



# PASEO Salud Mental

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## LCDP Alumni Survey 2017-2022

REPORT DATE

February 4th,  
2023

# What is **PASEO** Salud Mental?



## The Mission.

PASEO Salud Mental is a registered 501c(3) whose mission is to increase access to and quality of mental health care for the Latine community in the United States as well as in low-resource communities in Latin America. The organization strives to fill a much-needed training gap encountered by graduate students and clinicians with varying levels of proficiency seeking to provide services in Spanish, but lacking the training, support, or confidence to do so. PASEO was founded in 2015 to reduce the number of Spanish-speaking immigrants and families who cannot access high quality mental health services because of a lack of professionals who speak Spanish. Native Spanish speakers who are assessed in English are often misdiagnosed, over medicated, or pathologized. Many bilingual children are incorrectly placed in special education or not given access to accommodations needed for learning disabilities because of a lack of professionals who can do psychoeducational and neuropsychological testing in Spanish.

PASEO confronts these inequalities in mental health services through quality training of students and professionals in psychological Spanish. PASEO also bolsters the mental health workforce in Peru by providing a consistent stream of students to marginalized communities with high rates of depression, trauma and familial violence, while working with Peruvian professionals to ensure culturally competent care.

PASEO is committed to uniting individuals who are passionate about mental health equity and justice across borders. The organization has been addressing this need for eight years, and seeks to continue their mission for many more.

## Services snapshot

- \* 6-week immersion program in Spanish for Mental Health in Trujillo, Peru (the LCDP program) for U.S. based trainees & professionals
- \* Mental health capacity building in Peru and Guatemala
- \* Online courses in Spanish for mental health
- \* University and hospital partnerships to develop curriculum in Spanish psychological competencies
- \* Assessment of competence to provide services in Spanish

# Spotlight on: The **Linguistic and Cultural Development Program** (LCDP)

**THE LCDP** is a 6-week immersion program in Trujillo, Peru that includes more than 60 hours of instruction in fundamental therapeutic skills for working with the Latine Spanish-speaking population. This program also engages students in service learning in the Trujillo community, including prevention programming, psychoeducation, and screening and consultation.

## Program goals

**Through the LCDP, students build Spanish for mental health skills in the following areas:**

- Utilize skills in initial sessions to reduce mental health stigma, build rapport, and increase the likelihood that service users return to care
- Conduct intake interviews utilizing the Cultural Formulation Interview in order to center care on client's cultural explanatory models, and align treatment goals with culturally-sanctioned methods of help-seeking and coping.
- Implement basic helping skills (e.g. reflective listening, open questions, validating and normalizing)
- Integrate key skills of motivational interviewing to enhance client engagement and retention
- Provide psychoeducation to clients and their family members about mental health and mental illness and the process/purpose of therapy to increase engagement and transparency
- Conduct risk assessments related to suicidality and situations of crisis, and engage in appropriate intervention or triage
- Carry out core therapeutic techniques, including relaxation, mindfulness, and grounding skills, behavioral activation, cognitive restructuring, emotion regulation and distress tolerance skills, and trauma-focused skills such as conducting trauma narratives and managing dissociation.

