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

### SCHOOL MENTAL HEALTH
- 99 capacity-building events
- 4,596 participants

### DEMOGRAPHICS
- 80% Females
- 41% Social Workers

### DEMOGRAPHICS
- 74% Females
- 35% Social Workers

### PRODUCTS
- 110 products

### PRODUCTS
- 45 products

**QUESTIONS?**
- Email: hispaniclatinomhttc@uccaribe.edu
- Phone: 787-785-5220
- National Hispanic and Latino MHTTC home page

### 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

### VOICES FROM THE FIELD

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

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

“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.”