

2024 National Prevention Town Hall

Day 1: September 24, 2024

"WE ARE EACH OTHER'S HARVEST"

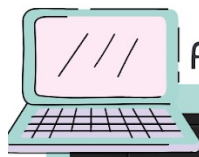
Welcome!

preventIPV
tools for social change

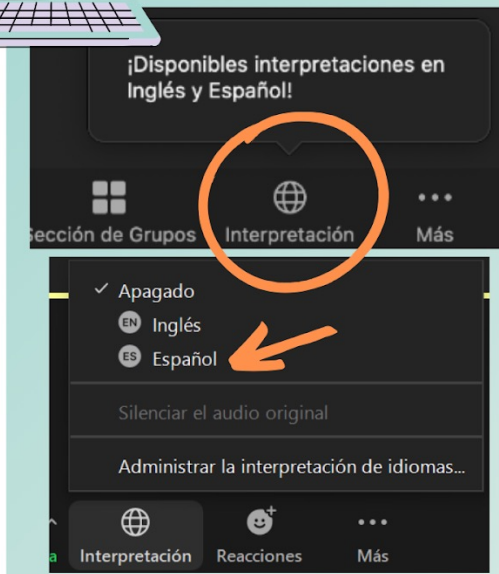
 National Resource Center
on Domestic Violence



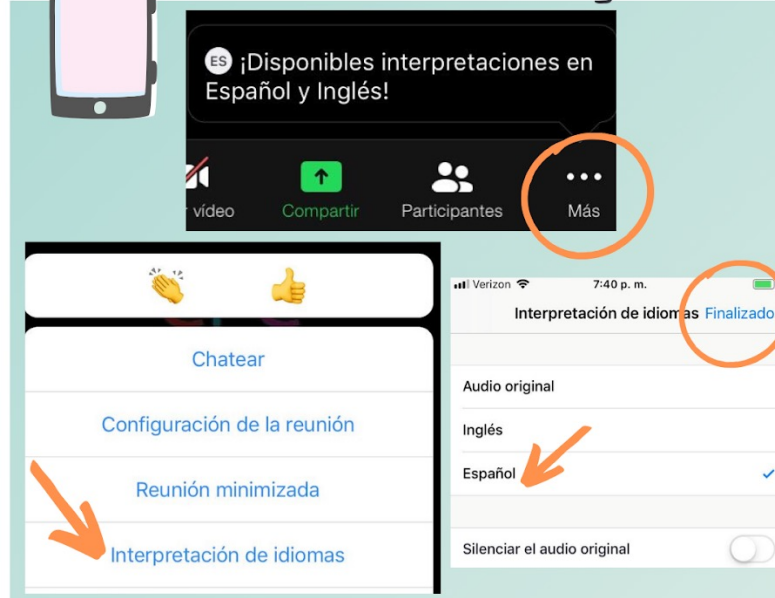
PARA ACCEDER A LA INTERPRETACIÓN



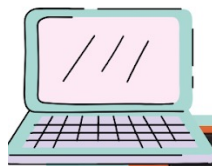
Por computador



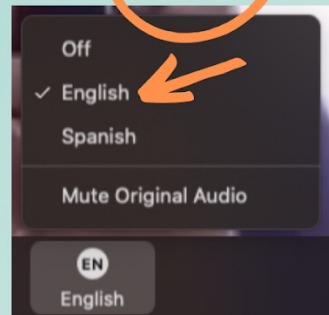
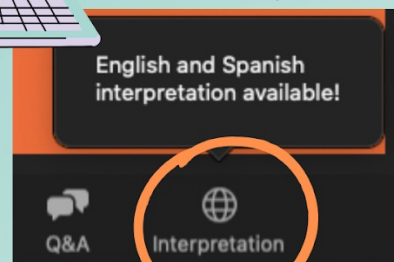
Por teléfono inteligente



