

National Latino  
Behavioral Health Association **NLBHA**

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**MHAT**  
**JANUARY**  
**NEWSLETTER**

**2025** **HAPPY**  
**NEW YEAR**



# MENTAL HEALTH AWARENESS TRAINING PROGRAM

MHAT'S

Breaking News



National Latino  
Behavioral Health Association NLBHA

## OUR SERVICES

NLBHA's Mental Health Awareness Training Program plays a crucial role in promoting mental health education, reducing stigma, and connecting individuals to vital resources.

All MHAT training courses offer NAADAC approved CEU's and because these training courses are SAMHSA sponsored, they are free to the public and meet SAMHSA's fidelity standards.

All trainings are offered via zoom, giving access to the most rural communities in the State.

## SAMHSA RESOURCES

**988 Lifeline**

**FindTreatment.gov**

**SAMHSA's National Helpline:**

**1-800-662-HELP (4357)**

**Behavioral Health Equity Fact Sheet**

# Upcoming Trainings

## Primeros Auxilios de Salud Mental(MHFA) de Adultos

Enseña a las personas a reconocer los signos de un problema de salud mental o de uso de sustancias en adultos de 18 años o más; cómo ofrecer y proporcionar la ayuda inicial y cómo guiar a una persona hacia la atención apropiada si fuera necesario.

**January 14th**

**9:00am to 4:30pm**

**Registrese:**

[Clic Aqui](#)



## Breaking the Stigma - A Review of Barriers and Culturally Grounded Approaches for Serving Hispanic/Latinx Populations

This training explores cultural concepts of distress and values unique to Hispanic and Latinx communities and reviews culturally appropriate approaches to working with Latinx/Hispanic clients while applying an ethical lens in rural practice.

**January 29th**

**9:30am to 11:00am**

**Register:**

[Click Here](#)



# **Jumpstart January**

## **New Year New Mindset**

**This New Year, let's prioritize our mental health and well-being by embracing a positive mindset rooted in our culture, community, and resilience. Together, we can build habits that strengthen our spirits and create balance in our lives.**

## **Dry January: A Fresh Start for the New Year**

**Dry January is a month-long challenge to abstain from alcohol, providing an opportunity to reset after the holiday season & focus on your well-being. Created in 2013 by Alcohol Change UK, a charity dedicated to reducing alcohol-related harm, Dry January has grown into a global movement encouraging people to rethink their relationship with alcohol. Many participants find that taking a break from alcohol brings a range of benefits, including:**

- **Improved sleep:** Wake up feeling rested and recharged.
- **Better Focus:** Experience enhanced mental clarity and productivity.
- **Enhanced physical health:** Feel more vibrant and healthier overall.
- **Healthier habits:** Develop lasting positive changes in your lifestyle and well-being.

**Join the millions worldwide who participate in Dry January and start your year with a clear mind and a fresh perspective!**

# 2024 RECAP

## THIS YEAR WE MADE A HUGE IMPACT!!

- Partnering with Several Behavioral Collaborative's
- NLBHA's partnership has expanded and strengthened SAMHSA's reach to Latino communities
- Completed several trainings in both Spanish and English
- Served entire state of New Mexico and El Paso Del Norte area



# **PROGRAM DIRECTORS CORNER**

**As we step into this brand-new year, may it be filled with endless possibilities and opportunities. I hope this year brings you joy, love, and success in all your endeavors. Remember to embrace every moment and cherish the journey ahead. Here's to new beginnings and unforgettable memories!**

**Wishing you and your loved ones a prosperous and joyful New Year!  
Cheers to 2025!**



# STAY CONNECTED

**Sign up to NLBHA Juntos  
Network**

**Register Here**  
**<https://nlbha.org/juntos/>**

**For Questions or Comments, please reach out!**

**[mhat@nlbha.org](mailto:mhat@nlbha.org)**  
**Click the link to visit us**

