

Esperanza (hope) as a culture of health equity:

An innovative community-university partnership for Spanish-speaking community-engaged psychology training

Wisconsin Idea Conference 2023

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<https://esperanza.wisc.edu/>





Presentation Outline

- 01** Centro Hispano & the inception of Esperanza
- 02** Esperanza Bilingual Psychological Services Certificate
- 03** Responding to Community & Academic Needs (student perspective)
- 04** Momentos de Esperanza Podcast: bridging community and academia Esperanza
- 05** sustainability



Centro Hispano & the Inception of Esperanza



Centro Hispano of Dane County's Mission

*Empowering Youth
Strengthening Families
Engaging the Community*



01



Have you connected in a **positive experience** at Centro?
Why was it **meaningful**?



01

What Connect Us?

Our core values:

- We foster **connection**
- We act with **mutual respect** and **dignity**
- We nourish **community**
- We live with **courage**
- We demonstrate **integrity**



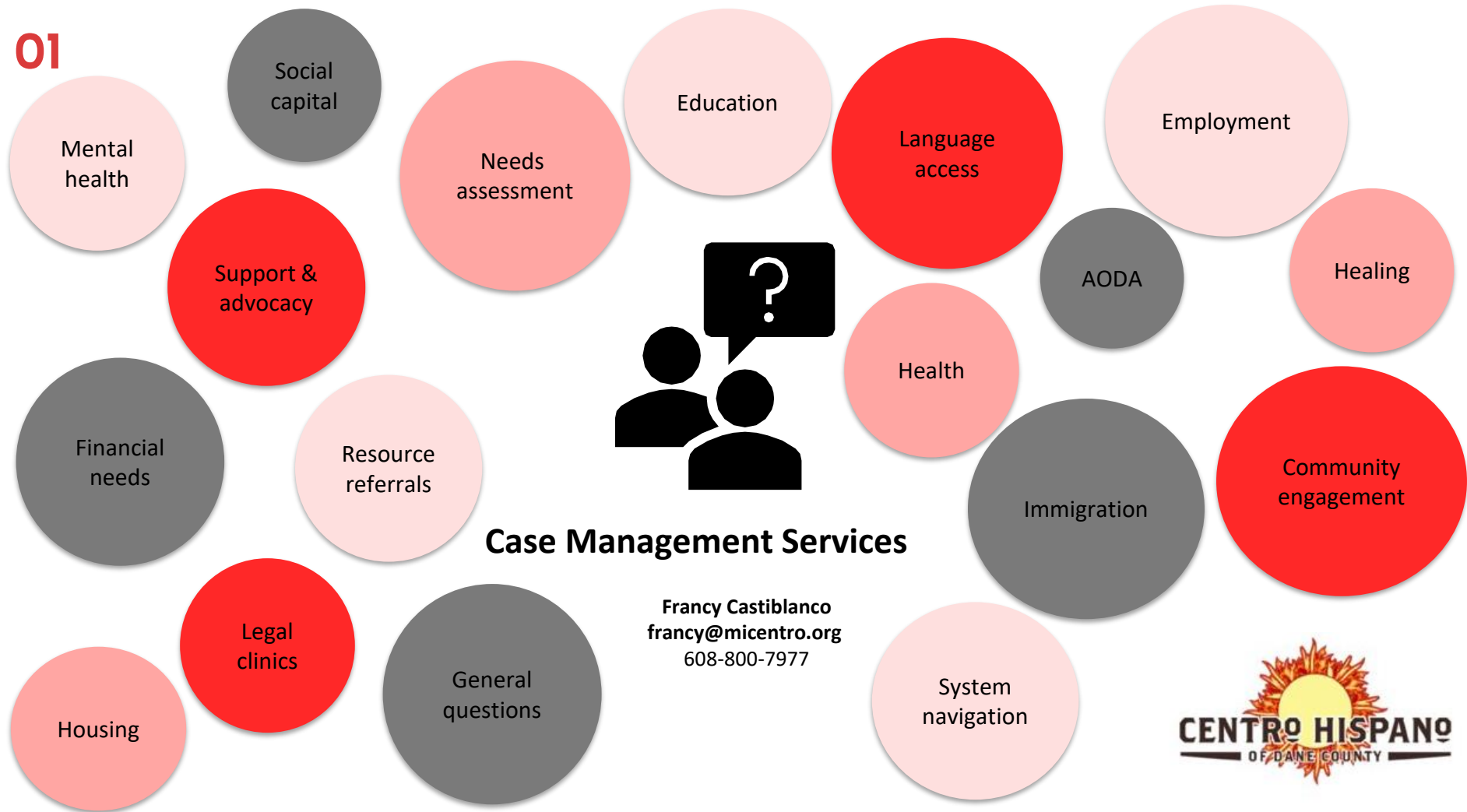
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The agency serves **4,000 +** families and **6,500 +** individuals through its programs and services each year.



