



# Pasos

P O S I T I V O S

**HISPANIC AUSTIN LEADERSHIP  
HEALTHCARE TEAM 2019  
FINAL PROJECT REPORT**

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In partnership with:



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# Executive Summary

Through the development of a pilot project, the 2019 HAL Healthcare Team sought to create a sustainable model for community engagement and capacity building around the topic of mental health and wellness. Given the mental health challenges facing children and teenagers, particularly Latinx youth and communities of color, the project team created *Pasos Positivos*, a project with the goals of:

- Increasing awareness about resources available for mental health and wellness.
- Providing the AISD community with a safe space to actively participate and break the stigma surrounding mental health.
- Creating a sustainable model for community engagement on mental health issues targeting underserved communities.

Through a partnership with AISD, the project team delivered two Mental Health and Wellness Summits at Lanier High School and Kealing Middle School, two schools with a large population of Latinx students facing economic challenges. The summits featured a community leader speaking on the issue of mental health among AISD families, multiple small group format breakout sessions led by mental health professionals, and a large community resource fair to connect families with various community services, programs, and information.

Based on feedback the team received from event attendees, including table exhibitors, speakers, partners, and most importantly, AISD families, the events were a success. Participants of the breakout sessions reported the following impact:

- **26% and 36% overall increase in their understanding of specific mental health topics** at Lanier H.S. and Kealing M.S., respectively.
- **25% overall increase in their level of comfort engaging on mental health topics** with their loved ones at both Lanier H.S. and Kealing M.S.
- When asked about whether the breakout sessions provided them with **new knowledge about mental health resources**, participants' average response was a **4.5 out of 5** at Lanier H.S. and a **4.7 out of 5** at Kealing M.S.
- When asked about whether the breakout sessions made them **more likely to seek help or help others find help**, participants' average response was a **4.3 out of 5** at Lanier H.S. and a **4.4 out of 5** at Kealing M.S.

Due to the strong positive response received from event attendees and partners, plus the measurable impact had on traditionally underserved communities, the Pasos Positivos and AISD partnership will continue into the future, with the goal of expanding outreach and awareness at schools throughout the district.

# Background

## Why Mental Health?

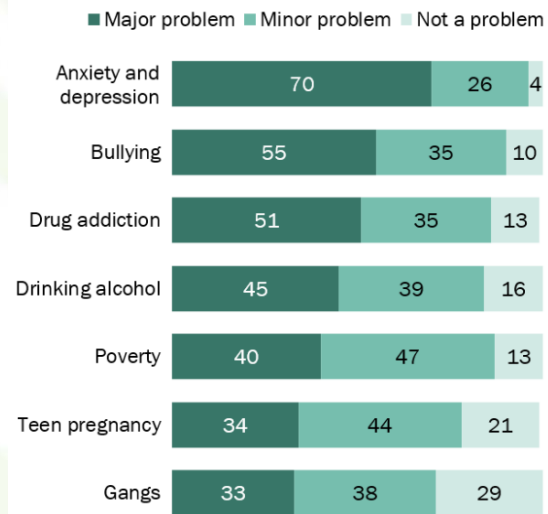
Mental health is an ongoing and ever-increasing issue among youth, especially youth of color. A recent survey by the Pew Research Center found that anxiety and depression are among the top concerns facing teens in the United States, with 70% of teens saying anxiety and depression are major problems among people their age, along with other issues related to mental health and wellness.<sup>1</sup>

A research review by *Salud America!* found that Latinx youth are more likely to face mental health issues than their peers, with 22% of Latinx children having depressive symptoms and more than 1 in 4 Latina high schoolers having thought about committing suicide.<sup>2</sup> Similarly, African Americans are 10% more likely to report having serious psychological distress than non-Hispanic whites.<sup>3</sup>

While Latinx and African American youth are more likely to face mental health issues than their peers, significant disparities exist in how people of color access, use, and receive mental health services. Only 20% of Latinxs with symptoms of a psychological disorder report their mental health concerns to their doctor, and Latinx children and other youth of color are

**Exhibit 1.**  
**Findings from Pew Research Center study showing “anxiety and depression” as the top problem teens see among their peers.**

% of teens saying each of the following is a \_\_\_\_ among people their age in the community where they live



<sup>1</sup> Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers. *Pew Research Center*. Feb 20, 2019.

<https://www.pewsocialtrends.org/2019/02/20/most-u-s-teens-see-anxiety-and-depression-as-a-major-problem-among-their-peers/>

<sup>2</sup> Mental Health and Latino Kids: A Research Review. *Salud America!*

<https://salud-america.org/wp-content/uploads/2017/09/FINAL-mental-health-research-review-9-12-17.pdf>

<sup>3</sup> Mental Health and African Americans. U.S. Department of Health and Human Services, Office of Minority Health.

<https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=24>

less likely to receive necessary mental health care compared with their white peers.<sup>4</sup>

In the Austin area, mental health is a key public health issue for both community members and health professionals. Suicide is the 9<sup>th</sup> leading cause of death in Travis County, and during the 2017 Community Health Assessment (CHA) process conducted by the City of Austin, community members identified “mental health and stress” as a key health concern for their community.<sup>5</sup> Black, LGBTQ, and immigrant communities discussed the need for mental health professionals “with whom they could feel safe,” and many CHA participants also mentioned the “stigma attached to mental health and seeking help for mental health.”

## Challenges Facing the Latinx Community

Latinx families face a unique set of challenges related to mental health that makes it especially difficult for Latinx individuals to access the resources needed to address problems in their early stages. These challenges include:

- **Stigma and Misunderstanding.** Mental health concerns are sensitive subjects among many Latinx families. This primarily stems from the negative attitudes many Latinx individuals and society at-large hold around mental illness.
- **Privacy Concerns.** Mental illness is a deeply personal and difficult challenge. Latinx individuals may feel uncomfortable sharing their experiences or concerns with friends, family, or health professionals, out of fear of being judged or stigmatized.
- **Lack of Information.** Many traditionally underserved communities, including the Latinx community, have received limited to no access to reliable, accurate information around mental health from trained professionals. This has contributed to an information gap around mental health for many Latinx families.
- **Language and Cultural Barriers.** Many Latinx families face language and cultural barriers preventing them from accessing mental health resources

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<sup>4</sup> Latino Mental Health. National Alliance on Mental Illness.  
<https://www.nami.org/Find-Support/Diverse-Communities/Latino-Mental-Health>

<sup>5</sup> Community Health Assessment, Austin/Travis County 2017.  
[https://www.austintexas.gov/sites/default/files/files/Health/CHA-CHIP/ATC\\_CHA\\_Dec2017\\_Report\\_Final.pdf](https://www.austintexas.gov/sites/default/files/files/Health/CHA-CHIP/ATC_CHA_Dec2017_Report_Final.pdf)

and information. When mainstream mental health resources are mostly presented in English, Spanish-speaking Latinx families are not able to learn about available resources and may not feel comfortable seeking help.

- **Lack of Health Insurance.** High rates of uninsured individuals and families among the Latinx population have made accessing mental healthcare extremely difficult for low-income families.
- **Family and Community Stressors.** Latinx youth face additional stressors related to family and school life, including worries about immigration policy, bullying associated with language and culture, and discrimination or prejudice faced at school or in the community.<sup>6</sup>

However, recent research has found that for Latinx youth, school-based programs have shown demonstrable benefits to children’s mental health. Additionally, research suggests that for mental health interventions to be effective, programs and policies must be sensitive to the issues specific to racial/ethnic groups.

## **AISD’s Role in Addressing Mental Health**

Given how critical mental health interventions are for youth groups, it became clear that the Austin Independent School District (AISD) would be a key organization with whom to explore a potential partnership.

In response to the need for mental health services among youth, the AISD established school-based mental health programs at multiple schools in 2017. Students and their families can receive mental health services from licensed practitioners at 43 School Mental Health Centers (SMHCs). Data collected by AISD demonstrates that AISD students who have received school-based mental health services have significantly improved outcomes at school, including better attendance, better overall STAAR and End of Course performance across all tested subjects, fewer substance offenses, fewer suspensions and expulsions, and a decrease in aggressive behaviors in school. Due to the success of SMHCs, AISD is seeking to expand the program to additional schools in the district.<sup>7</sup>

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<sup>6</sup> Latino Mental Health. National Alliance on Mental Illness.  
<https://www.nami.org/Find-Support/Diverse-Communities/Latino-Mental-Health>

<sup>7</sup> Data provided by AISD.

A partnership with AISD represented an opportunity to support and strengthen AISD's existing efforts around mental health and potentially expand the reach of AISD's engagement with the community, particularly with traditionally underserved students and families.





# Project Design

## Project Ideation

To address the apparent and pressing need for mental health awareness among Latinx children and families, the project team sought to develop a model for community engagement and capacity building in partnership with AISD.

Given the issues around mental health awareness, access to resources, and stigma associated with mental health challenges, the project team designed the community engagement approach with the following goals in mind:

- **Increase awareness about resources available for mental health and wellness.**
- **Provide the AISD community with a safe space to actively participate and break the stigma surrounding mental health.**
- **Create a sustainable model for community engagement on mental health issues targeting underserved communities.**

The project team collectively decided to move forward with the concept of a summit on mental health as the primary project deliverable and community engagement tool. The summit approach focused on the following three components:

- **Keynote Speaker.** The summit will feature a leading figure focused on mental health issues in the community. This keynote speaker will provide an overview of the mental health issues facing communities of color and inspire parents to become more involved in their children's mental health development and wellness.
- **Breakout Sessions.** Attendees will have the opportunity to participate in multiple, small group format breakout sessions focused on specific mental health topics facing Latinx communities, including mental health stigma, trauma and trauma-informed care, depression and suicide prevention, and other pressing topics.
- **Community Resource Fair.** The summit will also feature a community resource fair, which will provide an opportunity for community members to engage with multiple mental health service providers, health-focused



organizations, and other groups providing useful resources to the community.

## **Partnership with AISD**

Given AISD's emerging efforts around mental health for youth and adolescents, Pasos Positivos sought to create a formal partnership with AISD. After a brief conversation with Superintendent Dr. Paul Cruz during the HAL Education Session, the team was connected to the AISD Department of Health Services. The team met with Health Services staff, and a relationship was formed with Shechem Sauls, the AISD Student Mental Health Coordinator. Mr. Sauls served as the primary point of contact for AISD, where he served to vet the project idea, connect the team to AISD staff, and provide guidance and direction as the team designed the project approach and determined implementation steps and timelines.

