



MENTE SANA, VIDA SANA

A Community-Defined Evidence Program by **Health Education Council**. Health Education Council's mission is to cultivate health and well-being among underserved communities through prevention and early intervention and with an emphasis on community collaboration.

SETTING & POPULATION SERVED

Services are provided using the Ventanilla de Salud model inside the Mexican Consulate in Sacramento

KEY OUTCOMES

- Increase knowledge and awareness of systems, providers, communities, schools, and resources
- Increase timely access and utilization of mental health treatment with follow-up and management
- Increase number of culturally and linguistically appropriate providers to improve assessment of co-morbid health and mental health conditions

DRIVERS OF HEALTH AS A STRATEGY

Intersecting **education; safety; family, social support & connection; economic well-being; and access** to achieve **health**. HEC recognizes that health happens where people live, work, study, pray, and play shapes our choices and behaviors. Cross-sectors partnerships built on trust and respect transform communities and influence health and well-being.

CONTACTS

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Mente Sana, Vida Sana is a partnership between Health Education Council and the Conulate General of Mexico in Sacramento. This community-defined prevention, early detection and treatment program provides mental health screenings to reduce chronic diseases among the most vulnerable Latino populations who are greater risk or suffering from mental illness.

PROGRAM COMPONENTS

- Provides preventative mental health and health screenings
- Conducts outreach and delivers educational workshops and trainings at the Mexican Consulate
- Practices confidentiality and follow-up with clients/ consumers and families after a referral to ensure that individuals and families were successful in accessing mental health services



Health Education Council is a nonprofit organization committed to promoting health and preventing chronic disease in underserved communities through collaboration. Staff hold a core belief that good health and well-being happens when people are surrounded by thriving communities, families, schools, businesses, and parks.