

Get to know the Zoom Webinar interface

Please Note:

- All attendees are muted
- This webinar will be recorded

The screenshot shows a Zoom Webinar window with a dark header bar. At the top left, it says "Zoom Webinar" and "You are viewing David Terry's screen". A "View Options" dropdown is on the right. Below the header, the main content area displays the TTC logo and a "Thank you for joining us today!" message. A "Question and Answer" window is open in the center, showing a test question and a text input field. A "Zoom Webinar Chat" window is open on the right, showing a "To: All panelists" field and a text input area. The bottom toolbar contains icons for "Audio Settings", "Chat", "Raise Hand", "Q&A", and "Leave".

Callouts and Explanations:

- Click here to maximize your session view**: Points to the "Enter Full Screen" button in the top right of the Zoom window.
- You can use the Q&A feature to ask questions of the host and presenters...**: Points to the "Question and Answer" window, explaining that users can ask questions and receive responses.
- You can switch between questions you've asked and those asked by others using these buttons.**: Points to the "All questions (1)" and "My questions (1)" tabs in the Q&A window.
- The chat feature will allow you to talk with other people in today's webinar.**: Points to the "Zoom Webinar Chat" window.
- The To field will tell you who will receive your message. Be mindful of who you are chatting to.**: Points to the "To: All panelists" field in the chat window.
- Click Here to adjust your audio settings**: Points to the "Audio Settings" icon in the bottom toolbar.
- Click here to leave the session**: Points to the "Leave" button in the bottom toolbar.





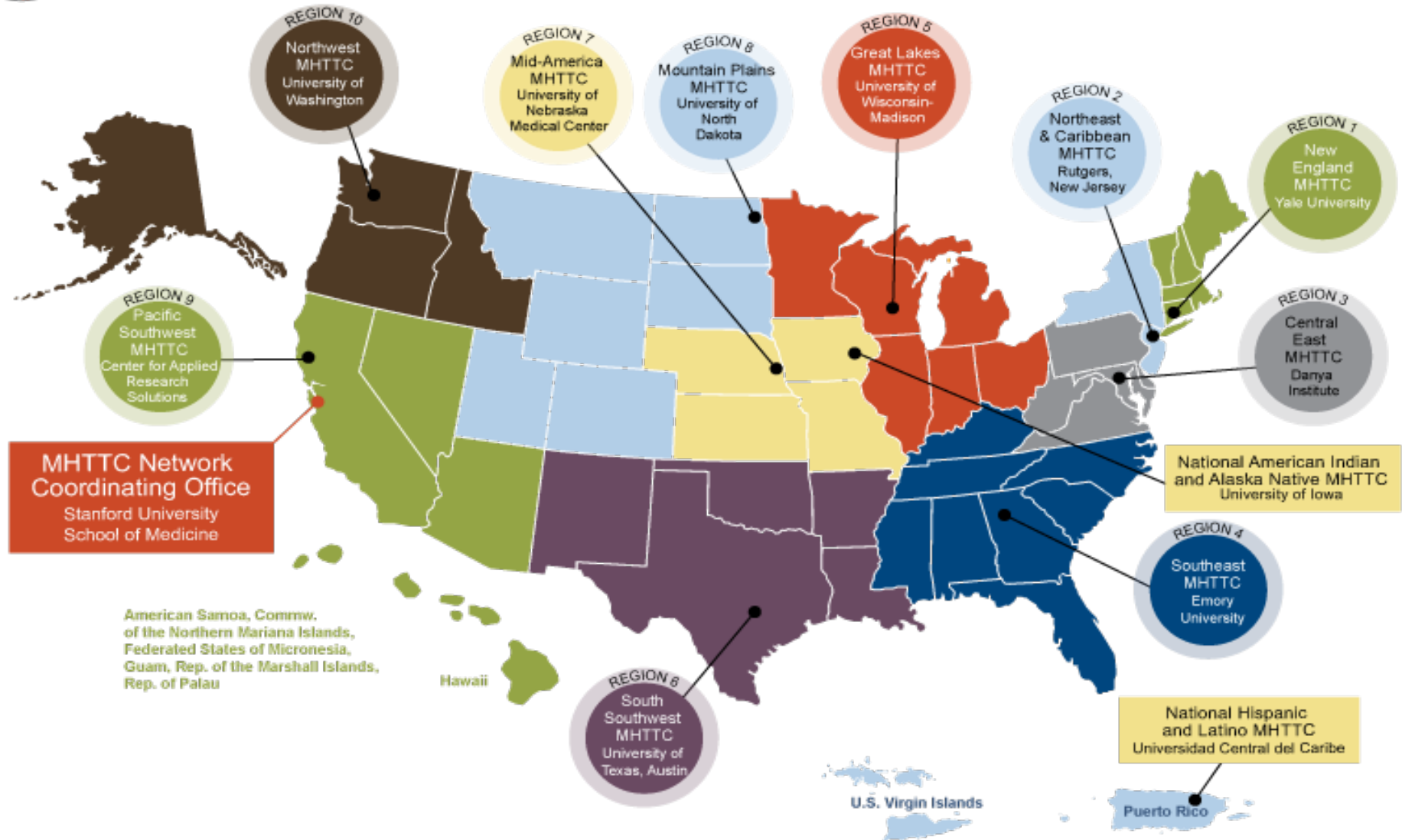
Decolonizing Self - Care practices for the Hispanic / Latinx Community



