



Meeting Notes

Tuesday, October 8, 2024

4:00-5:00 pm

**UTEP Health Science Center and School of Nursing Building
Room 206**

Welcome and Introductions:

Maria Carrillo convened the meeting at 4:05 pm and called for brief introductions.

Organizations represented include El Paso Center for Children, Opportunity Center of El Paso, NAMI El Paso, Paso del Norte Health Foundation, UTEP Social Work Department, Big Brothers Big Sisters, and Emergence Health Network.

Special Presentation:

Pensamientos y Pláticas: A Culturally Responsive Mental Health Engagement Program

Rosa Escalante Lopez, MSW, Interdisciplinary Health Sciences PhD Student; and Monica Smith, MSW Advanced Year Intern and Program Facilitator with UTEP Social Work Department presented on their work to pilot this new program. They shared the learning opportunities and how important the exercises and information shared were to the participants. Ms Lopez and Ms Smith responded to questions from the group and entered into a lively discussion on the program's scaling possibilities. Presentation slides are included with these notes.

Updates:

Maria Carrillo called for the group to share community updates. Flyers or other information may be included as part of these notes.

Next Meeting:

The Brain Trust now has a standing in person meeting time of 4:00 pm on the 2nd Tuesday of every other month.

The Next Brain Trust Network meeting will be a reception at the Paso del Norte Health Foundation scheduled for 4:00 pm, Tuesday, December 10th in Meeting Room C at 221 N. Kansas, 19th Floor, El Paso, Texas 79901.



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Pensamientos y Pláticas: A Culturally Responsive Mental Health Engagement Program

Brain Trust Meeting
October 8, 2024

Rosa Escalante Lopez, MSW
Interdisciplinary Health Sciences PhD Student
Pensamientos y Pláticas Program Manager

Monica Smith, MSW Advanced Year Intern
Pensamientos y Pláticas Program Facilitator

Acknowledgments

The Sobel-Duncan
Health Disparities
Research Award



Paso del Norte
Health Foundation
Think.Change
Initiative Grant

Community Partners

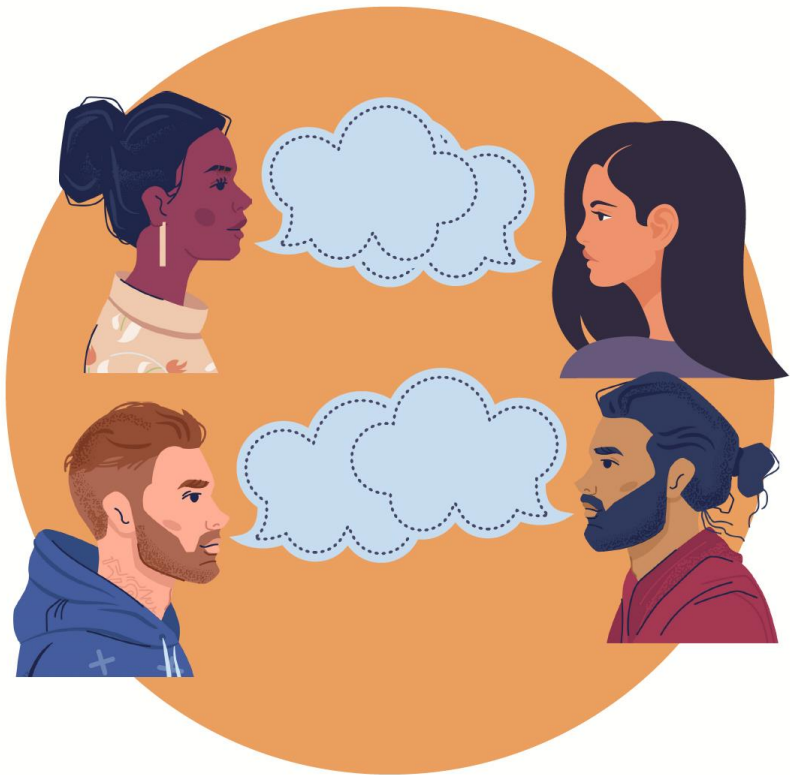
Community Health Workers & Promotores Training Programs



PENSAMIENTOS Y PLATICAS

CUADERNO DE TRABAJO

Pensamientos y Pláticas: An Innovative Approach to Increasing Mental Health Equity



Nombre: _____

Pensamientos y Pláticas

Community
Engagement

Cultural
Responsiveness

Trauma-
Informed Care

Evidence-
Informed
Practices

Pensamientos y Pláticas

INTRODUCTION

Welcome to your Pensamientos y Pláticas Workbook!

