

## **Bienvenido Facilitator Training**

With the continued influx of Latino immigrants to the United States who have begun to access health and mental health services it is imperative that the health and mental health professional community address the many challenges encountered by Latino immigrants in need of these services. Further training of health and mental health professionals needs to be developed today and tapping into the strengths of Federally Qualified Health Centers brings a unique opportunity for cultural bridging.

Northeastern Center, a well-established community mental health center in Northeast Indiana, proposes a one day Bienvenido Facilitator Training. The training program builds on the health and mental health professional's knowledge of acculturative stress and effective ways to combat social stress and psychological distress. It is envisioned that the professional will learn to effectively implement and facilitate the Bienvenido curriculum. At the completion of the training participants will have a certificate from the Northeastern Center and be recognized as a Bienvenido Facilitator. They will be prepared to deliver the Bienvenido curriculum effectively to others.

### **The Bienvenido Program**

The Bienvenido curriculum is a strengths-based mental health promotional curriculum for Latino immigrants designed to enhance the participant's awareness of mental health, clarify a participant's personal goals for an enhanced quality of life, and develop skills to reduce risk for emotional and behavioral risks associated with mental distress. In particular, Bienvenido seeks to reduce reliance on alcohol, tobacco, and other drugs for individuals at risk for abuse and dependence due to stresses associated with ongoing marginalized community social status.

The Bienvenido Program has an innovative reliance on community networking and team building. Our approach is to identify the key concerns of the community within the Latino immigrant community, explore options with the Latino immigrant community, and implement with the Latino immigrant community. This has resulted in having the Latino immigrant more engaged with the broader society.

Additionally, this endorsement of "it's our community" is an approach that has proven effective in allowing other organizations and communities to utilize Bienvenido as a mechanism to engage Latino immigrants. Throughout the last three years Northeastern Center has engaged with over 55 regional agencies for training in the Bienvenido curriculum. The Bienvenido Program has been successfully replicated in 13 cities in Indiana and Baltimore, MD with community based organizations, health coalitions, and churches, all places where Latinos feel most comfortable.

Finally, Northeastern Center's approach has been to build relationships with key organizations where Latinos frequent. It is well documented that Latino immigrants do not frequent community mental health centers; thus our innovative approach has been to insert mental health promotion into locales that immigrants frequent daily. Places such as literacy centers,

health centers, churches, restaurants, community based organizations, factories, and soccer fields are where Latino immigrants tell stories. Bienvenido is present here.

### **Bienvenido Facilitator Training aims to:**

- Broaden knowledge and understanding regarding the Bienvenido Program.
- Empower the community leader to impact their community through mental health education.
- Broaden knowledge and understanding about the migration experience.
- Broaden knowledge and understanding regarding risk factors and protective factors Latino immigrants face.
- Foster a culture of collectivism that develops peer-to-peer relationships with other community leaders.
- Increase opportunities for community development and capacity building.
- Result in the implementation of the Bienvenido curriculum for Latino immigrants within the community.

### **Program Delivery**

Northeastern Center will deliver a highly credible learning experience, grounded in making a conscious, deliberate attempt at increasing knowledge and awareness of mental health related topics and group facilitation. The eight hour training can be offered by face-to-face instruction or via a virtual setting (webinar).

The NEC Trainer will create an environment that allows for interaction and challenges participants to become effective leaders in their community. Participants will be encouraged to consider the following key perspective:

- Strength-based perspective

### **Who qualifies to become a Bienvenido Facilitator?**

Persons with

- Demonstrated knowledge and work experience with Latino, and other minority populations.
- Experience in group facilitation with youth groups and community groups.
- Knowledge of basic mental health related topics in one or more of the following areas: acculturation, communication styles, anger management, stress management, and parent/child relations.
- Bilingual Spanish/English ability

### **Cost of Facilitator Training and implementation**

A quote sheet is provided indicating the costs for Facilitator Training, the costs of the student manuals needed for implementation of the Bienvenido curriculum, and for consulting and assistance in implementation.

**Bienvenido Facilitator Training Quote**

**Date 3/15/2011**

**Cost of Facilitator Training per participant** (face to face training): Cost is \$300.00 per participant for a complete day (8 hours) of Facilitator Training. A minimum of ten (10) training participants is required with a maximum of sixteen (16) training participants in any one group.

**Each participant receives:**

- Full day of training.
- Facilitator Training Manual
- Student Manual
- Bienvenido Game Ball
- Ten (10) additional Student Manuals for the implementation of their first BVDO group

**Location:** Training will be at a location the host agency chooses. The organization hosting the training is responsible for all facility costs as well as trainer expenses including the following:

- **Transportation:** All airfare and ground transportation is to be paid by the host organization at actual cost. Mileage will be paid at \$.46 cents per mile.
- **Meals/Misc Expenses:** All trainer meals and miscellaneous expenses will be paid for or provided by the host organization.

**Webinar Option** (virtual format): Cost is \$300.00 per participant for Webinar Facilitator Training. The webinar training is made available as an alternative to incurring travel charges. A minimum of ten (10) training participants is required. The Webinar Training is four (4) sessions of 2 hours each (8 hours of training). A one-time webinar fee of \$700.00 is charged to the host agency. Participants will have access to recorded webinars via on-line if they are unable to attend the entire training sessions. Individual participants are responsible for their own connection to the webinar.

**Cost for additional student manuals: \$15.00 each.**

Additional student manuals are available for purchase as needed. Discounts are available on quantity purchases.

**Consulting/Assistance in Implementation:**

Assistance in implementation of the Bienvenido Program is available by special arrangement.

**Terms:** Payment is required no less than 14 days prior to the scheduled training.

**Acceptance of the Contract:** The above prices and conditions are satisfactory and are hereby accepted. Northeastern Center is authorized to perform the services as stated, and payment will be made as outlined above. If accepted, please return this form to Gilberto Pérez, 206 S. Main St. Suite 1, Goshen, IN 46526. Further correspondence will follow regarding registration forms for training participants.

Representative: \_\_\_\_\_

Printed name and Title: \_\_\_\_\_

Agency or company \_\_\_\_\_

Date \_\_\_\_\_