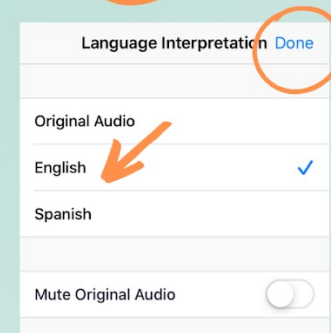
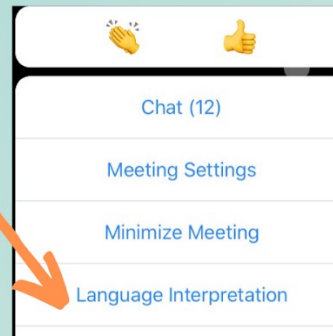
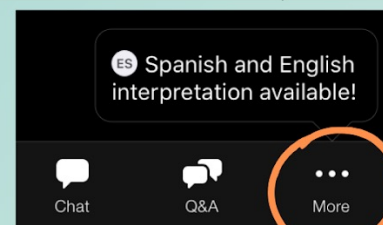
TO ACCESS INTERPRETATION



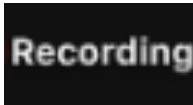
Via computer



Via smartphone



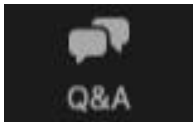
Housekeeping



This presentation is being recorded.
Esta presentación será grabada.



Live transcriptions/closed captions are available.
Ofrecemos transcripción en vivo/subtítulos.



Enter questions for the presenters in the Q & A.
Ingrese preguntas para los presentadores en el Q & A.



Everyone's mics are muted, and cameras are turned off.
Los micrófonos de todos están silenciados y las cámaras están apagadas.



Please reach out to our staff if you are experiencing ongoing technical issues.
Comuníquese con nuestro personal si tiene problemas técnicos.

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"WE ARE EACH OTHER'S HARVEST"

Gallery Tour

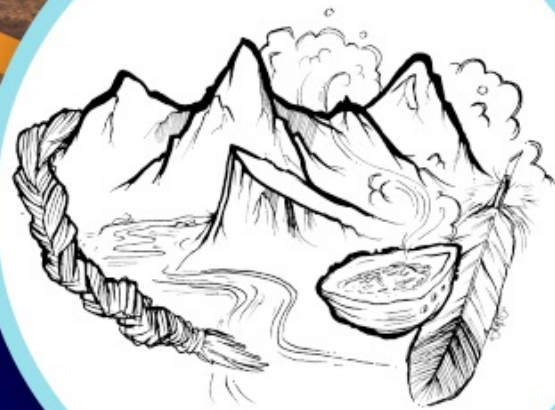
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HEALING IN THE WIND RIVER YOUTH SUMMIT



Phil Steven

- Doya Natsu Healing Center Youth Coordinator
- Started as a contract community worker in 2012 with DNHC
- Work with several SAMHSA funded grants related to prevention
- Viewed as an elder, cultural teacher, advocate, listener, and helper





