

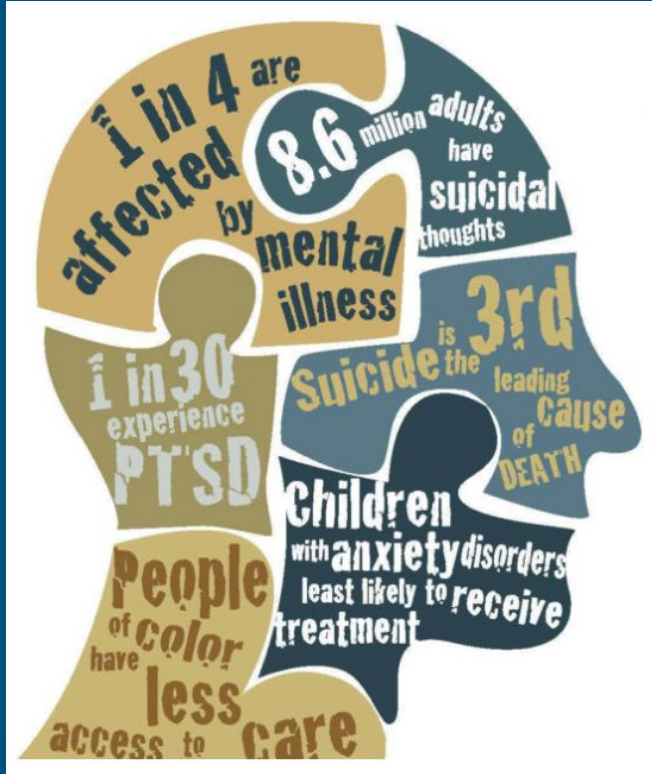
— Empowering Minds:
Cultivating Mental Health Equity
and
Well-Being

— “True belonging is the spiritual practice of believing and belonging **to yourself** so deeply that you can share your most authentic self with the world and find sacredness in both being a part of something and standing alone in the wilderness.”

~BRENÉ BROWN

Where are we?