MHTTC

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

MHTTC Network





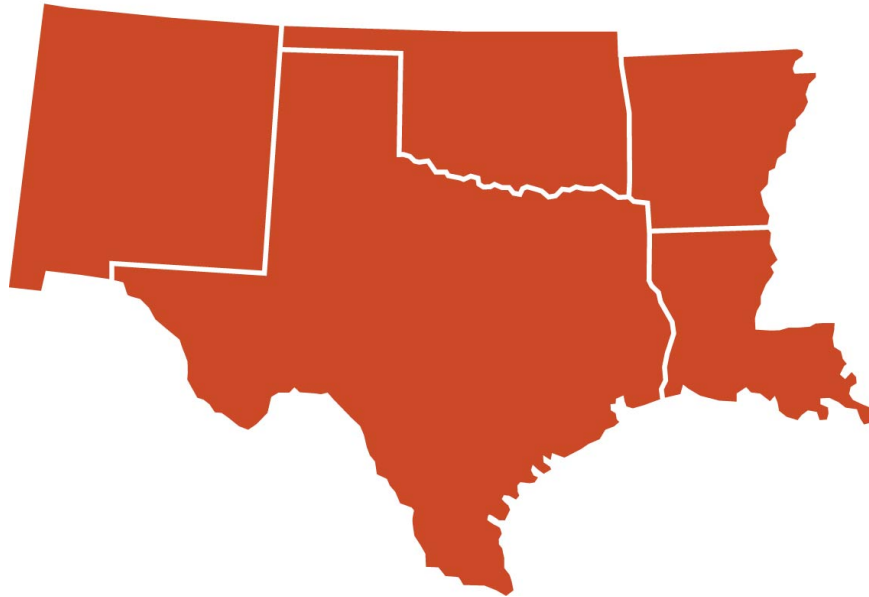
South Southwest (HHS Region 6)

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The University of Texas at Austin
**Texas Institute for Excellence
in Mental Health**
School of Social Work



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At the time of this presentation, Miriam Delphin-Rittmon, Ph.D. served as Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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HOUSEKEEPING ITEMS

- We have made every attempt to make today's presentation secure. If we need to end the presentation unexpectedly, we will follow-up using your registration information.
- All attendees are muted and cannot share video.
- Have a question for the presenter? Use the Q&A.
- Have a comment or link for all attendees? Use the Chat.
- This event is closed captioned!
- A certificate of attendance with 1 CEU will be emailed to you by the end of the day. Attendees are responsible for checking with their licensing or credentialing board to ensure acceptance of the CEUs issued.
- At the end of this session you will be redirected to a brief survey to complete.
- The recording and slides will be posted on our website a few days after the event.
- Follow us on social media! @SSWMHTTC



PRESENTER



Ari Acosta (she/ella) Psy. & MSc. WGS.