Celeste Spoonhunter





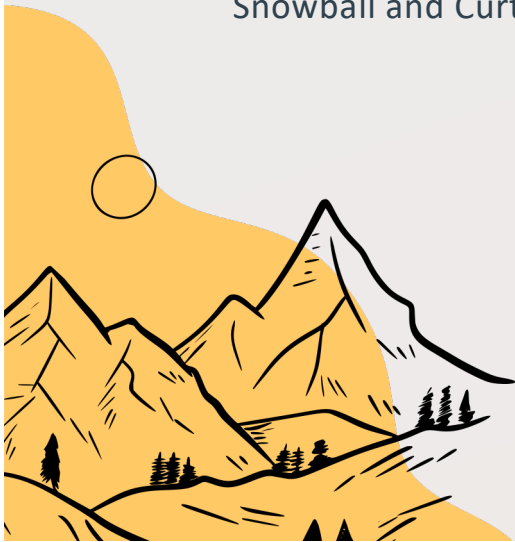
Trust Building Laughing Games

Teepee Setup

White Buffalo Youth Prevention

Story Telling

Snowball and Curtis Barney





Suicide Prevention Mental Health



RESTORING SHOSHONE ANCESTRAL FOODS





Healing Walk

Teaching of Sacred Tobacco



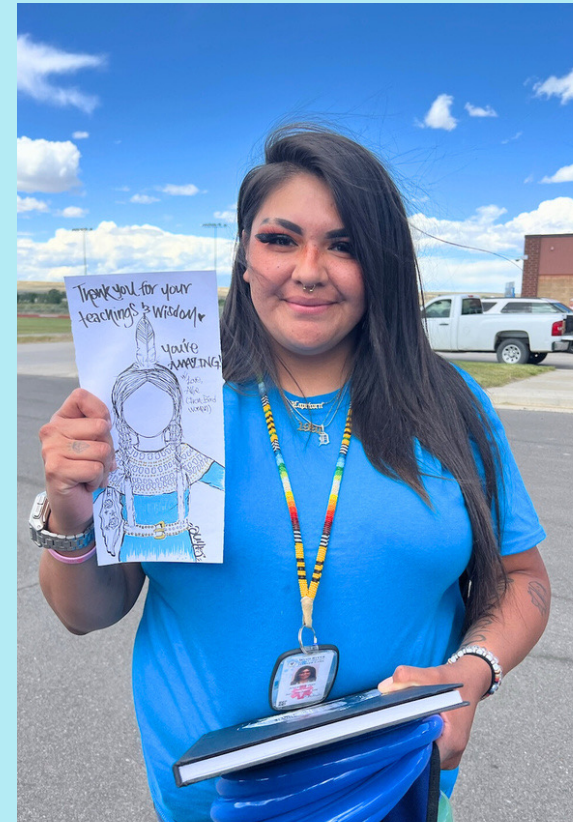
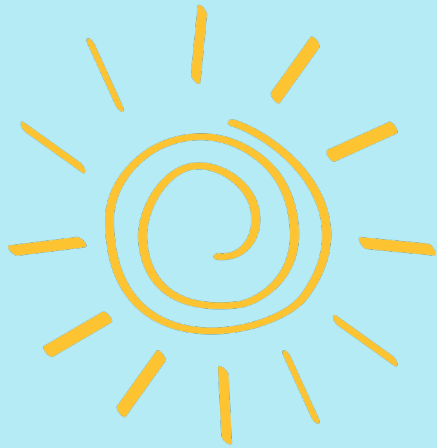


- **Circle of Wellness / Native Wellness**
- **Healthy Relationships**
- **Colonial Trauma - Strengthening Community Connection**





Gift Giving Honoring Community and Elders



Thank you for your teachings & wisdom! You're Amazing!

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Community-Centered Care

Gabrielle Davis, MPH, MA, RRT, LPC, NCC
Therapist/Consultant

www.equitablecounseling.com



About Equitable

Vision

Equitable envisions community spaces in which mental wellness is prioritized while decolonizing and destigmatizing therapy practices for minoritized folks.

Mission

Equitable aspires to serve as a therapeutic partner for minoritized communities throughout their wellness journey through accessible and equitable mental health services.





Non-traditional Practices

Therapist Accountability

One Session Gender Affirmation Care Letters

Probono Sessions

Bartering When Appropriate

Alternative Cost Options

Community Focused Education



Cost Options



Trust-based **Sliding Scale**

No documentation needed.
Changes when appropriate.



Super Bill

Can be provided to attempt
reimbursement.

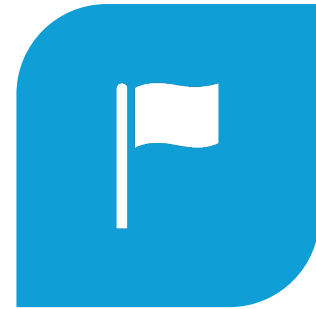




HOW TO FIND



WHAT TO ASK



RED FLAGS



No Insurance Accepted Why?

Community 'Need-to-Knows'

- **Must diagnose if insurance is used**
Diagnosis must be provided after first visit in order to get reimbursed.
- **Could make an impact on future opportunity**
Military, government and other roles that do a deep dive into your background could use it as a reason to deny opportunity.
- **Insurance company can audit at any time**
While documentation is required for any person being served, insurance companies have the right to see any documentation. Usually used to deny claims.



