

**BRIDGING VOICES:
A JOURNEY TO
UNDERSTANDING
AND HEALING**

INTRODUCTION:

THE STORY UNFOLDS IN THE MULTICULTURAL NEIGHBORHOOD OF ESPERANZA HEIGHTS, WHERE THE LIVES OF TWO DEDICATED SUBSTANCE USE DISORDER PROVIDERS, DR. ELENA RODRIGUEZ AND DR. JAMES CARTER, INTERSECT WITH THE LOCAL LATINO AND AFRICAN AMERICAN COMMUNITIES. DR. RODRIGUEZ, A 50 YEAR OLD, LATINA PSYCHIATRIST, AND DR. CARTER, A 40 YEAR OLD AFRICAN AMERICAN PSYCHOLOGIST, ARE PASSIONATE ABOUT ADDRESSING THE CHALLENGES OF ADDICTION, STIGMA AND DISCRIMINATION. THEY COLLABORATE TO CREATE A CULTURALLY AND LINGUISTICALLY RESPONSIVE AND IMPACTFUL OUTREACH PROGRAM TO HELP THE COMMUNITY LEARN ABOUT THESE ISSUES AND MOTIVATE OTHER PROVIDERS TO SERVE COMMUNITIES THEY MAY NOT BE REACHING.

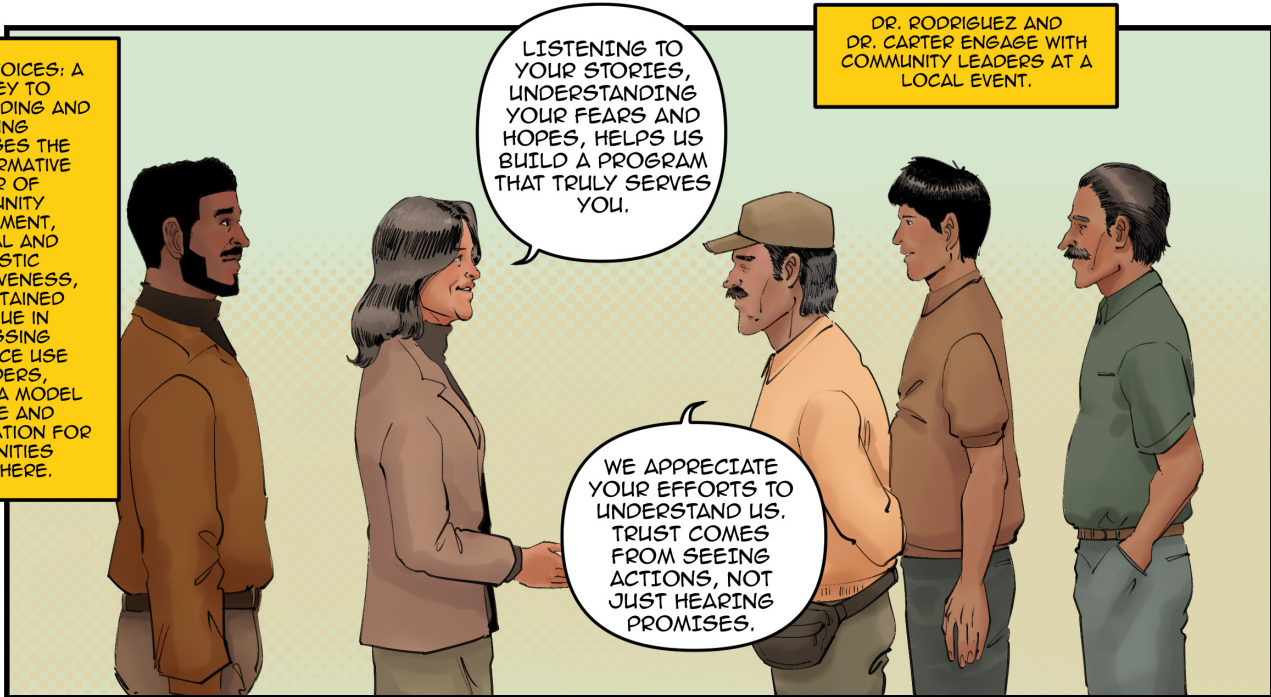
ABOUT FOTONOVELAS:

