Traditional Healing as a Community Defined Practice

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Overview

- Alameda County
  - Mental Health Services Act (MHSA) Underserved Ethnic Focused Prevention Program Model
- Cultura y Bienestar Program Description
- Traditional Healing
  - What is it and why is it beneficial?
- Traditional Healing Ceremony
- Q and A
Alameda County

- 7th most populous county in California
- Pop: 1.6 million
- 14 cities
- 32% foreign born
- The largest racial/ethnic groups are White (33.0%) followed by Asian (27.5%) and Hispanic (22.6%).

Source: https://datausa.io
The most common language spoken in Alameda County, other than English is Spanish. 44.1% of Alameda County, citizens are speakers of a non-English language. This is higher than the national average of 21.5%. 
Underserved Ethnic Focused Mental Health Prevention Programs

Seven programs have been designed to provide culturally responsive prevention services to community and state identified underserved populations.

<table>
<thead>
<tr>
<th>Population</th>
<th>Agency</th>
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<tbody>
<tr>
<td>Afghan</td>
<td>Afghan Coalition</td>
</tr>
<tr>
<td>Asian and Pacific Islander</td>
<td>Asian Health Services, Community Health for Asian Americans (CHAA) and Center for Empowering Refugees and Immigrants (CERI)</td>
</tr>
<tr>
<td>Latino</td>
<td>La Clinica de La Raza</td>
</tr>
<tr>
<td>Native American</td>
<td>Native American Health Center</td>
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<tr>
<td>South Asian</td>
<td>Portia Bell Hume Center</td>
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Underserved Ethnic Focused Mental Health Prevention Program Model

- one-to-one outreach events,
- psycho-educational workshops/classes,
- consultation sessions,
- support groups,
- Prevention visits
- traditional healing workshops,
- radio/television/blogging, and
- short term-low intensity counseling sessions for individuals and families who are experiencing early signs and symptoms of a mental health challenge.
FY 15/16
Prevention Services

- 6,210 prevention events (11% increase)
- 40,833 people were served at these prevention events. (duplicated count)
- 533 clients were served through preventative counseling services. (unique count)
Cultura y Bienestar (CyB) is a Latino focused MHSA funded mental health Prevention program that uses cultural practices to promote emotional/family well-being.

CyB is lead by La Clinica de La Raza and partners with La Familia Counseling Services and Tiburcio Vasquez health Center to provide services countywide.

www.culturaybienestar.com
Cultura y Bienestar

- This program employs Mental Health Specialists, Community Health Educators/Promotores and Traditional Healers to provide mental health promotion and prevention activities as well as preventative counseling services.

- CyB also connects low income Latinos to services through outreach, education and consultation to the Latino community, Latino serving organizations and community leaders in Alameda County.
Cultura y Bienestar

Pat's Story
Traditional Healing

What Is It?

- Cultural wellness practices that incorporate the use of natural herbal remedies, herbal baths, prayers & songs, story telling, community activities and hands on healing approaches.

- Traditional healing incorporates family, friends and the supportive community network as part of the remedy and healing process.
Traditional Healing

**Different Types of Healers**
- Herbalists, Curanderos, Sobadores, Story Tellers, Sound healers, Medicinal drumming circles, Sacred circles, El temescal, among others.

**Different Types of Tools**
- Provide a sacred space for people to gather, reflect, share and heal.
- Help community to find their voice, recognizing that Latinos have been self-sufficient for hundreds of years and carry the accumulative wisdom of healing.
- Recognize and reinforce existing strengths and protective factors in order to build resiliency.
Traditional Healing

Why is it Beneficial to the Latino Community?

- Strength-based approach, recognizes that each Latino individual and family possesses critical strengths and protective characteristics, that if identified, supported and reinforced, can help build resiliency and reduce risk.
Traditional Healing

Why is it Beneficial to the Latino Community?

- Supporting families in becoming active participants in their own healing process by drawing upon their own talents, skills, knowledge, interests, dreams, passions, culture and connections, helping them to take responsibility for decisions that will affect their lives.

- Our services facilitate community empowerment believing that a healthy community produces and nurtures healthy individuals, and healthy individuals bring about and maintain a healthy community. This belief will be put into action through the training of “Promotores”
Traditional Healing

How it Can Compliment Western Medicine.

- Linking community with available specialty mental health services beyond the scope of this project.

- Creating opportunities to engage in a more in-depth dialogue with the target population around the interconnection of mental health and overall wellness.
Traditional Healing

What Western medicine can learn from Traditional Healers.

- Recognizing that the physical, mental, emotional and spiritual aspects of the human being are all interrelated and because of this traditional healing can be an important part of a person's recovery.

- Simple ways to integrate healing techniques into our current medicine model:
  - Educational discussions on diet on how to keep your body balanced.
  - Integrating/supporting talk therapy or mediation into treatment regimens.

- Just acknowledging that being with someone who helps you feel at peace is healing in itself.
Traditional Healing

What Western medicine Can Learn from Traditional Healers.

- Traditional healing utilizes a holistic approach which deals with a wide variety of problems on three levels: Physical, emotional and spiritual.

- Holistic treatment emphasizes disease prevention and positive changes in lifestyle to ensure a balance among these three aspects of life.
Traditional Healing
Traditional Healing Ceremony
Questions

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