



Northwest (Region 10)

ROTAC

Rural Opioid
Technical Assistance
Collaborative



WEBINAR:

STRATEGIES TO IMPLEMENT AND ADAPT ADULT SPANISH MENTAL HEALTH FIRST AID TRAINING

Offering Mental Health First Aid training to Spanish-speaking members of our community is an important step in equity and an ongoing need that can help reduce stigma and recognize the signs and symptoms of a mental health crisis.

Objectives:

- Identify foundational information about Primeros Auxilios de Salud Mental (Spanish Mental Health First Aid).
- Understand cultural barriers and mental health stigma in the Latino/a/x community.
- Describe recommendations for implementation.

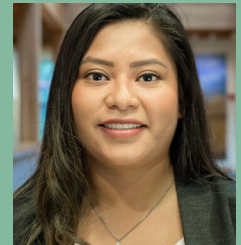
Presenters



Ivan Estrada,
MPH, CHW



Araceli Mendez,
MPH, CHW



Oralia Mendez,
MPH, CHW

(Learn more about our presenters on the next page!)

REGISTRATION REQUIRED

<https://wsu.zoom.us/meeting/register/tJYkcemuqzkjHNOMdQpYpGTvFJAIhq5SoeGp>

Wednesday, May 1st | 12:00 PM PT

NW Rural Opioid Technical Assistance Collaborative Webinar Series

The NW Rural Opioid Technical Assistance Collaborative aims to provide training and technical assistance to rural communities for prevention, treatment, and recovery from opioid misuse. NW ROTAC hosts a monthly webinar from expert researchers and clinicians who present on topics related to opioid use disorder including neurobiology, risk factors, prevention, identification, treatment, and recovery.

To learn more and register, visit <https://www.nwrotac.org/upcoming-trainings>.

NW ROTAC is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and led by faculty from the Washington State University College of Agricultural, Human, Natural Resource Sciences, the Elson S. Floyd College of Medicine, the College of Nursing, and Extension and Oregon State University Center for Health Innovation.

ABOUT OUR PRESENTERS



Ivan Estrada,
MPH, CHW

Ivan Estrada is a doctoral student at Oregon State University, where he is studying global health with an emphasis on mental health promotion and substance abuse prevention. He is also a Graduate Research Assistant with the Coast to Forest Project, a collaboration between the OSU Extension Family and Community Health Program and the OSU Center for Health Innovation. Before his involvement with OSU, Ivan spent time working as a drug, suicide, and gambling prevention coordinator for a county health department. He is also a certified and active Mental Health First Aid and Question, Persuade, Refer (QPR) trainer.



Araceli Mendez,
MPH, CHW

Araceli Mendez is a Program Coordinator with the OSU Center for Health Innovation and a certified Community Health Worker (CHW). She became a certified Mental Health First Aid trainer to help communities recognize signs and symptoms of mental health and substance use. She believes that through increased awareness and training we can each help reduce stigma and connect people with resources and support in our communities. Araceli was especially interested in making this possible for the Spanish-speaking communities and became a certified instructor to teach MHFA in Spanish. The hope is that more non-English speaking communities will have the tools needed to address mental health challenges.



Oralia Mendez,
MPH, CHW

Oralia serves as the Workforce Development and Community Programs Manager at the OSU Center for Health Innovation. Oralia is a certified Community Health Worker (CHW) and has over 9 years of professional experience serving as a CHW in Oregon. Oralia received instructor training for Mental Health First Aid in 2019 in order to support communities, and recognize signs and symptoms of a mental health crisis. To continue to grow this community of First Aiders, she received additional training in 2021 to facilitate Primeros Auxilios de Salud Mental (Spanish Mental Health First Aid) training for Spanish-speaking communities.