FOTONOVELAS ARE FAMILIAR AND PROMISING TEACHING TOOLS IN HISPANIC AND LATINO CULTURES. IN THE UNITED STATES, FOTONOVELAS HAVE BEEN USED SUCCESSFULLY TO ADDRESS HEALTH ISSUES FOR IMMIGRANT SPANISH-SPEAKING POPULATIONS BECAUSE THEY ARE EASY TO READ AND CULTURALLY RELEVANT. THEY ALSO CAN BE EASILY SHARED AMONG COMMUNITY MEMBERS, AND THEY APPEAL TO PEOPLE OF ALL AGE GROUPS AND EDUCATION LEVELS. FOTONOVELAS PLACE IDEAS IN A CONTEXT THAT IS EASY TO UNDERSTAND AND OFFER POWERFUL ROLE MODELS BY USING CHARACTERS WITH WHOM AUDIENCES CAN RELATE. FOTONOVELAS ALSO OFFER GREATER READABILITY AND UNDERSTANDING AND CAN BE A POWERFUL VEHICLE FOR EDUCATING PEOPLE WITH LOW LITERACY. – DO IT FOR THEM, BUT FOR YOU TOO, FOTONOVELA FACILITATION GUIDE (CDC)

THIS PROJECT IS SUPPORTED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) OF THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS) AS PART OF A FINANCIAL ASSISTANCE AWARD TOTALING \$1,500,000 WITH 100% FUNDED BY CDC/HHS. THE CONTENTS ARE THOSE OF THE AUTHOR(S) AND DO NOT NECESSARILY REPRESENT THE OFFICIAL VIEWS OF, NOR AN ENDORSEMENT BY, CDC/HHS OR THE U.S. GOVERNMENT.

BRIDGING VOICES: A JOURNEY TO UNDERSTANDING AND HEALING SHOWCASES THE TRANSFORMATIVE POWER OF COMMUNITY ENGAGEMENT, CULTURAL AND LINGUISTIC RESPONSIVENESS, AND SUSTAINED DIALOGUE IN ADDRESSING SUBSTANCE USE DISORDERS, OFFERING A MODEL OF HOPE AND COLLABORATION FOR COMMUNITIES EVERYWHERE.

DR. RODRIGUEZ AND DR. CARTER ENGAGE WITH COMMUNITY LEADERS AT A LOCAL EVENT.