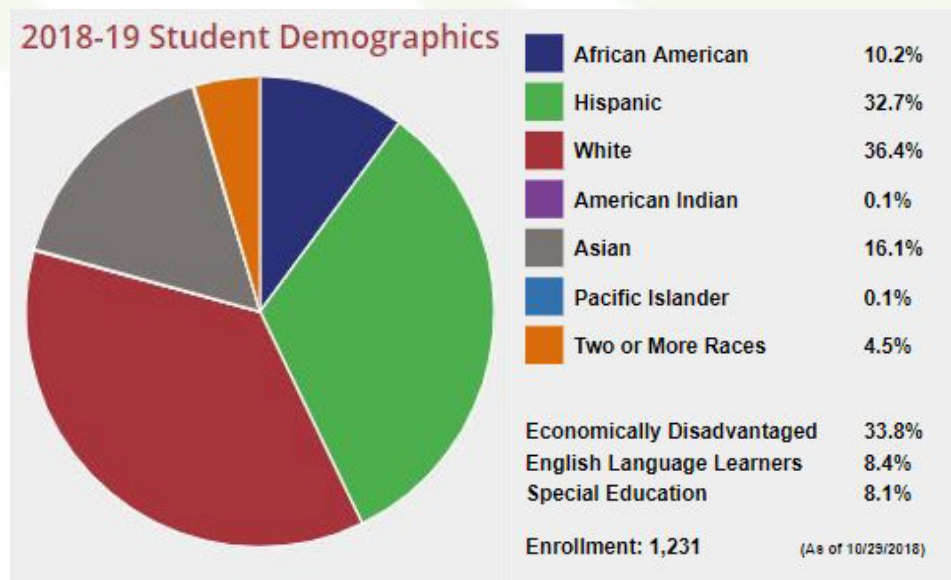
# Implementation

## Identifying School Partners

### Kealing Middle School

Kealing Middle School was a location that had been identified as previously hosting successful health fairs in past years. Kealing M.S. also met the team’s criteria for a school located in an area which met our targeted demographic. The school population contains a large contingent of Latinx students - about 33% - and approximately 34% of the students at Kealing are economically disadvantaged. The team reached out to the Kealing M.S. Parent Support Specialist, Dee Gonzales, to pitch the idea of hosting a summit and mental health resource fair. Dee was extremely receptive of the concept and offered to work with the team to provide assistance. Dee was critical in assisting with the approval process from the school’s principal. She also assisted with the event outreach throughout the school, feeder schools, and the surrounding community.

**Exhibit 2.**  
**Student demographics at Kealing Middle School.**

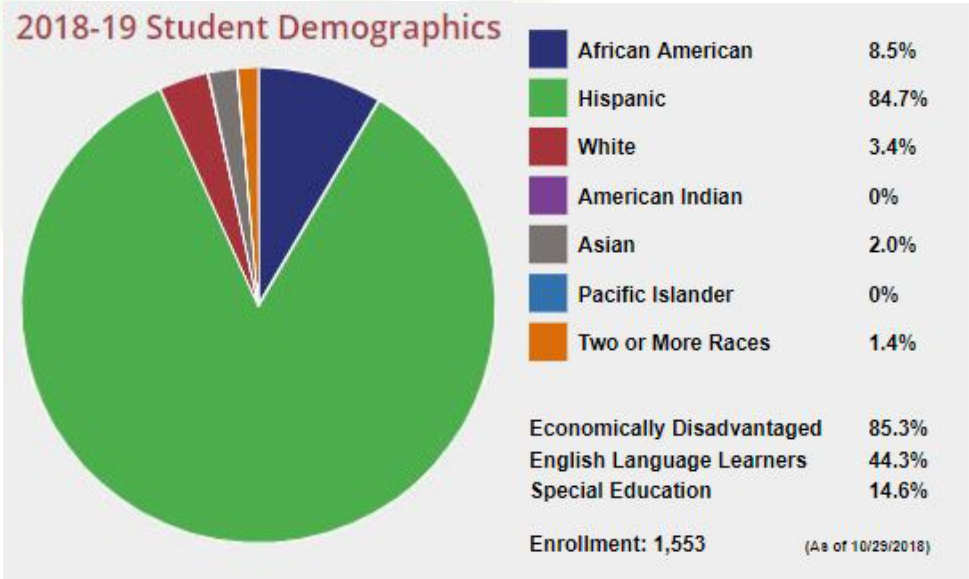


**Lanier High School**

The project team was connected to Lanier High School through our relationships with Communities in Schools (CIS) and Austin Public Libraries (APL). CIS and APL both recommended Lanier H.S. as an ideal location to host the summit due to the school’s large population of Latinx students and families, with approximately Latinx students making up approximately 85% of the student body. Additionally, there is a large population of economically disadvantaged students at Lanier, with 85% of students facing economic hardship.

Other factors that contributed to Lanier’s selection as a partner school included the school’s proximity to other community centers, connection to the Austin Voices in Education and Youth (Austin Voices) network, and strong relationships with APL, CIS, and other community networks. The team reached out to Lanier’s Austin Voices team, which agreed to partner with Pasos Positivos to promote the event, recruit families, and assist with summit logistics.

**Exhibit 3.**  
**Student demographics at Lanier High School.**



## **Summit Partner Outreach**

The team was provided an approved vendor list by AISD. The list included vendors who had previously participated in other AISD-sponsored health and resource fairs. The list outlined vendor names and points of contact, along with telephone numbers and email addresses. The team split the list evenly between members to contact these vendors and prospect for participation in the breakout sessions or resource fair, depending on their professional qualifications.

For the more focused breakout sessions, the team researched mental health resources available both locally and nationally to identify prospective mental health partners. Through this research, the team also identified and used NAMI Austin's directory of local mental health resources. This directory provided an excellent starting point to target outreach to potential breakout session leaders with expertise in the areas of mental health and wellness.

## **Summit Content**

### **Keynote Speaker**

To kick off the summit activities, a community leader in mental health awareness was invited to present the opening keynote address at each summit. Officer Wayne Sneed, Mental Health Supervisor for AISD Police, served as the keynote speaker for both summits. His 45-minute presentation was geared toward the school district community and focused on how both parents and children could strive to have more open conversations around mental health. Officer Sneed's keynote address concluded with an interactive question & answer session with audience members.

### **Breakout Sessions**

After the keynote speaker presentation, attendees were invited to participate in various breakout sessions focused on mental health topics relevant to the attending community. Resource fair exhibitors were also allowed the opportunity to attend these sessions, given their interest in learning more about mental health topics for professional development purposes.

Breakout sessions covered the following topic areas:

- 1) **Let's Talk - Starting a Conversation about Mental Health with Your Teen** presented by the National Alliance on Mental Illness (NAMI) and Brave Parents
- 2) **Depression and Suicide Prevention** presented by the SAFE Alliance
- 3) **Mental Health Stigma** presented by CommUnityCare
- 4) **Positive Techniques for Parenting Teens** presented by the Austin Child Guidance Center (ACGC)
- 5) **Mental Health and Wellness Q&A** presented by Dr. Ariel De Llanos
- 6) **Trauma's Effects on Your Brain and Body** presented by the Texas Council on Family Violence (TCFV)
- 7) **Identifying Mental Health Struggles in Adolescents** presented by Integral Care

Attendees had the opportunity to attend two sessions of their choice over the duration of the summit. Each session ranged from 45 to 60 minutes. Language access services were available via live interpreters or bilingual presentations.

### **Community Resource Fair**

With the idea of providing information on local community resources and services, a community resource fair was held during the entirety of the event. Once participation commitment from each vendor was confirmed, the team designed the layout of the resource fair and table setup. Each vendor was provided a 6 ft. vendor table, where they were invited to bring their own branded table cloths, literature handouts, and any other giveaways to help promote their organization and resources available to families. Attendees were able to interact with organization representatives and learn more about what resources were available to them.

A total of 34 breakout session leaders and vendors participated at the Lanier H.S. summit. At Kealing M.S., a total of 27 speakers and vendors participated.

## **Logistics and Staffing**

### **Event Timing**

When planning the summits, the team wanted to ensure that attendees left the summits with as much knowledge as possible in a reasonable amount of time. For this reason, the summit lasted no more than 4 hours, from 8:30 a.m. to 12:30

p.m. The keynote speaker session lasted approximately 30 - 45 minutes, and then attendees had the option of participating in 2 breakout sessions within two consecutive 45-minute breakout session periods. The community resource fair was ongoing from 9 am to 12:30 pm to give attendees the opportunity to interact with resource fair exhibitors if they choose to not attend breakout sessions. The Lanier H.S. summit was scheduled for Saturday, April 6, 2019. The Kealing. M.S. summit was scheduled for Saturday, April 13, 2019.

### **Team and Volunteer Responsibilities**

During each summit, the team split duties to assure that all items were taken care of leading up to and throughout the day of the events. Responsibilities included: picking up food, beverages, and donations, setting up and working registration, putting up signage, setting up vendor tables and breakout sessions, welcoming attendees, ushering, and cleaning up.

Pasos Positivos relied heavily on the support of volunteers throughout both summits. With each summit's breakout sessions and resource fairs, the volunteers were crucial to the execution of the team's vision. The duties of volunteers ranged from breakout session translators to summit check-in attendants. Overall, 11 volunteers were recruited to participate over the two summits.

### **Accessibility**

#### **Language Access Services**

Due to the demographics of the schools, Spanish interpreters were needed for the keynote speaker as well as several breakout session speakers. AISD was able to provide interpreters, and the project team intentionally sought the participation of bilingual table vendors and breakout session speakers. This allowed participants to be more engaged, as they were more comfortable asking questions and engaging our speakers in conversation. The team also provided booklets for the participants, which outlined the summit agenda, breakout session choices, and the speaker biographies. These booklets were provided in both English and Spanish. All the volunteers who assisted at both sessions were also bilingual, to ensure easy communication with participants and provide interpretation support as needed. All promotional fliers, social media, and radio and TV announcements were delivered in English and Spanish as well.



## **Removing Attendance Barriers**

The team relied heavily on school partners to help remove any remaining attendance barriers. As trusted school figures, Dee Gonzalez and Austin Voices personally reached out to individual families to encourage participation. The team also offered free food, coffee, water, and raffle prizes to incentivize families to attend the events.

The team also relied on the recommendations from AISD as to the best dates and times to hold the events to maximize the potential for attendee turnout. Therefore, the team chose to hold the events on Saturday mornings.

## **Marketing and Communications**

### **Social Media**

The project team's marketing efforts were designed to reach families across multiple platforms. The team first leveraged social media by creating a Facebook page that would allow our viewers to follow the Pasos Positivos page and receive information on articles and videos pertaining to mental health and how to start the conversation around mental illness. The team also utilized this page to share information about the two summits and resource fairs. The team created events within the Facebook page to allow friends and followers to share the event with their audiences and extend our reach even further. The Pasos Positivos page currently has over 227 Followers. Our summit partners also utilized the page to share and promote the event with their audiences in both English and Spanish. Content on the Pasos Positivos page had over 20 shares, reaching well over 5,000 people. The team also featured each summit speaker on the Pasos Positivos page by posting a headshot along with a short biography of their professional backgrounds. The team included a short video snippet from the keynote speaker promoting the summits.

