PLÁTICAS AND ATENCIÓN PLENA
A Community-Defined Evidence Program by Integral Community Solutions Institute (INTEGRAL). INTEGRAL’s mission is to ensure community health through advocacy and systems change that promote wellness of body, mind, spirit, and soul.

SETTING & POPULATION SERVED
Pláticas and Atención Plena are delivered in school settings in the San Joaquin Valley focusing on youth exposed to risk factors and disengaged from school life.

KEY OUTCOMES
• Improve self-awareness/empathy
• Improve youth school engagement
• Increase positive school behavior
• Increase emotional resilience
• Increase college/career readiness among youth
• Increase access to treatment through partnerships with schools
• Enhance overall mental health

MINDFULNESS LATINO STYLE
• Culturally appropriate symbols, rituals, and ceremonies
• Meditation and guided imagery (relajamiento progresivo, oración centrante)
• Latino indigenous symbolism

PROGRAM COMPONENTS
• Therapeutic/clinical approaches with individuals, dyads, and groups
• Use of Círculo to enhance communication and distinguish between burden (cargas) and gifts (regalos)
• Prevention information and education
• Infusing traditional culturally grounded approaches of songs (canciones), sayings (dichos), stories (cuentos), and poetry (poesía)
• Latino cultural wealth model

KEY STRATEGIES
• Therapy in the form of hip-hop, storytelling, poetry, and songs
• Integration of Pláticas and Atención Plena with English Language Arts
• Safe spaces where youth connect with therapist and feel comfortable sharing lived/life experiences
• Experiential learning activities linked to culture and language

CONTACTS
Juan Garcia - Executive Director
Fausto Novelo - Project Manager
Jairo Lozano - Therapist
Everardo Pedraza - Mindfulness Instructor
Juan Carlos Gonzalez - Local Evaluator
Christina Luna - Evaluation Consultant

INTEGRAL is a community-community-based organization designed to meet the mental health needs of underserved communities in a cultural and linguistic appropriate manner. At a prevention and early intervention level, INTEGRAL co-locates in schools to serve the most vulnerable and hardest-to-reach youth.