

BIENVENIDO WELCOME

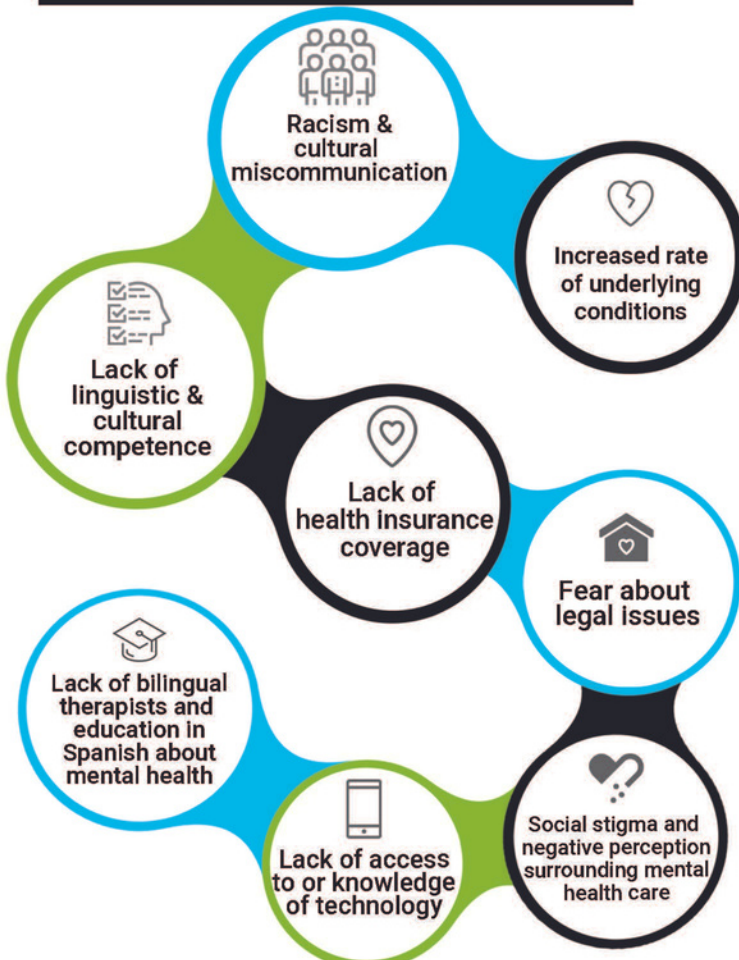
Bienvenido is a strengths-based mental health promotion curriculum that focuses on building the emotional and behavioral health of Hispanic immigrants and helps reduce the risk of reliance on maladaptive coping strategies.

The program aims to improve the lives of recent immigrants by teaching them techniques that help them improve their self-esteem, overcome their depression and anxiety, and improve their overall communication skills.

NIHHC has served over **3,000 youth and adults** since 2005 through the Bienvenido program



BARRIERS TO MENTAL HEALTH RESOURCES THAT HISPANICS FACE



22% of Latino youth report depressive symptoms, higher than any other group besides Native American youth.



Sessions are held in Spanish with a bilingual facilitator. Participants are 100% Hispanic.

PROGRAM LESSONS

- ▶ Understanding good mental health
- ▶ Rebuilding life in the U.S. and goal-setting
- ▶ Anger management
- ▶ Communication skills
- ▶ Identifying community resources & risk factors
- ▶ Acculturation strategies
- ▶ Strengthening family
- ▶ Coping in the process of adaptation to the U.S. and planning for healthy habits

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“Amazingly, these students who have lived and are living through challenging times, express a will to overcome and succeed. This can only be possible with support, guidance and for many, professional intervention such as the Bienvenido program provides.”

-Nancy Rodriguez-Lora
Licensed Clinical Social Worker

Why Bienvenido?

<p>2-3 Hispanic immigrants arriving weekly in Elkhart County schools</p>	<p>55.8% Students with Spanish as first language in Goshen Community Schools</p>	<p>63% Latinos reporting feelings of anxiousness and worry during the COVID-19 pandemic</p>	<p>20% Latinos feeling increased anxiety resulting from lockdown during the COVID-19 pandemic</p>
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STUDENT TESTIMONIAL



“I learned many new things, especially regarding stress and how to make better decisions for the future.”

NIHHC's Impact in the Community



+23%
Increase in understanding mental health terms



-32%
Decrease in viewing alcohol and drugs as practical coping mechanisms



+95%
Increase in understanding that worrying over things can lead to depression



+19%
Increase in self-esteem



+13%
Increase in knowledge regarding acculturation