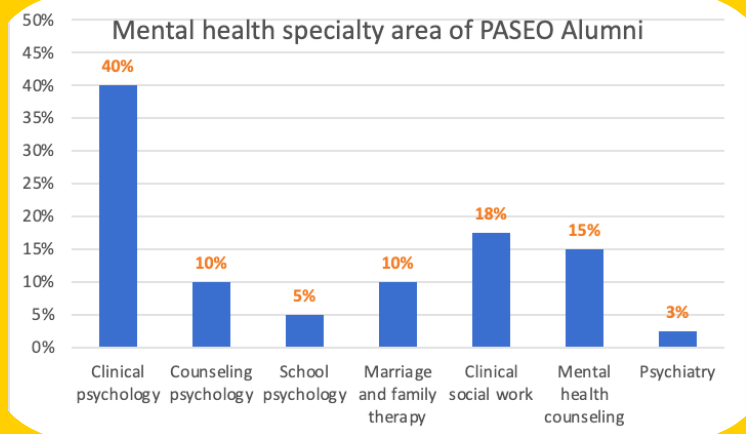
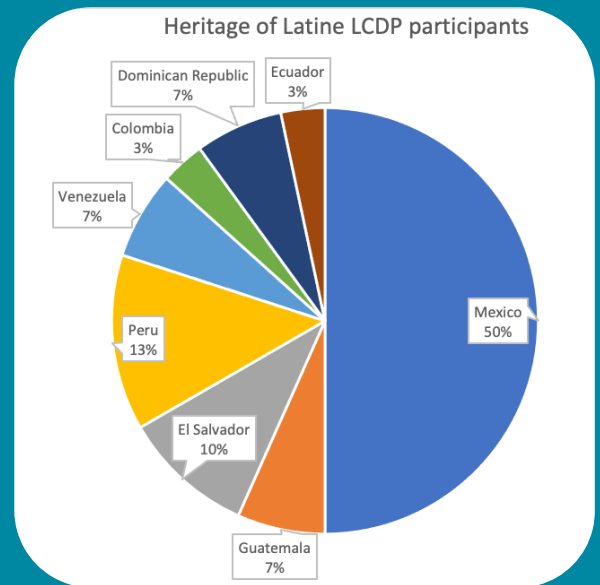
Since 2015, PASEO has trained 82 students and professionals through the LCDP summer immersion program.

**63%** Second-language learners

**25%** Heritage speakers

**12%** Native speakers

40% of LCDP participants identify as Latinx/Latine.



85% of LCDP participants are graduate students, 10% are working professionals, and 5% are post-bac students.

# What alumni found **most valuable** about the LCDP immersion program

"PASEO gave me tangible ways to integrate cultural sensitivity into evidence-based treatments with diverse populations. It was also instrumental in my gaining confidence in myself and in my abilities to speak and work with individuals in Spanish"

- 2022 ALUMNI

"Community. If I am 100% honest, a large part of my struggles in continuing Spanish-speaking services is my own doing. When I joined PASEO at the end of my first year in graduate school, I was still undergoing a HUGE culture shock moving to the Midwest from New Mexico. I felt completely isolated and alone and was really struggling. PASEO was a refuge, I felt understood and it contextualized my adjustment issues as one of a cultural and systemic nature rather than something internally wrong with me. Because of this, I was drawn to building community. Consequently, my focus during PASEO was centered around cultural issues and concepts, rather than the technicalities of improving my Spanish-speaking skills."

- 2017 alumni



"It gave me the confidence to work with Spanish-speaking clients. It gave me connections with other people passionate about this kind of work."

- 2019 alumni



"Building a community of Spanish for mental health providers. Additionally, building a resource library that is helpful to support Spanish-speaking patients."