### **Television and Radio Ads**

Pasos Positivos leveraged the team's relationships with Univision and El Mundo Radio to get 2 daily mentions on both television and radio over a period of 2 weeks, putting the total number of community members reached well into the tens of thousands. The television and radio ads were in both English and Spanish and highlighted the summit content, timing, location, free food, and giveaways. The team was able to accomplish this at zero out of pocket costs.



### **Phone Banking / Canvassing**

Lanier H.S.'s Family Resource Center allowed the team the opportunity to reach out to school families by phone to notify them about the upcoming summit and health fair. During the calling session, the team was able to reach 23 families, with an average household size of 6. The response received from those families was overwhelmingly positive. The families reacted very well to the invitation and expressed excitement about the resource fair as well as the free food and raffle giveaways. Families also mentioned they had received the flyers that were distributed by their school's Parent Support Specialists and were planning to attend the event. Of the 22 families reached, 21 of them were Spanish-speaking households.

### **Outreach through AISD Partners**

Pasos Positivos worked with both Dee Gonzales at Kealing M.S. and Austin Voices at Lanier H.S. to help target outreach to their students and families and to identify those families that would benefit the most.

Dee Gonzales utilized her vertical groups to reach out to surrounding and feeder schools of Kealing M.S, including teachers, counselors, other Parent Support Specialists, and parents. Ms. Gonzalez encouraged her AISD team to invite at least 10 families each and worked with the parents that she knew personally to encourage their attendance. Ms. Gonzalez also utilized email blasts and robocalls to increase general parent awareness about the event.

Austin Voices reached out to their Lanier H.S. families and encouraged them to attend by using Lanier-specific flyers given to students and robocalls to families. Austin Voices also personally called families that they identified as potentially benefiting the most from the information and resources at the summit. As mentioned previously, our team also visited the school and helped make personal calls to families to encourage them to attend.

The team was also able to utilize the help of Norma Garza from Educa Austin, a Spanish-only television and radio program through AISD. Ms. Garza promoted the event through Educa Austin's social media platforms and weekly newscast directed to Spanish-speaking AISD parents.

### **Budget**

To help cover the cost of the summits and provide resources at no cost to our attendees, the team undertook a targeted sponsorship and donor outreach effort. The team utilized a bootstrap fundraising approach and created a

Sponsorship Form to solicit sponsorships and donations from confirmed health fair vendors, friends, family, and community partners. Through our efforts, the team was able to generate over \$5,500 in sponsorships and donations and was able to cover the total summit costs at both Lanier H.S. and Kealing M.S.

The budget and donations covered the costs of the following items:

- Breakfast and snacks for attendees
- Food for speakers and vendors
- Beverages
- Venue costs (facility fees, utilities cost, etc.)
- Table and chair rental fees
- Printing costs for materials
- Raffle items

# Outcomes and Impact

## Attendance

Attendance at each of the summits was lower than the project team and partners had anticipated. At Lanier H.S., a total of 20 families signed in. At Kealing M.S., a total of 19 families signed in. Additional families also attended each event but did not sign in – those numbers are not captured in our data.

Severe weather may have affected attendance at both events. Heavy rainfall may have discouraged families from attending, and our partner at Kealing M.S., Dee Gonzalez, mentioned receiving several phone calls from families inquiring about the event in response to the weather.

## Participant Response

To gauge the effectiveness and impact of the individual breakout sessions, the project team designed a survey, in both Spanish and English, that was distributed to breakout session participants after each session. The Likert-style survey consisted of 6 questions designed to quantify impact in the following focus areas:

- **Willingness to Seek Help or Help Others.** Do the participants feel more inclined to seek help or to help others now that they've attended the session?
- **Understanding of Specific Mental Health Topics.** How successful was the session in increasing participants' understanding of the topic?
- **Level of Comfort Discussing Mental Health Topics.** How successful was the session in increasing participants' comfort level with discussing the topic with their children, family, or friends?
- **Knowledge of New Resources.** Has the session been successful in providing the participants with new knowledge about available resources?

Each of these areas are in direct response to some of the key mental health challenges facing Latinx communities, including mental health stigma, lack of information and misunderstanding, and lack of knowledge about or access to mental health resources.

A total of 45 responses were received from the Lanier High School summit, with 30 responses in English and 15 responses in Spanish. A total of 43 responses were received from the Kealing Middle School summit, with 11 English responses and 32 Spanish responses. The responses capture the reactions from AISD families and resource fair vendors who attended the sessions.

An analysis of the survey responses revealed strong positive results across all four impact areas measured in the surveys. The results are summarized in the following sections.

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## **Willingness to Seek Help or Help Others**

### **Lanier H.S.**

Attendees at the Lanier H.S. summit expressed a strong willingness to seek help or help connect others with mental health resources after participating in the breakout sessions. The CommUnityCare session on mental health stigma had the greatest impact on participants' willingness to seek help and assist others, with an average response of 4.7 out of 5 from participants who attended that particular session.

Collectively, the average response from participants of the breakout sessions was a 4.3 out of 5.

### **Kealing M.S.**

Similar to the Lanier event, participants of the breakout sessions at Kealing M.S. also expressed a strong willingness to seek help and help their peers experiencing mental health challenges. Participants were most compelled to seek help or help others after attending the general mental health session led by Dr. Ariel De Llanos and the ACGC session on positive parenting techniques for teens, with an average response of 4.7 out of 5 from participants who attended those sessions.

The average response of attendees who participated in the Kealing breakout sessions was 4.4 out of 5.

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## Understanding of Specific Mental Health Topics

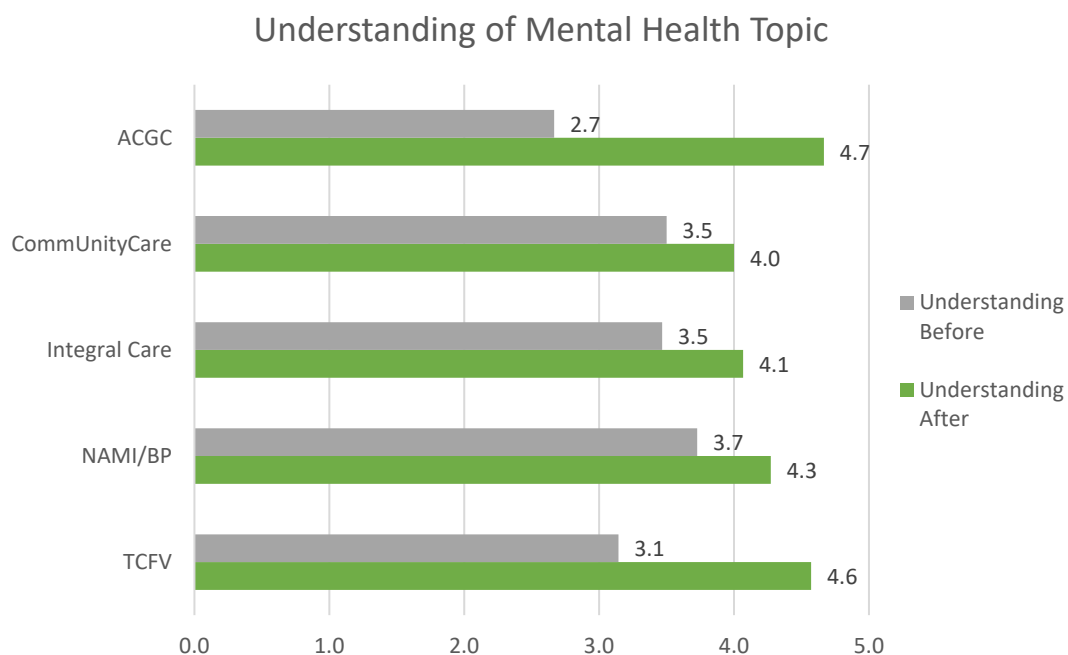
Breakout session participants were also asked about their relative understanding of specific mental health topics before and after attending each breakout session. Across all topics at both summits, participants reported an increased understanding of mental health issues and resources related to each breakout session.

### Lanier H.S.

At Lanier H.S., participants reported the greatest increase in understanding after attending the ACGC session around positive parenting techniques for teenagers, with an average reported increase of 66% (from an average of 2.7 before the session to 4.7 after the session). Overall, participants reported an average increase in understanding of 26% across all 5 breakout session topics (from an average of 3.4 to 4.3).

#### Exhibit 4.

**Survey responses for Lanier H.S. indicating strong increases in participants' comprehension around specific mental health topics.**



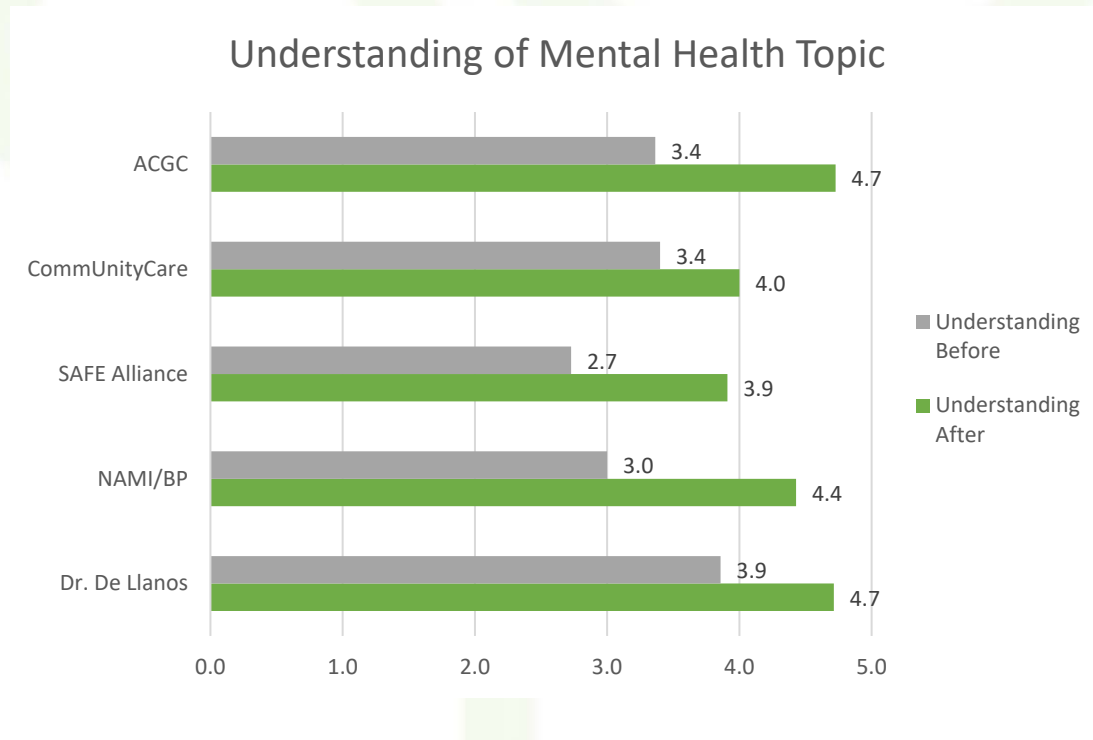
### Kealing M.S.

