



TESTIMONIOS PROJECT

A Community-Defined Evidence Program by **Latino Service Providers**. Latino Service Provider's mission is to build a healthier community by serving and strengthening Latino families and children by reducing racial and ethnic disparities.

SETTING & POPULATION SERVED

Impacting Latino communities in Sonoma County using a school setting to prepare a workforce of promotores

KEY OUTCOMES

- Decrease stigma associated with mental health among the high-risk Latino populations
- Increase mental health literacy in communities through youth promotores
- Increase the promotion of traditional cultural practices (healing through art)
- Increase Latino representation in the mental health workforce
- Increase prevention efforts by increasing access to treatment
- Increase youth leadership opportunities and exposure to role models
- Strengthen protective factors associated to the Latino cultural values to overcome risk factors

CONTACTS

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Testimonios Project is designed to reduce stigma associated with mental health and increase mental health literacy in the Latino community. From a workforce perspective, Testimonios also recruits, trains, and mentors young people in the work of advocacy and promotores.

PROGRAM COMPONENTS

- Guidance provided by a Concilio (community-based advisory)
- Train and mentor a cohort of 20 youth from local high schools as community advocates (youth promotores)
- Youth promotores conduct and engage in community conversations (pláticas) about mental health
- Youth promotores complete approximately 125 hours in facilitating pláticas
- Career and college readiness component with an emphasis on a bilingual and bicultural mental health workforce

KEY STRATEGIES

- Use of pláticas and storytelling to engage people in conversation
- Workforce, education and training approach promoting a school to college to work model
- Community engagement and participatory evaluation

Latino Service Providers is a community-based non-profit organization with a mission to serve as a hub and clearing house delivering culturally-relevant information about issues that are impacting the larger Latino communities in Sonoma County.