Myths and Misconceptions about Mental Health

01

Mental health problems are personal weaknesses or character flaws

02

Mental health problems are rare and only affect a small percentage of the population

03

People with mental health problems are violent and dangerous

04

Mental health problems cannot be treated or managed effectively

05

Mental health problems are just a phase and will go away on their own

06

Medications for mental health problems are harmful

07

Seeking help for mental health problems is a sign of weakness.



Overcoming the Stigma of Receiving Mental Health Support

- I have to go every week
- I'll have to start by talking about my childhood
- I must pick someone and stay with them
- I have to tell them why I'm leaving
- My boss will know if I go

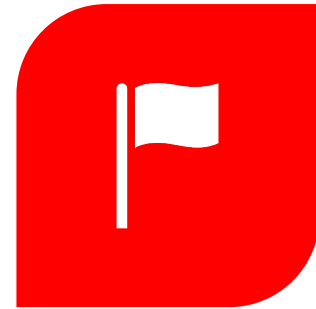




HOW TO FIND



WHAT TO ASK



RED FLAGS



How to Find



- NQTTTCN (LEO)
- Inclusive Therapists (LE)
- LGBT Therapy Space (LE)
- Gay Therapy Center (LEO)
- The Christian Closet (LE)
- LGBTQ+ Psychiatrists (LE)
- Trevor Project
- T4BG & T4BM



- **Hard Questions**

- Who did you vote for?
- Thoughts on white privilege? Supremacy?
- Thoughts on BLM?
- Communities they serve?
- Thoughts on capitalism?
- Are you a part of the LGBTQ community?

- **About their practice**

- Decolonized practice
- Therapeutic values
- Attendance accountability
- Age range
- Insurance accepted or no
- Sliding scale
- Additional education to support PoGM & LGBTQ folks

Questions/Comments?



208-219-7729



hello@equitablecounseling.com



www.equitablecounseling.com



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Breaking Barriers


Empowering Latina Women Through
Education and Advocacy

Presented by
Odalis Avila / Antuanett Lopez



Where are
we located?





Jackson Hole Behavioral
Health Community Needs
Assessment Survey Results
2021

Voices JH
Program
Evaluation
2021

Community Findings

Increased number of intimate
partners

Increased number of intimate
partner violence

Program Objectives

- Increased social connectedness
- Expanded awareness of community resources
- Deepened understanding of cultural barriers to accessing health and human services



Yes, I Can (*Sí, Yo Puedo*)



**AN EMPOWERMENT PROGRAM
FOR IMMIGRANT LATINA WOMEN
IN GROUP SETTINGS**

Catherine Luz Marrs Fuchsel

OXFORD

Sí, Yo Puedo

Curriculum and Program by Catherine Fuchsel
(2018)

The 11-week curriculum promotes education
on domestic violence, self-esteem, and healthy
relationships using a cultural framework

Curriculum Review

To ensure curriculum is:

- clear and organized
- entirely in Spanish
- culture-specific
- not reproducing stereotypes or any harm





