



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



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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.



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CULTURE IS PREVENTION

COMMUNITY PRIDE



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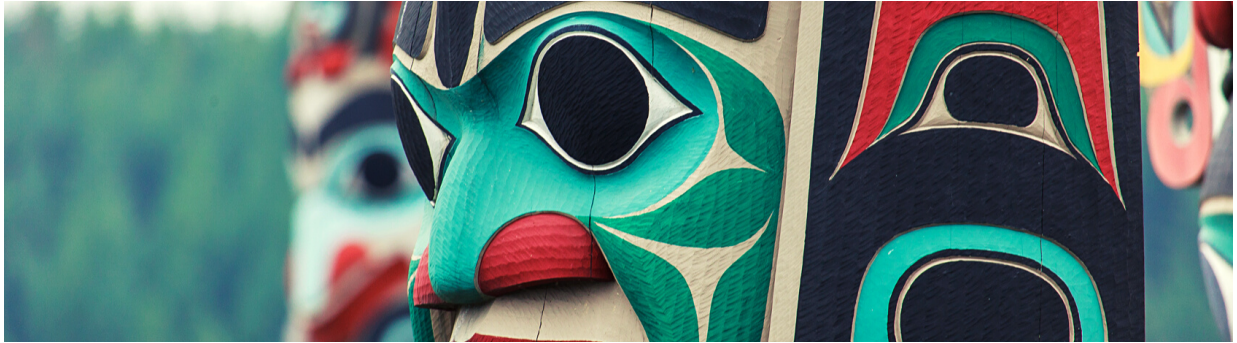
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Expressing ethnic pride encourages the development of emotional connections and enables a beneficial mutual interaction between community and individual.

- **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.**

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COMMUNITY PRIDE



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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.**

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FAMILY



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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



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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.**

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SPIRITUALITY



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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.**

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SPIRITUALITY



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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.**

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RESILIENCY



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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.**

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RESILIENCY



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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.**

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