01



01



Career Growth & Professional Development



Sustainability & Stability



\$15/hr.+
Employers



Wealth-building & Wellbeing



Support & advocacy

Employment
Resume
Job
Readiness
Skills



Workforce & Employment
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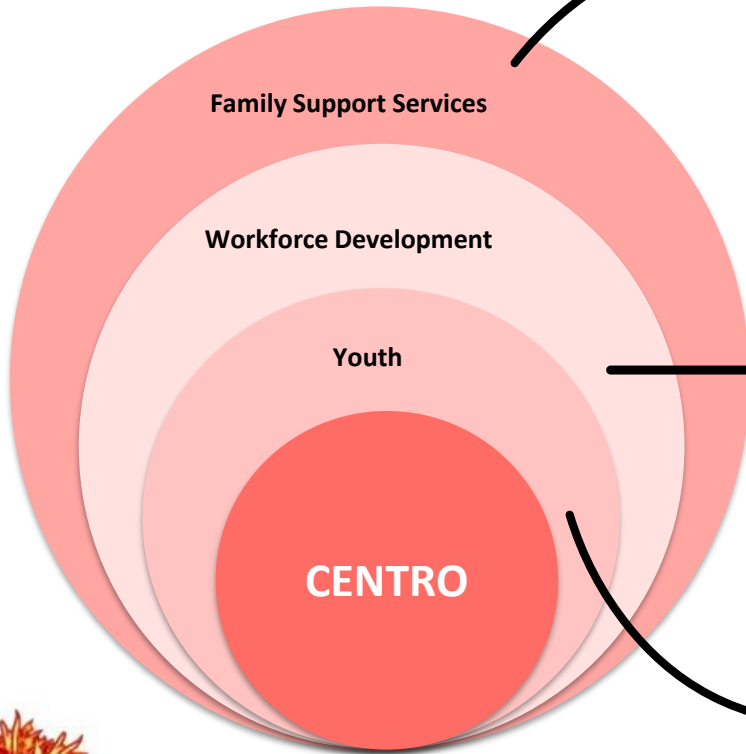
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Youth Programs

Maria Paula Fullea Caceres
Mariapaula@micentro.org
608-255-3018





- Case management (Madison & Sun Prairie)
- ACA Navigation
- Immigration
- Peer Support



- Caminos CNA
- Caminos Finance
- Caminos Progreso
- Caminos Tech
- Latinas in Savings



- Juventud (Middle School)
- Escalera (High School)
- [Re]Generación (High School)
- Avanzando (College)



01



Scan for
more info!



Campaign

CENTRO

Building a new home for our Latinx community.



