



Immigrant Mental Health Summit 2024 Spring

Wednesday, April 10, 2024
Miércoles, 10 de abril del 2024

8:00 AM
2:00 PM

Elkhart Health
& Aquatics

Conferencia sobre Migración y Salud Mental – Primavera, 2024

MHAM
Mental Health Awareness
of Michiana

An affiliate of
MHA
Mental Health America

 **NIHHC**
NORTHERN INDIANA HISPANIC HEALTH COALITION

WELCOME BIENVENIDOS

We are delighted to welcome you to the **2024 Immigrant Mental Health Summit: Celebrating Research, Practice, and Community Resources** serving immigrants in Michiana. This summit aims to shed light on the critical issues around mental health and wellbeing of the immigrant community and highlight important initiatives that are working hard to provide culturally responsive and effective services to those in need.

The individuals and organizations participating in today's event are driving positive change in our community. We appreciate and admire all the work that is being done, and it is our hope that, today, all of us leave with our call to **action** of what we can do in Michiana to improve immigrant health and wellbeing.

Michiana needs a more supportive environment for immigrants, and it is in our hands to move the needle. Together, we will make a meaningful impact and pave the way for a brighter future for all.

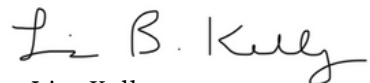
Le damos la bienvenida a nuestra **Conferencia sobre Migración y Salud Mental: Celebrando la Investigación, la Práctica y los Recursos Comunitarios** al servicio de los inmigrantes en Michiana. Esta conferencia tiene como objetivo dar luz a los delicados temas sobre la salud mental y bienestar de nuestra comunidad inmigrante, además, resaltar las importantes iniciativas de organizaciones que trabajan arduamente para proveer servicios culturalmente competentes y efectivos en beneficio de los más necesitados.

Los oradores y las organizaciones que participan en esta conferencia están impulsando cambios positivos en nuestra comunidad. Apreciamos y admiramos todo el trabajo que han realizado, y esperamos que al final de esta conferencia, todos nos retiremos con un llamado a la **acción** sobre lo que podemos hacer para mejorar la salud y el bienestar de los inmigrantes en nuestras comunidades.

Michiana necesita un entorno más solidario. Juntos, lograremos un impacto significativo y prepararemos el camino para un futuro más prometedor para todos.



Liliana Quintero
Executive Director
NIHHC



Lisa Kelly
Executive Director
MHAM

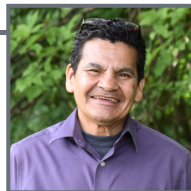
HONOREES

In recognition of their outstanding work promoting immigrant health and wellbeing, we honor the following individuals and organizations.

Rolando A. Sosa Granados

Rolando Sosa Granados, MSW, MDiv, MAC, LCSW, LCAC, NCAC I, ICAC II, is a Child and Adolescent Therapist at Oaklawn Psychiatric Center. He immigrated to Canada as a refugee from El Salvador in 1984 and moved to the U.S. to attend Goshen College in 1999.

Rolando has worked with and on behalf of the immigrant community in Indiana since May 2000. He has worked as a Child and Family Therapist for Indiana Juvenile Justice Task Force, and he has been an SUD counselor since 2003. He has provided mental health services to children and their families at Oaklawn since 2013. Rolando received bachelor's degrees in theology and social work from Goshen College in 2003 and a dual MSW-MDiv degree from Andrews University in 2008.



Sandra McMasters

Sandra McMasters, MSW, is a Bilingual Child & Adolescent Clinical Extern at Oaklawn Psychiatric Center. Originally from Aguascalientes, Mexico, she has lived in the U.S since 1998 and identifies closely with the immigrant community in Indiana. Sandra received a bachelor's degree in social work from Goshen College in 2019 and a Bilingual

MSW from Loyola University Chicago in 2022, the only MSW program of its kind in the nation that focuses on working with immigrants, refugees, and asylum seekers. She has provided mental health services at Oaklawn since 2019. Sandra is passionate about serving her community's needs, and that passion has been reflected in her involvement providing individualized support sessions in Elkhart and Goshen Community Schools as part of NIHHC's mental health initiatives for youth.