Behavioral Health Equity Specialist @ Texas Institute for Excellence in Mental Health / South Southwest MHTTC

Ari is a Mental Health, Gender & Equity Specialist. Her current work involves providing technical assistance and trainings around Cultural Humility and Mental Health, application of the CLAS Standards; and Diversity, Equity & Inclusion to behavioral health agencies in Texas. She has two masters, one in Sexuality Counseling and another one in Women and Gender Studies, plus eight years of experience as an Assistant Professor, Clinical Psychologist and human rights specialist in Venezuela, where she's originally from.

Ari reached her 10 years of experience in the Mental Health field adding intersectional lenses to her work, while bringing her lived experience as an (im)migrant, cis-gender latina woman in the US.





Decolonizing Self - Care practices for the Hispanic / Latinx Community



Land Acknowledgment

I'm standing in the traditional land of the tribes Alabama-Coushatta, Caddo, Carrizo/Comecrudo, Coahuiltecan, Comanche, Kickapoo, Lipan Apache, Tonkawa and Ysleta Del Sur Pueblo, and all the American Indian and Indigenous Peoples and communities who have been and have become a part of these lands and territories in Texas.

We acknowledge the painful history that has brought us to reside on these lands, and we seek to evaluate the effects on settling colonialism and our participation in that process, searching ways for the healing of intergenerational trauma.

We honor the indigenous caretaker's of these lands and waters before us, the indigenous people's today and the generations to come.

A personal introduction

Cisgender, (Im)migrant, bilingual, venezuelan, Latina, in my early 30s.

Expectations for this presentation

This will be a brief overview of decolonizing self-care practices, but foremost, an invitation to rethink ourselves and our history and reconnect with our culture, our practices and honor our journey of wellness.



An illustration on a warm orange background with a light grid pattern. It features various natural elements: a large green lime with a slice cut out, several green leaves on stems, a piece of cinnamon bark, a large honeycomb structure with a bee on it, and several white daisy-like flowers with orange centers. Three other bees are scattered in the upper right area. A white rectangular box with a thin orange border is centered over the middle of the illustration, containing the text.

What practices do you use to heal a common cold?

**Sana, sana,
colita de rana.**

**Si no sana
hoy, sanará
mañana.**

**Healthy, healthy,
frog's tail.**

**If it doesn't cure
today, it will
cure tomorrow.**



Do these practices work?

Why?

Traditions and healing practices are passing knowledge, care, family/community support and compassion towards vulnerability.

They share a sense of belonging and connection.



Healing has a social, historical and cultural component



Social component

Diversity within the Diversity: 19 countries in Latin America, different sociopolitical stories, cultures, languages, social class distribution. Different generations, US locations, levels of acculturation, terminology.



Historical component

- **Colonialism and Intergenerational Trauma.**
- **Migration, Immigration and Family Separation.**
- **Mistrust, deportation.**
- **Discrimination, violence and microaggressions.**
- **Lack of legal, health, social protection.**



Cultural component

- **Values of family/community, laughter and gatherings.**
- **Respect and importance of elders and their wisdom.**
- **Personalismo and connection with others.**
- **Collectivism.**



Colonization of Self-Care and Wellness means the use of one and only approach that invisibilizes other perspectives. It is a systematic negation of identities and practices that are linked to historically marginalized pueblos and communities.

Decolonizing is about reclaiming, honoring, practicing, healing...