Participants at the Kealing M.S. breakout sessions reported a similarly strong increase in understanding of mental health topics after attending each session. Like Lanier, participants reported increased comprehension across all breakout sessions.

Participants reported the greatest increase in understanding after attending the SAFE Alliance session on depression and suicide prevention, with an increase in comprehension of 53% (from an average of 2.7 to 3.9). The NAMI/Brave Parents session on teen mental health and the ACGC session on positive parenting techniques for teens also resulted in strong increases in comprehension levels, with average increases of 49% and 42%, respectively. These results are notable because each of these sessions had an overwhelmingly Spanish-speaking audience, indicating a strong positive impact on traditionally underserved populations with little to no access to mental health information and resources. Overall, participants reported an average increase in understanding of 36% across all breakout session topics.

#### Exhibit 5.

**Survey responses for Kealing M.S. indicating strong increases in participants' comprehension around specific mental health topics.**



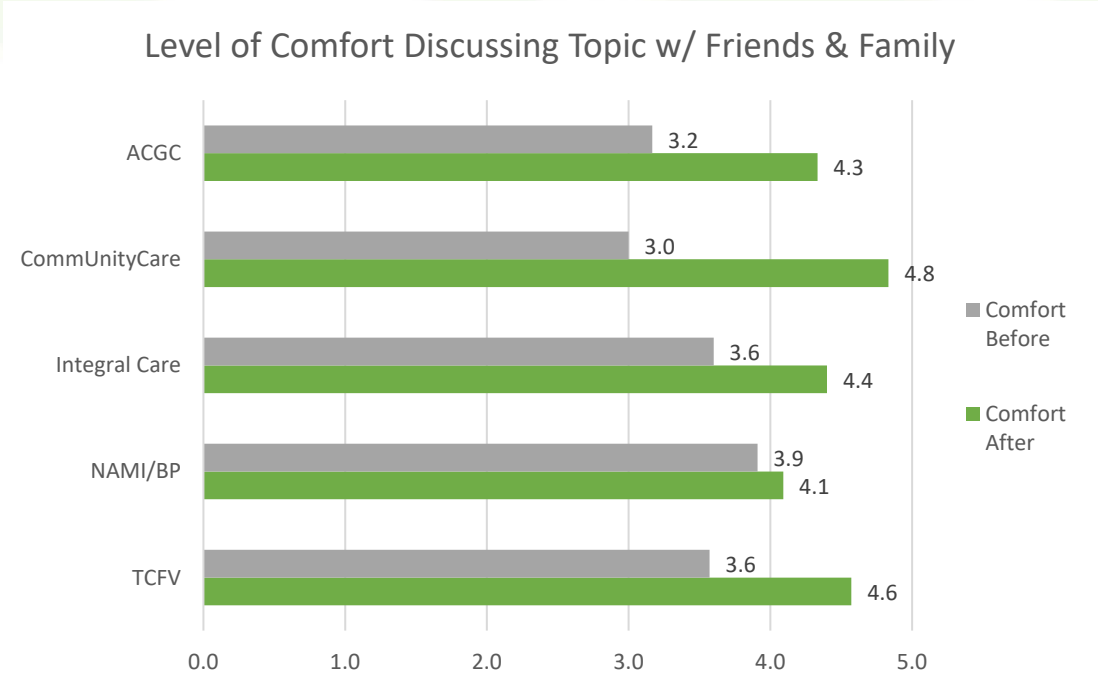
### Level of Comfort Discussing Mental Health Topics

Participants were asked survey questions regarding their level of comfort discussing specific mental health topics with their children, family, or friends after attending each breakout session. The survey responses revealed a significant increase in participants' comfort levels around engaging with loved ones on mental health issues after having attended the breakout sessions, with increases apparent across the board.

#### Lanier H.S.

At Lanier H.S., the session on mental health stigma presented by CommUnityCare had the greatest impact on participants' level of comfort discussing mental health with family and friends, with an increase in comfort levels of approximately 54% (from an average response of 3 before the session to 4.8 after the session). The session led by ACGC also had a strong impact on participants' comfort level around positive parenting techniques for teens, with an increase of 43% for attendees (from 3.2 to 4.3). Overall, participants at the Lanier H.S. breakout sessions reported a 25% average increase in their level of comfort engaging on mental health topics with their loved ones (from 3.5 to 4.4).

**Exhibit 6.**  
**Survey responses for Lanier H.S. indicating high increases in participants' level of comfort discussing mental health topics.**



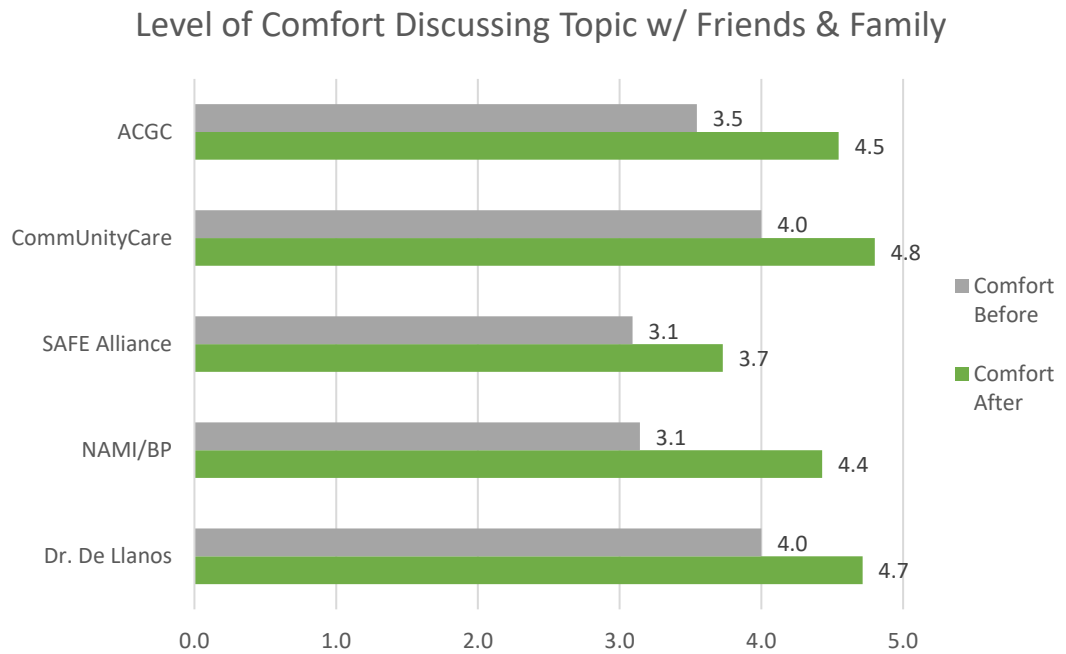


### Kealing M.S.

For attendees of the Kealing M.S. summit, those who participated in breakout sessions also reported significant increases in their comfort levels discussing mental health issues and challenges with loved ones. The NAMI/Brave Parents session on teen mental health had a particularly strong impact on participants, with survey results indicating a 45% increase in comfort levels among participants of that session (from an average response of 3.1 before the session to 4.4 after the session). Overall, participants reported an average increase in their comfort levels of about 25% across all 5 sessions.

### Exhibit 7.

**Survey responses for Kealing M.S. indicating high increases in participants' level of comfort discussing mental health topics.**



### Knowledge of New Resources

#### Lanier H.S.

At the Lanier H.S. summit, attendees felt strongly that they were connected to new resources around mental health. The CommUnityCare session on mental

health stigma had the greatest impact on participants' knowledge of mental health resources, with a response of 5 out of 5 from all participants who attended that particular session.

Overall, the average response from participants regarding their increase in knowledge about new resources available was a 4.5 out of 5.

### **Kealing M.S.**

For the Kealing M.S. event, attendees also shared positive feedback regarding their knowledge of new mental health resources after participating in each session. Both Dr. De Llanos' session on general mental health and the NAMI/Brave Parents session on teen mental health had an average response of 4.9 out of 5 from participants.

The average response from participants at the Kealing M.S. event regarding knowledge of new resources was a 4.7 out of 5. This is especially promising feedback, given that 32 out of the 43 responses to the surveys at Kealing M.S. were from Spanish-speakers.

### **Note on Survey Limitations**

While the post-breakout session surveys were critical in providing a baseline for the level of impact the summits had on participants, there were several limitations to the survey design and implementation. The survey did not include demographic questions about the participants' age, race/ethnicity, gender, or event role (AISD family, volunteer, resource fair exhibitor, etc.). Future iterations of these surveys could include some of these questions, but participants may not necessarily feel inclined to provide this type of information. Additionally, the survey only provides a rough estimate of the "before and after" impact of the breakout sessions. Future surveys could be more aligned with best practices around survey question development and survey deployment, and surveys should be reviewed by an individual with expertise in survey research tools.

### **General Attendee Feedback**

During and after each of the summits, the project team received generally positive feedback from AISD families, volunteers, and other attendees. The following represents a sample of some of the feedback from the summit attendees received by the project team.

## Comments from Breakout Session Participants

*"Hay muchas asociaciones que nosotros, como hispanos, no conocíamos. Aquí me vine a dar cuenta que hay bastante ayuda. // There are many organizations that we, as Hispanics, are not familiar with. Here, I learned that there is a lot of help out there."*

*"Thank you for the information & process to discuss. You made it very comfortable to talk."*

*"Gracias por traer este tipo de talleres. // Thank you for bringing these types of workshops [to us]."*

*"Thank you for your knowledge. I now have better tools to handle trauma & the behavior associated with trauma."*

## Comments from Volunteers

*"As a soon to be first time mom, Jessica briefly talked about the mental health of pregnant women and teens. She spoke about things that I have experienced and made me feel comfortable with my emotions. She was not afraid to reach into the audience and listen to people. She engaged them and made them feel safe to open up."*

*"Kristen's delivery of parenting tips helped me better understand how to talk to my teen and helpful ways to diffuse situations that create highly stressful interactions with my teen."*

## Partner Feedback

The project team held a debrief session with Shechem Sauls and Dee Gonzales after the conclusion of the final summit. Some of the key pieces of feedback the team received are included below:

- Shechem Sauls applauded the efforts of Pasos Positivos and plans to leverage this program to connect outside resources to AISD's mental health care outreach.
- Dee Gonzales held a debrief with parents from the Kealing Middle School summit. The feedback she received from parents was positive. Parents were grateful that the summit was offered in Spanish and provided interpretation services. Parents stated they normally find it difficult to attend AISD events because of the language barrier that is often

presented. The parents said they felt comfortable communicating with the speakers and wished for more Q&A time.

