



WHEN EVIDENCE
MEETS ACCESS:
FREE MENTAL
HEALTH
SUPPORT IN THE
COMMUNITY

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Raise Your Hand If...



You've had a client struggling with their mental health, but didn't know where to send them because of language barriers or cost?

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You've seen a client leave traditional therapy because it didn't feel like the best fit for them?

Raise Your Hand If...



You've had a client struggling with their mental health, but didn't know where to send them because of language barriers or cost?



You've seen a client leave traditional therapy because it didn't feel like the best fit for them?



You worked with a client who was distrustful of health care systems?



You are Not Alone!

- Immigrants are less likely to receive care
- When they *do* receive care, they are more likely to drop services
- Many barriers to care:

Cost

Language

Documentation
Status

Stigma

Insurance

Provider
Shortage

**WHAT IS STRONG
MINDS?**

Strong Minds • Mentes Fuertes • Tinh Thần Mạnh Mẽ • عقول قوية • 坚强的意志

- Free, mental health program
- 10 individual sessions with a trained community health worker

Mindfulness

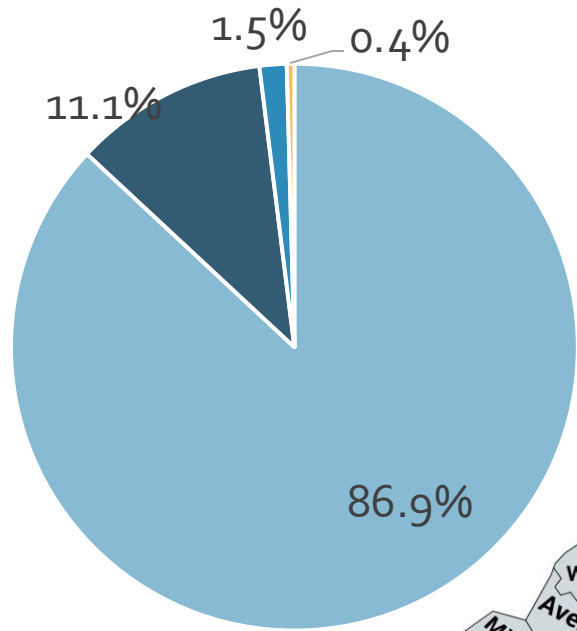
Psychoeducation

Cognitive
Behavioral
Therapy

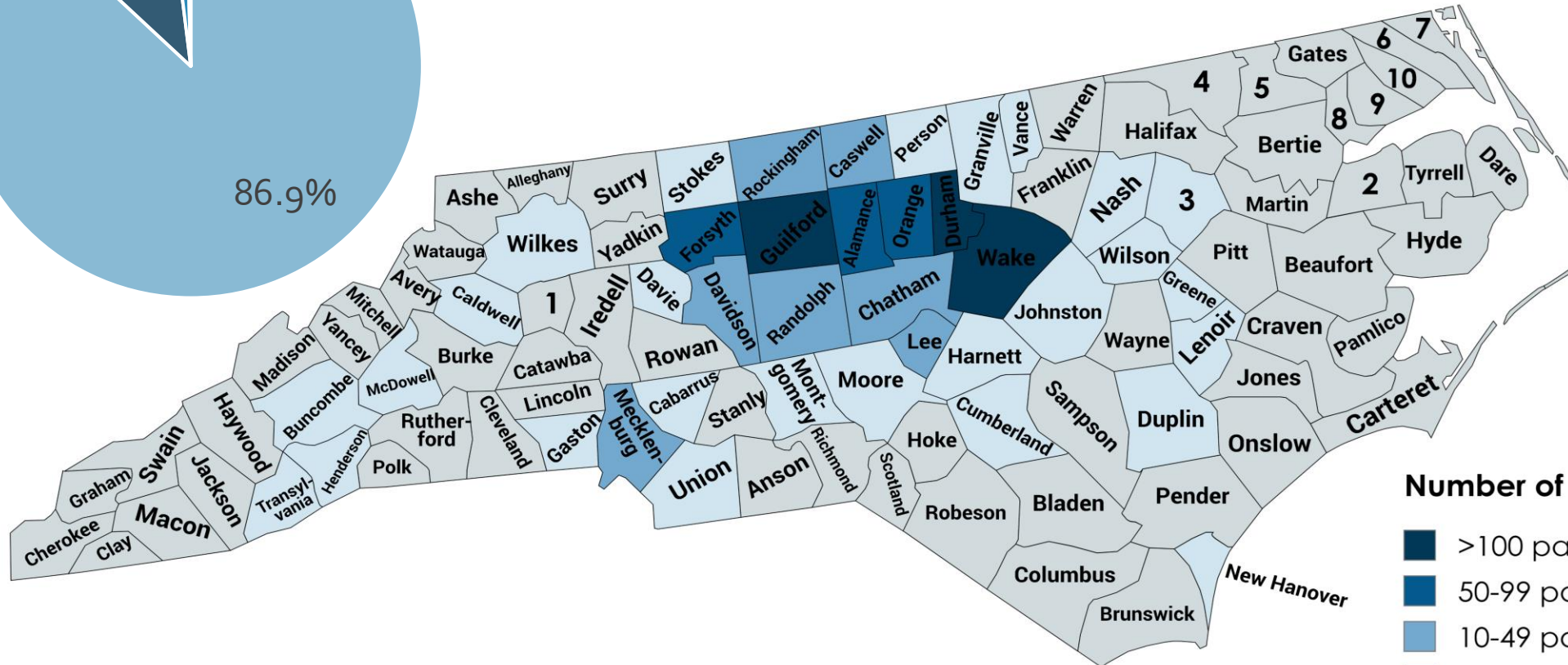
Behavioral
Activation

Motivational
Interviewing

What Communities Are We Serving?



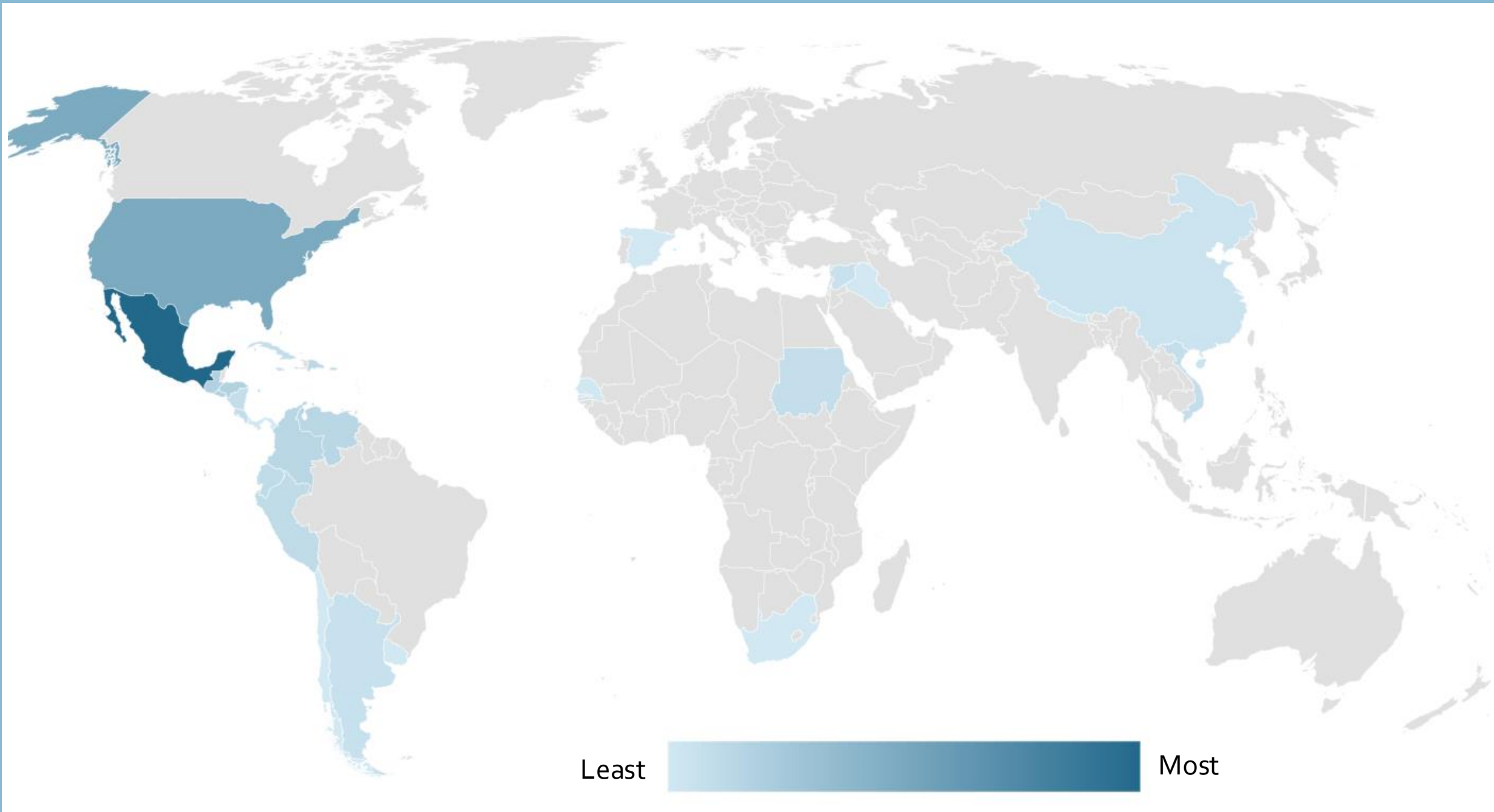
■ Spanish
 ■ English
 ■ Arabic
 ■ Vietnamese