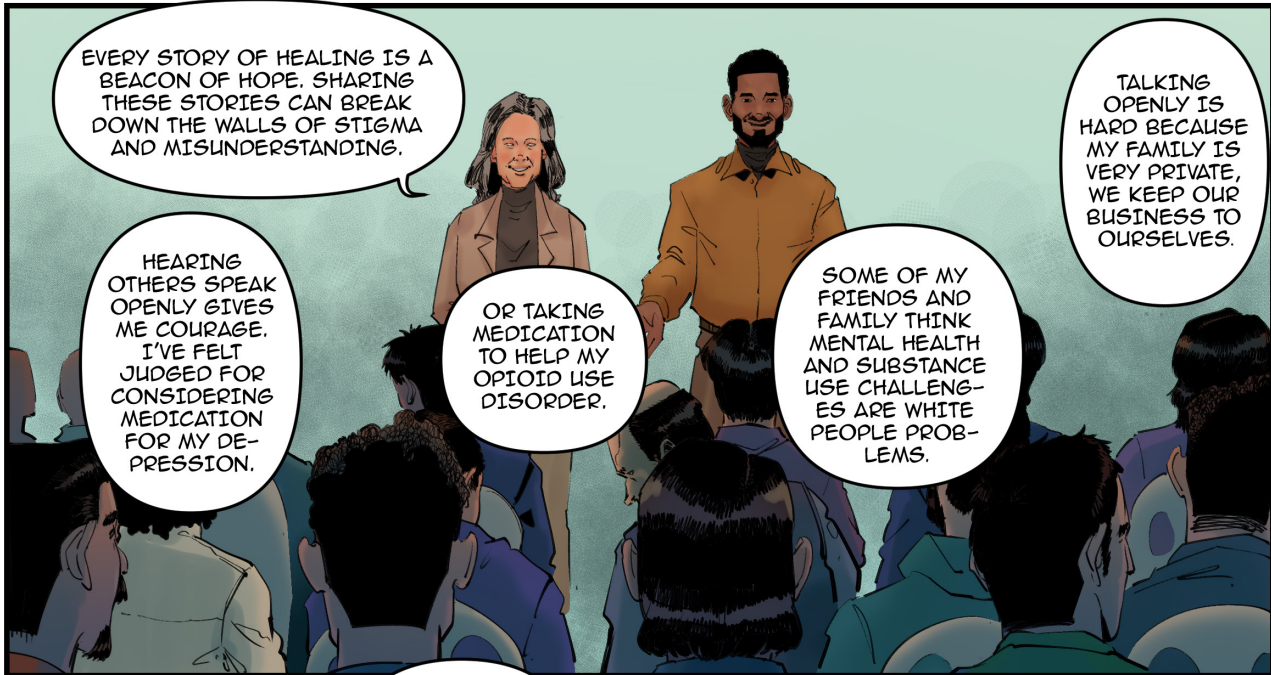


LISTENING TO YOUR STORIES, UNDERSTANDING YOUR FEARS AND HOPES, HELPS US BUILD A PROGRAM THAT TRULY SERVES YOU.

WE APPRECIATE YOUR EFFORTS TO UNDERSTAND US. TRUST COMES FROM SEEING ACTIONS, NOT JUST HEARING PROMISES.

EVERY STORY OF HEALING IS A BEACON OF HOPE. SHARING THESE STORIES CAN BREAK DOWN THE WALLS OF STIGMA AND MISUNDERSTANDING.

TALKING OPENLY IS HARD BECAUSE MY FAMILY IS VERY PRIVATE, WE KEEP OUR BUSINESS TO OURSELVES.

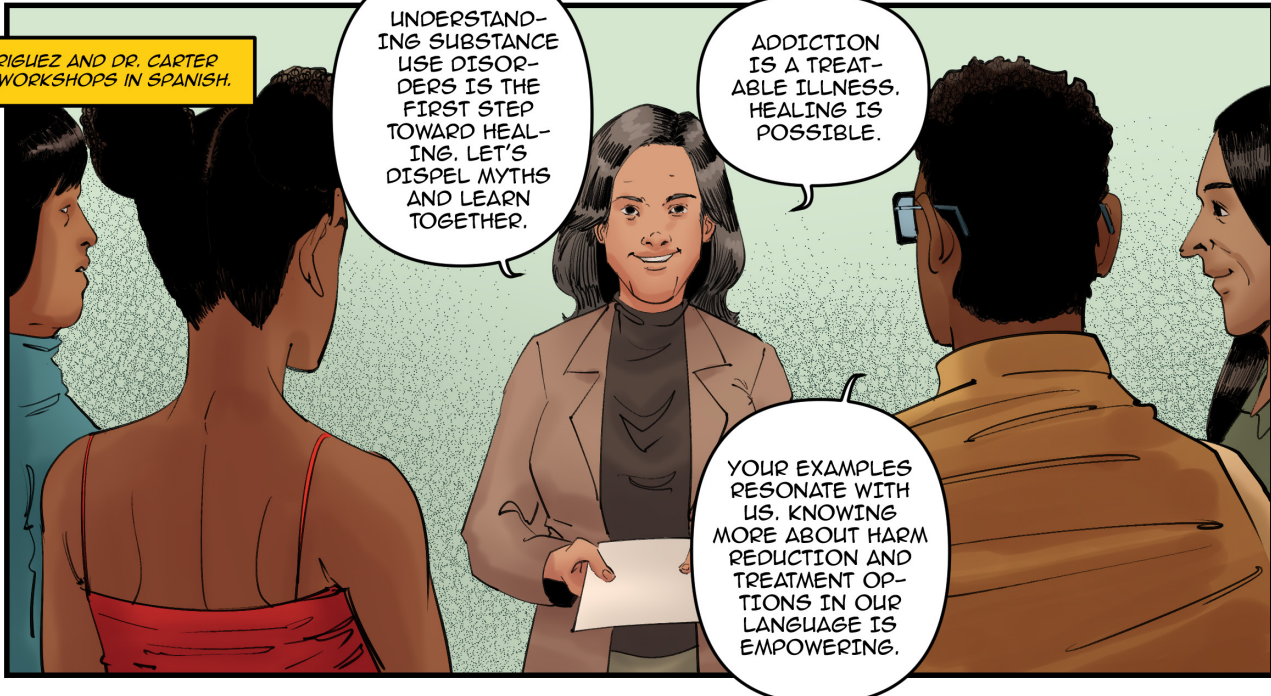


HEARING OTHERS SPEAK OPENLY GIVES ME COURAGE. I'VE FELT JUDGED FOR CONSIDERING MEDICATION FOR MY DEPRESSION.

