INTRODUCTION

- Ventanilla de Salud (VDS) is a community health resource center located within the Mexican Consulate in Sacramento, administered by the Health Education Council.
- Mente Sana Vida Sana (MSVS) is a project currently underway at the VDS aimed to raise awareness in the Latinx community on mental health through the promotion of total wellness. 

OBJECTIVES

- Identify current access, barriers and overall knowledge of mental health resources in Latinx communities located predominantly within the Northern California region.
- Obtain qualitative data from community participants’ understanding of the mental health needs.

METHODS

- Participants were asked to complete an anonymous five question survey, in Spanish, on their knowledge and awareness of mental health. Participants were recruited in the Consulate main waiting area. The survey was filled out by the individual or administered orally by VDS staff member. The survey completion time was approximately five minutes and questions consisted of basic demographic information, including items that assessed their knowledge and familiarity with mental health needs of the Latinx community.
- A total of 102 volunteers were recruited.

Part One

- Demographic and preliminary responses from participants were analyzed. Themes that emerged from the survey completion time was approximately five minutes and questions consisted of basic demographic information, including items that assessed their knowledge and familiarity with mental health needs of the Latinx community.
- Participants were asked to share their personal opinions and provide feedback on the results from original survey. Feedback sessions lasted approximately five minutes long and answers were recorded by project staff.

Part Two

- Do you know of resources where you can seek help from a mental health professional? (N=102)

- Yes: 98, No: 3, Prefer not to answer: 1

- Do you know of resources where you can seek help from a mental health professional? (N=102)

- Yes: 58, No: 39, Prefer not to answer: 5

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Table 1: Themes from responses (N=5)

<table>
<thead>
<tr>
<th>Question</th>
<th>Response from participant</th>
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<tbody>
<tr>
<td>Why do you think more people are unaware of the many resources that are associated with mental health?</td>
<td>• “No information is given to them” (lack of resources)</td>
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<tr>
<td>Why do you think more people are much more likely to look for help when it comes to their own mental health needs?</td>
<td>• “We suffer from stress and a little of all diseases.” (increased prevalence)</td>
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<td>Why do you think that more people are aware of the symptoms of a mental health disorder, why do you think that more people are able to recognize the symptoms?</td>
<td>• “It is better to seek help when necessary. We are all a little crazy now in days.”</td>
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<td>In today’s world, a lot of people know the common symptoms of a mental health disorder, why do you think that more people are able to recognize the symptoms?</td>
<td>• “Today there is a lot of depression and everyone is realizing the symptoms of mental health.” (increased prevalence)</td>
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<td>Why do people automatically go to a negative state of mind instead of positive when it comes to mental health</td>
<td>• “Many people do not have the information to know more about mental health and also think badly because of our cultural norms in relation to mental health.” (lack of resources and stigma)</td>
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STRENGTHS & LIMITATIONS

Strengths:

- Total of 102 volunteers were recruited.
- MSVS staff was successfully able to gain trust within the Latinx community who visit the Mexican Consulate.
- Future program curricula will be implemented based on needs for the disadvantaged Latinx community.

SUMMARY

- The purpose of this project was to identify mental health needs and knowledge of mental health resources, as well as access barriers to care and to aide in quality improvement efforts within the MSVS project.
- 98 of the surveyed participants reported that they would seek help for their own mental health care needs.
- The preliminary quantitative results of this pilot project suggest that individuals who do suffer from a mental health issue, might not seek help because of the perceived high cost of service, lack of resources, and stigma related to mental health in the Latinx community.
- Future program curricula will be implemented based on needs for the disadvantaged Latinx community.

Future Directions:

- Project Staff was unable to coordinate a remote focus group due to time constraints.
- More feedback sessions are needed in order to further assess data outcomes.

ACKNOWLEDGEMENTS

- This project would have not been possible without the help of Roxana, Lupita, the VDS staff and Dr. Enriquez.

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