Mental Health

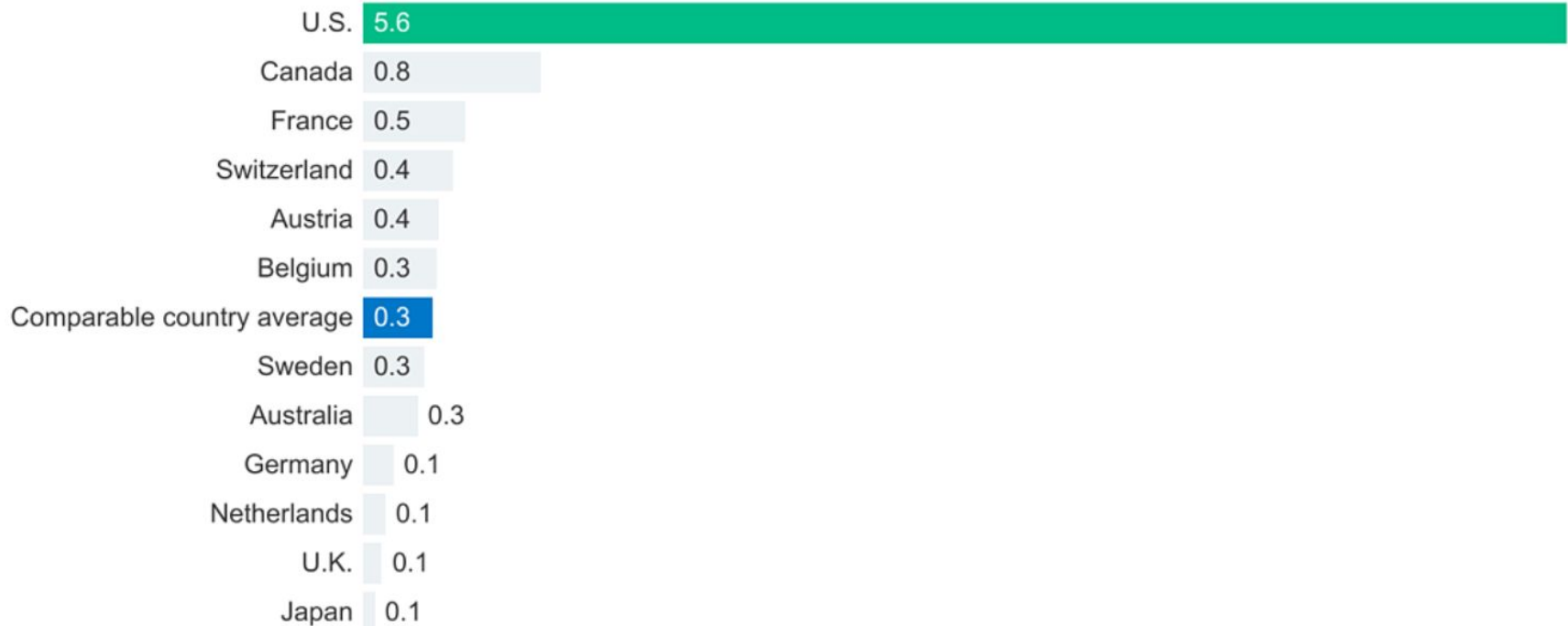


- Annual prevalence of serious thoughts of suicide, high risk populations:
 - U.S. Adults: annual average 4.8%
 - Native Hawaiian/Other Pacific Islander: 7.4%
 - Mixed/Multiracial: 8.2%
 - American Indian/Alaska Native: 8.5%
 - Youth Populations
 - Young adults aged 18-25: 13%
 - High school students: 22%
 - LGBTQ youth: 45%

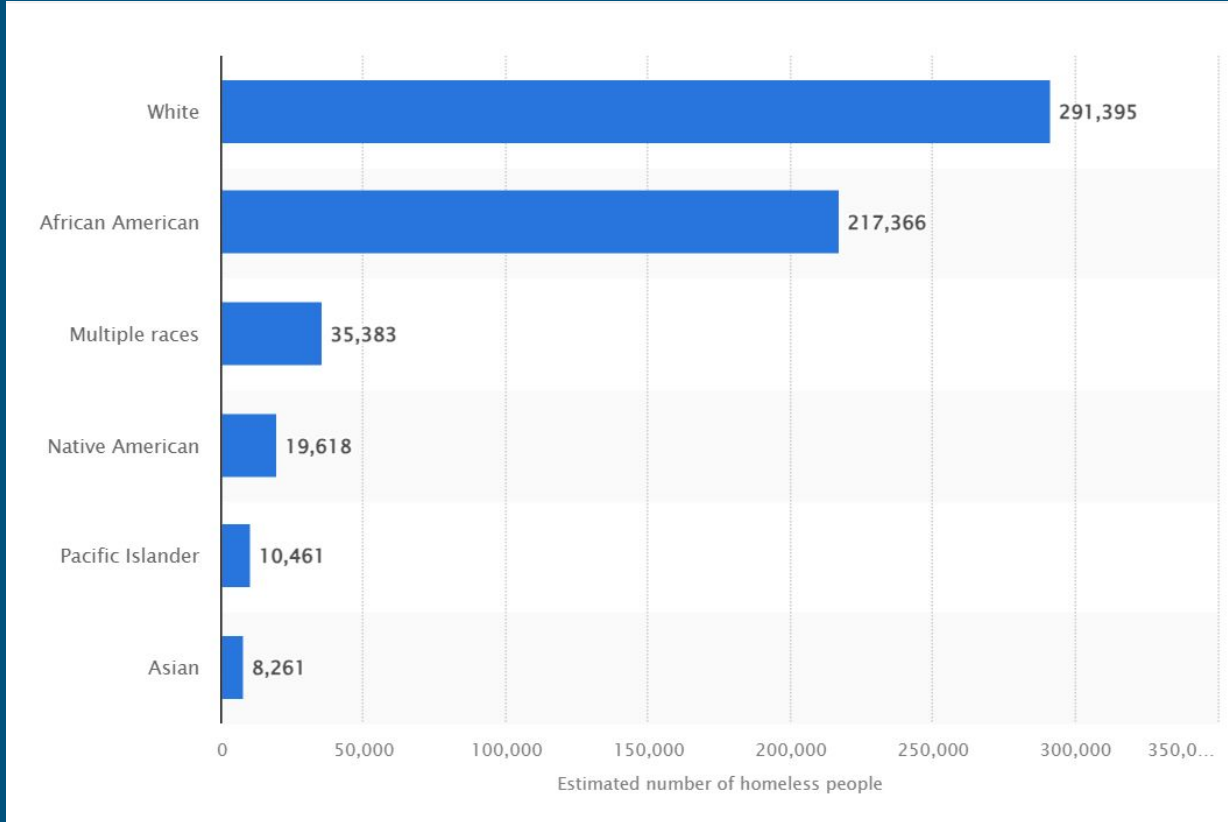
Suicide is the **2nd leading cause of death** among people aged 10-14