OR TAKING MEDICATION TO HELP MY OPIOID USE DISORDER.

SOME OF MY FRIENDS AND FAMILY THINK MENTAL HEALTH AND SUBSTANCE USE CHALLENGES ARE WHITE PEOPLE PROBLEMS.

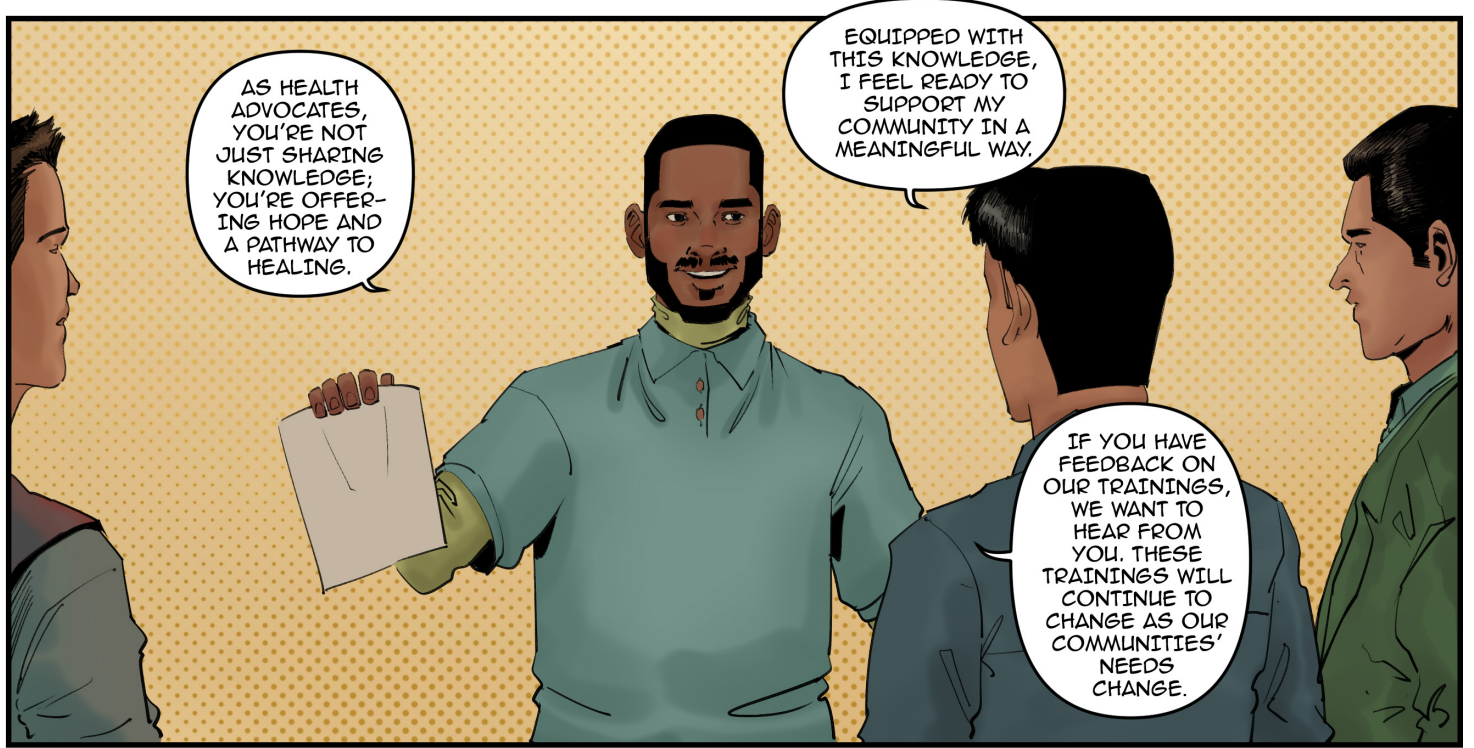
DR. RODRIGUEZ AND DR. CARTER CONDUCT WORKSHOPS IN SPANISH.