<https://www.micentro.org/our-new-home.html>

Motivators for the Wisconsin Partnership Program Grant

Injustices:

- ***Latinx communities under siege***: family separations, children in cages, vigilantism, public policy of cruelty, racial profiling, direct and vicarious trauma
- ***Workforce shortage***: 1 Bilingual (Spanish/English) Psychologist: 4,500 Spanish speaking residents in US
- ***Workforce limitations***: Language preferences of provider determine language of treatment
- ***Oppression***: Latinx clients receive services in language of oppression/oppressor
- ***Mental Health treatment is verbal***: Special role of language in mental health services
- ***Lost opportunity***: Why recruit bilingual students and only train them in English?
- ***Assimilation pressure on Latinx university students***: UW and other PWI prepare Latinx students to work in predominately White and English-based contexts, little support in Latinx communities and Spanish

Headlines

A Racist Manifesto and a shooter Terrorize Hispanics in El Paso, Texas Tribune

Public Charge : A New Threat to Immigrant Families to deny immigration, ABC News

Separating immigrant families is a cruel means to a cruel end, America, The Jesuit Review

*Since the beginning of 2019, Trump's presidential campaign launched more than 2,000 ads on social media that warn people of the supposed threat of Latinx people,
The Guardian*

Milwaukee declares racism a public health crisis, CBS news

Voices from the Community in WI

MARKETPLACE
Search For & Place Classifieds

Post Crescent

News Sports Packers Business Go 920! Life Obituaries eNewspaper Legals

In the wake of ICE raids across Wisconsin, schools work to support wary, scared families

Devi Shastri and Samantha Hernandez Appleton Post-Crescent
Published 7:32 a.m. CT Oct. 5, 2018

Facebook Twitter Email



You have limited articles remaining.

Mayor Soglin: 'Very Disappointed' that ICE arrests Occurred in Madison



(NBC15)

By NBC15 Staff

Published: Sep. 21, 2018 at 6:16 PM AST

Esperanza & Resistance



“...[the El Paso community] also spoke words of **hope, of defiance in the face of hate** and of a determination to write their own manifesto.”

-Pablo Alvarado (Executive Dir. L.A.'s National Day Laborer Organizing Network)

“Activism is essential to our survival, to our healing, and to our collective liberation.”

- Jessica Perez (DACA beneficiary, PhD Student)

The Eight "Griefs" of Immigration

1. Family Separation or Dynamics
2. Language
3. Culture/Spiritual Practice
4. Land
5. Social Status (Opportunities, personal and professional growth, access...)
6. Discrimination/Racism
7. Danger against physical and emotional integrity (work conditions/immigration process)
8. Financial instability due to anti-immigrant policies

GRIEVING TO HEAL FROM OPPRESSION

...the struggle to be fully human, and to see others are fully human.

I. Kendi



**Adapted by Evelyn Cruz
July 2020*



**Esperanza Bilingual
Psychological Services Certificate**



ESPERANZA

NUESTRA CULTURA DE SALUD



Social & Family Wellbeing

Strengthen family-centered community programming that addresses the social determinants of health.

Psychological Health

Increase access to culturally appropriate mental health services with training and intervention.



An Innovative Justice-Oriented Community-University Partnership



- Mental health literacy
- Latine Leadership development
- Mental wellbeing of community staff
- Evaluation of community services/programming
- Advocacy for Latine community
- Building bridges across Madison community
- Recruit & train Spanish-speaking students
- Provide linguistically, culturally, and situationally appropriate services in Madison & Dane Co.
- Interdisciplinary approach to psychological services rooted in decolonization frameworks
- Develop research & innovation to serve Latine community

Esperanza Bilingual Psychological Services Certificate

WHO? Any UW-Madison Graduate student in a clinically-based program*

- Psychology Programs in School of Education:
Counseling, School, Rehabilitation
- Clinical Psychology
- Social Work
- Medicine: Nursing, Family Medicine, Public Health, etc.

****also open for students to take only some courses, contact Dr. RS:
ramirezstege@wisc.edu***

Esperanza Bilingual Psychological Services Certificate

As part of this training program, graduate students can expect to...