Collaboration



Community Safety Network

Teton County Health Department

Teton Behavior Therapy

Voices JH

Vista Counseling

Mountain Peak Therapy

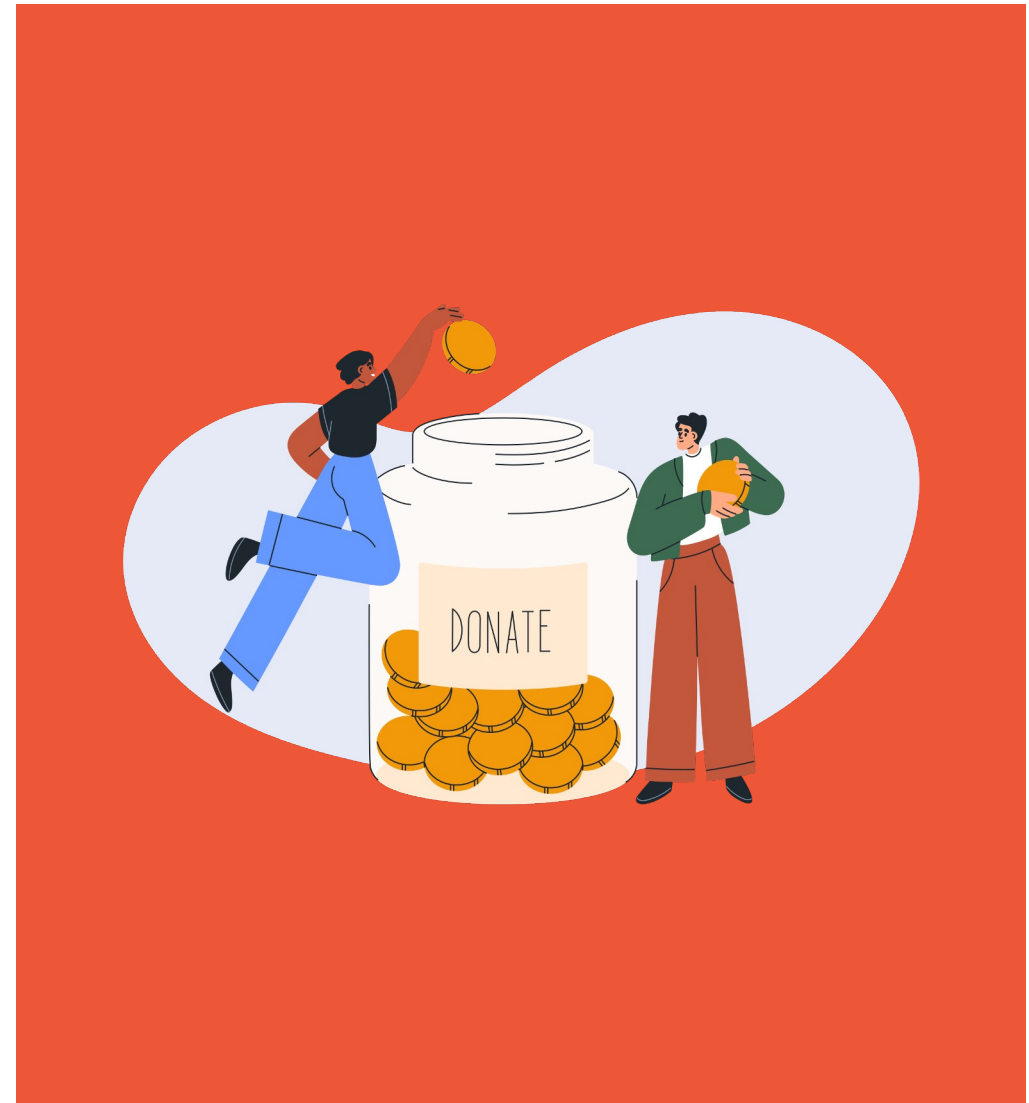


VOICES JH  BUILDING BELONGING

Wyoming Department of Health:
Health Inequities Grant

Community Foundation of Jackson
Hole: Youth Philanthropy Grant

Soroptimist International of
Jackson Hole



Mandatory Additions



Non-Traditional
Hours



Latina Led



Childcare



Dinner

Facilitators

Year 1



Year 2



Group Selection

- Invitation diffused through participating organizations
- Limited number of spaces - prioritizing target population
- Established a commitment to attend 75% of sessions in order to successfully graduate

Circulo de Empoderamiento para Latinas

ABIERTO A TODAS LAS MUJERES MAYORES DE 18 AÑOS

INSCRÍBETE A HORA Y VEN A HACER AMISTADES DE POR VIDA EN UN ESPACIO SEGURO PARA HABLAR SOBRE:

- RELACIONES SALUDABLES
- SALUD MENTAL
- AUTOCUIDADO
- RECURSOS DE LA COMUNIDAD
- COMO PLATICAR CON TU/S HIJO/S SOBRE TEMAS DIFÍCILES

FECHAS: 11 DE ENERO - 8 DE MARZO
CUANDO: CADA MIERCOLES DE 5-8PM
DONDE: VISTA COUNSELING-140 E BROADWAY AVE B13, JACKSON, WY 83001

TODAS LAS SESIONES SERÁN COMPLETAMENTE EN ESPAÑOL, GRATIS Y HABRÁ CUIDADO DE NIÑOS Y COMIDA DISPONIBLE EN CADA REUNIÓN.

