto “AYUDA” a 988
- Llamar al 988, pulsar 2
- Chat en [linea988.org](http://linea988.org)

### SAMHSA’s National Helpline:

1-800-622-HELP (4357)

 [samhsa.gov](http://samhsa.gov)

 [Helpline Resources](#)

 [/SAMHSA](#)

 [/SAMHSAGOV](#)

 [/SAMHSA](#)



**2026** **REGISTRATION** *OPEN*  
**National Latino Behavioral Health Conference**  
September 9-11, 2026 | Albuquerque, NM



**25 YEAR ANNIVERSARY**  
National Latino Behavioral Health Association **NLBHA**

[WWW.NLBHA.ORG](http://WWW.NLBHA.ORG)