- **Build knowledge in liberation psychology, anti-racist, and decolonization frameworks** that promote radical healing
- **Develop outreach and advocacy skills** through local partnerships and interventions
- Engage in **culturally and linguistically-affirming programming** promoting personal and professional wellness and capacity to thrive

ESPERANZA COURSES

Certificate Admissions: Fall

<https://esperanza.wisc.edu/apply-now/>

	Course	Term	Cred	Hrs x week
Y1	CP 500 Radical Healing & Ethics of Latinx Bilingual Training	Spring	1	3
	CP/CLS 525 Dimensions of Latinx Mental Health	Summer (May-June)	3	9
	CP 550 Strengthening Latinxs LAB	Summer (July-Aug)	3	9
Y2	CP 575 Prac I: Case Conceptualization with Latinxs	Fall	1	3
	CP 580 Prac II: Treatment Planning & Interventions with Latinxs	Spring	1	3
		TOTAL	9	

- Foundational/Theories Courses
- Clinical Skills Development Course
- Clinical Supervision Courses

Promoting Transformative & Radical Healing

Characterized by...

- Critical Consciousness & Active Resistance
- Accountability: power *with*
- Empowerment, radical hope & envisioning possibilities
- Multisystemic: repair relationships
- Cultural equity: redress systems of domination
- Cultural authenticity & self-knowledge
- Cultural humility: person-centered, self-reflection, continuous learning

Resistance, Self-determination, Liberation, Resilience & Re-existence



2022-23 Inaugural Cohort



Sahian Cruz

School Psychology
PhD Student



Gabriella Gaus Hinojosa

Counseling Psychology
PhD Student



Lauren Knuckey

School Psychology
PhD Student



Eloisa Negrete García

Counseling Psychology
MS Student



Valerie Orozco

Counseling Psychology
MS Student



May Ramirez

Educational Leadership & Policy Analysis
PhD Student



Natalie Rivera

Counseling Psychology
PhD Student



Danya Soto

School Psychology
PhD Student



<https://tinyurl.com/EspeRadicalHealing22>



Radical Healing Spring 2022

Home Cruz Knuckey Negrete Rivera Soto

Virtual Gallery

Radical Healing Spring 2022

The Esperanza Certificate graduate students share here their *sentipensares* on what "radical healing"*, liberation and decolonization mean to them.

Click on the menu above to see each student's interpretation.

SCAN to follow-up with us if you have interest in our current projects!

PASOS



Latine Undergrad-Grad
Mentoring Program
Dr. RS Faculty Supervisor

Natalie Rivera



- Momentos de Esperanza Podcast
- Translingualism Research Project



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Monthly Workshops
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Latine Community
Healing Curriculum



Danya Soto

- Dr. Steve Quintana
stephen.quintana@wisc.edu
- Latinx Strengths Assessment Tool Development



Dr. Steve Quintana

stephen.quintana@wisc.edu



Responding to Community & Academic Needs (student perspective)



Responding to Community Needs

1. Training Therapists to do more than Therapy

- Psychologists can intervene at the individual, group, and community level
 - Consultation = systematic perspective

“Applying and extending the knowledge of a psychologist, through the process of consultation, to problems involving human behavior in various areas” (APA 2017)



Responding to Community Needs

1. School of Education Graduate Training Program in Mental Health Equity

- Disrupting health inequities at individual, group & system levels
 - research
 - consultation
 - teaching
- Meetings with the Community Partner >> drafting an MOU for the partnership

2. Wisconsin Center for Evaluation Research



Responding to Community & Academic Needs

2. Wisconsin Center for Evaluation Research

Train graduate students to assist with program development and evaluation

- Raices de Liderazgo*

**training program adapted by roots for change*

- fostering wellness via co-created community-driven activism and civic engagement

3. Esperanza Bilingual Certificate Program



Responding to Community & Academic Needs

3. Esperanza Bilingual Certificate Program

- Train graduate students specializing in bilingual psychological services to assist with community-based programming and interventions
- Integration principles of Latine-centered frameworks (e.g. Liberation Psychology) to assist with AODA treatment for Spanish-speaking Dane County Residents



Momentos de Esperanza Podcast: bridging community and academia



A Podcast

"Moments of Hope"

