

MAY 2021

Visión y Compromiso™



# Conéctate

The Network of Promotoras and Community Health Workers



Visión y Compromiso Wishes All Mothers:

## Happy Mother's Day!

“Motherhood is unique because being a mother encompasses so many roles. She is counselor, cook, doctor, teacher, lawyer, scientist and comforter.”

—REV. RICK L. STONESTREET





# The Influence of a Promotora in Her Family

Hello, my name is **Elsa Zárate**. My passion has always been to help both my family and the community. In April 2011, I was invited to be a volunteer promotora for Health Net, little by little I was trained to provide talks on health such as diabetes, nutrition, preventive exams, cervical cancer, among others. Within the group I was invited to be part of a Folkloric group in which we had many presentations at events in Los Angeles, one of those presentations was at the annual Visión y Compromiso conference in 2018.

In 2020 one of my supervisors shared a job offer within Visión y Compromiso. I submitted my application, and it was accepted, so I started a project in which I had a support group (Familia tu vales) through Zoom. My mother, seeing the need of the community and all the outreach that I had achieved, was motivated and decided to join Health Net promotoras to give her time to the community. She realized that there was no job more rewarding than helping her community.

Now it is an honor to work with Health Net and Visión y Compromiso at the same time. I hope to continue working as I have done today, with all the effort, dedication, and responsibility that this requires, because my community needs it. I am very grateful for the opportunity granted, especially to Gerry Balcazar and Alma Esquivel, for believing in me.

## Legislative Week 2021

Once again, promotores of Visión y Compromiso demonstrated the resilience and creativity to advocate for our communities. Through 23 video conferences and phone calls, 54 delegates connected with representatives from their regions and advocated for proposals that not only transform our communities, but support everyone towards a healthy and dignified life. Our hearts are motivated and strengthened.

- ✓ **SB 464 (Hurtado) CALIFORNIA FOOD ASSISTANCE PROGRAM**—This bill proposes to modernize the California Food Assistance Program (CFAP) to provide state-funded nutrition benefits to all Californians that presently are ineligible for Cal-Fresh due to their immigration status.
- ✓ **AB 1361 (Rubio) CHILDCARE AND DEVELOPMENTAL SERVICES: PRESCHOOL: EXPULSION AND SUSPENSION: MENTAL HEALTH SERVICES: REIMBURSEMENT RATES**—AB 1361 prohibits suspension and expulsion in state preschool and childcare programs. This bill would also strengthen early childhood mental health consultation (ECMHC) as a means of providing adequate support to teachers, children, and families to promote positive mental health, buffer the effects of toxic stress and trauma, and bring out the most optimal development and learning of each child.
- ✓ **AB 328 (Chi, Kalra, Quirk-Silva, Wicks) REENTRY HOUSING AND WORKFORCE DEVELOPMENT PROGRAM**—This bill would establish the Reentry Housing and Workforce Development Program. It would require the department to provide grants to applicants for innovative or evidence-based housing, housing-based services, and employment interventions to allow people with recent histories of incarceration to exit homelessness and remain stably housed. In California, most incarcerated individuals are people of color (Latinos and Blacks) some of which have been released from detention centers and need a pathway back into society.

# Mental Health Awareness Month

May is Mental Health Awareness Month, and we invite you to join the Network of Promotoras and Community Health Workers of Visión y Compromiso in raising awareness and reducing the stigma on mental health. Promotoras advocate, educate, host events, and support people with mental illnesses and their families all year long. It is our vision to see everyone walking towards a healthy and dignified life.

## The CalHOPE Project: The Face of Hope of Visión y Compromiso

The anguish that has been created by the pandemic has had a profound effect on the emotional well-being of our Latino families. They have been severely affected in many areas of their lives, and recovery will be challenging. This situation has been compared to a “disaster” for which strong support is needed.

The new CalHOPE Project was created by Visión y Compromiso with the sponsorship of CalMHSA (California Mental Health Services Administration) to provide information, resources, and care by promotores trained as crisis counselors.

The team has received training on topics related to the support that a survivor of a crisis may need, including stress management, motivational interviewing, advanced communication techniques, active listening, and domestic violence, among others. The team members are empathetic and compassionate and are highly committed to receiving calls from people in our community who are looking for someone to listen to them and guide them in their recovery.

The team is preparing a promotional campaign that will be carried out on the social networks of Visión y Compromiso during the month of May. Any questions can be addressed to:

Anselmo Montes, Project Coordinator [anselmo@visionycompromiso.org](mailto:anselmo@visionycompromiso.org)

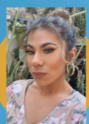
Liza Marie Serna, Lead Counselor [liza@visionycompromiso.org](mailto:liza@visionycompromiso.org)

Martina Rivera, Lead Counselor [martina@visionycompromiso.org](mailto:martina@visionycompromiso.org)

## PEER CRISIS COUNSELORS (PCC)



Andrea



Denise



Lead Liza



Directora  
Alma



Coordinador  
Anselmo



Manager  
Gerry



Lead Martina



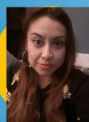
Marba



Alma



Claudia



Jessica



Elsa



Virginia



Maria



Patricia



Abigail



Roberto



Adriana

#TeamCalhope



Yvonne



Fausto



Beatriz



Pilar



Marisabel



Adriana



Rosa



Josefa



Jose



Juanita



Cony



Sandra



Graciela



Visión y Compromiso™

*mayo · May*

MES DE LA CONCIENCIA SOBRE LA SALUD MENTAL  
MENTAL HEALTH AWARENESS MONTH

Reconocemos  
tu lucha



We see  
your struggle

For more information about the Network of  
Promotoras and Community Health Workers,  
please contact:

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Lupita De Anda  
San Bernardino/ Riverside and Coachella  
Regional Manager  
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## VISIÓN Y COMPROMISO EMPLOYMENT OPPORTUNITIES

Administrative Assistant—  
Department of Programs

Promotor Comunitario, Riverside

Promotor Comunitario,  
San Fernando Valley

Promotor Comunitario, Plumas,  
Humboldt, El Dorado, San Benito  
y Shasta

*Please check our website for  
job descriptions for our current  
employment opportunities.*



# • May •

For information about these events and more, visit our [events page](#).

## Answers and Updates to COVID-19

May 19  
5:00 – 6:30pm

## SAN FERNANDO Uniting Community Links

Tuesday, May 11  
5:30 pm to 7:30 pm

## SAN FERNANDO AND LOS ANGELES

Facebook Live:  
Promotoras Advocating  
for Food for All  
Wednesday, May 12  
12:00 pm to 12:45 pm

## BAY AREA

Myths and Realities of  
COVID-19 Vaccines  
Wednesday, May 12  
6:00 pm

## KERN

Virtual Community  
Forum on the Well-  
being of Our Health  
Thursday, May 6  
4:00 pm to 6:00 pm

## MADERA

Virtual Cafecito  
Wednesday, May 12  
5:00pm to 6:00pm

## SAN DIEGO

Promotoras  
Transforming Families  
and Communities  
May 7, 14, 21, and 28  
9:00 am to 2:00 pm  
(limited space)

*\*Please note: Unless  
otherwise stated, these  
webinars are in Spanish.*

## Visión y Compromiso™

19<sup>a</sup> CONFERENCIA ANUAL  
19<sup>th</sup> ANNUAL CONFERENCE

¡RESERVA LA FECHA! • SAVE THE DATE!

Sheraton Gateway Los Angeles  
[www.vycconference.org](http://www.vycconference.org)

OCT 2021  
7–9

Visit [www.visionycompromiso.org](http://www.visionycompromiso.org).

