



National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Cumbre de Promotoras: Embajadoras del bienestar físico y emocional



CUMBRE DE PROMOTORAS

Embajadoras del Bienestar Fisico y Emocional

Karina D. Aguilar, DrPH
Assistant Regional Administrator, Region II
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services



SAMHSA
Substance Abuse and Mental Health
Services Administration

USPHS Commissioned Corps

- Los Commissioned Corps - U.S. Public Health Service es un equipo de mas de 6,500 profesionales de salud que trabajan a tiempo complete y estan muy bien entrenados y dedicados a la promocion de salud publica y prevencion de enfermedades en el pais y avanzar la ciencia de salud publica.
- Como uno de los ocho servicios uniformados, los Commissioned Corps llenan un rol de liderazgo y de servicio ante programs esenciales de salud publica dentro del Gobierno Federal en sus agencias y programas.
- Los oficiales sirven a su pais en comunidades donde hay mas necesidad de servicios de salud y a poblaciones desatendidas y vulnerables y responden a desastres naturales y desastres provocados por el hombre.



www.usphs.gov

Mes Nacional de la Herencia Hispana

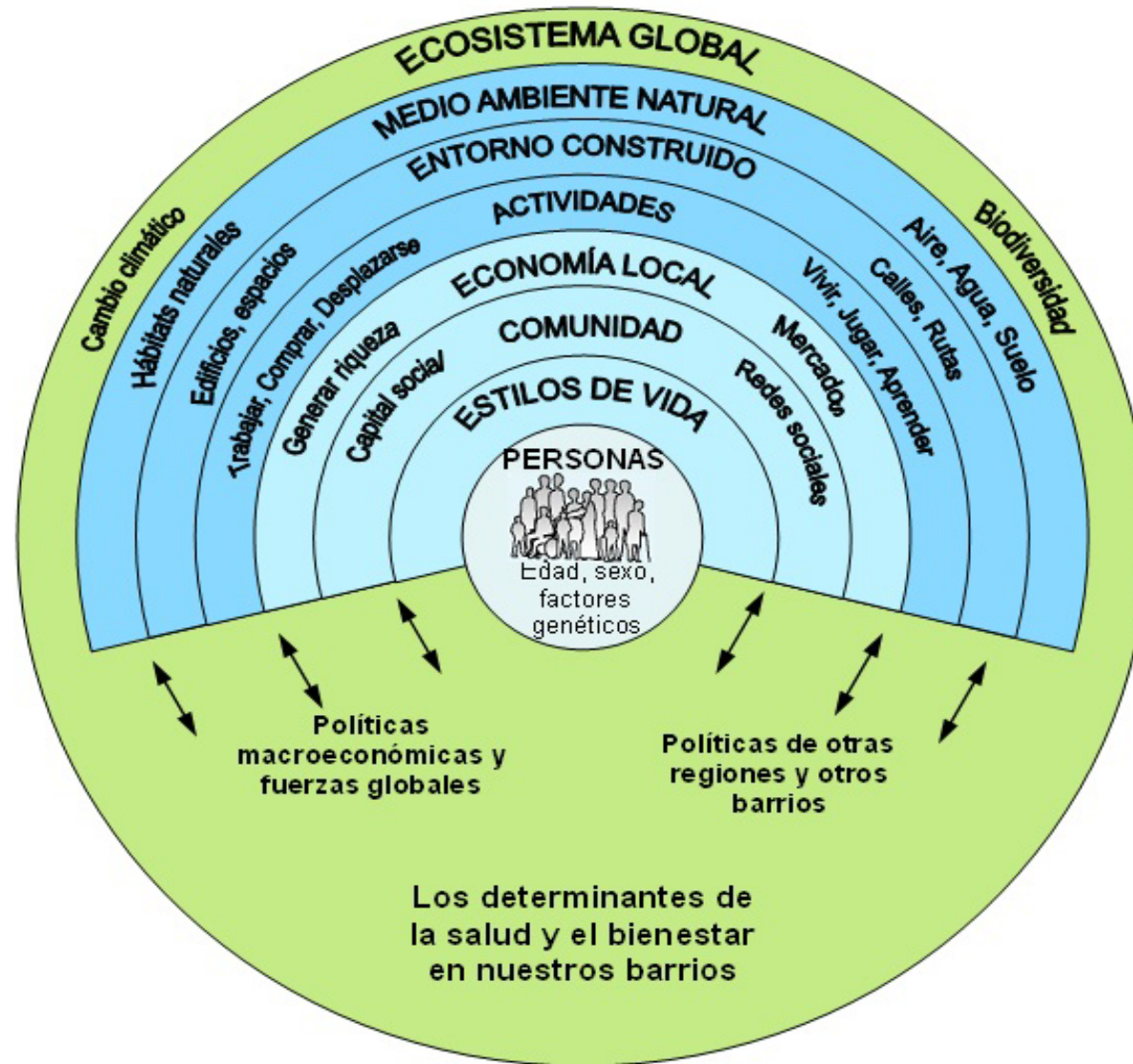
HISPANIC HERITAGE MONTH 2022

INCLUSIVITY FOR A STRONGER NATION

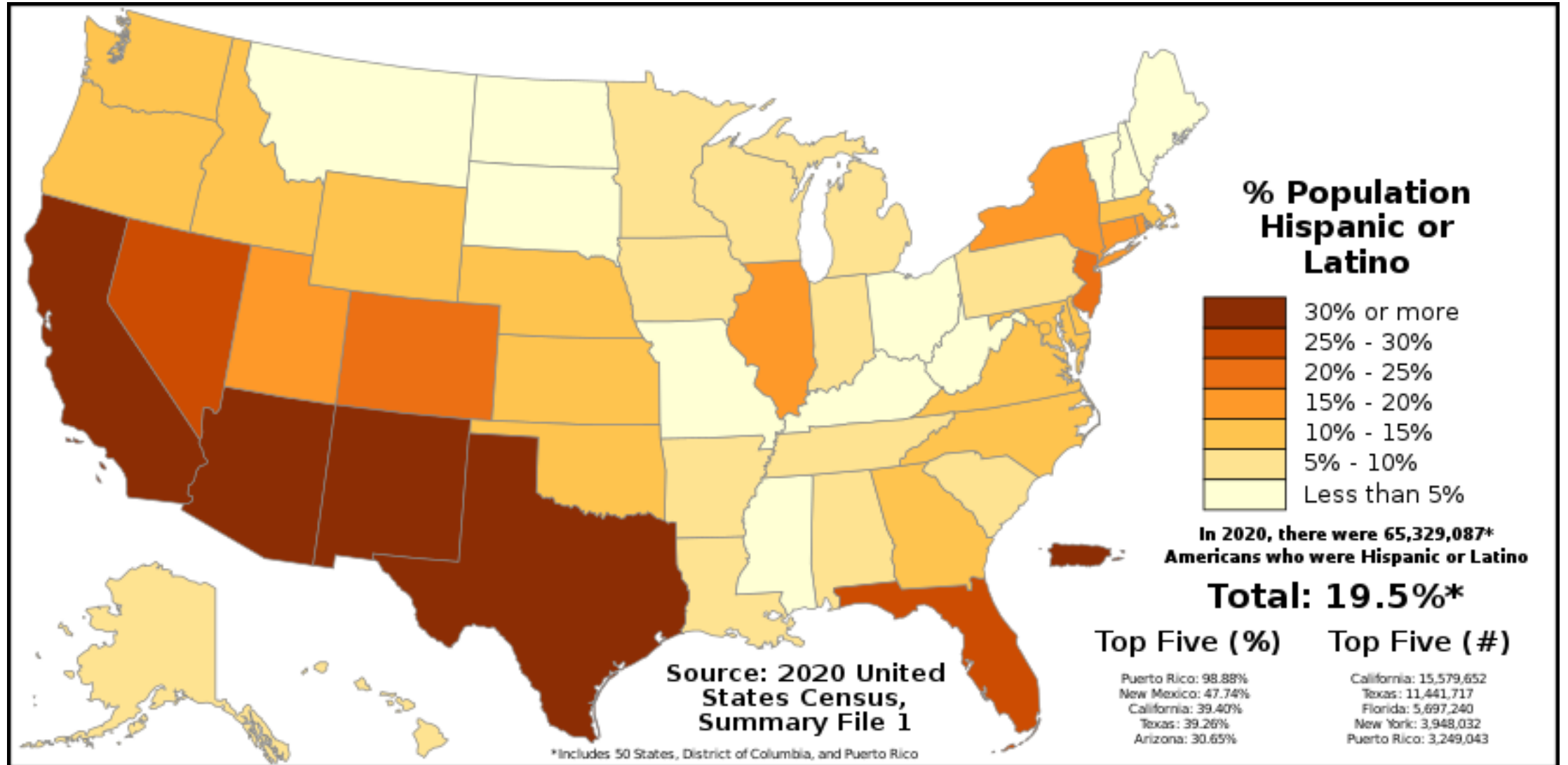


UNIDOS

Los Determinantes Sociales de la Salud



Poblacion de Hispanos en EEUU



Cumbre de Promotoras




Cumbre de Promotoras: Embajadoras del bienestar físico y emocional




Campañas y Ayuda Técnica




Region VIII: Denver
CO, MT, ND, SD, UT, WY
Charles Smith, PhD
303-844-7873
Charles.Smith@samhsa.hhs.gov
ARA: Traci.Pole@samhsa.hhs.gov