UNDERSTANDING SUBSTANCE USE DISORDERS IS THE FIRST STEP TOWARD HEALING. LET'S DISPEL MYTHS AND LEARN TOGETHER.

ADDICTION IS A TREATABLE ILLNESS. HEALING IS POSSIBLE.

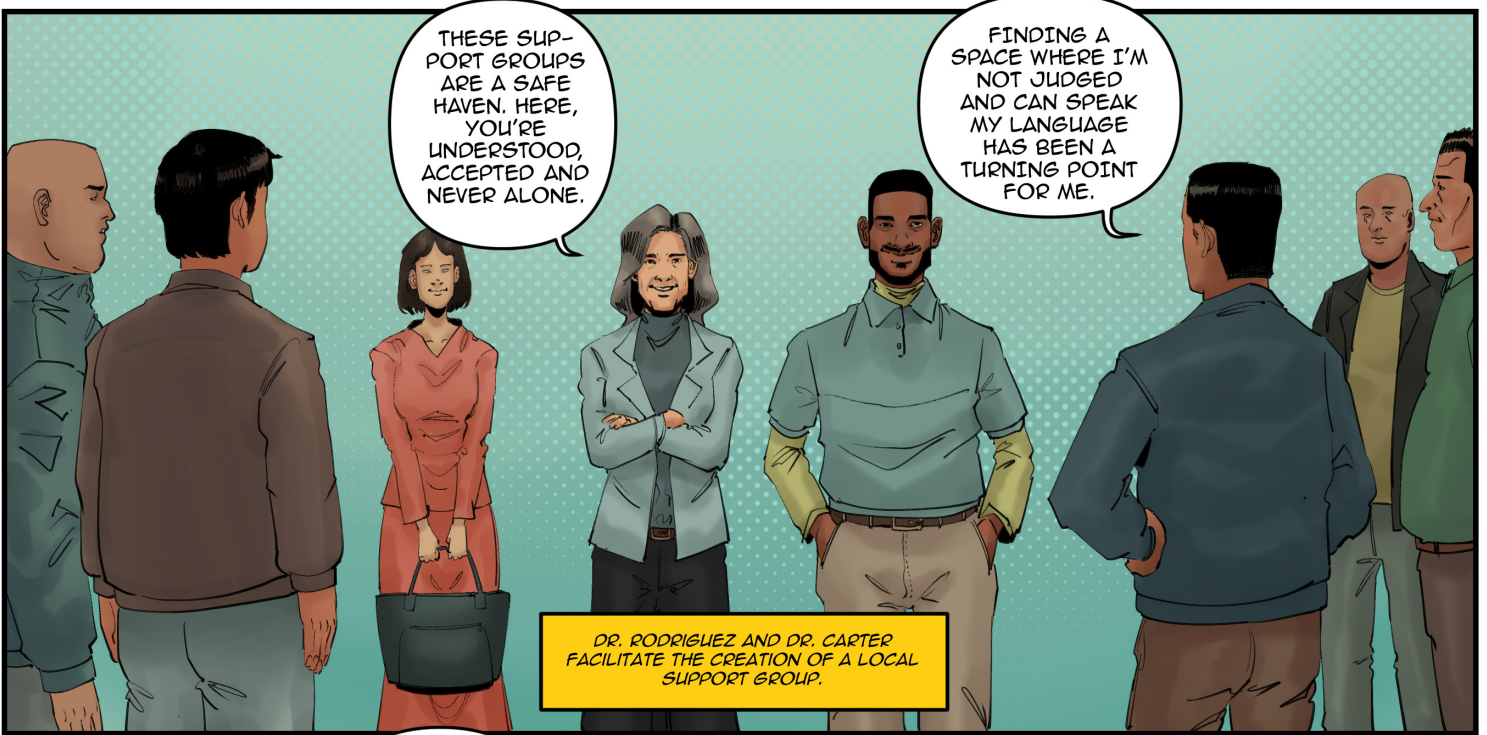
YOUR EXAMPLES RESONATE WITH US. KNOWING MORE ABOUT HARM REDUCTION AND TREATMENT OPTIONS IN OUR LANGUAGE IS EMPOWERING.