The workbook is a resource to help you understand your mental health better. Through this workbook, we hope that you will: 1) recognize mental health symptoms, 2) learn coping strategies, and 3) develop a plan for managing your mental health needs. Most importantly, our goal is for you to have access to healthy tools for handling stress and learn how to take care of your mental health. At the end of this workbook, we provide a community resource list you can reference in case you need services to assist you in your daily activities. We will also be available to help you get support if needed.

Below is a quick overview of what you will find in each section of your workbook:

- 1) **Module 1:** An opportunity to write, draw, or tell your story.
- 2) **Module 2:** Learn about mental health, identify harmful beliefs about mental health, and begin to think about to manage your mental health needs.
- 3) **Module 3:** Explore your strengths and your greatest qualities, and identify different sources of support in your life.
- 4) **Module 4:** Reflect on your experiences in the program and share new understandings of mental health. You will complete a "Mental Health Tool Kit" that you can reference in the future to better manage mental health needs.

We hope that the Pensamientos y Pláticas Workbook helps you. If you have any questions/comments/feedback, please let us know. Thank you, and enjoy!

PRINCIPIOS Y VALORES RECTORES



MODULE 1



My Story



MÓDULO 2



**¿Qué es la salud mental?
¿Cómo separo la realidad
de la ficción?**



MODULE 3



**How do I build my strengths
and increase support?**



MÓDULO 4



**Creando un Plan - Mi
Manual de Herramientas
para la Salud Mental**





Pensamientos y Pláticas in action

Pensamientos y Pláticas in action

“Va muy bien el program. Bendiciones y mucho exito.”

“Tal vez alargar las reuniones un poco mas.”

“100% todo perfecto.”

“Saber de tantas ayudas que hay para mi.”

Project Status



Ongoing study assessing program feasibility and building preliminary efficacy data



Continuing to offer the program in collaboration with community partners with upcoming groups serving Community Health Workers from Ciudad Juárez and Familias Triunfadoras in San Elizario



70 People reached by the program thus far; the first 14 included in data analysis on next slide



Planning for larger analysis of outcome variables (mental health stigma, emotional well-being, perceived barriers to accessing care) with total population served.



Transitioning to a Train-the-Trainer model so *Pensamientos y Pláticas* can be a resource for community agencies.

Preliminary Outcomes

Of the first 14 who received the program, 9 completed at least 3 of the 4 sessions including the baseline assessment and module four, including the post-program assessment. Of these 9:

- 5 sought mental health care services while enrolled in the program.
- Participants reported a statistically significant reduction in perceived barriers to care.
- Participants reported a statistically significant reduction in treatment-related stigma.

		Paired Samples Test								
		Paired Differences					Significance			
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	One-Sided p	Two-Sided p
					Lower	Upper				
Pair 1	Treatstigdenompre - Treatstigdenompost	7.33333	5.91608	1.97203	2.78583	11.88083	3.719	8	.003	.006
Pair 2	TotTreatstigmafre - TotTreatstigmafrepost	10.75341	1.36238	.48167	9.61443	11.89238	22.325	7	<.001	<.001
Pair 3	meanTreatstigmafre - meanTreatstigmafrepost	7.37654	9.78555	3.26185	-.14530	14.89838	2.261	8	.027	.054

		Paired Differences					Significance			
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	One-Sided p	Two-Sided p
					Lower	Upper				
Pair 1	wempre - wempost	.55556	26.13958	8.71319	-19.53711	20.64822	.064	8	.475	.951
Pair 2	ssoshpre - ssoshpost	-.12222	1.00844	.33615	-.89738	.65293	-.364	8	.363	.726
Pair 3	bacepre - bacepost	.30000	.32745	.10915	.04830	.55170	2.749	8	.013	.025

Questions?

Comments?

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