Decolonizing means

- Recognizing the social, historical and cultural components of healing.
- Expanding our view of who we are and where we come from.
- Reconnecting and re-rooting ourselves in our racial/ethnic identity.
- Exploring, honoring and fostering practices that are culturally ours.

A whimsical illustration featuring several large, stylized flowers with bright yellow petals and dark brown stems. The flowers are set against a light green, textured background. Various people are depicted interacting with the flowers in ways that suggest self-care and relaxation. One person is curled up on a flower, another is sitting on a flower holding a small child, a woman and a man are sitting on a flower holding small yellow flowers, a person is sitting on a flower with a book, and two people are sitting on a flower with chairs. In the foreground, a person is watering a flower with a watering can, and another person is watering a flower with a watering can, with water droplets falling. The overall scene conveys a sense of peacefulness and personal well-being.

What is the first thing that comes to mind when you think of self care?



This is what shows up on my search





Why is it important to widen this view?

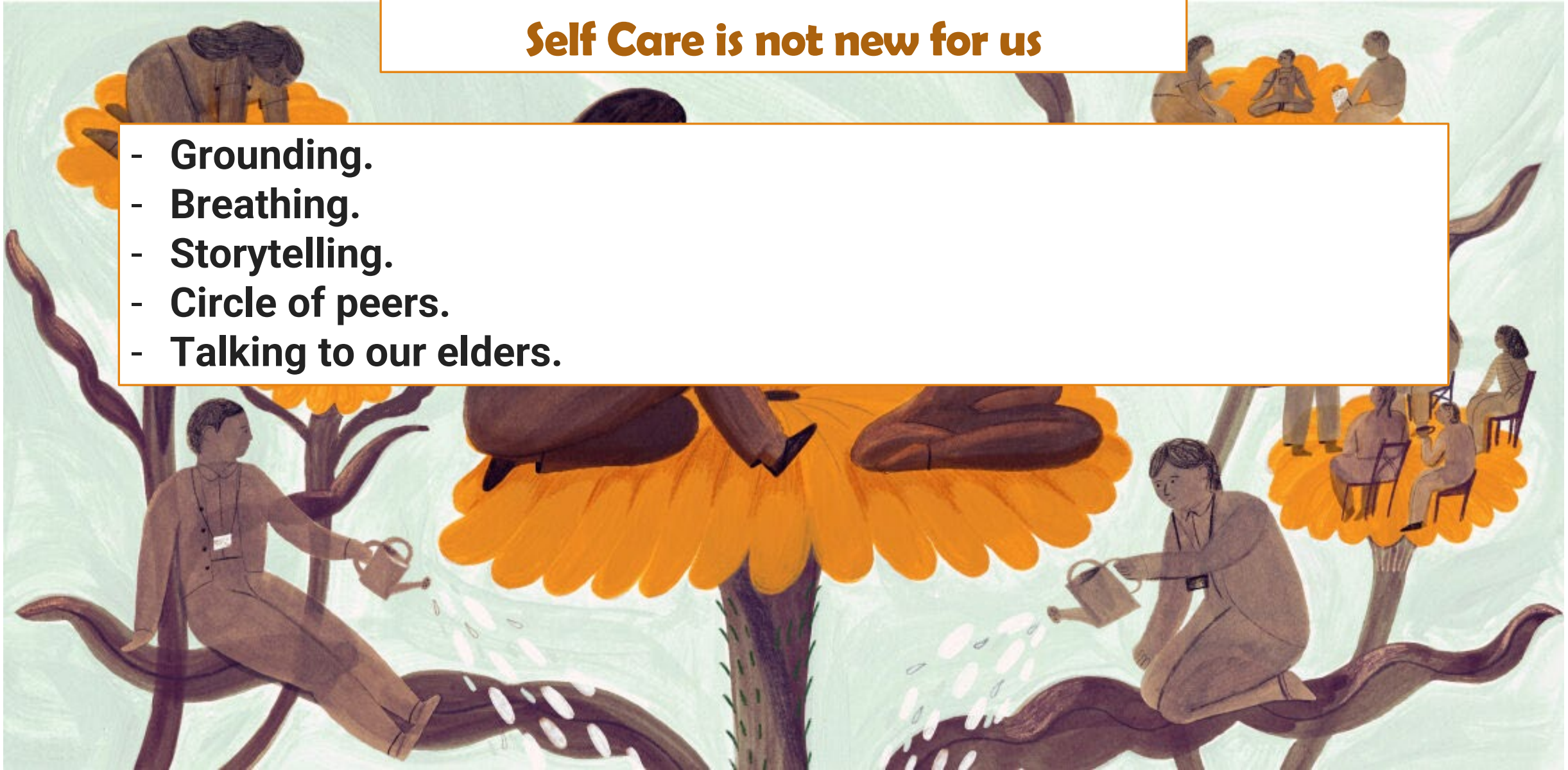
- Many are experiencing poverty, working multiple jobs, or don't have the resources/time to participate in self-care rituals.
- Many are busy caring for others.
- Many don't know what to do and copy other's self-care practices that are not working.
- Many experience anxiety and feelings of guilt *"I should be working/cleaning/spending more time with my kids"* or stir up unresolved feelings related to self-worth *"I don't deserve this or I'm not good enough for this"*