AS HEALTH ADVOCATES, YOU'RE NOT JUST SHARING KNOWLEDGE; YOU'RE OFFERING HOPE AND A PATHWAY TO HEALING.

EQUIPPED WITH THIS KNOWLEDGE, I FEEL READY TO SUPPORT MY COMMUNITY IN A MEANINGFUL WAY.

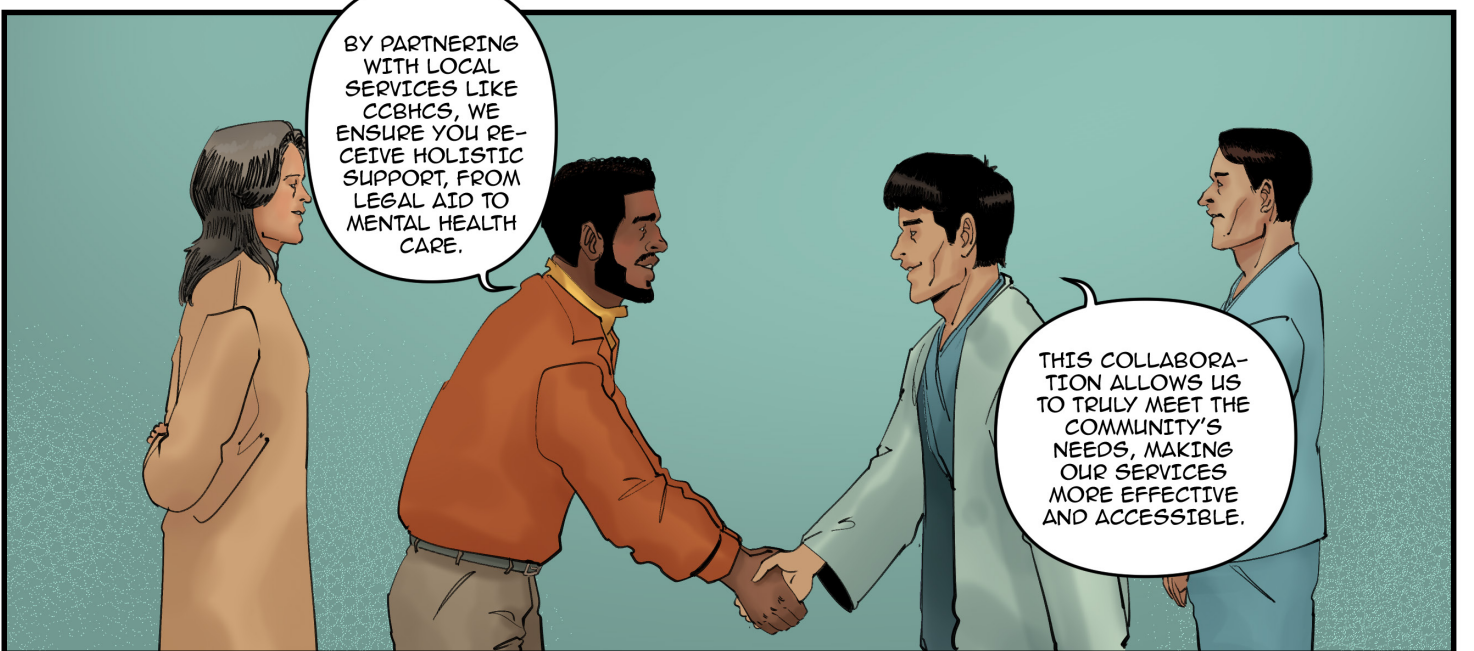
IF YOU HAVE FEEDBACK ON OUR TRAININGS, WE WANT TO HEAR FROM YOU. THESE TRAININGS WILL CONTINUE TO CHANGE AS OUR COMMUNITIES' NEEDS CHANGE.



THESE SUPPORT GROUPS ARE A SAFE HAVEN. HERE, YOU'RE UNDERSTOOD, ACCEPTED AND NEVER ALONE.

