

Visión y Compromiso™

RED DE PROMOTORAS EN STANISLAUS

# BIENESTAR ESTARBIEN

*Primera conferencia en español  
sobre salud mental en Stanislaus*

**Saturday, September 10, 2016**

**8:00 AM-4:30 PM**

**HANSHAW MIDDLE SCHOOL, 1725 LAS VEGAS ST., MODESTO, CA**



WELLNESS • RECOVERY • RESILIENCE



## WORKSHOPS

### Awareness and Sensitivity of the Lesbian, Gay, Bisexual, and Transgender (LGBT) Community

*Jorge L. Fernández, LCSW & Heydi Herrera Golden Valley Health Centers*

This workshop will provide participants the opportunity to learn terminology of the LGBT community. The workshop seeks to create awareness among participants on the obstacles and challenges that the LGBT population faces. Tips on how to interact and provide support in a sensitive and culturally appropriate way will be provided.

#### OBJECTIVES:

1. Define the common terms used in the LGBT community.
2. Learn about the obstacles and challenges faced by LGBT people
3. Tools to interact and provide appropriate and culturally sensitive support to the LGBT community.

### Depression, Loneliness and Abandonment Among the Elderly

*José Lopez-Higareda, Catholic Charities of the Diocese of Stockton*

The main purpose of this workshop is to raise awareness and inform participants of the need to learn how to identify signs and indicators of depression, especially in the elderly population.

#### OBJECTIVES:

1. Know how depression develops in elderly people
2. Invite you to be pro-active to become a promoter and to be part of the solution to this problem
3. Identify resources in the area of "Latinos in the third age"

### The Power of Raising Healthy Children

*Luz Pulido, Leaps and Bounds*

This workshop will provide participants a better understanding on the importance of healthy relationships with children, the connection with them, basic tools for improving a better parenting relationship, and how to help your children develop a healthy mind.

#### OBJECTIVES:

1. Recognize the importance of connecting with children through play
2. Useful tools that can be applied when children behave inappropriately for their age
3. Discuss the benefits of raising children with a healthy mind

### Slavery in the 21st Century—Prevention and Detention

*Martha Gutierrez, Local Promotor in Turlock*

This workshop will provide participants with information about human trafficking, including factors that put people at risk of this modern epidemic. Prevention tools and community resources for victims or potential victims of human trafficking will be discussed.

#### OBJECTIVES:

1. Learn that human trafficking is hidden in the Central Valley.
2. Identify potential victims at-risk of human trafficking and how to provide support
3. Understand about Cyber portals and tools that are used to attract young adults to become victims of human trafficking

### The Importance of Parenting and How It Affects the Child Development

*Mónica Ortiz, Mental Health Counselor and Socorro Salinas; Student*

Parenting styles are defined by the relationship of children with their parents. Learn about democratic, authoritarian, permissive, indifferent and negligent parenting styles. In this workshop we will explore some issues involved in the upbringing of children such as affection, common sense, belief, socialization, education, and socioeconomic. Also learn how parenting affects children when they become adults.

#### OBJECTIVES:

1. Learn about the different styles of parenting.
2. The participant will identify the type of parent that best applies and how this impacts their children.
3. Identify which parenting style is best for children.

### Domestic Violence

*Dina Brambila, Healthy Start Project Coordinator*

This workshop will provide participants with information about domestic violence—its causes, impact and effects on people and children. It will include statistics, prevalence and trends. Participants will receive information on different skills on how to handle conflicts and also where to go for help.

#### OBJECTIVES:

1. Learn about different types of domestic violence (emotional, physical and sexual)
2. Strengthen and develop skills of how to manage conflict and prevent abuse
3. Information to obtain professional and legal help in cases of domestic violence

**CONFERENCE IS IN SPANISH. ENGLISH TRANSLATION WILL BE AVAILABLE FOR PLENARIES & SELECT WORKSHOPS.**

## My New Homeland: Mental Health for Immigrants

*Vanessa Lopez-Asaah, BHRS Prevention Services*

This workshop will standardize the migration process as a natural process of mankind throughout history in the United States. We will address issues related to mental and emotional disorders that arise when we leave our homeland, culture and family. Tools will be provided to regain a sense of belonging and connection to our roots to achieve mental and emotional balance.

### OBJECTIVES:

1. Recognize migration as a natural process of human beings
2. Learn about the mental and emotional effects of the migration process
3. Recognize three activities that promote your mental and emotional health in the United States

## Fleeting Melancholy or Depression?

*Abraham Andres, Stanislaus County, BHRS*

This workshop will focus on depression during adolescence. Participants will learn about the symptoms and common factors that can affect or contribute to depression in young people, the possible consequences and how to respond to them. Participants will learn about resources available to help teens with depression.