DEBERÁS PARTICIPAR EN LA MAYORÍA DE LAS REUNIONES (SE PERMITEN EXCEPCIONES) PARA RECIBIR TU CERTIFICADO.

INSCRÍBETE USANDO EL CODIGO QR
O COMUNÍCATE CON ODALIS DEL DEPARTAMENTO DE SALUD DEL CONDADO DE TETON PARA INSCRIBIRTE LLAMANDO AL (307) 733-6401



VOICES



Participant's Goals

On the registration form participants were asked what goals they had for themselves in the program. Their responses were:

"Learning a lot always helps a lot with myself and my family. Learning to have a healthy and loving relationship with my husband and my children."

"Find myself again and have a clearer mind (no negative thoughts). Be a better mom. Learn tips to get up when I feel like I can't or don't see the way out."

"Being able to listen to more women and socialize more"



Identity & Self Esteem

- Evaluate and explore their identity and self esteem through recognizing the value and importance of relationship with their own self.
- Create, build and project a healthy and balance self esteem.

Self Care

Life Force: what makes them wake up each morning, do what they do and work on themselves?

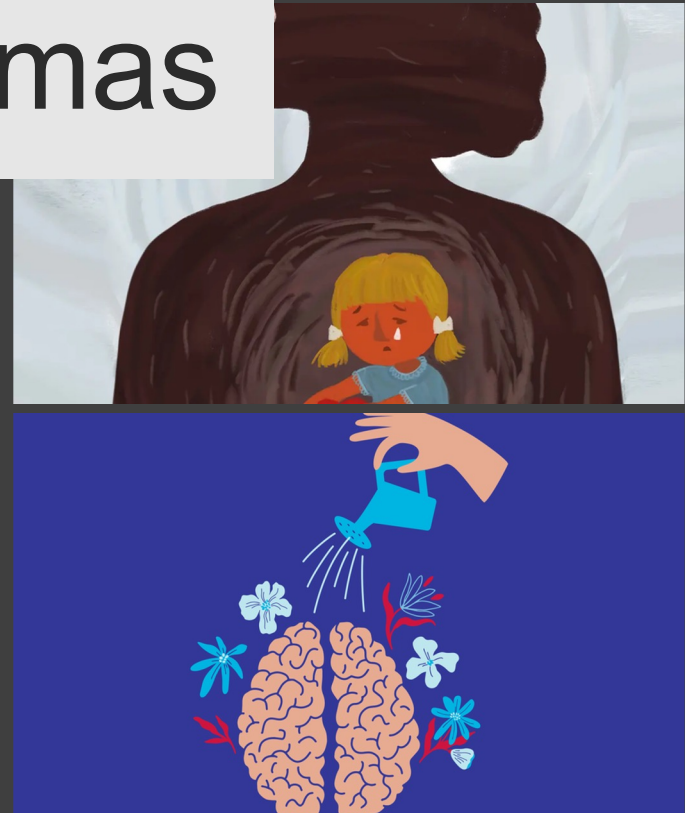
- **BODY** : sleep, emotions, eating style, exercise and hygiene
- **RELATIONSHIPS** : how consistent and valuable are our relationships? Learn to take initiative and grow through relationships and obtain values and connections
- **SELF** : reinforce relationship with unconscious through writing, self patience and love. Learn the reward to invest time with self.



Past Traumas

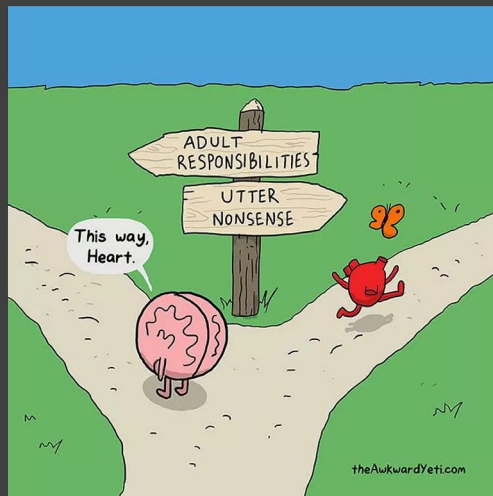
Finding and healing their soul and emotional wounds.