FINDING A SPACE WHERE I'M NOT JUDGED AND CAN SPEAK MY LANGUAGE HAS BEEN A TURNING POINT FOR ME.

DR. RODRIGUEZ AND DR. CARTER FACILITATE THE CREATION OF A LOCAL SUPPORT GROUP.



BY PARTNERING WITH LOCAL SERVICES LIKE CCBHCS, WE ENSURE YOU RECEIVE HOLISTIC SUPPORT, FROM LEGAL AID TO MENTAL HEALTH CARE.

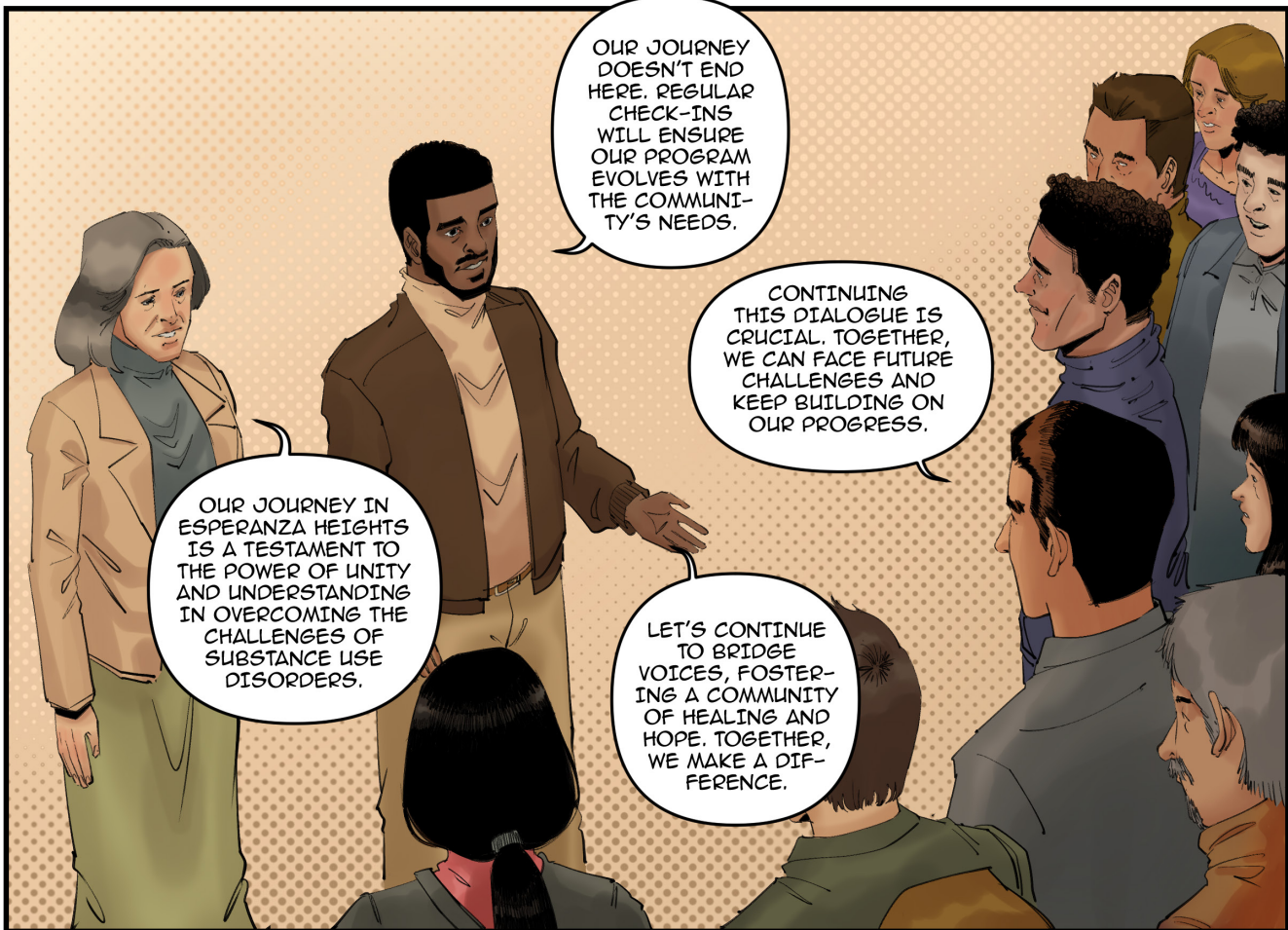
THIS COLLABORATION ALLOWS US TO TRULY MEET THE COMMUNITY'S NEEDS, MAKING OUR SERVICES MORE EFFECTIVE AND ACCESSIBLE.