Center for Healing and Hope

Center for Healing & Hope (CHH) has been serving Elkhart County since 1999. The clinic offers healthcare services to people who are uninsured, issues the Goshen Resident ID card, and runs the Natural Helpers program, which pairs trained immigrant volunteers to walk alongside immigrants with needs. They also publish the Immigrant Resource Guide that is available to any person or organization to use at no cost. At CHH, each provider is attuned to listen for signs of poor mental health and offer medication treatment and counseling referrals when appropriate.

CENTER FOR
HEALING
& HOPE

Northern Indiana Hispanic Health Coalition

The Northern Indiana Hispanic Health Coalition (NIHHC) is a nonprofit community-based organization established in 2002, serving Elkhart, Kosciusko, Noble, and Marshall counties. NIHHC works to address the barriers that Hispanic populations face in accessing health care services and has offered mental health initiatives for adults and youth since 2005. In 2021, Elkhart County school corporations contacted NIHHC to partner and help them respond to the high influx of Hispanic immigrant students arriving every week. NIHHC began providing its youth Bienvenido program, empowering students with tools to support positive coping strategies, personal growth, and good mental health. On average, 200 youth are impacted every year by the program.



FEATURED SPEAKERS

Saulo Padilla, *Keynote Speaker*

Saulo Padilla has been the Coordinator of Mennonite Central Committee's National Immigration Education Program since 2008. He provides learning opportunities to constituents and the public about the root causes of migration, the need for better and safer mechanisms for people facing migration, and advocating to reform the broken U.S. immigration system. He leads learning tours to the U.S./Mexico borderlands and Guatemala/Mexico border. Saulo was born and lived in Guatemala the first 15 years of his life. In 1980 his family sought political refuge in Mexico and in Canada in 1986. In 2001, he and his family moved to the Goshen, IN, USA. Saulo is a graduate of Goshen College with major concentrations in History and Theology and a graduate of Associated Mennonite Biblical Seminary (AMBS), Elkhart, IN, with a Master of Arts in Theology and Ethics.



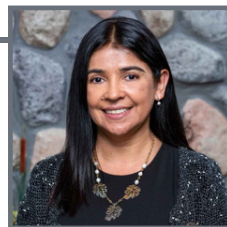
Dr. Margarita Alegría (*panelist*)

Margarita Alegría, PhD, is the Chief of the Disparities Research Unit at Massachusetts General Hospital and a Professor in the Departments of Medicine and Psychiatry at Harvard Medical School. She has spent her career examining how to reduce health disparities for populations of color, immigrants, and linguistic minorities. Dr. Alegría is currently the PI of three National Institutes of Health funded research studies: Building Infrastructure for Community Capacity in Accelerating Integrated Care, Building Community Capacity for Disability Prevention for Minority Elders, and Latino Youths Coping with Discrimination. She is also PI of a Robert Wood Johnson Foundation grant assessing opportunities to increase racial/ethnic diversity in academic health sciences. She has been a recipient of notable awards such as the Simon Bolivar Award by the American Psychiatry Association (2009), the Rema Lapouse Award by the American Public Health Association (2020), the Lifetime Achievement Award for Latino Behavioral Health Research by the National Latino Behavioral Health Association (2021), and the Inclusive Voices Award by the American Association for Public Opinion Research (2022). Dr. Alegría received her BA in Psychology from Georgetown University in 1978 and her PhD from Temple University in 1989.