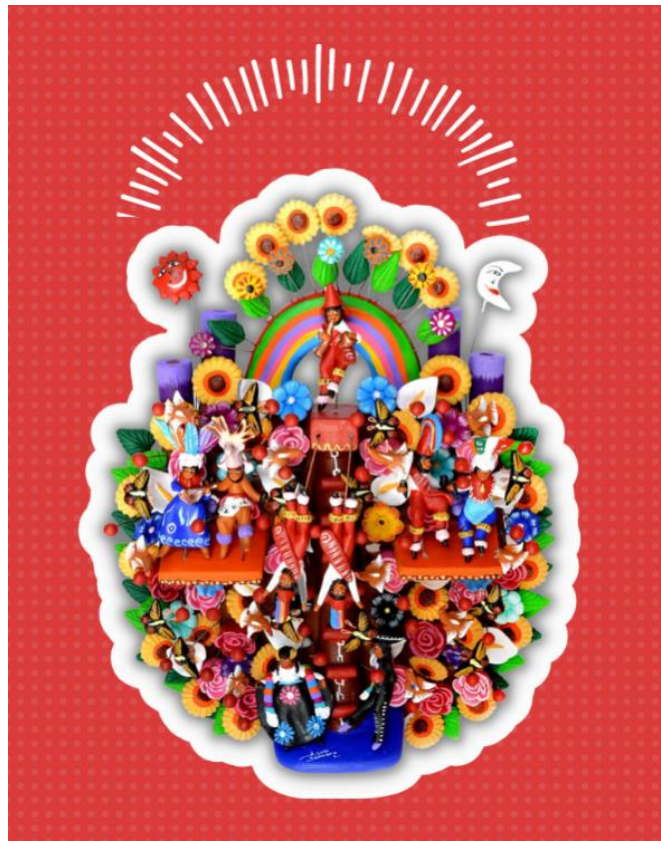
Goal is to increase mental health and wellness literacy in Latinx/e communities in Dane County via social media platforms through:

- Asset-based public health communication campaign
- Bilingual (Spanish/English) mental health and wellbeing messages



A Bridge to la Comunidad

- A tool especially crafted.
- Comes from the ground up.
- To the community and from the community.



A Bridge to la Comunidad



Esperanza Scope



Bilingual



Latin Perspective



Where specifically?

COUNTRIES / TERRITORIES (11 Total)

 United States	76 %	320
 Mexico	17 %	72
 Puerto Rico	4 %	17
 Colombia	0 %	2
 France	0 %	2
 Netherlands	0 %	1
 Costa Rica	0 %	1
 Canada	0 %	1
 Brazil	0 %	1
 Germany	0 %	1

CITIES (67 Total)

Madison, Wisconsin	43 %	158
Mexico City, Mexico City	13 %	48
Milwaukee, Wisconsin	5 %	19
Denver, Colorado	3 %	14
Chicago, Illinois	3 %	13
Minneapolis, Minnesota	2 %	8
St Louis, Missouri	1 %	7
Puebla City, Puebla	1 %	6
Middleton, Wisconsin	1 %	5
Dallas, Texas	1 %	4

Shared Experiences



Universality



Main themes



Create
Conversation

Safe and friendly space

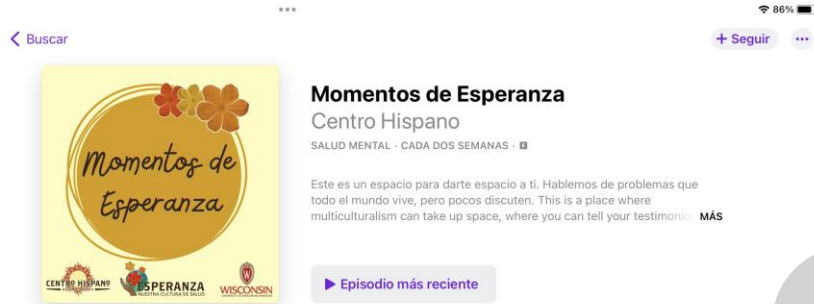
- Contact with the audience
- Space to share
- Limitations

MAKING SPACE





Find Momentos de Esperanza on:



Episodios

DIC. 16, 2022 - CONTENIDO EXTRA

Nuestras Reflexiones Navigating Momentos de Esperanza

Esta semana nos pusimos en modo reflexión para este episodio extra, o como decimos en México, de piñón. Hacemos un recuento de esta primera temporada, donde recordamos los momentos que nos pusieron más a pensar más o que tuvieron un mayor impacto en nosotras. Queremos hacer este episodio como una forma de agradecerte a ti que nos escuchas, y que nos hayas dejado entrar en tus pr...