- Both Shechem and Dee agreed that the summit should be held in the early months of the school year in order to attract a larger audience and present this information to families early on.

# Key Findings and Recommendations

## Value of Partnership between HAL and AISD

Both the project team and AISD partners believed the unique partnership between HAL and AISD on this specific issue contributed to the project's success. As a Latinx-focused organization connected to the Greater Hispanic Austin Chamber of Commerce, the HAL program brings a certain level of visibility and credibility when it comes to connecting with the Latinx community on Latinx issues.

A continued partnership between AISD and HAL, and potentially other Latinx-facing organizations, will help deepen the connection between AISD's mental health efforts and the Latinx community, increasing the level of comfort of Latinx families in engaging in these topics.

## Increasing Access for Spanish-Speakers

The deliberate focus on making the Summits as accessible as possible to a Spanish-speaking audience was another key factor in the project's success. By creating materials in both Spanish and English, inviting service providers with bilingual staff and resources, and providing interpretation services for the keynote speaker and for the breakout sessions where possible, the project team was able to increase access to mental health resources for families who previously had little to no exposure to these types of resources due to language and cultural barriers. Spanish-speaking participants frequently pointed to translation and interpretation as one of the best aspects of the event, expressing their gratitude for the focus on language accessibility. AISD also recognized the value of maximizing language access for Spanish-speakers, with many Spanish-speaking families expressing their satisfaction with the event and an increase in knowledge about new mental health resources.

Future events and outreach efforts around mental health should also aim to increase access to Spanish-speaking families, given the positive feedback received from these families and the measured impact in terms of increased understanding of mental health issues, new knowledge about mental health resources, and decreased stigma around discussing mental health with their loved ones.

## **Value of Breakout Sessions on Specific Mental Health Topics**

Based on the results of the surveys and general feedback from summit participants and partners, the breakout sessions were perhaps the most successful element of the entire project. The breakout sessions allowed participants to engage with mental health professionals and other event partners in a very intimate setting, allowing the participants direct access to knowledge and resources in a safe environment. Participants were willing to share deeply personal stories about their own experiences with mental health challenges and have conversations with each other about ways their experiences have been similar or different. The survey results indicated increases across the board in participants' willingness to seek help or help others, understanding of mental health topics, level of comfort discussing mental health with family and loved ones, and knowledge about new mental health resources.

Future iterations of these summits should certainly include breakout sessions based on the feedback received from participants and summit partners. Potential changes to the summit structure could include (1) greater amount of time allotted to the breakout sessions to allow for increased interaction and learning among participants, (2) experimenting with the number of simultaneous breakout sessions to determine different ways to increase participant engagement, and (3) focusing the breakout sessions around a more specific theme to deepen learning around a specific mental health topic.

## **Attracting a Larger Audience**

While the project team engaged in various communications and marketing strategies, both through channels available to project team members and to project partners, the turnout for both events was still less than was anticipated. While severe weather during both event dates played a role in decreasing turnout, the marketing and communications approach for these summits could be improved, strengthened, and diversified.

Changes to the marketing approach could include (1) starting a marketing campaign several months before each event, (2) establishing year-round marketing through informational social media posts, public service ad campaigns on television and radio, and other approaches and mediums, (3) developing relationships with community-based organizations to boost turnout through community networks, (4) targeting individual families through school-based phone bank campaigns, and (5) utilizing a grassroots approach to marketing

through door-to-door outreach, mailers, and other household- and neighborhood-level outreach.

## **Demand for Community Conversations on Mental Health**

The participants' and partners' response to both summits, along with feedback received through surveys, indicates a strong and increasing demand for community engagement events around mental health. Participants' feedback around the breakout sessions was overwhelmingly positive, and the surveys indicate the breakout sessions had a positive impact on participants' understanding of mental health issues and level of comfort engaging with others around these issues.

While these summits were part of a pilot community engagement effort with AISD, the feedback and response to these summits suggests the project should continue. Additional summits would allow AISD to reach a greater audience, boost engagement on mental health issues among AISD families, and provide an improved and more streamlined summit experience for families through the learnings of the previous summits.



## Next Steps

Due to the success of the pilot phase of this project, Pasos Positivos and AISD have agreed to enthusiastically continue this partnership and expand community engagement and outreach to other schools. Each member of Pasos Positivos has pledged 12-18 months to AISD to serve as mentors for the continuation of the project. Shechem Sauls is assembling additional teams to facilitate larger scale summits, and members of Pasos Positivos will aide in the execution of these summits.

There is also an opportunity to partner with other institutions, such as the City of Austin, the University of Texas, and Central Health, to expand outreach efforts at other community events. The Pasos Positivos team will be participating at Austin Public Health's Fiesta de Salud, the largest community health fair geared towards the Austin Latinx community, on May 4, 2019.

Additionally, the next Pasos Positivos Mental Health Summit is set to take place at Kealing Middle School on September 28, 2019. The team looks forward to continuing our mental health engagement efforts in partnership with AISD, and we hope to continue taking *pasos positivos* with the community to address mental health challenges and connect families with the help they need to live positive, healthy lives.

# Acknowledgements

We would like to thank the following organizations, including event sponsors and donors, for their support and participation. A special thank you to our AISD partners, Shechem Sauls and Dee Gonzales, for championing the project and providing their support. We would also like to thank our dedicated mentor, Danette Castañeda, for providing guidance and feedback.

## Vendors

2-1-1  
AAA  
Access Dental/Medico MD  
Asian Family Support Services of Austin  
AT&T  
Austin 311  
Austin Child Guidance Center  
Austin Community College--High School Programs  
Austin Public Health  
Austin Public Libraries  
Austin Voices in Education and Youth  
Austin Youth River Watch  
BeSMART  
Blue Cross and Blue Shield of Texas  
Boys & Girls Club of the Austin Area  
Brave Parents  
CommUnity Care  
First Citizens Bank  
Focus and Balance (Dr. Ariel De Llanos)  
H.A.I.R.  
Integral Care  
Mydental  
NAMI  
Lifeworks  
City of Austin Neighborhood Partnering Program  
New York Life Insurance  
Radical Empathy  
SAFE Austin  
Seton Behavioral  
Susan G. Komen  
Texas Council on Family Violence  
Wonders & Worries

## Breakout Session Leaders

Jessica Miller – NAMI (National Alliance on Mental Illness)  
Steve Terry – Brave Parents  
Heather Hart – CommUnityCare  
Elyssa Schroeder – Texas Council on Family Violence  
Kristen Pierce-Vreeke – Austin Child Guidance Center  
Dr. Ariel De Llanos – Focus and Balance, LLC  
Sandra Olarte-Hayes – Integral Care  
Natalie Busath – SAFE Alliance  
Officer Wayne Sneed - Mental Health Supervisor at AISD Police Dept.

## Sponsors and Donors

Aoshima Family  
AT&T  
BlueCross BlueShield  
First Citizens Bank  
Greater Austin Hispanic Chamber of Commerce  
Just Keep Livin Foundation  
Monat  
New York Life Insurance  
Randolph-Brooks Federal Credit Union  
Rudy's Bar-B Q  
Stonegate Pharmacy  
Texas Council on Family Violence  
Univision Austin  
Vamos Marketing  
Wells Fargo

# Appendix

- **Healthcare Project Team**
- **Budget**
- **Sponsorship Form**
- **Vendor Form**
- **Summit Agenda - English**
- **Summit Agenda - Spanish**
- **Marketing Page**
- **Survey Questions – English**
- **Survey Questions – Spanish**
- **Survey Data – Kealing Middle School**
- **Survey Data – Lanier High School**
- **Letter from our AISD partner, Shechem Sauls**
- **Letter from our mentor, Danette Castañeda**
- **Pictures**
- **Thank you page**

# Healthcare Team



**Esmeralda Flores: Lead Project Manager**

As the Policy Administration Coordinator for the policy team at the Texas Council on Family Violence (TCFV), Esmeralda supports the planning, development and implementation of key legislative projects that benefit survivors of domestic violence. She brought her artistic coaching and production experience to TCFV, where she ideated, managed, and created a 90 second PSA, which included local and regional music artists. Her project management experience and creativity played a vital part in the planning and execution of the “Pasos Positivos” project.



**Hugo Sanchez: Project Manager**

Hugo Sanchez is a Multimedia Producer for Univision Austin Local Media. His passion projects are focused on the arts and how its benefits can possibly benefit the community. Through Univision, he is actively a part of storytelling for the Spanish speaking community in Austin. Originally from Del Rio Texas, he has been living and working in Austin since 2009.



**Ashley Aoshima: Asst. Project Manager**

Ashley Aoshima is a branch manager for Wells Fargo Bank. Ashley currently chairs the Wells Fargo Women’s Team Member Network - Austin Chapter, and her passion for serving low-income and underserved girls in the Austin area has led her to the board of Con Mi Madre. Ashley has also served as a liaison for the Wells Fargo Supplier Diversity Council which focuses on bringing ethnically and gender diverse businesses into partnership with Wells Fargo Bank. Ashley is a native of Corpus Christi, Texas and resides in Austin with her husband and two daughters.



**Rodrigo Leal: Research Leader**

Rodrigo Leal is a Senior Consultant in the Sustainability Solutions Team at Navigant, where he develops and implements sustainability and resilience initiatives in collaboration with government officials, non-profit organizations, and community members. He has also been involved in local community-based efforts to improve engagement and awareness around the issues facing low-income communities of color, including health inequities, access to parks and open spaces, flood mitigation, and displacement. Rodrigo is a first-generation graduate of Harvard University and a proud native of the Rio Grande Valley.



**Karlie Ramirez: Finance Leader**

Karlie Ramirez currently serves as the Director of Membership Relations at the GAHCC. She is a graduate of Texas State University where she received her Bachelor of Business Administration. Karlie has a strong passion for volunteering and helping small businesses succeed, especially in the Hispanic community.



**Janie Lua: Marketing Leader**

Janie Lua joined AT&T in late 2016 as a retail sales consultant and quickly moved into management shortly after, where she has worked in leadership capacities throughout 4 AT&T Corporate Retail locations in the Austin area. Prior to AT&T, Janie spent 19 years in the Insurance & Finance industries. Janie has also served on the board of multiple AT&T Employee Resource Groups.

To help cover food, beverages, materials, and raffle items, our team created a Sponsorship Form and solicited sponsors and donations from our Resource Fair participants to help with each of the summits. We wanted to keep the summits free to the community and wanted to make sure that all expenses were covered. Below you will find our final budget for our Summits.

