

## **MENTAL HEALTH AND THE LATINO COMMUNITY: EDUCATIONAL WORKSHOPS SERIES**

The New Jersey Hispanic Research and Information Center (NJHRIC) @ the Newark Public Library and NAMI NJ en Español (NAMI, National Alliance on Mental Illness) invite you to attend a series of educational workshops on mental health disorders affecting the Latino population.

The World Health Organization reports that four out of every ten disabled persons in the United States and in other developed countries suffer from a mental disorder. It estimates that by the year 2020 the main cause of disability among women and children in the entire world will be depression. Generally speaking, the rate of mental disorders among Latinos is similar to that of non-Latino, white Americans. However, lack of access to mental health information and services continues to be one of the most serious problems in the Latino community.

For this reason the Newark Public Library is partnering with NAMI NJ to offer a series of free workshops in Spanish on mental health and Latinos. These informal, one-and-a-half hour workshops will be offered once a month in the Sala Hispanoamericana of the Newark Public Library. The speaker will be Martha Silva, Director of NAMI NJ en Español and National Trainer for the "Family to Family" program. "Our main objective is to increase the knowledge of the different emotional disorders that our families are experiencing, and to bring about a better understanding of how to deal with them," explains Ms. Silva. Ms. Silva will also share her personal experiences with three close family members that suffer from mental health disorders.

### **1. Mental Health Disorders Saturday, September 18th- 3 PM**

This workshop will offer general information about mental health and the Latino Community and a brief overview of different mental illnesses: schizophrenia, obsessive compulsive disorder, depression, anxiety and psychosis, with emphasis on bipolar disorder.

### **2. Depression Wednesday, October 13th - 6 PM**

A detailed look at depression, its causes, symptoms and treatments, with information on getting help and coping.

### **3. ADHD - Attention-Deficit Hyperactivity Disorder Saturday, November 20th - 3 PM**

This workshop will outline the different patterns of behavior exhibited by children with this diagnosis. We will present and discuss a series of rules that parents/caretakers can implement, to help their children.

### **4. Achieving Our Personal Goals Wednesday, January 19th, 6 PM**

How to make real changes in our lives and the steps that should be put into practice in order to accomplish our objectives.

**5. Stress****Saturday, February 19th, - 3 PM**

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What is stress? What are its causes and symptoms? Learn breathing exercises that will help you relax and reduce the symptoms of stress.

**6. Young People & Mental Health****Wednesday, March 16th - 6 PM**

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This workshop will give parents/caregivers an opportunity to discuss the difficulties they encounter as they bring up young people who suffer from emotional disorders. We will take a closer look at the stigma around mental illness and the problems that occur from lack of an accurate diagnosis.

**7. Problem Solving Skills****Saturday, May 14th - 3 PM**

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During this workshop we will explore some of the skills that families can learn to use when a loved one has been diagnosed with a mental disorder, and discuss some of the options available to family members seeking support.

**8. Depression and ADHD****Wednesday, June 15th - 6 PM**

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During our last workshop we will review two of the most prevalent disorders – depression and ADHD, and offer a Q & A session covering all topics discussed during the series.