TODAY, WE CELEBRATE THE STRENGTH AND SPIRIT OF OUR COMMUNITY. EACH HEALING STORY IS A TESTAMENT TO YOUR COURAGE.

RECOVERY IS REAL

SEEING MY LOVED ONE THRIVE AND REGAIN HOPE HAS BEEN THE GREATEST GIFT. THIS PROGRAM HAS BROUGHT US CLOSER.



OUR JOURNEY IN ESPERANZA HEIGHTS IS A TESTAMENT TO THE POWER OF UNITY AND UNDERSTANDING IN OVERCOMING THE CHALLENGES OF SUBSTANCE USE DISORDERS.

OUR JOURNEY DOESN'T END HERE. REGULAR CHECK-INS WILL ENSURE OUR PROGRAM EVOLVES WITH THE COMMUNITY'S NEEDS.

CONTINUING THIS DIALOGUE IS CRUCIAL. TOGETHER, WE CAN FACE FUTURE CHALLENGES AND KEEP BUILDING ON OUR PROGRESS.

LET'S CONTINUE TO BRIDGE VOICES, FOSTERING A COMMUNITY OF HEALING AND HOPE. TOGETHER, WE MAKE A DIFFERENCE.

WE ACKNOWLEDGE THAT THERE IS TREMENDOUS DIVERSITY WITHIN THE LATINO* DIASPORA AND COMMUNITIES. THE CHARACTERS IN THIS FOTONOVELA DEPICT A SMALL SECTOR OF THIS VERY LARGE, HETEROGENEOUS GROUP. WE ASK THAT READERS KEEP IN MIND THE WIDE VARIATION IN INDIVIDUALS AND COMMUNITIES' COUNTRIES OF ORIGIN, FAMILY DYNAMICS AND MAKEUP, RELIGIOUS AND SPIRITUAL BELIEFS, LANGUAGES SPOKEN, GENDER IDENTITY AND SEXUAL ORIENTATION, MIGRATION HISTORY, AND OTHER FACTORS.

*LATINO IS THE TERM USED IN THIS FOTONOVELA, HOWEVER THE WAY INDIVIDUALS CHOOSE TO IDENTIFY VARIES GREATLY AND THIS IS IMPORTANT FOR READERS TO BEAR IN MIND. SOME INDIVIDUALS PREFER TERMS SUCH AS AFROLATINO/AFROLATINA, LATINE, LATINX, LATIN@, OR LATIN FOR EXAMPLE.

THERE IS ALSO TREMENDOUS DIVERSITY WITHIN AFRICAN AMERICAN* COMMUNITIES, AND WE ENCOURAGE READERS TO BEAR IN MIND THE WIDE VARIATION IN INDIVIDUALS AND COMMUNITIES' COUNTRIES OF ORIGIN, FAMILY DYNAMICS AND MAKEUP, RELIGIOUS AND SPIRITUAL BELIEFS, LANGUAGES SPOKEN, GENDER IDENTITY AND SEXUAL ORIENTATION, MIGRATION HISTORY, AND OTHER FACTORS.

AFRICAN AMERICAN* IS THE TERM USED IN THIS FOTONOVELA, HOWEVER THE WAY INDIVIDUALS CHOOSE TO IDENTIFY VARIES GREATLY. SOME INDIVIDUALS PREFER OTHER TERMS INCLUDING BLACK, AFROLATINO/AFROLATINA.

WHEN WORKING WITH ANY DIVERSE COMMUNITIES, IT IS IMPORTANT TO LEARN HOW INDIVIDUALS WANT TO BE REFERRED TO, IDENTIFIED OR ADDRESSED.

NATIONAL
COUNCIL
for Mental
Wellbeing

HEALTHY MINDS
STRONG COMMUNITIES

QUESTIONS and CONTACT:

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