



COMMUNITY CONVIVENCIAS

A Community-Defined Evidence Program by **Humanidad Education & Therapy Services (HUMANIDAD)**. HUMANIDAD's mission is to bridge the gap between cultures to reduce stigma associated with accessing and utilizing mental health resources.

SETTING & POPULATION SERVED

Spanish-speaking underserved Latino communities including uninsured and immigrants

KEY OUTCOMES

- Reduce stigma associated with mental health
- Increase Latino community's knowledge about social determinants linked to mental illness
- Build on Latino values such as, respect, trust, and family
- Build a culturally and linguistically appropriate MFT workforce

"[In Convivencias], one feels important, like [you matter] . . . One feels loved and appreciated . . . I had never thought about the significance of the word 'Convivencia'"
—Convivencia Participant

"[In Convivencias] I learned to take out everything I had inside . . . stress, loneliness . . . are the things that a therapist helped me understand"
—Convivencia Participant

CONTACTS

Maria Hess - Executive/Clinical Director

Claudia Cendejas - Interim Executive Director

Cecilia Perez - Interim Clinical Director

Christina Zapata - Therapist

Susana Morales - Local Evaluator

Community Convivencias is a community-based counseling convening that engages community members in conversation about mental health with the aim of increasing education and awareness of accessible and available treatment.

PROGRAM COMPONENTS

- Community engagement and pláticas as a Convivencia
- Deliver Convivencias in the community where people feel safe
- Provide peer-to-peer and group counseling services in conditions that matter most to the community
- Build capacity through MFT training, mentoring, and evaluating future workforce

KEY STRATEGIES

- Focus on one-to-one counseling
- Promote trauma-informed, evidence-based, and alternative modalities
- Career readiness including education, training, mentorship for youth
- Provide school-based interventions and faculty support

HUMANIDAD is a multicultural community mental health agency and a program that trains future Marriage and Family Therapist (MFTs). HUMANIDAD serves communities in Sonoma County with a focus on counseling for individuals, couples, youth, and families and children.