Indígena Health & Wellness Collaborative (IHWC)

What Does IHWC Do?
IHWC is a partnership between Instituto Familiar de la Raza (IFR) & Asociación Mayab that is designed to improve community resilience to trauma and behavioral health outcomes of indigenous immigrant families, by engaging cultural and linguistic traditions, increasing access to health and social services, and strengthening social networks of support.

Who Is Served By This Program?

<table>
<thead>
<tr>
<th>100%</th>
<th>100%</th>
<th>61%</th>
<th>57%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indígena Maya</td>
<td>Mayan Speakers</td>
<td>Female</td>
<td>25 to 59 Years Old</td>
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Activities/Services

**Outreach & Engagement**
Mayan Health Promotores conduct street outreach, and make phone calls and home visits, as well as distribute materials in settings where the community typically congregates (e.g., health fairs, sports events, day labor sites, the Annual Carnaval). The annual Vaquería Yucateca celebration of music, dance, and culture, is one of the main events of the year, with over 400 Mayan individuals in attendance.

**Screening & Assessment**
Mayan Health Promotores identify practical, emotional, and mental health needs of Mayan community members, using self-risk and needs assessments. They provide referrals as needed to case management, mental health support, and/or Talleres (i.e., cultural and educational workshops).

MHSA (Proposition 63) was passed by California voters in November 2004 to expand and transform mental health services for children and adults. The Act is funded by a 1% tax surcharge on personal income over $1 million per year.
### Wellness Promotion

IHWC offers community based cultural enrichment **talleres** twice per week for 46 weeks. **Talleres** are inter-generational storytelling, spiritual gatherings and traditional healing ceremonies that build individual and community resilience by strengthening cultural identity, and promoting emotional and spiritual “salud y bienestar”.

| 780 (duplicated) attended talleres / psychosocial support groups | 480 individuals attended the Mayan New Year Wajxaq’ib B’atz Ceremonia | 92 individuals participated in “Salud y Bienestar”, a community forum focused on the importance of ceremony and healing |

### Individual / Group Therapeutic Services

IHWC mental health specialists provide screening and assessment services, such as crisis intervention, health education risk reduction counseling, and clinical case management. Therapy may address trauma, substance use, domestic violence, and other concerns. Providers will link clients in need of long-term services to IFR outpatient services for behavioral health support and medication monitoring.

### Service Linkage

IHWC clinical case managers provide access to needed services, treatment (including traditional healers), practical skills building, emotional support, language interpretation/translation, and systems navigation support.

| 54 clients received 1,006 hours of individual or family therapeutic services | 100% of clients completed at least one therapeutic treatment goal | 37 Clients received non-clinical individual case management | A random chart review indicated that 100% of clients receiving non-clinical case management had a written care plan, and completed at least one case management goal |

### What Will IHWC Do In The Future?

IFR plans to increase outreach efforts aimed at collecting community feedback to help reach their goal of attracting at least 35% of Mayan community members to IHWC over the next fiscal year. IFR also plans to better serve the needs of working participants by offering more workshops during evening hours. Mayan Health Promotores will continue to receive valuable health education and training.