# MENTE SANA, VIDA SANA

A Community-Defined Evidence Program by Health Education Council. Health Education Council’s mission is to cultivate health and well-being among underserved communities through prevention and early intervention and with an emphasis on community collaboration.

## SETTING & POPULATION SERVED

Services are provided using the Ventanilla de Salud model inside the Mexican Consulate in Sacramento

## KEY OUTCOMES

- Increase knowledge and awareness of systems, providers, communities, schools, and resources
- Increase timely access and utilization of mental health treatment with follow-up and management
- Increase number of culturally and linguistically appropriate providers to improve assessment of co-morbid health and mental health conditions

## PROGRAM COMPONENTS

- Provides preventative mental health and health screenings
- Conducts outreach and delivers educational workshops and trainings at the Mexican Consulate
- Practices confidentiality and follow-up with clients/consumers and families after a referral to ensure that individuals and families were successful in accessing mental health services

## DRIVERS OF HEALTH AS A STRATEGY

Intersecting education; safety; family, social support & connection; economic well-being; and access to achieve health. HEC recognizes that health happens where people live, work, study, pray, and play shapes our choices and behaviors. Cross-sectors partnerships built on trust and respect transform communities and influence health and well-being.

## CONTACTS

- **Debra Oto-Kent** - Executive Director
- **Gina Roberson** - Associate Executive Director
- **Cynthia Foltz** - Program Director
- **Lupita Rodriguez** - Program Administrator
- **Hindolo Brima** - Local Evaluator

**Mente Sana, Vida Sana** is a partnership between Health Education Council and the Consulate General of Mexico in Sacramento. This community-defined prevention, early detection and treatment program provides mental health screenings to reduce chronic diseases among the most vulnerable Latino populations who are greater risk or suffering from mental illness.

Health Education Council is a nonprofit organization committed to promoting health and preventing chronic disease in underserved communities through collaboration. Staff hold a core belief that good health and well-being happens when people are surrounded by thriving communities, families, schools, businesses, and parks.