



Implementing Spanish Language Programs

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Program Coordinator

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Executive Director

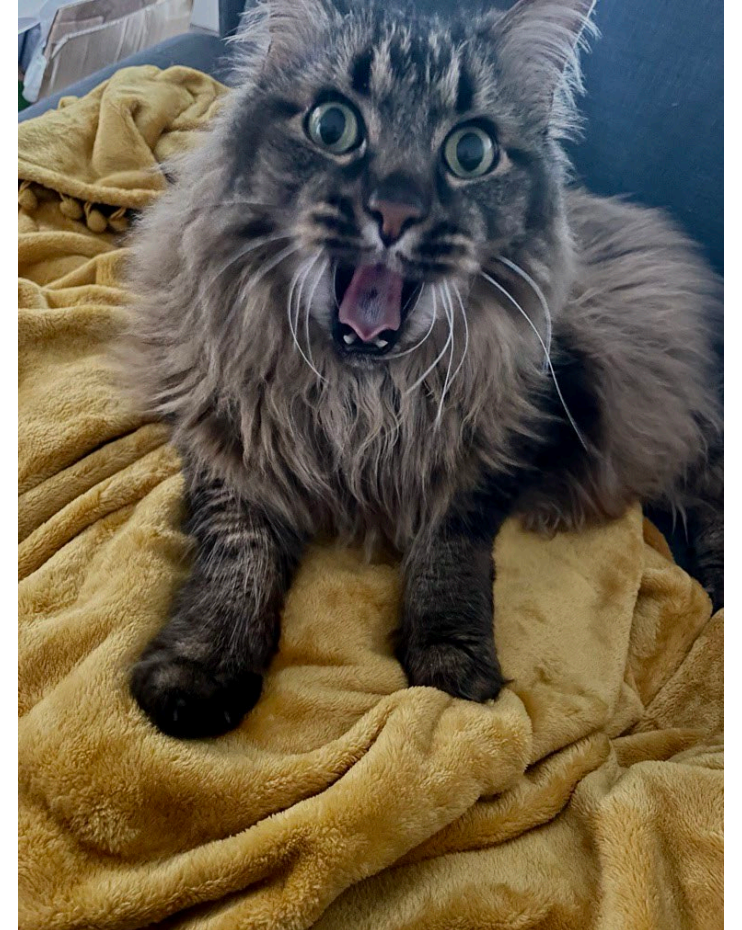
Lore Filgueira
(she/her)

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(they/them)**

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Agenda

- Spanish-language programs overview
 - Q&A
- Discussion with Programs team
 - Q&A
- Discussion with Executive Director
 - Q&A
- Session Wrap Up





Getting on the same page

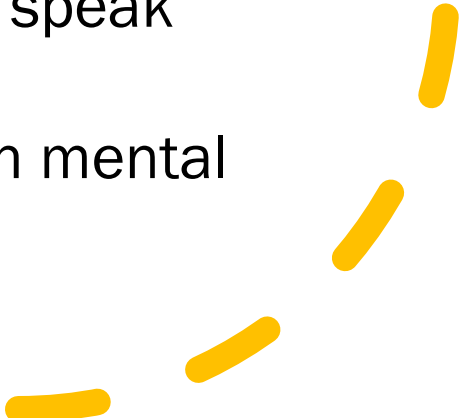
- Latino/Latina
 - Latine/Latinx
 - Latin American
 - Hispanic
- 

The need in the community

In King County:

- Hispanic/Latino people report mental distress at higher rates
- Access services 75% less than White counterparts
- Average time of onset of symptoms to pursuing care is 14 years

Nationwide:

- Only 35% of diagnosed Hispanic/Latino individuals are in care
 - 5.5% of psychologists nationwide speak Spanish
 - Decrease in availability of Spanish mental health services
- 

17 Spanish Words for POPCORN

BY WWW.SPEAKINGLATINO.COM

- 1. **CABRITAS**
 Chile
- 2. **CANCHITAS**
 Peru
- 3. **CANGUIL**
 Ecuador
- 4. **COCALECA**
 Dominican Republic
- 5. **COTUFAS**
 Venezuela
- 6. **CRISPETAS**
 Colombia
- 7. **GALLITOS**
 Venezuela (regional)
- 8. **MAÍZ PIRA**
 Colombia
- 9. **MAÍZ TOTE**
 Colombia
- 10. **MILLO**
 Panama
- 11. **PALOMITAS DE MAÍZ**
General
- 12. **POCHOCLOS**
 Argentina
- 13. **POP**
 Uruguay
- 14. **POPOROPO**
 Guatemala
- 15. **PORORÓ**
 Argentina
 Bolivia
 Paraguay
 Uruguay
- 16. **ROSETAS**
General
- 17. **ROSITAS DE MAÍZ**
 Cuba
 Dominican Republic




Things to keep in mind

- There is no universal Spanish
 - 5 major dialects in US
- Official language in 20 countries
- Common in others like US
 - Over 40 million Spanish speakers in US



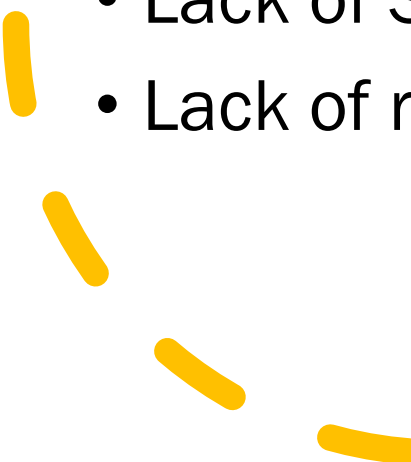
What do you know about the needs of the Latino community in your area? Are they being met?



**Why do you think
people may not reach
out to services?**




Reasons people may not reach out

- Lack of insurance
 - Being undocumented
 - Lack of availability of free services
 - Racism within institutions deterring people from obtaining services
 - Lack of Spanish speaking and/or culturally competent providers
 - Lack of representation among providers/staff
- 



NAMI Seattle's work

Signature Programs

- En Nuestra Propia Voz
 - De Familia a Familia
 - Familia y Amigos
 - Conexión grupos de apoyo
- 

The image features a large white circle centered on an orange background. The text "Q&A" is written in a bold, black, sans-serif font in the center of the white circle. On the left side of the white circle, there is a dashed yellow arc. At the bottom right edge of the white circle, there is a solid blue circle.

Q&A

Programs Perspective



A graphic for a Q&A slide. It features a large white circle centered on an orange background. The text "Q&A" is written in a bold, black, sans-serif font in the center of the white circle. On the left side of the white circle, there is a dashed yellow arc. At the bottom right edge of the white circle, there is a solid blue circle.

Q&A

Executive Perspective




The image features a solid orange background. A large white circle is centered on the page. A dashed yellow line follows the upper-left portion of the white circle's circumference. A small, solid blue circle is positioned at the bottom-right edge of the white circle. The text "Q&A" is centered within the white circle in a bold, black, sans-serif font.

Q&A



Looking towards the future

- Increased Spanish Programming
 - Recruit more volunteers
 - Recommend state trainers
 - More partnerships and collaborations
- 



Final Points

- Spanish has many dialects
- Added layer of cultural stigma
- Latinos are not a monolith
- Accessing treatment can be difficult

Thank you!!

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