Region VII: Kansas City
IA, KS, NE, MO
Kimberly Nelson, MPA, LAC
816-426-5291
Kimberly.Nelson@samhsa.hhs.gov
ARA: Kimberly.Reynolds@samhsa.hhs.gov



Region V: Chicago
IL, IN, MI, MN, OH, WI
CAPT Jeffrey A. Coady, PsyD
312-353-1250
Jeffrey.Coady@samhsa.hhs.gov
ARA: Nadia.Al-Amin@samhsa.hhs.gov



Region I: Boston
ME, RI, NH, MA, VT, CT
Tom Coderre (617) 565-1482
ARA:
Taylor.BryanTurner@samhsa.hhs.gov




Region X: Seattle
AK, ID, OR, WA
David Dickinson, MA
206-615-3893
David.Dickinson@samhsa.hhs.gov
ARA: Lois.Gillmore@samhsa.hhs.gov



Region II: New York
NJ, NY, PR, VI
Dennis O. Romero, MA
212-264-8097
Dennis.Romero@samhsa.hhs.gov
ARA: Karina.Aguilar@samhsa.hhs.gov



Region IX: San Francisco
AZ, CA, HI, GU, NV, AS, CNMI, FSM, MH, PW
CAPT Emily Williams, LCSW
415-437-7600
Emily.Williams@samhsa.hhs.gov
ARA: Hal.Zawacki@samhsa.hhs.gov



