



CULTURA DE SALUD

A Community-Defined Evidence Program by **La Familia Counseling Center (La Familia)**. La Familia’s mission is to improve the quality of life for at-risk youth and families of diverse backgrounds and empower them to succeed in life.

SETTING & POPULATION SERVED

Serving Latino populations (e.g., immigrants, farm working families, indigenous) in diverse community settings (schools, homes, community centers)

KEY OUTCOMES

- Expand Cultura de Salud through La Familia’s Maple Neighborhood Center
- Increase outreach to Latino communities by working with community leaders (promotoras)
- Increase access and availability of counseling services by taking them to the community
- Increase community engagement and shared decision making in treatment
- Enhance provider’s cultural responsiveness by leveraging from Latino cultural and community strengths
- Increase employment and education opportunities to assist community members with their employment and education needs

CONTACTS

Rachel Rios - Executive Director
Mao Vang - Project Coordinator
Lynn Keune - Clinical Director
Marianela Appelgren - Family Partner
Susana Morales - Local Evaluator

Cultura de Salud is a service delivery model with an emphasis on: (1) treating both the person and the community; (2) providing services inside the community by culturally and linguistically appropriate staff; (3) establishing a sense of shared responsibility to community wellness; (4) recognizing and respecting cultural, family, and community values; (5) empowering families; (6) engaging and immersing one-self in the Latino community; (7) integrating the extended family as part of a treatment plan; and (8) appreciating and embracing the lived/life experiences of a community.

PROGRAM COMPONENTS

- Advocating for youth and their families
- Mitigating crisis and stabilizing individual/family lives
- Providing youth leadership training and education on the detection of risk factors linked to mental illness
- Co-locating in schools, homes, community centers, or where ever the individual/family feel comfortable
- Combining referrals and warm hand-off and follow-ups to ensure youth/families receive appropriate care

KEY STRATEGIES

- Promote and use pláticas as a strategy for support groups
- Work with schools to promote mental health and suicide prevention and early intervention
- Conduct home visitations as a strategy to overcome work schedule and transportation issues

La Familia is a community-based organization that provides multicultural counseling, outreach and support services to low income, at-risk youth and families in Sacramento County. La Familia has been serving underserved communities for more than four decades by developing, implementing, evaluating, and sustaining successful programs.