- 2016 alumni

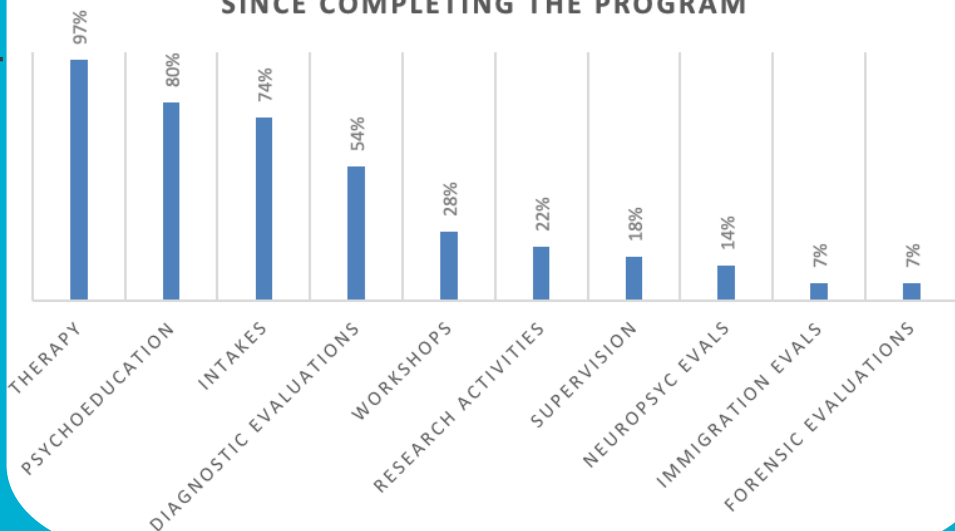
"PASEO helped me in my identity development and I gained a fire for advocacy. This has been immensely helpful in my professional work and current role. For example, during my last year in graduate school, I collaborated with Spanish-speaking interpreters in an integrated primary care setting to develop a presentation for medical residents and hospital trauma-informed care committee about interpreter risk for secondary trauma to and how to work effectively with interpreters. Policy changes were made to interpreter orientation to include a mental health seminar, and guidelines were created for maintaining an in-house support system for interpreters. Interpreters also became formal members of the trauma-informed committee and received an increase in hourly pay. In my current role, I facilitate a race-based stress trauma and empowerment group for veterans of color and serve on a diversity training committee, where I educate others through delivering seminars and editing a hospital-wide diversity newsletter."

- 2019 alumni

# The **impact** of the program on **client services**

LCDP alumni have gone on to provide services in Spanish to more than **2300 CLIENTS AND FAMILIES.**

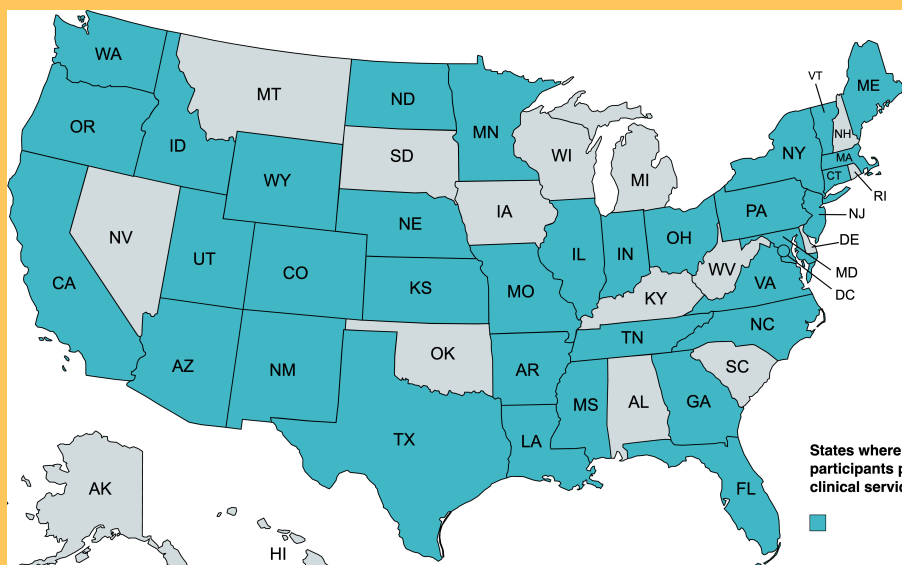
**SERVICES PROVIDED IN SPANISH BY PASEO ALUMNI SINCE COMPLETING THE PROGRAM**



Prior to the LCDP program, 26% of participants met minimum competence to provide services in Spanish. **After, 66% met competence, and 98.7% showed statistically significant improvement in their clinical Spanish abilities.**

Presently, LCDP alumni provide clinical services in Spanish in 34 of 50 states, including in states with the largest new growth populations, where the infrastructure to meet such need is not yet available.

States where PASEO alumni are currently practicing



# Psychology and Spanish

**Elective Opportunity (PASEO)**