<b>Pasos Positivos Budget</b>			
<b>Revenue</b>			
AT&T		\$1,000	
BCBS		\$500	
Aoshima Family		\$340	
New York Life Insurance - Raymond Mendoza		\$50	
Anonymous		\$40	
City of Austin - 311		\$25	
AFSSA		\$25	
Mydental		\$25	
<b>Total</b>		<b>\$2,005</b>	
<b>Expenses</b>			
<b>Food &amp; Beverage</b>			
	-Costco (snacks, water, sandwiches, etc.)	\$323	
	-Walmart (apples, utensils)	\$40	
	-Alli Mexican Cuisine (coffee)	\$126	
	-HEB (sandwiches)	\$27	
<b>Venue</b>			
	-Lanier HS Utilities	\$198	
	-Lanier HS Custodians	\$210	
	-Tables	\$250	
<b>Raffle Items</b>			
	-Bikes (4)	\$273	
<b>Misc.</b>			
	-Dollar Tree (pens, bowls, platters)	\$27	
	-Signage	\$47	
<b>Total</b>		<b>\$1,521</b>	
<b>In-Kind Donations (value)</b>			
<b>Promotional Air Time</b>			
	Univision TV and Radio	\$1,500	
<b>Rudy's</b>		\$747	
<b>Raffle Items</b>			
	-Rayban Sunglasses (2)	\$400	Donated by Just Keep Livin Foundation
	-Stonegate Pharmacy Basket	\$200	Donated by Stonegate Pharmacy
	-RBFCU Basket	\$50	Donated by RBFCU
	-Easter Baskets (4)	\$130	Donated by First Citizens Bank
	-Round Rock Express Tickets (4)	\$80	Donated by AT&T
	-Google Home Mini	\$65	Donated by The Aoshima Family
	-Fogo de Chao Gift Card	\$25	Donated by Texas Council on Family Violence
	-Amazon Gift Card	\$25	Donated by Texas Council on Family Violence
	-Monat Gift Basket	\$500	Donated by Pam Hannaway at Monat
<b>Total Value</b>		<b>\$3722</b>	



**2019 Hispanic Austin Leadership: Healthcare Team  
Pasos Positivos/Positive Steps Sponsorship Form**

**Summit Sponsor - \$500**

- Company Logo on all marketing materials
- Company Logo on all digital marketing promotion
- Company recognition as Summit Sponsor by Master of Ceremonies
- Opportunity to speak at beginning of event
- Opportunity to have Expo. Table during Summit

**Raffle Item Sponsor - \$50 or more Item**

- Company recognition as Raffle Item Sponsor by Master of Ceremonies
- Opportunity to speak during raffle giveaway

---

**Company Recognition Name ( to appear on marketing and promotional collateral):**

**Contact Name:**

**Title:**

**Email Address:**

**Phone Number:**

*Billing Information*

**Billing Address:**

**Billing City, State, and Zip:**

**Credit card type:**

**Credit card #:**

**Security Code:**

**Name on Card:**

**Expiration date:**

*Proceeds support the 2019 Hispanic Austin Leadership Healthcare Team’s program initiative.*

**To return form and for more information, please contact:  
Karlie Ramirez, Healthcare Team  
Finance Coordinator  
(956) 251-2008 or  
kramirez@gahcc.org**

The Greater Austin Hispanic Chamber of Commerce (GAHCC) is a tax-exempt organization under Section 501(c)(6) of the Internal Revenue Code. Contributions or gifts to the GAHCC are not tax deductible as charitable contributions for federal income tax purposes. However, a portion of your payment to the GAHCC may be deductible as an ordinary and necessary business expense. Please consult your own tax advisor with respect to your eligibility to take such deductions.

*\*No Refunds\**



**2019 Hispanic Austin Leadership: Healthcare Team  
Pasos Positivos/Positive Steps Booth Vendor Form**

**Booth Vendor - \$25 or \$50**

- Company Logo on Booth Vendor listing
- Company Logo on all digital marketing promotion as a Booth Vendor
- Opportunity to have Expo. Table during Summit

**Raffle Item Sponsor - \$50 or more Item**

- Opportunity to speak during raffle giveaway

---

**Company Recognition Name ( to appear on marketing and promotional collateral):**

**Contact Name:**

**Title:**

**Email Address:**

**Phone Number:**

*Billing Information*

**Billing Address:**

**Billing City, State, and Zip:**

**Credit card type:**

**Credit card #:**

**Security Code:**

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Finance Coordinator  
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kramirez@gahcc.org**

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*\*No Refunds\**





# Pasos POSITIVOS

April 6th, 2019

Lanier High School

## Mental Wellness & Health Summit

Presented By:

Hispanic Austin Leadership, Healthcare Team

In partnership with:



### Agenda

9:00 a.m. – 12:30 p.m. Community Health Resource Fair

9:15 a.m. – 9:45 a.m. **Keynote Speaker, AISD Senior Police Officer, Officer Wayne Sneed**

9:55 a.m. – 10:40 a.m. Breakout Sessions (Please note that space for each session is limited)

• **Let's Talk - Starting a Conversation about Mental Health with Your Teen presented by Jessica Miller, Nami Austin and Steve Terry, Brave Parents**

- Research shows that 1 in 5 teens experience a mental health issue, with depression and anxiety being the most common diagnosis. Left untreated, these conditions can worsen and impact all aspects of a teen's life. More than 40% of teens are not receiving the care and treatment they need—often because they are too embarrassed to talk about mental health or don't know how to ask for help. This presentation equips parents and caregivers with simple tools for proactively addressing this important health issue with the goal of encouraging positive conversations that help teens feel more comfortable seeking help for themselves or their friends.

• **Mental Health Stigma presented by Heather Hart, CommUnityCare**

- What is mental health stigma? This session will focus on the topic of stigma around mental health and illness. Participants will learn about the different components of stigma and understand common misconceptions about mental health. Participants will also learn about the tools available to combat mental health stigma and ways to help support others who have a mental health condition.

• **Trauma's Effects on Your Brain & Body presented by Elyssa Schroeder, Texas Council on Family Violence**

- Many schools and systems are becoming more aware of trauma in people's lives and how that can affect their behavior. Come learn about what ongoing trauma looks like and how people can respond effectively and respectfully.

10:50 a.m. – 11:35 a.m. Breakout Sessions (Please note that space for each session is limited)

• **Positive Techniques for Parenting Teens presented by Kristen Pierce-Vreeke, Austin Child Guidance Center**

- Wondering what happened to your sweet, loving and cooperative 11 or 12 year old? Learn about effective ways to parent your teen so that they feel like they can continue to trust and lean on you as a parent, and you feel that you can continue to hold them accountable while giving them increasing amount of autonomy.

• **Mental Health Q & A with Bilingual Clinical Psychiatrist presented by Dr. Ariel De Llanos, Focus and Balance**

• **Identifying Mental Health Struggles in Adolescents presented by Sandra Olarte-Hayes, Integral Care**

- This presentation aims to educate parents on how to identify mental health struggles in adolescents. Signs and symptoms of common adolescent mental health challenges will be discussed, focusing on differentiating mental health issues requiring intervention from normal developmental challenges.

### Breakout Session Speakers



**Senior AISD Police Officer, Wayne Sneed, Keynote Speaker**

Wayne has served as Chief of Internal Affairs Section for the Health and Human Services Office of Inspector General from April 2004 through November 2008. He began his law enforcement career as a police officer for the San Marcos Police Department in December 1982. During his service with San Marcos Police Department, he served and created many positions including a secondary level supervisor. He has also served as a Certified Instructor with both the National White Collar Crime Center and National Insurance Crime Bureau. He possesses a Certified Instructor, School Based Law Enforcement Officer, and Mental Health Officer certifications from the Texas Commission on Law Enforcement. He also obtained a certification in "Critical Incident Stress Management" with the International Critical Incident Stress Management Institute. Wayne received his Bachelor of Criminal Justice and Business Management degrees from Texas State University. He is a Certified Inspector General with the National Association of Inspector Generals. He has also earned the Certified Public Manager designation from the William P. Hobby Center for Public Service at Texas State University-Round Rock. He has over 36 years of service with both criminal justice and law enforcement agencies. In 2017, Wayne was appointed by Governor Greg Abbott as an Advisory Board Member to the "Texas Juvenile Justice Advisory Board".



**Jessica Miller, Children & Youth Program Coordinator, NAMI Austin**

Jessica Miller graduated from the University of Texas at Austin with a Bachelor's degree in Early Childhood Education. Shortly after graduating, she served in the Peace Corps in Guatemala for two years as a Health Educator. Upon completion of her service, she pursued a Master's Degree and graduated from Texas State University with a Master's degree in Professional Counseling in 2014 and began working at NAMI as the Child and Youth Program Coordinator in 2015. In addition to the programs Jessica oversees, she is also a member of the Kids Living Well Community Coalition and is also a member of the Kids Living Well, Prevention Work Group.



**Steve Terry, Brave Parents**

Steve Terry has held many roles in the software and integration services industry for more than three decades. The more important role has been that of a parent with lived experience regarding adolescent mental health. Steve leads a non-profit called Brave Parents which is a parent-to-parent support organization for families with teens and young adults in residential therapeutic programs, and is a teacher of the NAMI Basics class which is a free education program for parents and family caregivers of children and teens who are experiencing signs of behavioral or mental health concerns or who have a diagnosis.



**Heather Hart, Behavioral Health Manager, CommUnityCare**

Heather Hart is the Behavioral Health Manager for CommUnityCare. Heather received her Bachelor's degree in Psychology and Spanish from the University of North Carolina at Wilmington and her Master's degree in Clinical Social Work from the University of Texas at Austin. Heather is a Licensed Master Social Worker (LMSW) and is currently in clinical supervision to receive her License in Clinical Social Work (LCSW). She holds a Certificate in Cognitive Behavioral Therapy from PESI, Inc. She has been with CommUnityCare since October 2014. She has a passion for integrating behavioral healthcare in the primary care setting. Heather advocates for parity for mental health issues because they are as important as physical health issues and the mind and body are intricately linked. Prior to joining CommUnityCare, Heather worked with people with severe and persistent mental illness, people with substance use disorders, survivors of domestic violence and in school settings. Heather speaks fluent Spanish, which she learned while living abroad in Chile. In her free time, Heather enjoys spending time with her one-year-old Labradoodle puppy and volunteering as a therapist at the YWCA of Greater Austin.



**Elyssa Schroeder, Texas Council on Family Violence**

Elyssa Schroeder, LMSW currently works at Texas Council on Family Violence providing policy and programmatic advocacy to family violence providers throughout the state. In this capacity she works to enhance survivor experiences through trauma-informed care, researcher-provider collaborations and evaluation, and creating greater access for vulnerable populations. Her past professional experiences center on creating safer spaces for victims of gender-based violence including developing a health and wellness program for women living in India; direct client counseling and advocacy in South Texas; and working with local officials to create a Victim Services Department in rural Texas.