- Recognize their traumas and how body reacts to it.
- The 3 parts of our self: Mind, will and emotions
- Identify their triggers and encapsulated memories and their effects on the three parts.
- Generational Trauma
- Reinforce self patience, love and trust.





Coping Skills

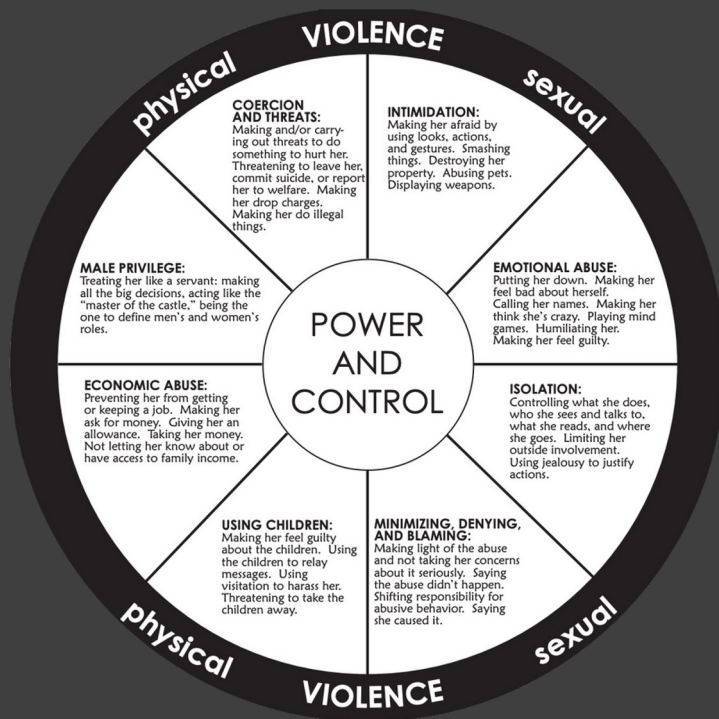


- Identify most common stressors and project in life
- Explore and Recognize their narrative and story telling about past and current hard situations.
- Strategies: self talk, reinstalling hope, and know tools to face their battles (responsibility, decisions, adult in charge, emotional intelligence, self control through words and communication)
- Old self and new self visualization



Dating & Healthy Relationship

- Reflect on their first relationship ever, their values, style, personality, changes, realizations, etc.
- What has changed over the years?
- Evaluate the love and support they need at this moment and what kind of love they need to give...



Identify the power and control roles in their relationship.

Safety in sharing experiences

Learning the traits of unhealthy relationships from one another.

Talking to Children

- Developing a healthy relationship with children
 - Respect, communication about love, puberty, sex and consent
- Parents deal with stress
- Age-appropriate Communication
- Setting rules and boundaries
- Journal strengths and accomplishments



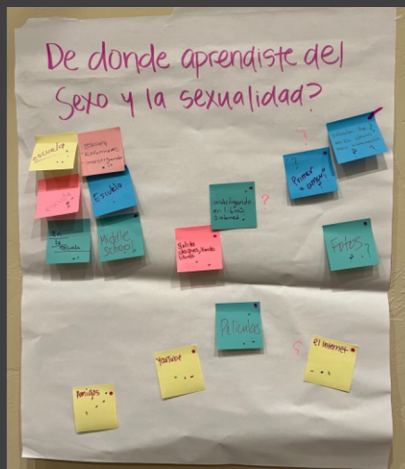
Cultural Concepts And Their Influence On Relationships

- Familialism, machismo, and marianismo cultural concepts and impacts
- Origins of the ideologies and sayings repeated through generations
- Analyzed media consumed for these concepts and discuss their impacts





- Sex ed, birth control, and risk reduction
- Exploring ways people learn sexual education and anatomy
- Normalizing different types of sexual relationships and strategies for self care
- Debunking common myths



Sexuality, Consent, and Women's Health



Sexual Orientation, Gender Identity, and Expression

- Explored the feelings of body dysmorphia
- Connection to cultural concepts and how it impacts gender identity
- Analyzed overall impact of societal pressure on women and their gender expression



