

# VIVAMOS A PLENITUD LET'S LIVE TO THE FULLEST

Vivamos a Plenitud (“Let’s Live to the Fullest”) is a mental health education program created by NIHHC for adults. The program provides prevention tools and educational strategies to support social, emotional, and physical well-being.

Through dynamic sessions, participants reflect on and engage in dialogue around topics such as stigma, culture, domestic violence, substance use, and generational trauma—key risk factors that can impact mental and physical health. Classes are offered at NIHHC offices, local churches, and community centers.



## BARRIERS ASSOCIATED WITH MENTAL HEALTH

Sessions are held by a bilingual facilitator.



## PROGRAM LESSONS

- The concept of mental health and its connection to physical health
- Stigma and positive strategies to support mental and physical well-being
- Common mental health disorders and their causes, symptoms, and treatments
- The impact of domestic violence on mental health
- Patterns of abuse, gaslighting, and unhealthy relationship dynamics
- The influence of cultural norms and education level on the acceptance and normalization of violence
- Factors that contribute to substance abuse
- How to build resilience through healthy coping skills, emotional regulation, and value-driven decision-making

## CONTACT US

**Northern Indiana Hispanic Health Coalition**  
444 N. Nappanee Street, Elkhart, IN 46514





*"It is hard to bring yourself to ask for help when your culture teaches you that it is not okay, that you need to keep your problems to yourself. But this class has taught me how to process and manage stress and where we can seek help. It helps to know that there are organizations out there that we can go to."*

- Program Participant, Warsaw, IN

## Why Vivamos a Plenitud?

**5.6%**

Adults in Indiana report suicidal thoughts

**54.7%**

Adults in the U.S. do not receive mental health treatment

**19.8%**

Adults in Indiana report substance use disorder

**31.2%**

Adults in Indiana report experiencing anxiety or depression

### PARTICIPANT TESTIMONIAL



*"Participating in this program reminded me of the importance of self-love. I feel proud of the progress I've made in my relationship with myself."*

## Vivamos a Plenitud's Impact on Participants



**+15%**

Increase in understanding mental health terms



**-9%**

Decrease in viewing alcohol and drugs as practical coping mechanisms



**-18%**

Decrease in viewing stigma around mental health issues



**-3%**

Decrease in depressive symptoms



**+4%**

Increase in knowledge regarding acculturation