▶ 33 min

DIC. 2, 2022

Espacios de calma y risas para salir adelante

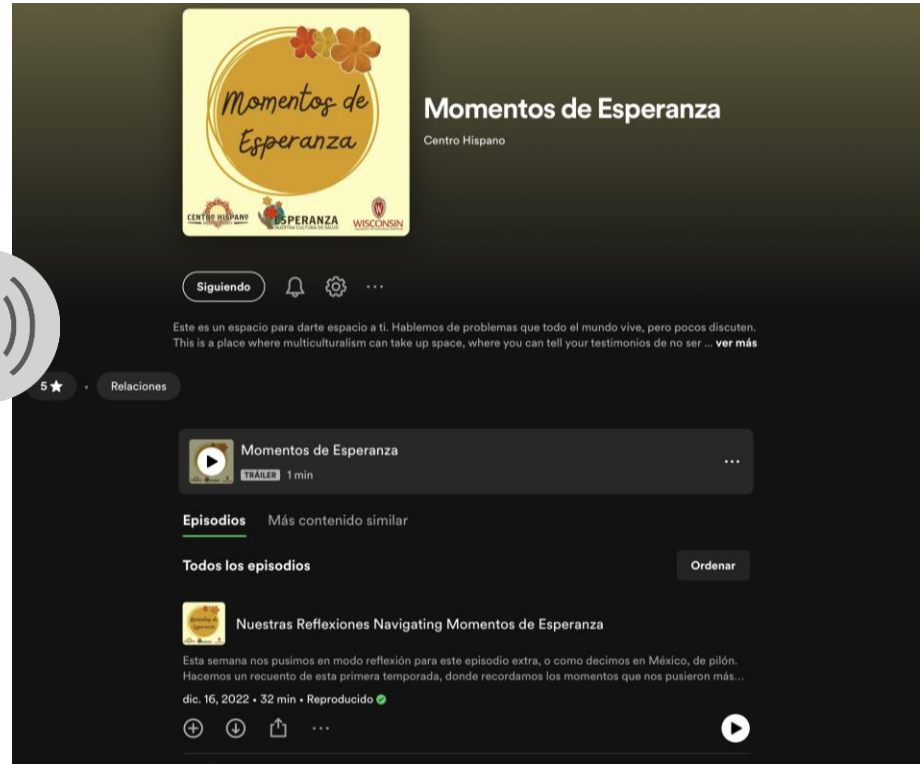
Bienvenido a nuestro penúltimo episodio de esta primera temporada de Momentos de Esperanza. Tenemos una invitada muy especial quien tiene una visión amplia del sentido de comunidad. Con ella, platicaremos sobre sanar encontrando espacios que nos den calma. Ir a la raíz y al corazón de las cosas, hacer comunidad y tener este sentido en donde la única manera en la que vamos a prosperar es si tod...

▶ 28 min

NOV. 16, 2022

Nuestro duelo y nuestra sanación as humans

Bienvenido a este episodio de Momentos de Esperanza. Platicaremos con Evelyn Cruz, directora de desarrollo de Centro Hispano. En este episodio, pueees abarcamos varios temas. Desde cómo sanar de adentro para afuera, cómo afecta nuestro trabajo de sanación a la comunidad y a nuestras relaciones personales relacionadas con el perdón y cómo no podemos dar lo que no tenemos. Para Evelyn sana...





Find Momentos de Esperanza on:

Instagram



Facebook



Spotify



Apple



Buzzsprout



Misconceptions y Taboos

La ropa sucia se lava en casa
o
La salud mental es para crazy people

Momentos de Esperanza

¿Cómo empiezas tu día?
Are you setting your intentions for the day?

Momentos de Esperanza

Ep. 2: Navigating Health and Bienestar

The 7 Latine Strengths

This is what comes from struggle and this is what we lean on con amor y con pasión.