Observations

Increased promotion of education on domestic violence, self esteem, and healthy relationships

Increased awareness of women's health and wellness practices

Increased social connectedness and sense of belonging

Increased sharing of health and human service resources



Needs Satisfied

- 75% of participants thought it was important to have daycare available
- 100% of participants thought it was important to have food available at all sessions
- 100% of participants thought it was beneficial to have this program completely in Spanish

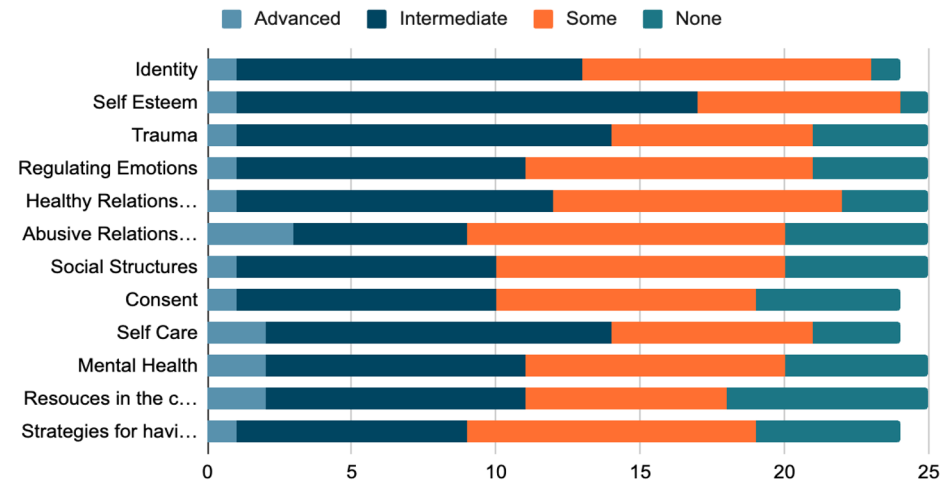
Other metrics

- 100% of participants would recommend this program to other people
- 100% of participants would participate in similar programs

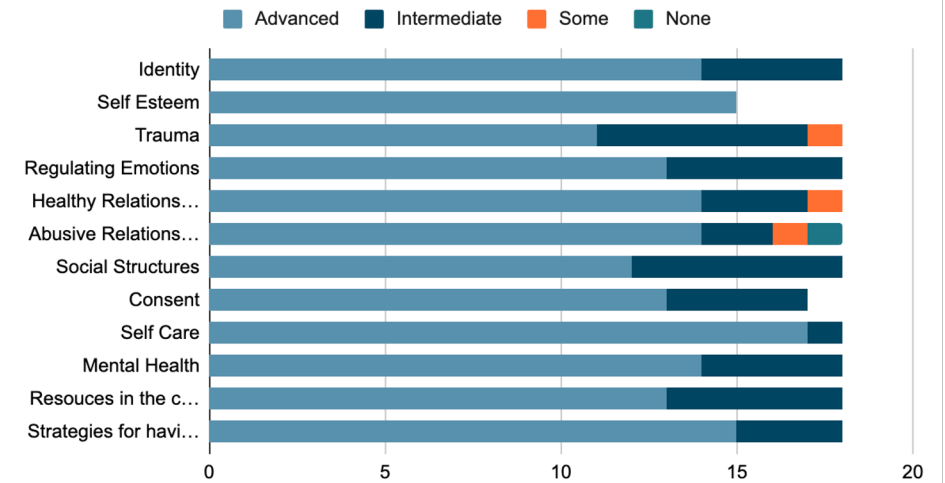
What's next?



Pre-Program Evaluation



Post-Program Evaluation



Thank you!

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"WE ARE EACH OTHER'S HARVEST"

Speaker Panel

- Phil Steven & Celeste Spoonhunter
Wind River Youth Summit
- Gabrielle Davis
EquitableCC
- Marja Possner
DOVE Denver
- Antuanett Lopez & Odalis Avila
Jackson Hole Latina Empowerment Circle

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THANK YOU!

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