- This **one** idea of self-care has an individualistic perspective, centered in consumption, relatable to a privileged social economic status with cultural values of personal space, privacy, detachment.
- This doesn't respond to the needs of other communities outside of this vision, doesn't provide comfort, release of calm; it exacerbates feelings of loneliness, of not being worthy, not being able/capable to enjoy it and seeing self – care like a luxury.

Self Care is not new for us

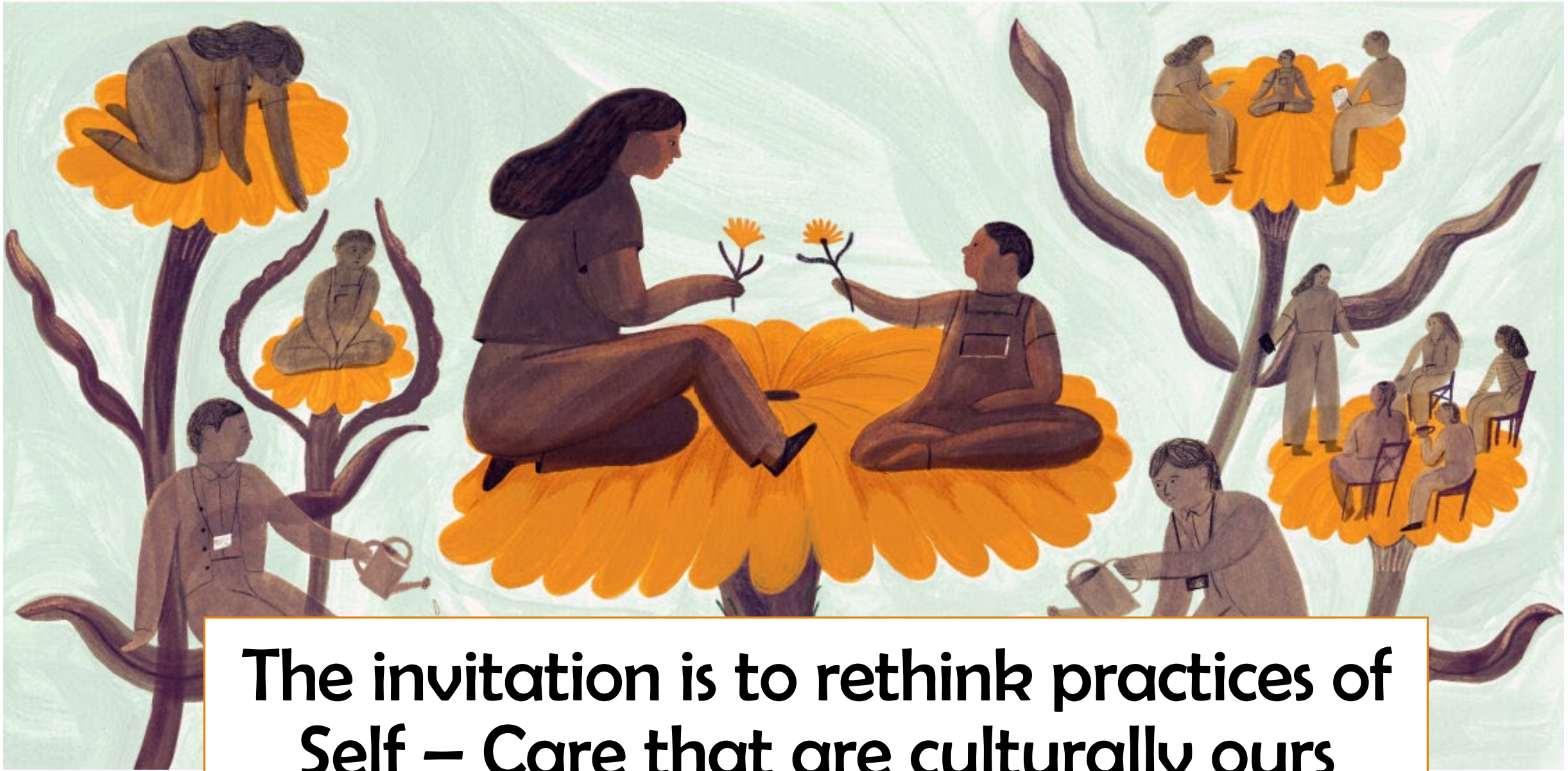
- **Grounding.**
- **Breathing.**
- **Storytelling.**
- **Circle of peers.**
- **Talking to our elders.**