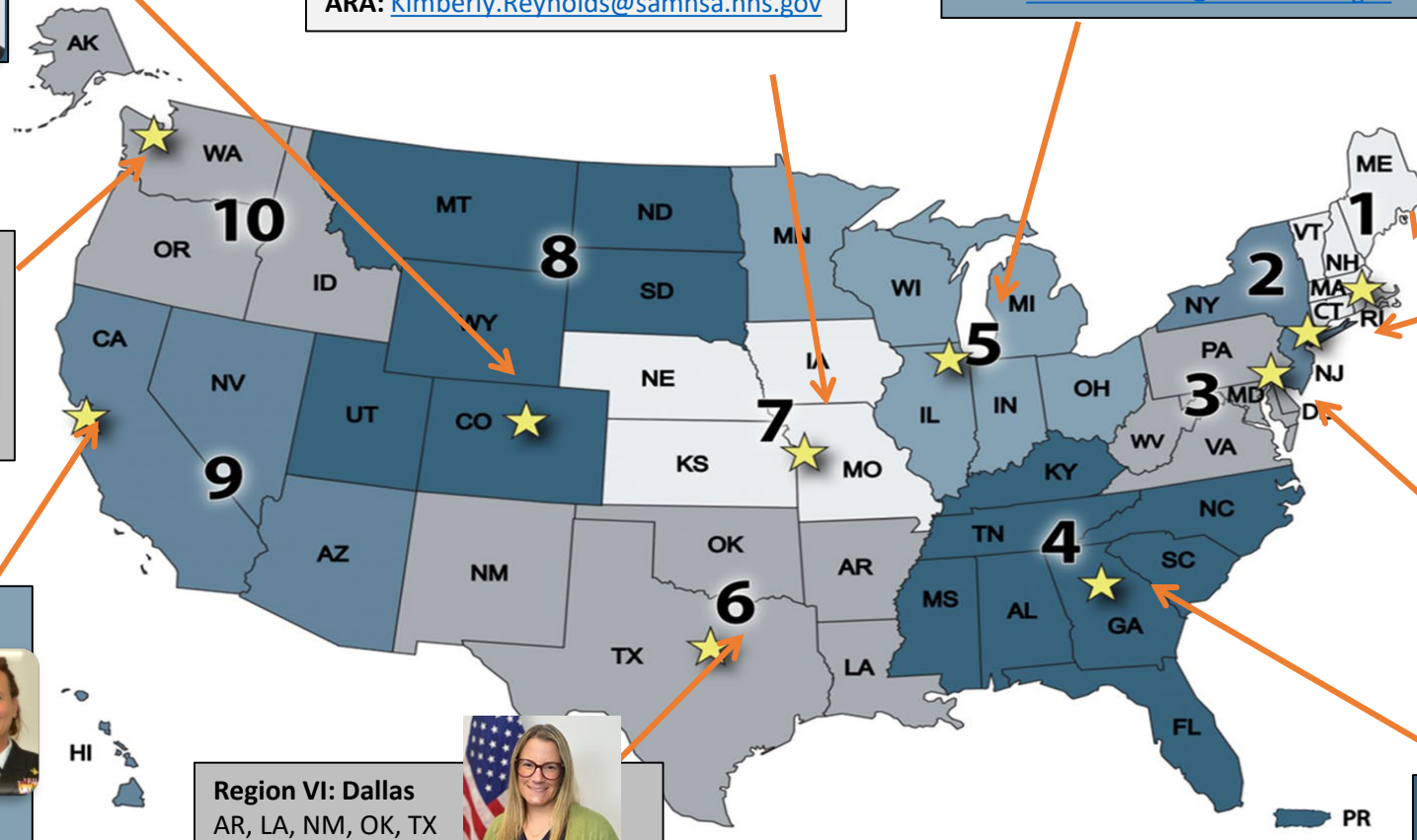
Region III: Philadelphia
DE, DC, MD, PA, VA, WV
Jean Bennett, PhD
215-861-4377
Jean.Bennett@samhsa.hhs.gov
ARA: Jeanne.Tuono@samhsa.hhs.gov



Region VI: Dallas
AR, LA, NM, OK, TX
Kristie Brooks, MS
ARA: Traci.Murray@samhsa.hhs.gov



Region IV: Atlanta
AL, GA, KY, MS, NC, SC, TN
Dr. Mel King, PhD, MSW
404-252-2525
Mel.King@samhsa.hhs.gov
ARA: Anthony.Volrath@samhsa.hhs.gov



<https://store.samhsa.gov/>



Feeling stressed or anxious about the COVID-19 pandemic?
Use these tips to reduce your stress and anxiety:

- Limit your news coverage if it causes you more stress than help.
- Focus on positive news or pay for the payoffs.
- Keep daily routines, such as exercising, eating healthy meals, or trying relaxation techniques such as yoga.
- Take your own symptoms seriously, but don't panic. If you feel it help.
- Connect with other survivors, including those who are recovering.
- Take time to relax and get good sleep. Consider taking a break from your phone.

