

United Mental Health Promoters

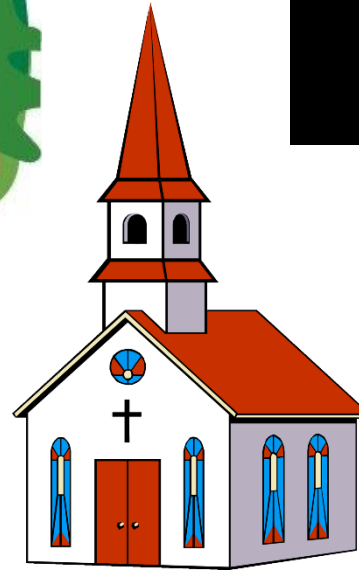
Presenter

Kevin Collins

Community Health Worker



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.



Community Promoters Model

- Community health education is not a new concept (natural helpers).
- Different countries have used this model throughout history. People have looked to their family members, friends, and neighbors for health care information.
- Before the development of the medical profession, community members (many of whom had received their training from older relatives) were the only health practitioners.



Program Goal and Services Provided

Program Goal: To reduce stigma associated with mental illness among primarily underserved communities in Los Angeles County (LAC) by increasing awareness about mental health issues, removing barriers, and improving timely access to culturally and linguistically appropriate resources.

Services Provided:

- ▶ Outreach and Engagement
- ▶ Educational Workshops on 13+ Mental Health Topics
- ▶ Linkage

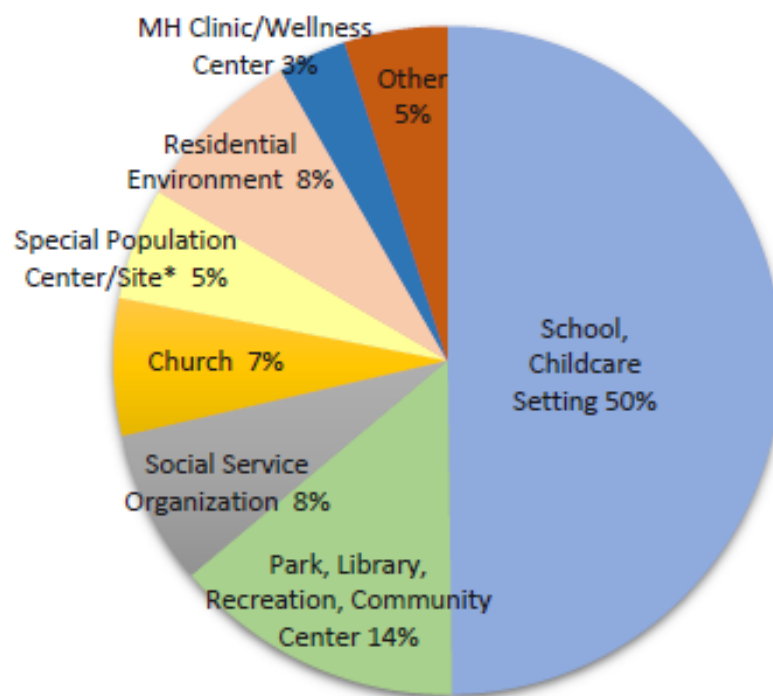


Defining a Mental Health Promoter

- ▶ A Mental Health Promoter; is a community member who serves as **bridge** between the community and human and social service organizations.
- ▶ Promoters work with organizations and institutions formally and informally, as employees, independent contractors, or volunteers
- ▶ Promoters provide a continuum of services in a variety of capacities; peer advocates, outreach workers, case managers, educators, community liaisons, community organizers, and Promoter of Mental Health

Natural Environments

Figure 2. Settings Where Promotores' Presentations are Held
Average of 240 Unique Locations Per Month



*Special Population Sites include Mexican and Salvadoran Consulates, day laborer sites and senior centers

Promoter Program Workshop Topics

- ▶ The Effect of COVID-19 on Emotional Wellbeing
- ▶ The Effect of COVID-19 on the Brain
- ▶ The Effect of COVID-19 on Returning to School
- ▶ Mental Health and Stigma
- ▶ Depression
- ▶ Anxiety Disorders
- ▶ Family Violence
- ▶ Drug and Alcohol
- ▶ Grief and Loss
- ▶ Child Abuse
- ▶ Suicide Identification and Intervention
- ▶ Childhood Disorders

Expansion to Underserved Cultural Communities

- ▶ Target cultural/linguistic populations
 - ▶ Latino/a/x
 - ▶ African American/African Heritage
 - ▶ American Indian/Alaskan Native
 - ▶ Asian Pacific Islander
 - ▶ Eastern European/Middle Eastern
 - ▶ LGBTQIA2-S
 - ▶ Access for All

Emotional Reactions

- ▶ In times of both personal and/or community stress, it is normal to develop emotional reactions. Many times there are symptoms of anxiety or depression caused by uncertainty, fear, or loss. Our emotional reactions can include feelings of vulnerability, impatience, palpitations, and anxiety.
- ▶ Losses can include: loss of safety & security, loss of health, loss of connections with loved ones and their support, and even loss of people we love due to the illness.
- ▶ **Have any of you experienced one of these feelings as a cause of the Coronavirus?**



Share YOUR feelings



- In times of stress, it is important for many to be able to share their feelings with others.
- Both adults and children may have difficulty expressing what they are feeling.
- Talk to your loved ones, your family, and your friends.
- For negative feelings with suicidal thoughts, it is important to seek professional help from a therapist or an emergency hotline.

**The Department of Mental Health Hotline number is
1-800-854-7771**

Resources from the Department of Mental Health for COVID-19

- ▶ You can stay updated on COVID-19 developments on our website:

<https://dmh.lacounty.gov/covid-19-information/>

- ▶ **The number for our DMH Access line is:
1-800-854-7771**





Questions & Comments