**Kristen Pierce-Vreeke, Executive Director, Austin Child Guidance Center**

Kristen Pierce-Vreeke is Executive Director of Austin Child Guidance Center and has over 15 years of clinical experience and a track record of leadership maintaining high-level client-centered mental health services. Previously, she served as Director of Counseling Services at Catholic Charities of Central Texas; Clinical Director of Center for Survivors of Torture, providing mental health services to refugees and asylum seekers; and she's operated a private practice in Westlake. Kristen has a B.A. in English from Hampton University, and a M.A. in Marriage and Family Therapy from Fairfield University. She is a Texas Board and AAMFT Approved Supervisor and is passionate about her work.



**Dr. Ariel De Llanos, Focus and Balance**

At Focus & Balance, you can expect advanced psychopharmacology treatment for all mental health issues provided by caring and compassionate clinicians. Complete and comprehensive computerized testing is utilized for difficult to treat cases of Attention Deficit Disorder (ADD)/Attention Deficit Hyperactivity Disorder (ADHD), as well as other treatment resistant disorders. Adult and adolescent patients with Attention Deficit Disorder (ADD)/Attention Deficit Hyperactivity Disorder (ADHD) will receive adequate and objective, computerized continuous performance testing (CPT) and psychometric screening to guarantee optimal initial diagnosis and treatment, as well as proper assessment of progress during treatment.

Patients are professionally cared for from start to finish. Special attention will be given to avoid side effects from psychiatry medication treatment; which, at times, could also be associated features of the primary mental disorder. I firmly believe that the proper treatment of the patient begins with the office staff.



**Sandra Olarte-Hayes, Integral Care**

Sandra Olarte-Hayes is a Licensed Clinical Social Worker, therapist, and circle keeper in Austin, TX. Sandra's work has focused on working with immigrant youth and families, domestic violence survivors and offenders, formerly and currently incarcerated individuals, and youth organizers. She currently works as a School-Based Therapist through Integral Care at an Austin high school.



# Pasos POSITIVOS

13 de abril 2019

Kealing Middle School

## Cumbre del bienestar y salud mental

Presentado por:

Hispanic Austin Leadership, Equipo de Salud

En alianza con:



### Agenda

9:30 a.m. – 12:30 p.m. Feria Comunitaria de Recursos de Salud

9:15 a.m. – 9:45 a.m. Presentador Principal, AISD Senior Police Officer, El Oficial Wayne Sneed

9:55 a.m. – 10:40 a.m. Sesiones Informativas

(Tenga en cuenta que el espacio para cada sesión es limitado y traducción está disponible)

• **Hablemos: iniciando una conversación sobre salud mental con su hijo adolescente.**

Presentado por **Steve Terry, Brave Parents**

- Las investigaciones muestran que 1 de cada 5 adolescentes experimenta un problema de salud mental, siendo la depresión y la ansiedad el diagnóstico más común. Si no se trata, estas condiciones pueden empeorar e impactar todos los aspectos de la vida de un adolescente. Más del 40% de los adolescentes no reciben la atención y el tratamiento que necesitan, a menudo porque están demasiado avergonzados para hablar sobre salud mental o no saben cómo pedir ayuda. Esta presentación equipa a los padres y cuidadores con herramientas sencillas para abordar de manera proactiva este importante problema de salud con el objetivo de fomentar conversaciones positivas que ayuden a los adolescentes a sentirse más cómodos buscando ayuda para ellos o para sus amigos.

• **Mental Health Stigma.**

Presentado por **Heather Hart, CommUnityCare**

- ¿Qué es el estigma de la salud mental? Esta sesión se enfoca en el tema del estigma en referencia a la salud mental. Los participantes aprenderán sobre los diferentes componentes del estigma y entenderán conceptos erróneos comunes sobre la salud mental. Los participantes también aprenderán sobre las herramientas disponibles para combatir el estigma de la salud mental y las formas de ayudar a otras personas que tienen una condición de salud mental.

• **Prevención de depresión y suicidio.**

Presentado por **Natalie Busath, SAFE Alliance**

- Esta discusión ayudará a los padres a reconocer las señales de la depresión, identificar recursos en la comunidad, reducir el estigma de la depresión y de los pensamientos del suicidio a través de un diálogo abierto.

10:50 a.m. – 11:35 a.m. Sesiones Informativas

(Tenga en cuenta que el espacio para cada sesión es limitado y traducción está disponible)

• **Técnicas positivas para criar a los adolescentes.**

Presentado por **Kristen Pierce-Vreeke, Austin Child Guidance Center**

- ¿Se pregunta qué le sucedió a su dulce, cariñoso y cooperativo adolescente de 11 o 12 años? Conozca las formas efectivas de criar a sus hijos para que sientan que pueden seguir confiando en usted como padre, y que sienten que puede seguir responsabilizándolos y dándoles mayor autonomía.

• **Preguntas y respuestas sobre salud mental con un fisiatra clínico bilingüe.**

Presentado por **Dr. Ariel De Llanos, Focus and Balance**

### Presentadores de las Sesiones Informativas



**Senior AISD Police Officer, Wayne Sneed, Keynote Speaker**

Wayne se empezó como Jefe de la Sección de Asuntos Internos de la Oficina del Inspector General de Salud y Servicios Humanos desde abril de 2004 hasta noviembre de 2008. Comenzó su carrera de policía como oficial de policía para el Departamento de Policía de San Marcos en diciembre de 1982. Durante su servicio en El Departamento de Policía de San Marcos, sirvió y creó muchos puestos, incluido un supervisor de nivel secundario. También se ha desempeñado como Instructor Certificado tanto en el Centro Nacional de Delitos de Cuello Blanco como en la Oficina Nacional de Delitos de Seguros. Posee un certificado de instructor, un cumplimiento de la ley basado en la escuela y un certificado de oficial de salud mental de la Comisión de Texas sobre el cumplimiento de la ley. También obtuvo una certificación en "Manejo del estrés por incidentes críticos" con el Instituto Internacional de Manejo del Estrés por Incidentes Críticos. Wayne recibió su licenciatura en justicia penal y administración de empresas en la Universidad Texas State. Es un inspector general certificado de la Asociación Nacional de Inspectores Generales. También obtuvo la designación de Gerente Público Certificado del Centro de Servicio Público William P. Hobby en Texas State University-Round Rock. El tiene más de 36 años de servicio tanto con la justicia penal como con las agencias de cumplimiento de la ley. En 2017, Wayne fue nombrado por el gobernador Greg Abbott como miembro de la Junta Asesora de la "Junta Asesora de Justicia Juvenil de Texas".

**Steve Terry, Brave Parents**



Steve Terry ha desempeñado muchos roles en la industria de software y servicios de integración durante más de tres décadas. Su papel más importante ha sido el de un padre con experiencia en relación con la salud mental de los adolescentes. Steve dirige una organización sin fines de lucro llamada Brave Parents que es una organización de apoyo de padres a padres para familias con adolescentes y adultos jóvenes en programas terapéuticos residenciales, y es un profesor de la clase de conceptos básicos de NAMI, que es un programa de educación gratuita para padres y familiares. Los cuidadores de niños y adolescentes que experimentan signos de problemas de salud mental o de comportamiento o que tienen un diagnóstico.

**Heather Hart, Gerente de Salud del Comportamiento, CommUnityCare**



Heather Hart es la gerente de salud conductual de CommUnityCare. Heather recibió su licenciatura en psicología y español de la Universidad de Carolina del Norte en Wilmington y su maestría en trabajo social clínico de la Universidad de Texas en Austin. Heather es una trabajadora social con licencia (LMSW) y actualmente se encuentra bajo supervisión clínica para recibir su licencia en trabajo social clínico (LCSW). Ella tiene un Certificado en Terapia de Comportamiento Cognitivo de PESI, Inc. Ha estado con CommUnityCare desde octubre de 2014. Ella tiene una pasión por la integración de la salud conductual en el entorno de atención primaria. Heather aboga por la paridad para los problemas de salud mental porque son tan importantes como los problemas de salud física y la mente y el cuerpo están estrechamente vinculados. Antes de unirse a CommUnityCare, Heather trabajó con personas con enfermedades mentales graves y persistentes, personas con trastornos por uso de sustancias, sobrevivientes de violencia doméstica y en entornos escolares. Heather habla español con fluidez, que aprendió mientras vivía en el extranjero en Chile. En su tiempo libre, Heather disfruta pasar tiempo con su cachorro de un año y ser voluntaria como terapeuta en la YWCA de Greater Austin.

### Presentadores de las Sesiones Informativas



**Natalie Busath, Especialista en Capacitación en Educación Comunitaria, SAFE Austin**

Natalie Busath es una Especialista en Capacitación en Educación Comunitaria para SAFE, una organización en Austin, TX, que se dedica a poner fin al asalto sexual, el acoso y la explotación, el abuso infantil y la violencia doméstica durante toda la vida. Antes de unirse a SAFE, Natalie recibió su MSW de Jane Addams College of Social Work con un enfoque en la atención de salud mental para adolescentes. Ha trabajado como educadora centrándose en la prevención del abuso sexual infantil, como asesora de crisis para jóvenes en el sistema de cuidado de crianza y como defensora legal y médica de sobrevivientes de agresión sexual. Ella está dedicada a unir la comunicación entre las disciplinas para brindar servicios inclusivos, afirmativos e informados sobre el trauma a todos los sobrevivientes de violencia y abuso.



**Kristen Pierce-Vreeke, Directora Ejecutiva, Austin Child Guidance Center**


Kristen Pierce-Vreeke es Directora Ejecutiva del Centro de Orientación Infantil de Austin y tiene más de 15 años de experiencia y un historial de liderazgo en el mantenimiento de servicios de salud mental de alto nivel centrados en el cliente. Anteriormente, se desempeñó como Directora de Servicios de Asesoría en Catholic Charities of Central Texas; Director clínico del Centro para Sobrevivientes de la Tortura, que brinda servicios de salud mental a refugiados y solicitantes de asilo; y ella ha operado una práctica privada en Westlake. Kristen tiene un B.A. en inglés de la Universidad de Hampton, y una maestría en terapia de matrimonio y familia de la Universidad de Fairfield. Ella es una supervisora aprobada en la junta directiva de Texas y AAMFT y le apasiona su trabajo.