Community Care



“Abuelas are magical”



**The invitation is to rethink practices of
Self – Care that are culturally ours**



Find a place where you feel a sense of belonging

The benefits of having a social and emotional connection and a sense of belonging are supported by research. Social engagement and social support lead to better mental and physical health, as well as individual and community well-being.

Develop a sense of community where you feel supported, seen, accepted.

Where is home?

With whom does it feel like home?

When does it feel like home?



Develop pride about your culture.

Be proud of who you are and of your community, and become fascinated by your culture. Research consistently shows that feeling greater pride in the cultural traditions and accomplishments of one's racial or ethnic group is linked to lower rates of depression and greater wellbeing. Ethnic identity is a self protective factor.

Do you know your family history?

Do you know the stories of different generations in your family?

How does wellness and self care look like in your family?



Know your own history

Many of our cultures embrace storytelling traditions. Scholars across disciplines have documented the curative effects of sharing and listening to stories.

Find a person or people from your community who you trust and with whom you can share your experiences and feelings. There's always individual variations in all groups, what's yours?

What makes me feel emotionally tired or activates in me a trauma response?

What aspects of being Hispanic/Latinx am I most proud of?



Explore your spirituality.

Religion, Spirituality, Connection with nature and land, ancestral wisdom, etc.

How do you feel connected with yourself, with others?

What cultural gifts/values have helped you during rough times?



Cultivate joy

Make time and space to enjoy life and celebrate your culture, traditions, history, and community. Time for joy should be protected.

What cultural values contribute to my happiness?

What aspects of being Hispanic/latinx am I most proud of?



Gracias / Thank you

Ari Acosta. Psy & MSc. WGS. | She/ella | English & Español

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QUESTIONS & ANSWERS

EVALUATION INFORMATION

The South Southwest MHTTC is funded through SAMHSA to provide this conference session.

As part of receiving this funding we are required to submit data related to the quality of this event.

Please take a moment to complete a **brief** survey about this presentation.