SAMHSA TAKING CARE OF YOUR BEHAVIORAL HEALTH

Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

Tips for Disaster Responders: Managing and Reducing Stress

Coping With Stress During Infectious Disease Outbreaks

What to Expect: Typical Reactions

What to Expect: Typical Reactions

It is normal to feel a range of emotions when you are exposed to an infectious disease outbreak. You may feel nervous, sad, or angry. You may also feel a sense of helplessness or fear. These feelings are normal and can be managed with the right support and resources.

Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress

Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress

Are you working to help people affected by the COVID-19 pandemic?

Use these principles of Psychological First Aid (PFA) when working with survivors:

- Engaged to help and make contact is a priority. Approach and help if you can.
- Let people talk to you about their needs.
- Use whatever resources are available to help.
- Identify immediate needs and concerns.
- Connect people to their own and others' strengths.
- Provide information that is clear and accurate.
- Use people's own words and ideas.
- Use people's own words and ideas.

Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress

Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress

Tips for Managing Stress During the COVID-19 Pandemic:

- Take time away from media reports to focus on things in your life that are going well and that you can control.
- Talk to family and friends. You can still stay connected while social distancing.
- Pay attention to your body. Recognize the warning signs of stress, and take time to relax your spirit through meditation, or helping others in need.

ADDITIONAL RESOURCES

at Disaster Helpline
800-985-5890
for more information, visit
800-273-TALK (1-800-273-8255)

SAMHSA
U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES
1-877-SAMHSA-7 (1-877-726-4727)
www.samhsa.gov | <https://store.samhsa.gov>
PDF23-01-01-013

UNDERSTANDING ANXIETY DISORDERS
Complex: for the State

What is an anxiety disorder? It is a mental health condition that causes excessive and persistent worry or fear about everyday situations. It can affect anyone, but it is more common in women than in men. Anxiety disorders are the most common mental health conditions in the United States.

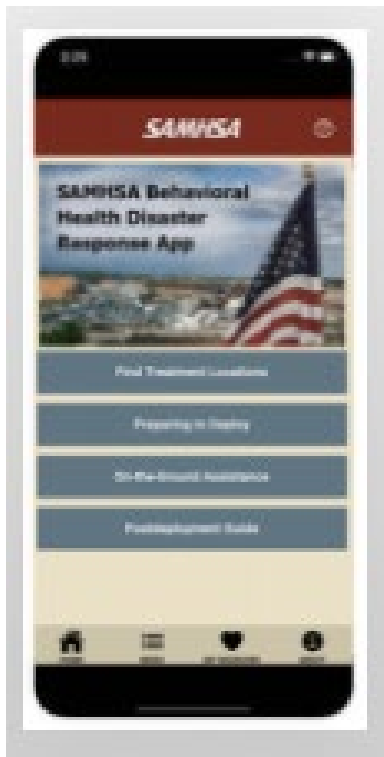
What are the symptoms of an anxiety disorder? Symptoms include feeling nervous, restless, or tense; having a sense of impending danger, panic, or doom; having trouble concentrating; having irritability; having trouble sleeping; having trouble controlling worry; and having physical symptoms such as a racing heart, sweating, or shortness of breath.

What causes anxiety disorders? Anxiety disorders can be caused by a number of factors, including genetics, brain chemistry, and environmental factors. Trauma and stress can also contribute to the development of an anxiety disorder.

How are anxiety disorders treated? Anxiety disorders are typically treated with a combination of medication and therapy. Cognitive behavioral therapy (CBT) is a type of therapy that has been shown to be effective in treating anxiety disorders. Other types of therapy, such as exposure therapy and relaxation techniques, can also be helpful.

What can I do to manage my anxiety? There are many things you can do to manage your anxiety, including practicing relaxation techniques, staying active, and getting enough sleep. It is also important to talk to your doctor about your symptoms and to seek professional help if you are having trouble managing your anxiety.

DISASTER BEHAVIORAL HEALTH INFORMATION SERIES (DBHIS) RESOURCE COLLECTIONS



Gracias

Karina D. Aguilar
Assistant Regional Administrator
DHHS Region II
Karina.aguilar@samhsa.hhs.gov

Salud Mental es Esencial para la Salud
La Prevencion Funciona
Tratamiento es Efectivo
Las Personas se Pueden Recuperar