



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



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

CULTURE IS PREVENTION

Practicing one's culture promotes well-being. In this series, we explore how Latinx and Native people use cultural elements such as community pride, family, spirituality, and resiliency to live safe, happy, and healthy lives.

The National Hispanic & Latino and American Indian & Alaska Native Centers are part of the larger Mental Health Technology Transfer Network. This SAMHSA-funded network consists of ten regional centers, and our two population-focused centers. As national centers, we provide no-cost services to those that serve our two populations such as:

- Technical assistance and high-quality training to improve the capacity of mental health providers and specialists.
- Development and dissemination of educational materials and resources such as needs assessments, factsheets, and booklets.
- Webinars, virtual trainings, online learning communities, and in-person events.



hispaniclatino@mhttcnetwork.org
mhttcnetwork.org/hispaniclatino



native@mhttcnetwork.org
mhttcnetwork.org/native

CULTURE IS PREVENTION

COMMUNITY PRIDE



National Hispanic & Latino

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



hispaniclatino@mhttcnetwork.org
mhttcnetwork.org/hispaniclatino

Expressing ethnic pride encourages the development of emotional connections and enables a beneficial mutual interaction between community and individual.

- **Develops a relational sense of community with others who share the same identity, values, and experiences.**
- **Incorporates family and cultural celebrations like *Quinceañera* or *Día de Reyes*.**
- **Increases sense of well-being, life satisfaction, and quality of life.**

CULTURE IS PREVENTION

COMMUNITY PRIDE



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



native@mhttcnetwork.org
mhttcnetwork.org/native

Native communities are diverse. There are 573 federally recognized tribes, federally unrecognized tribes, state recognized tribes, urban and rural communities.

- **Naming one's own tribal affiliation during introductions demonstrates a connection to one's community and people.**
- **Learning one's own tribal language and traditions is demonstrating community pride.**
- **Participating in Native community public events is a way to show support and solidarity.**



National Hispanic & Latino

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



hispaniclatino@mhttcnetwork.org
mhttcnetwork.org/hispaniclatino

Family includes nuclear and extended family, neighbors, and friends.

- **Provides a sense of belonging, safety, security, and obligation.**
- **Strengthens the values of mutuality, reciprocity, feelings of shared responsibilities, solidarity, and interdependence between family members.**
- **Promotes positive health outcomes when incorporated into treatment.**

CULTURE IS PREVENTION

FAMILY



National American Indian & Alaskan Native

MHTTC

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



native@mhttcnetwork.org
mhttcnetwork.org/native

Participating in ceremonies, celebrations, and family gatherings can strengthen connections. For Native people:

- **Elders are important because they have wisdom and experience. Children are sacred because they are our future.**
- **Women are respected leaders because of their strength and ability to give life.**
- **Family can include more than just blood-relatives: In-laws, people of the same clan, distant relations, others in the community, adopted members.**

CULTURE IS PREVENTION

SPIRITUALITY



National Hispanic & Latino

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



hispaniclatino@mhttcnetwork.org
mhttcnetwork.org/hispaniclatino

Believing in a higher power and spiritual practices like prayer contribute to improve mental health.

- **Plays a vital role in individuals' lives, thoughts, and behaviors.**
- **Serves as a significant source of strength that promotes health, wellness, and resiliency to overcome adversity.**
- **Reduces depression and acculturative stress, and is associated with psychological well-being.**

CULTURE IS PREVENTION

SPIRITUALITY



native@mhttcnetwork.org
mhttcnetwork.org/native

Engaging in spiritual practices can buffer life challenges and stress. We do this by:

- **Respectfully acknowledging the Creator, ancestors, Mother Earth, the environment, and all living beings helps to remain connected to a higher power.**
- **Walking a “good path” to stay in balance is foundational across many Native communities.**
- **Strengthening oneself to benefit the community, allowing you to be able (and ready) to be present for others and all of creation.**

CULTURE IS PREVENTION

RESILIENCY



Cultural traditions and spirituality serve to enhance self-esteem and perseverance and increase resiliency.

- **Develops self-regulation skills such as determination, commitment, and willingness to overcome obstacles.**
- **Acknowledges cultural identity, which provides a deep sense of pride among youths and reduces the risk of maladaptive emotions.**
- **Involves the development of positive relationships with family and community.**



hispaniclatino@mhttcnetwork.org
mhttcnetwork.org/hispaniclatino

CULTURE IS PREVENTION

RESILIENCY



Native people are resilient. Traditional beliefs and holistic practices have sustained Native people throughout time. These include:

- **Loving the Creator, oneself, and one's community.**
- **Advocating for our young, supporting our elders.**
- **Remembering the strength and will of our ancestors during challenging times.**



native@mhttcnetwork.org
mhttcnetwork.org/native