We don't have to be a perfect being.

Danya Soto

Momentos de Esperanza

Momentos de Esperanza

Ep. 4: En Reciprocity con la Naturaleza

Special Guest: Sallian Cruz

Éxitos de colores?

ME Episodio 5

El amor propio es un regalo para una misma: el bienestar, de libertad, de resistencia y de reivindicación el poder conectar con quienes somos, contar nuestra historia de una manera humana y poder sanar colectivamente para cambiar esa narrativa y generar un cambio dentro de la sociedad.

María Paula

Re existiendo en mi comunidad

Empoderando y luchando

ME ep. 6

Las familias Latinas y Afroamericanas dentro del condado de Dane tienen barreras al momento de considerar tener hijos.

Estas barreras son:

Liliana Lemus
Especialista en Intervención de Enfermedades
Public Health Madison & Dane County

por muchos caminos

Integrating Identity

ME ep. 7

How you express your culture is so important. O eres Peruana o eres Americana?
In trying to choose one or the other it was invalidating my own expression of my culture.

Fernanda Alayo

el presente

Spoken words

ME ep. 8

Where are you allocating your energy to?
En qué te estás enfocando durante tu día?

el presente

Interested in being a guest?

Fill out this brief form



Momentos de Esperanza



Esperanza Sustainability

Why Sustainability of Esperanza is Critical



- 1) Sustainability by design
- 2) Training Innovation
- 3) Exemplifying Wisconsin Idea Principles
- 4) Changing landscape of Higher Education
- 5) Population Growth



1. Sustainability by Design

Overcoming challenges to sustainability

- Mutuality of Leadership: community staff, faculty, and students
- Whole greater than sum of parts
- Mentorship and Legacy
- Innovative position within UW
 - Support for Outreach and Service
 - Involvement of multiple mental health training programs

2. Training Innovation

Model Training Program

- Model program for training
 - Transferability to other linguistic and cultural groups
 - Multi-disciplinary focus
 - Leadership for decolonizing and liberatory frameworks
 - Portability for other 'New Growth' Latine communities
- Community-University Partnership based Training, Service, and Research



3. Exemplifying Wisconsin Idea Principles

Partnership-based training

- Community-based training, service, and research. AND
- Complementary partnership, integrating:
 - Psychological training
 - Public Health Principles
- Shared Vision and Mission
- Enhancing university training and community services
- Potential Expansion of Training



4. Changing Landscape of Higher Education

Future of recruitment of under-represented communities into higher education

- Recruit for specific cultural and language skills
 - Recruit under-represented students for their cultural strengths and experiences
 - Recruit from communities to be served
- Challenge to Psychology Profession to enhance bilingual training
- Challenge to training programs nationwide



5. Population Growth

National Population Growth 2010 - 2020

50% of all US population growth

Largest minority community in US (18.7% of total population)

Wisconsin Population Growth

WI population grew .6%, WI Hispanic grew 7.6% (fastest growing)

2000 – 2015: WI Hispanic population doubled

Largest minority community in WI

UW-Madison 2010 - 2020

Hispanic students are more than 80% of the growth in UW minority students from 2010 – 2020

Hispanic students make up more than 50% of all minority students

Latine communities are fastest growing in nation, state and UW Madison



Final Reflections



- Esperanza is an innovative community-university justice-oriented training and intervention model
- Principles of Mutuality ground our work: Respect, Resilience, Reciprocity, Sustainability
- We believe in the power of **community** to heal! This means a large shift in university-community relationships that can transform everyone for the better
- We hope "lessons learned" can be helpful for many historically marginalized communities –our liberation requires us to envision bold and joyous futures that center our strengths

Questions, Comments, Chat

Consider joining us for a 35-minute workshop later today!

3:00-4:15 PM in Industry Room:

Centering reciprocity and mutuality: Best practices for interacting with researchers in a community-based context

<https://esperanza.wisc.edu/>



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- Latinx Strengths Assessment Tool Development

¡GRACIAS!



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