



MHTTCs provide technical assistance across mental health prevention, treatment, and recovery supports. In addition, each Center has an Area of Focus for which they serve as experts, develop national products, and host a webpage. This summary highlights our Area of Focus throughout this grant cycle.

The National Hispanic and Latino MHTTC serves as a key subject matter expert and resource for workforce and community development across the U.S. and its territories to ensure that high-quality, effective mental health treatment and recovery support services, and evidence-based and promising practices are available to help reduce health disparities among Hispanics and Latinos experiencing mental disorders, in particular, those with serious mental illness.

Top 5 topics from Needs Assessment (ranking %):

- Cultural elements (26.5%)
- Traumatic and adverse experiences (24.5%)
- Mental health awareness and promotion (22.2%)
- Trauma-informed care (18.5%)
- Managing substance use (17.2%)
- COVID-19 served as an additional area of focus throughout Y4, given its disproportionate impact on Hispanics, Latinx, and other communities of color.



WHAT WE'VE DONE

The National Hispanic and Latino MHTTC has provided training, technical assistance, symposiums, and learning communities to mental health service providers serving Hispanic and Latino populations:

[Improving the Emotional Well-Being of Latinx Students Throughout the COVID-19 Pandemic: Tips for School Personnel and Caregivers](#)

This factsheet describes the main emotions experienced by Hispanic and Latino children and adolescents and their manifestations during the COVID-19 pandemic. It also provides strategies for managing those emotions in children, adolescents, and caregivers.

[SAMHSA: Using Cuentos to Support the Behavioral Health Needs of Hispanic/Latinos](#)



The National Hispanic and Latino MHTTC contributed to a SAMHSA blog post about *cuentos*, or storytelling, to support the behavioral health needs of Hispanic and Latino populations.

[Book: ¿Quiénes somos y de dónde venimos? A Historical Context to Inform Mental Health Services with Latinx Populations](#)



This book guides mental health providers working with Latinx communities from México, Guatemala, Honduras, and El Salvador. It presents unique and specific experiences of these communities in the country of origin and the US, and their impact on mental health.

WHAT WE'VE DONE (CONTINUED)

Clinical Applications of Cultural Elements for Hispanics and Latinos with Mental Health Disorders

Awareness training aimed to strengthening mental health care providers' abilities in using cultural elements by promoting culturally appropriate formulations when treating Latinx.

Latinos and Suicide: A Clinician's Guide to Prevention and Treatment

Guide intended for mental health professionals and other health providers working with Hispanic or Latino populations.

A Clinician's Guide to First Episode Psychosis for Latinx Youth

Curriculum designed for clinicians across different disciplines who may be in contact with Latinx with FEP in their daily work and providing mental health services.

Behavioral Health and Wellness in Agricultural Communities

Curriculum that describes the types of agricultural workers, particularities of the job, and sociodemographic information.

Latinx LGBTQ+: The Consequences of Intersectionality

Curriculum that discusses the LGBTQ+ Affirmative Model as a recommended approach to working with Latinx LGBTQ+ communities with mental health challenges.

OUTCOMES

MENTAL HEALTH

134 capacity-building events
6,681 participants

DEMOGRAPHICS

80% Females
41% Social Workers

PRODUCTS

110 products

SCHOOL MENTAL HEALTH

99 capacity-building events
4,596 participants

DEMOGRAPHICS

74% Females
35% Social Workers

PRODUCTS

45 products

PARTICIPANT'S FEEDBACK

98% Overall satisfaction
92% Applied Concepts/
Strategies at Work

233

Events offered
related to area of focus

155

products
related to area
of focus



“

“I feel better equipped to utilize more culturally appropriate language when talking about mental health.”

“Thank you for validating and recognizing migrant communities' experiences!”

VOICES FROM THE FIELD

“Aunque siempre he sentido interés hacia la diversidad, participar de este evento me motivó a aprender más sobre las comunidades que me rodean.”

“I have already incorporated several recommendations from your resources to improve our online orientations.”

“This training changed the way I see others in need of help.””

QUESTIONS?

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- [National Hispanic and Latino MHTTC home page](#)



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