Firearms are now the #1 cause of death for children in the United States

Firearm mortality rates per 100,000 for children ages 1-19 years, U.S. and peer countries, 2020



Estimated number of homeless people in the United States in 2022 by race



Why does it matter?

Dimensions of Wellness



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL

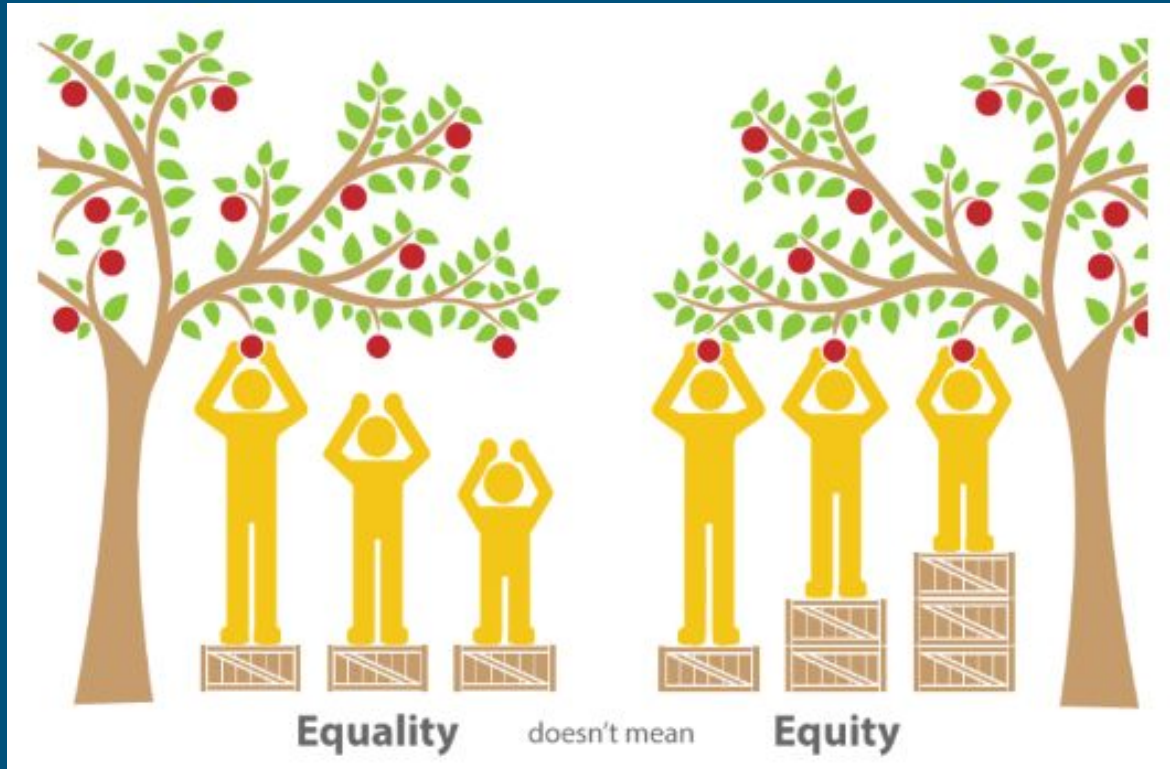


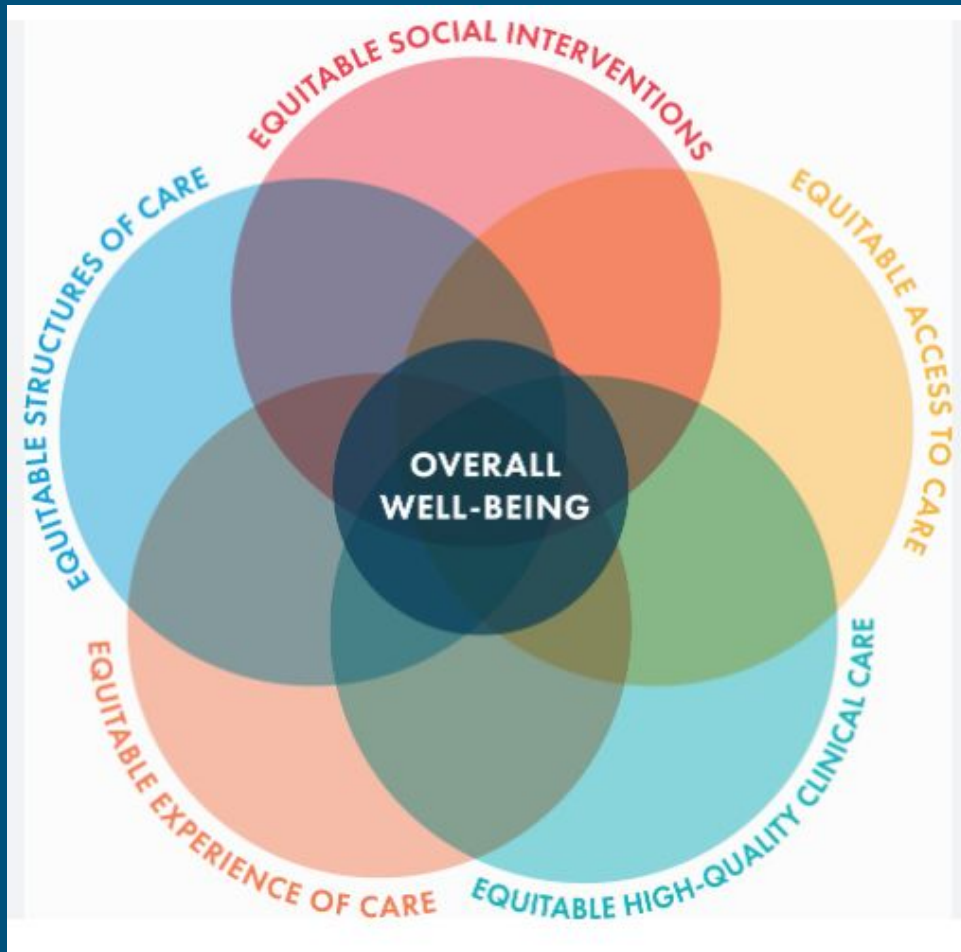
OCCUPATIONAL



SOCIAL

Equity





Health Equity

— Cultural Competence
+
Cultural Intelligence

Cultural Intelligence



Principles of Cultural Competence

Language & Culture

- Define culture broadly.
- Value cultural beliefs.
- Recognize complexity in language interpretation.



Multidisciplinary & Intersectional Approach



- Facilitate learning between providers and communities.
- Involve the community in defining and addressing service needs.
- Collaborate with other agencies.

Systems & Institutions

- Professionalize staff hiring and training.
- Institutionalize cultural competence.





Where do I start?

—“Trauma is what happens inside you as a result of what happened to you. Trauma is not the event that inflicted the wound. So, the trauma is not the sexual abuse, the trauma is not the war. Trauma is not the abandonment.” ~ Gabor Maté

Practices

- Connect with other people (social wellbeing)
- Be active (physical wellbeing)
- Learn new skills (developmental wellbeing)
- Pay attention to the present moment (psychological wellbeing)
- Give to others (emotional wellbeing)

How do I do that?

- Connect with other people ~ **talk to 'strangers' OFTEN**
- Be active ~ **walk, dance, do wall push ups, clean your house**
- Learn new skills ~ **new dessert recipe, new language?**
- Pay attention to the present moment ~ **meditate! journal! breath!**
- Give to others ~ **volunteer, support a cause, support local**

~~If~~ you want to talk more about any and all of this
please do not hesitate to reach out!

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THANK YOU FOR YOUR TIME!