**Dr. Ariel De Llanos, Focus and Balance**

En Focus & Balance, puede esperar un tratamiento de psicofarmacología avanzada para todos los problemas de salud mental que brindan los médicos cuidadosos y compasivos. Se utilizan pruebas computarizadas completas para casos difíciles de tratar el Trastorno por Déficit de Atención (ADD) / Trastorno por Déficit de Atención e Hiperactividad (ADHD), así como otros trastornos resistentes al tratamiento. Los pacientes adultos y adolescentes con Trastorno por Déficit de Atención (TDA) / Trastorno por Déficit de Atención e Hiperactividad (TDAH) recibirán pruebas adecuadas computarizadas, objetivos de rendimiento continuo (CPT) y pruebas psicométricas para garantizar un diagnóstico y tratamiento iniciales óptimos, así como una evaluación adecuada del progreso durante el tratamiento. Los pacientes son atendidos profesionalmente de principio a fin. Se prestará especial atención a evitar los efectos secundarios del tratamiento con medicamentos psiquiátricos; que, a veces, también podrían ser características asociadas del trastorno mental primario. "Creo firmemente que el tratamiento adecuado del paciente comienza con el personal de la oficina".






# CONFERENCIA DE SALÚD Y FERIA DE RECURSOS

**Sábado, 6 de Abril, 2019  
LANIER HIGH SCHOOL  
1201 PAYTON GIN RD. AUSTIN, TX**

- \* REGISTRO Y DESAYUNO GRATIS: 8:30AM
- \* FERIA DE LA SALÚD: 9:00AM-12:30PM
- \* ¡TODO GRATIS! RIFAS, PREMIOS, COMIDA! TALLERES Y RECURSOS PARA TODA LA FAMILIA.



Para más información visite [Pasos Positivos Austin en Facebook](#)



# FREE/ GRATIS HEALTH SUMMIT & FAIR

**April 6, 2019 at Lanier High School** 1201 Peyton Gin Rd. Austin, TX 78758

Registration & Free Breakfast 8:30AM  
Summit Kick-Off at 9:15am  
Health Fair 9:30am-12:30pm

**FREE RAFFLE PRIZES!  
FREE FOOD & DRINKS!**

**¡TODO GRATIS! ¡NO SE PIERDA ESTE EVENTO!  
RIFAS, PREMIOS, COMIDA! PLÁTICAS Y  
ACCESO A RECURSOS PARA TODA LA FAMILIA.**



For more information/ Para mas informacion:  
Visit us on Facebook [Pasos Positivos Austin](#)




The image shows a screenshot of the Facebook page for Pasos Positivos. The page header includes the name "Pasos Positivos" and navigation options like "Home", "Find Friends", and "Create". The cover photo features the organization's logo and a colorful illustration of people. The main content area displays a post from April 16 at 6:33 PM with the caption "The Team!!" and a photo of a group of people huddled together. The left sidebar contains sections for "Intro", "Lives in Austin, Texas", and "Photos".



<b>How do you feel about the following statements?</b> <i>(circle one for each question)</i>	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neutral</b>	<b>Agree</b>	<b>Strongly Agree</b>
1) Now that I've attended this session, I feel more inclined to seek help or help others seek help if needed.	1	2	3	4	5
2) Before this session, I had a strong understanding of this subject.	1	2	3	4	5
3) After this session, I have a strong understanding of this subject.	1	2	3	4	5
4) Before this session, I felt comfortable discussing this subject with my children, family, and friends.	1	2	3	4	5
5) After this session, I feel comfortable discussing this subject with my children, family, and friends.	1	2	3	4	5
6) I learned about new mental health resources available to me.	1	2	3	4	5

**Other comments:**

<b>¿Cómo se siente acerca de las siguientes afirmaciones?</b>  <i>(circule una respuesta para cada pregunta)</i>	<b>Muy en desacuerdo</b>	<b>en desacuerdo</b>	<b>Neutral</b>	<b>de acuerdo</b>	<b>Totalmente de acuerdo</b>
1) Ahora estoy más inclinado a buscar ayuda sobre este tema después de asistir a esta sesión.	1	2	3	4	5
2) Antes de este taller, tenía un profundo conocimiento de este tema.	1	2	3	4	5
3) Después de este taller, he adquirido un profundo conocimiento de este tema.	1	2	3	4	5
4) Antes de esta sesión, me sentía cómodo hablando de este tema con mis hijos, familiares y amigos.	1	2	3	4	5
5) Después de esta sesión, me siento cómodo hablando de este tema con mis hijos, familiares y amigos.	1	2	3	4	5
6) Aprendí sobre los nuevos recursos de salud mental disponibles para mí.	1	2	3	4	5

**Otros comentarios:**

## Survey Data

### Kealing Middle School

Presenter	Topic	# of Responses	Understanding Before	Understanding After	Comfort Before	Comfort After	Would you seek help or help others?	Did you learn about new resources?
Dr. De Llanos	Mental Health (General)	9	3.9	4.7	4.0	4.7	4.7	4.9
NAMI/BP	Teen Mental Health	7	3.0	4.4	3.1	4.4	4.1	4.9
SAFE Alliance	Depression and Suicide Prevention	11	2.7	3.9	3.1	3.7	4.0	4.3
CommUnityCare	Mental Health Stigma	5	3.4	4.0	4.0	4.8	4.2	4.8
ACGC	Positive Parenting Techniques for Teens	11	3.4	4.7	3.5	4.5	4.7	4.6
Total Responses		43						
	English	11						
	Spanish	32						
Overall Average			3.2	4.3	3.5	4.4	4.3	4.7
			<b>Pct. Change:</b>	<b>+36%</b>	<b>Pct. Change:</b>	<b>+25%</b>		

## Lanier High School

Presenter	Topic	# of Responses	Understanding Before	Understanding After	Comfort Before	Comfort After	Would you seek help or help others?	Did you learn about new resources?
TCFV	Trauma	7	3.1	4.6	3.6	4.6	4.6	4.9
NAMI/BP	Teen Mental Health	11	3.7	4.3	3.9	4.1	4.1	4.2
Integral Care	Identifying Mental Health Struggles in Adolescents	15	3.5	4.1	3.6	4.4	4.2	4.3
CommUnityCare	Mental Health Stigma	6	3.5	4.0	3.0	4.8	4.7	5.0
ACGC	Positive Parenting Techniques for Teens	6	2.7	4.7	3.2	4.3	4.2	4.2
Total Responses		45						
	English	30						
	Spanish	15						
Overall Average			3.4	4.3	3.5	4.4	4.3	4.4
			<b>Pct. Change:</b>	<b>+26%</b>	<b>Pct. Change:</b>	<b>+25%</b>		





Dear Mr. Rodriguez and HAL Committee,

My name is Shechem Sauls, I am a School Mental Health Coordinator with Austin Independent School District AISD. I had the pleasure of working with the HAL Healthcare team over the past few months on their Pasos Positivos project. The AISD and HAL partnership launched two (2) Mental Health Summits. The aim of this project was to widen public awareness of the importance of mental health and we succeeded. Both coordinated events were well received by the Austin ISD community.

The amount of positive feedback that AISD received from families was overwhelming. Parents and caregivers left the summit with information to proactively address important mental health issues and were encouraged to have positive conversations about mental health with members of their family.

Under the leadership of Esmeralda Flores, the HAL team developed plans, coordinated with stakeholders and executed their plan to create two impactful events. We hope to partner with the GAHCC and HAL next year to build on growing community interest and recent successes. An AISD planning team is being assembled for next year's summit and we hope that the current/future HAL team, as well as the GAHCC will partner with the district again.

We hope to have a preliminary team meeting with HAL, AISD team members, and possible members from GAHCC before the end of May. If this happens AISD will plan on launching a series of health summit meetings (3) in late September and early October.

The Student Health Services Department of AISD is excited for this collaborative possibility. We believe that our organizations can have a greater impact in the community we aim to serve by renewing our partnership. I hope to hear from you soon.

Written in gratitude,

Shechem Sauls



May 2, 2019

To whom it may concern:

My name is, Danette Castaneda, I am a Hispanic Austin Leadership Alum-Healthcare Team 2017 and mentor to this year's Pasos Positivos, Hispanic Austin Leadership's Healthcare team. I am honored to be a part of this phenomenal project. The team took a risk by addressing a controversial topic, but in the end the response from the community was enthusiastic and overwhelming positive. It was truly a pleasure to watch the Pasos Positivos team grow, develop, and implement their Mental Health initiative.

Through partnerships with AISD, Mental Health Professionals, and various sponsors the team was able to impact each and every person who attended their Mental Health Summit by bringing awareness and resources to the community. The most fulfilling moments as a mentor was watching the team come to the realization the program they were hosting brought tremendous joy and vast impact on the families who attended each summit. They left with a new found awareness of mental health related issues along with helpful tips to cultivate and foster positive dialogue with friends and family to fight mental health stigmas and save lives.

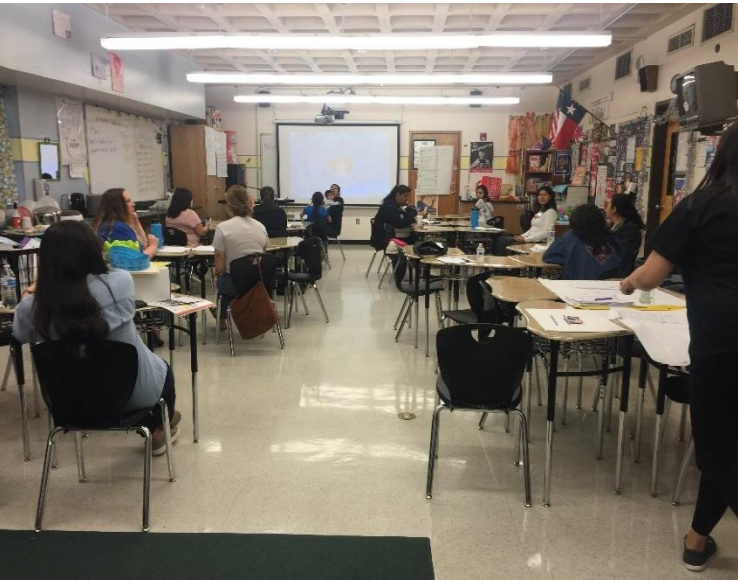
Congratulations to the entire Pasos Positivos team!! Your project is the true embodiment of Hispanic Austin Leadership, you identified a problem in the community, developed an amazing program to address the issue, gave it life, and have gained not only local but national attention. Well done team, but this is just the beginning. I am excited to see the impact your project will have on our schools, cities, and nation over the years to come.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Danette Castaneda', written in a cursive style.

Danette Castaneda  
Assistant Vice President, Financial Sales Manager  
Healthcare Team 2019, Mentor









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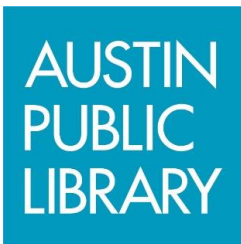


NAMI  
National Alliance on Mental Illness

Austin



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