Liliana Quintero (*panelist*)

Liliana Quintero, MSc, MBA, has served as the Executive Director of the Northern Indiana Hispanic Health Coalition (NIHHC) since 2005. Through her leadership, Ms. Quintero has advocated for the equity, health, and well-being of the Hispanic community and remains at the forefront of health care initiatives that respond to the social determinants of health. Her work has been recognized through several awards, including IUSB's Unsung Latina Heroine (2006), the American Heart Association's Heart Hero (2007), the YWCA's Woman of Service (2007), a three-time Coalition of the Year from IMHC (2006, 2009, 2013), and the Elkhart Chamber of Commerce Business Diversity Initiative Award (2022). In 2019, she received a Key to the City of Elkhart for her commitment and public service to the children of Elkhart, as well as the Thomas Atkins Recognition for Minority Business Leader Award. Most recently, Ms. Quintero received the 2023 Preventionist of the Year Award from the Indiana FSSA Division of Mental Health and Addiction. Ms. Quintero is from Colombia and holds a BS in electrical engineering, an MSc in industrial engineering, and an MBA from Indiana University.



Schedule/Horario

8:00 AM-8:30 AM

Registration and Breakfast / Registro y Desayuno

8:30 AM-8:50 AM

Community Awards /
Reconocimientos

Kelli Brien, Acting Board President
Jan Marable, Education and Events Coordinator
*Mental Health Awareness of Michiana / Kelly Brien,
Presidente de la Mesa Directiva & Jan Marable,
Coordinadora de Educación y Eventos de MHAM*

8:50 AM-9:00 AM

Break / Descanso

9:00 AM-9:05 AM

Welcome / Bienvenida

Lisa Kelly, Executive Director, MHAM
*Mental Health Awareness of Michiana / Directora
Ejecutiva de Mental Health Awareness of Michiana*

Liliana Quintero, Executive Director, NIHHC
*Northern Indiana Hispanic Health Coalition /
Directora Ejecutiva de la Coalición Hispana de Salud
del Norte de Indiana*

9:05 AM-9:45 AM

Keynote /
Conferencia magistral

Saulo Padilla, Migration Education National
Program Coordinator, Mennonite Central Committee
/ Coordinador de Educación sobre Migración, MCC US

*“Seeking Safety, Finding Home: A Migration Story” /
“Buscando Seguridad, Encontrando un Hogar: Historia
de un Inmigrante”*

9:45 AM-10:00 AM

Break / Descanso

10:00 AM-11:00 AM

Panel 1
Community Informed
Research /
Estudios de
Investigación en la
comunidad

Moderator / Moderadora: Jen Burke Lefever,
PhD, Managing Director, William J. Shaw Center for
Children and Families / Directora del Centro William
J. Shaw para Niños y Familias

Panelist / Panelista: Margarita Alegría, PhD
Chief of the Disparities Research Unit, MGH, &
Professor, Harvard Medical School / Directora de la
Unidad de Investigación de Disparidades, Hospital
General de Massachusetts

*“Building Community Capacity to Improve
Mental Health Outcomes for Youths” / “Capacitar
a la Comunidad Para Mejorar La Salud Mental de
Los Jóvenes”*

Panelist / Panelista: Liliana Quintero, MS, MBA
Executive Director, NIHHC / Directora Ejecutiva de la
Coalición Hispana de Salud del Norte de Indiana

*“Hispanic Immigrant Youth Struggling to Succeed:
NIHHC’s Research Study of the Bienvenido Youth
Program” / “Jóvenes inmigrantes hispanos que
luchan por triunfar: Estudio de investigación de la
NIHHC sobre el programa Bienvenido para
jóvenes”*

Schedule/Horario

11:00 AM-11:15 AM

Break / Descanso

11:15 AM-12:15 PM

**Panel 2
Provider and
Community Based
Perspectives /
Perspectivas de los
proveedores y la
comunidad**

Moderator / Moderadora: Raegan Minear, LCSW, *School Social Worker, John Adams High School, & Clinician, Samaritan Counseling Center / Trabajadora Social de la Escuela Preparatoria John Adams & Terapeuta, Centro de Consejería Samaritana*

Panelist / Panelista: Jona Vitela, LCSW, LCAC, *Behavioral Health Therapist, Maple City Health Care Center / Terapeuta de Salud Mental, Centro de Salud Maple City*

