

A Mental Health  
Promotion & Early  
Intervention (PEI)  
Program

**Population Served:**

Mayan/Indígena community  
within San Francisco



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**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.

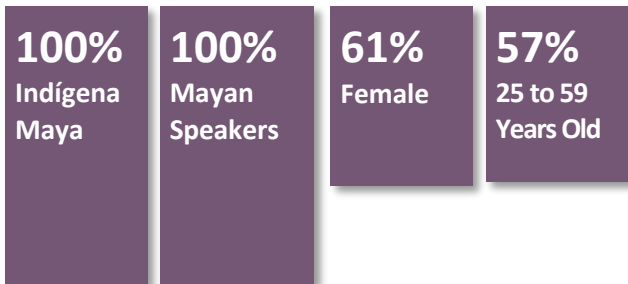


## Indígena Health & Wellness Collaborative (IHWC)

### 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?



### 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.



**55** individuals  
were assessed for  
practical,  
emotional, and  
mental health  
needs related to  
trauma, housing,  
benefits, or other  
care needs

**50%** of  
individuals were  
referred for case  
management  
and/or *talleres*  
workshops

#### 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).

## 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

**54 clients**  
received  
**1,006 hours**  
of individual or  
family therapeutic  
services

**100%** of  
clients  
completed at  
least one  
therapeutic  
treatment goal

## 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**.

**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**.

Ceremonial fire



This report created by:

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