



LIVING WITH LOVE (VIVIENDO CON AMOR)

A Community-Defined Evidence Program by **Mixteco Indígena Community Organizing Project (MICOP)**. MICOP's mission is to aid, organize and empower the indigenous community.

SETTING & POPULATION SERVED

Mexican indigenous groups from
 Ventura County

Living with Love participants are
 females

LANGUAGES

Spanish and Mixteco

KEY OUTCOMES

- Increase mental health knowledge
- Reduce stigma associated with mental health
- Increase knowledge of domestic violence and support resources
- Reduce social, cultural and linguistic isolation
- Improve access and utilization of mental health services

CONTACTS

Arcenio Lopez - Executive Director

Genevieve Flores-Haro - Associate Director

Dulce Vargas - Program Manager

Irisela Contreras - Evaluation Coordinator

Delfina Lopez - Promotora

Leticia Galicia - Promotora

Teresa Santos - Promotora

Alison Herrmann - Local Evaluator

Living with Love is a prevention and early intervention curriculum that was created to address mental health issues such as, depression, anxiety, stress, among others. Living with Love also helps to detect early the risk factors that are associated with mental health issues. For example, domestic violence, isolation from community life, stigma associated with mental health, and lack of information and resources about mental health treatment.

PROGRAM COMPONENTS

- Recognizing body and stress
- Improving self esteem/efficacy and cultural identity
- Healing of one's inner child
- Acknowledging what matters most to oneself
- Recognizing healthy love and unhealthy love
- Identifying characteristics of abuse/domestic violence
- Knowing the impact of abuse and violence on children
- Connecting through effective communication

KEY STRATEGIES

- Promote the value of **family** as the symbol of strength
- **Educate** using cultural and linguistic appropriateness
- **Empower** people and create leaders in advocacy
- Achieve **wellness** through self-love
- Radio Indígena 94.1FM

MICOP is a community-based organization with a mission to serve and meet the needs of the Latino indigenous immigrants. MICOP believes in the cultural strengths and assets that are drawn from the community in overcoming challenges that impact the well-being of the indigenous communities.