



HUMANIDAD
Therapy & Education Services

IMPACT REPORT

HUMANIDAD THERAPY & EDUCATION SERVICES

Humanidad Therapy & Education Services strengthens Latinx lives by increasing access and utilization of culturally proficient community mental health resources. We transcend barriers and reduce stigma by providing therapist training, Community education, and culturally sensitive therapy services.

As a Humanidad client stated, “I feel that here you get me”. Humanidad has made its mission to understand the clients diverse cultural backgrounds. By providing culturally appropriate mental health therapy, Associates and trainees gaining clinical hours towards their licensure are trained to identify, recognize and acknowledge how culture along with other factors influences or impacts each individual client life experiences. Associates are offered relevant models and practices within their weekly supervision and mentorship as they build safe, trusting relationships within a supportive therapeutic environment with clients.

Humanidad, strives to fill the gap of culturally appropriate mental health therapy; an ideal that the founders Dr. Maria Hess, Cecilia Perez and Claudia Cendejas have worked on since 2013 and continue working towards implementing structures that can support the expansion of this in the mental health profession.

In this endeavor, during the last year, Humanidad has gone through many changes. Beginning with a new Executive Director, Nubia Padilla, and thanks to grants from American Red Cross, Sonoma County Community Health. Humanidad has moved to a new location closer to most of its clients, with increased space for training and a meeting area. The new IT infrastructures, including a new phone system, and electronic health a record is an added bonus that was only a dream a few months back. This new infrastructure is also part of the plan to expand our services to clients with Medi-Cal and other medical insurance. Humanidad is in the process of applying for “Beacon Health Options” and even though it is difficult to put a date to the expansion of services, it is a very anticipated event.

It is said that “it takes a village,” and it is not cliché, Humanidad’s services and existence are the result of countless hours of work of its staff, support from our clinical supervisors, our Board of Directors, funders like Kaiser Permanente Community Benefit, Sonoma County Vintner’s Foundation, private donations and most of all, people that care and put their heart in serving the community.

STAY TUNED FOR WHAT IS NEXT!

Nubia Padilla
Executive Director



IMPACT REPORT HUMANIDAD THERAPY & EDUCATION SERVICES



5,122
Counseling Hours



30
Court Hours



1,122
School Counseling Hours



1,535
Supervision/Training
Hours



275
Number of Clients



125
Outreach Hours



7 Community *Convivencias*
98 Participants in Community
Convivencias

Our Funders:



6 Group *Convivencias*
22 Participants in Group
Convivencias



* **Community *Convivencias*** are community gatherings to explore emotional issues that affect the well-being of the participants.

* **Group *Convivencia*** is a culturally relevant group-setting therapy to support the emotional health of the participants.