

Humanidad Bilingual E-Newsletter

April 1, 2020

DEDICATED TO YOU

Humanidad is here to help

We would like to share the steps we are taking to support our community during this crisis. Although our office will remain closed until May 1st, our staff continues working remotely to communicate with each other and to offer information and telehealth services to Sonoma County residents.

In recent weeks, our Clinical Director has outlined new protocols in response to this temporary closure. This includes individual and group supervision for our Associates & Trainees that will take place in a virtual format, as well as the procedures our agency will use to stay in touch with clients.

Humanidad is integrating a new mode of operation in accordance with new guidelines established by the BBS (Board of Behavioral Science) and CAMFT (California Association of Marriage & Family Therapists).

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HUMANIDAD
Therapy & Education Services



What's New?

This newsletter includes an important message from our Executive Director, as well as suggestions from the Centers for Disease Control & Prevention (CDC) to manage stress and anxiety as a result of COVID-19.

In addition, you will learn more about our *Convivencias* program which we are offering free of charge to the public with the support of the California Department of Public Health (CRDP).

You will also find online resource links to help boost your physical and emotional health during this crisis.

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Dedicated to you

For example, alternative methods have been approved for communication with clients in order to offer them the option of telehealth services (by phone and/or videoconferencing technology such as Zoom). We are working with every individual, couple, and family that we serve to set up therapeutic sessions in a way that protects their privacy and prevents interruptions. Some of our clients have opted to receive brief telehealth “wellness checks” or shortened sessions in lieu of a full one depending on their need.

Humanidad is committed to helping the community and serving its people in the best way possible. Our procedures are in line with other agencies in the county that are temporarily altering their processes as a preventative measure to aid containment efforts. I would like to thank everyone for their flexibility as we work to integrate these new modes of operation during this crisis.

Best wishes,

Nubia Padilla
Executive Director



“At the end of the day, we can endure much more than we think we can” – Frida Kahlo

Stress & Coping

Advice from the CDC

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. In an emergency, call 911.

The full article (English):

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Coping with a disaster or a traumatic event (English):

<https://emergency.cdc.gov/coping/index.asp>



Convivencias

A program designed to support the Latino community

In the last 3 years, Humanidad has been studying the effectiveness of *Convivencias* as a prevention and intervention model used to address the topic of mental health in the Latino community.

Our *Convivencias* program has two components. The first piece is our “Community *Convivencias*” which are 2-hour public events that include a brief presentation about our agency, a shared meal, time to discuss culturally relevant issues, and an opportunity to take part in a raffle. We offer these free events to serve as a first point of contact with the public; our aim is to create a positive and warm environment, so that individuals feel comfortable reaching out to our agency if they need additional services to support their wellness goals.

The second component of this program includes our “*Convivencia* Groups” that take place over the course of 8 weeks. These support groups are facilitated by bilingual therapists trained in our agency. During each session, participants are invited to reflect on their lives and their relationships with others, meet people with similar experiences, offer mutual support, and learn more about themselves. We will continue to collaborate with other agencies in the county to provide *Convivencias* for Spanish-speaking community members.

In future newsletters, we will provide additional information about our program including an events calendar, statistics about our impact, and participant feedback.



Resource Links

Online guides for wellness

How to Stop the Spread of the Virus

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>

Financial, Legal, & Social Programs

(Legal and Social support) For immigrants: <https://www.sonomacountysecurefamilies.org/>

(Financial) Fund for undocumented community: <https://undocufund.org/apply-aplicar/>

Food Security

Redwood Empire Food Bank (different locations): https://refb.org/wp-content/uploads/2020/03/School-Distributions_Coronavirus-3-5.pdf

Educational Materials for Children

K-12 Math, Grammar, Science, History: <https://www.khanacademy.org/>

Regarding COVID-19: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Relaxing Activities

Meditation: <https://mindfulnessexercises.com/free-online-mindfulness-courses/uclas-guided-meditations-english-spanish/#tva-chapter-138927>

Yoga:

<https://www.youtube.com/user/yogawithadriene>

Gratitude Diary:

https://greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal

Health Disclaimer: The contents of this newsletter are not intended to treat, cure, mitigate, or diagnose any medical condition. Readers should consult their doctors before embarking on any changes that could affect their health.

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