### OBJECTIVES:

1. Discuss techniques to recognize the signs of depression
2. Learn about the resources available to adolescents with depression
3. Understand the common factors of depression in adolescence

## Menopause and Andropause, Preparing for This Change of Life

*Hugo Ramirez, Program Manager, Visión y Compromiso*

This interactive workshop provides the opportunity for participants to increase their understanding and management on one of the most significant life changes of adulthood: menopause in women and andropause in men. We will discuss the factors that contribute to this change, the effects on the physical, psychological, emotional, sexual and socio-cultural areas of their lives and the care and treatment that can be used to handle the change holistically and effectively.

### OBJECTIVES:

1. Identify the meaning of menopause and andropause as a major change of life that affects the health in adults
2. Analyze the physical, psychological, emotional, sexual and socio-cultural aspects and its effect on men and women.
3. Identify strategies and holistic health techniques to reduce the negative effects of menopause and andropause of the affected person and people around us.

## My Voice Counts for the Wellbeing of My Child in School

*Manuel Rivera, Jose Tijerina, Griselda Marquez & Janet Nunez-pineda, Stanislaus County Behavioral Health and Recovery Services*

This panel of mental health experts will provide tips and strategies to help parents in advocating for the well-being of their children in schools. You will discuss which actions can make an impact on the wellbeing of students.

### OBJECTIVES:

1. Learn the importance of reducing the stigma associated with mental health.
2. Recognize the impact and receive tips for effective conversations on the well-being of their children with school representatives
3. Explore techniques to have

conversations with family members about the wellbeing of their children.

## Similarities Between the Use of Drugs and Mental Disorders

*Edwin Rivera - Behavioral Health & Recovery Services/Substance Use-Education and Prevention*

This presentation focuses on the use of drugs and the difference between someone who is suffering of a mental illness. Learn how to distinguish certain similarities between symptoms. There will be a demonstration of photos of new drugs and how is affecting from youth to the elderly, and the most popular drugs among youth and how prevent the use of drugs at an early age.

### OBJECTIVES:

1. Participants will learn how the use of new drugs are affecting our community
2. Recognize the symptoms and similarities between drugs and mental disorders
3. Learn how addiction begins, what can be done to prevent the use of drugs and alcohol

## AGENDA

8:00-9:00	Registration, breakfast and visit exhibit tables
9:00-10:20	Welcome plenary
10:30-11:40	Workshops: Session A
11:50-1:00	Workshops: Session B
1:00-2:00	Lunch
2:00-3:00	Workshops: Session C
3:00-3:10	Transition to main room
3:10-4:10	Closing plenary
4:10-4:30	Raffles, evaluation and closing

# BIENESTAR ESTARBIEN

*First Spanish Mental Health Conference  
in Stanislaus*

**September 10, 2016 • 8:00 AM-4:30 PM**

**HANSHAW MIDDLE SCHOOL  
1725 LAS VEGAS ST., MODESTO, CA**

The conference is free, including lunch and materials. Childcare will not be provided. Please register through one of the following three options:

- Online <http://tinyurl.com/bienestar16>
- Email [aarteaga@schsa.org](mailto:aarteaga@schsa.org)

If you have any questions please contact Ana Arteaga at (209) 558-5675. You are automatically registered when sending this form. A confirmation email will NOT be sent. Please keep a copy of the workshops you chose.

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NAME

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TITLE

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ORGANIZATION/AGENCY/GROUP (IF APPLICABLE)

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ADDRESS

CITY

ZIP CODE

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PHONE: CELLULAR

OTHER TELEPHONE

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E-MAIL

WEBSITE

We will have eleven workshops repeated three times. Choose one workshop for each session. (A-C).

**SESSION**

- | <b>A</b>                 | <b>B</b>                 | <b>C</b>                 |   |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Awareness and Sensitivity of the Lesbian, Gay, Bisexual, and Transgender (LGBT) Community |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Depression, Loneliness and Abandonment Among the Elderly                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | The Power of Raising Healthy Children   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Slavery in the Twenty-first Century: Prevention and Detention                             |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | The Importance of Parenting and How it Affects Child Development                          |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Domestic Violence   |
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| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Menopause and Andropause, Preparing for This Life Change                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | My Voice Counts for the Wellbeing of My Child in School                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Similarities Between the Use of Drugs and Mental Disorders                                |

**PLEASE REGISTER BEFORE SEPTEMBER 7TH.**