Panelist / Panelista: Mayra García, *Community Health Worker, Heart City Health Center / Promotora de Salud, Heart City Health*

Panelist / Panelista: Dara Márquez Venegas, *Director of Community Engagement, La Casa de Amistad / Directora de Participación Comunitaria, La Casa de Amistad*

12:15 PM-12:30 PM

Lunch (cont'd during Panel 3) / Almuerzo

12:30 PM-1:30 PM

**Panel 3
Voices of Resilience:
Community-School
Perspectives /
Voces de Resiliencia:
Panel Comunidad-
Escuelas**

Moderator / Moderador: Frank Serge, *Director of Secondary Education, Elkhart Community Schools / Director de Educación Intermedia del Sistema Escolar de Elkhart*

Panelist / Panelista: Gabriela Tovar, *English Learners Academic Advisor, Goshen High School / Consejera Académica de la Escuela Preparatoria de Goshen*

Panelist / Panelista: Sandra McMasters, MSW, *Bilingual Child & Adolescent Clinical Extern, Oaklawn Psychiatric Center/ Trabajadora Social Bilingüe para Niños y Adolescentes, Oaklawn*

Panelist / Panelista: Nicole Moreno, *Senior Student, Goshen High School / Estudiante de último año, Goshen High School*

1:30 PM-2:00 PM

Workshop / Taller

Nancy Rodriguez-Lora, LCSW, Clinical Therapist, Private Practice in Goshen / Terapeuta Clínica con Práctica Privada en Goshen

**“From Surviving to Thriving: A Call to Action” /
“De Sobrevivir a Prosperar: Tenemos que
actuar”**

2:00 PM

Closing / Cierre

Jan Marable, Education and Event Coordinator, MHAM / Coordinadora de Educación y Eventos de MHAM

Thank you to our 2024 Spring Immigrant Mental Health Summit Planning Committee!

- **Jose Elizalde**, The Source/Oaklawn
- **Mayra Garcia**, Heart City Health Center
- **Shebrell Guider**, Mental Health Awareness of Michiana
- **Missy Kauffman Schrock**, Center for Healing & Hope
- **Jennifer Lefever**, Shaw Center/University of Notre Dame
- **Dara Marquez Venegas**, La Casa de Amistad
- **Raegen Minear**, South Bend School Corporation
- **Araceli Moreno**, Maple City Health Care Center
- **Gilberto Perez Jr.**, Goshen College
- **Leah Plank**, Horizon Education Alliance/Triple P

Resource Tables

- ASPIN
- Catholic Charities of Fort Wayne and South Bend
- Center for Healing & Hope
- Elkhart County Suicide Prevention Coalition
- Elkhart Excel Center
- Geminus Child Care Resource and Referral
- Goshen Health
- Heart City Health
- HEA - Triple P (Positive Parenting Program) Elkhart County
- Indiana Health Center
- La Casa de Amistad
- Maple City Health Care Center
- Mental Health Awareness of Michiana
- MDwise Medicaid
- Northern Indiana Hispanic Health Coalition
- Otis R Bowen Center
- Shaw Center for Children and Families
- The Salvation Army of Greater Elkhart
- The SOURCE
- Tolson Center for Community Excellence

Thank you to our sponsors





MISSION



Mental Health Awareness of Michiana's mission is to develop initiatives that improve the quality of life for those who have mental illness or mental health concerns by promoting mental health education and coordination between providers and advocating for improved access to services.

Contact Us

Mental Health Awareness of Michiana
info@mhamichiana.org | mhamichiana.org



The Northern Indiana Hispanic Health Coalition's mission is to improve the health and wellness of underserved communities by providing preventative health screenings, education, and advocacy with a primary focus on Hispanics.

Contact Us

Northern Indiana Hispanic Health Coalition
Phone: 574.522.0966 or 1-877-21-SALUD (72583)
Bilingual Health Hotline: 574.206.3938 | info@nihhc.com

