



PLÁTICAS AND ATENCIÓN PLENA

A Community-Defined Evidence Program by **Integral Community Solutions Institute (INTEGRAL)**. INTEGRAL's mission is to ensure community health through advocacy and systems change that promote wellness of body, mind, spirit, and soul.

SETTING & POPULATION SERVED

Pláticas and Atención Plena are delivered in school settings in the San Joaquin Valley focusing on youth exposed to risk factors and disengaged from school life

KEY OUTCOMES

- Improve self-awareness/empathy
- Improve youth school engagement
- Increase positive school behavior
- Increase emotional resilience
- Increase college/career readiness among youth
- Increase access to treatment through partnerships with schools
- Enhance overall mental health

MINDFULNESS LATINO STYLE

- Culturally appropriate symbols, rituals, and ceremonies
- Meditation and guided imagery (relajamiento progresivo, oración centrante)
- Latino indigenous symbolism

CONTACTS

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Pláticas means of transmitting knowledge about well-being through songs, stories, and poetry.

Atención Plena means the practice of mindfulness or one's mental capacity to accomplish self-awareness, inner-peace, and being attentive to one's surroundings.

PROGRAM COMPONENTS

- Therapeutic/clinical approaches with individuals, dyads, and groups
- Use of Círculo to enhance communication and distinguish between burden (cargas) and gifts (regalos)
- Prevention information and education
- Infusing traditional culturally grounded approaches of songs (canciones), sayings (dichos), stories (cuentos), and poetry (poesia)
- Latino cultural wealth model

KEY STRATEGIES

- Therapy in the form of hip-hop, storytelling, poetry, and songs
- Integration of Pláticas and Atención Plena with English Language Arts
- Safe spaces where youth connect with therapist and feel comfortable sharing lived/life experiences
- Experiential learning activities linked to culture and language

INTEGRAL is a community-community-based organization designed to meet the mental health needs of underserved communities in a cultural and linguistic appropriate manner. At a prevention and early intervention level, INTEGRAL co-locates in schools to serve the most vulnerable and hardest-to-reach youth.