- 1 Alexander
- 2 Washington
- 3 Edgecombe
- 4 Northampton
- 5 Hertford
- 6 Camden
- 7 Currituck
- 8 Chowan
- 9 Perquimans
- 10 Pasquotank

Number of Participants

- >100 participants
- 50-99 participants
- 10-49 participants
- <10 participants



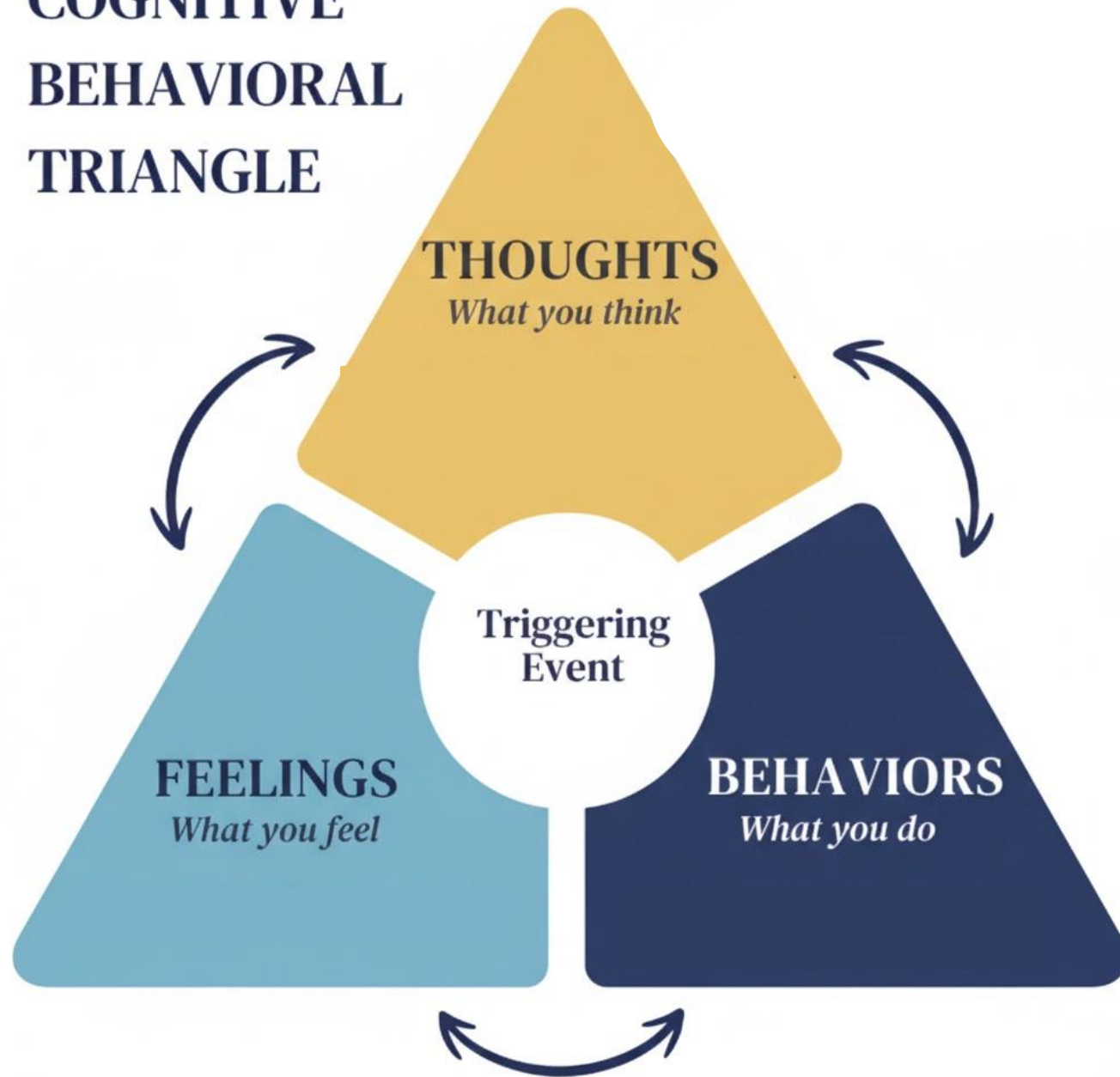
Our Model

- Team of 30+ and growing Community Mental Health Workers from diverse backgrounds and lived experiences
- Each CMHW receives supervision from a clinical supervisor and trained CHW
- CMHWs do...
 - Community outreach
 - Mental health screening
 - Case management
 - Offer 10-session program
 - Lead community presentations

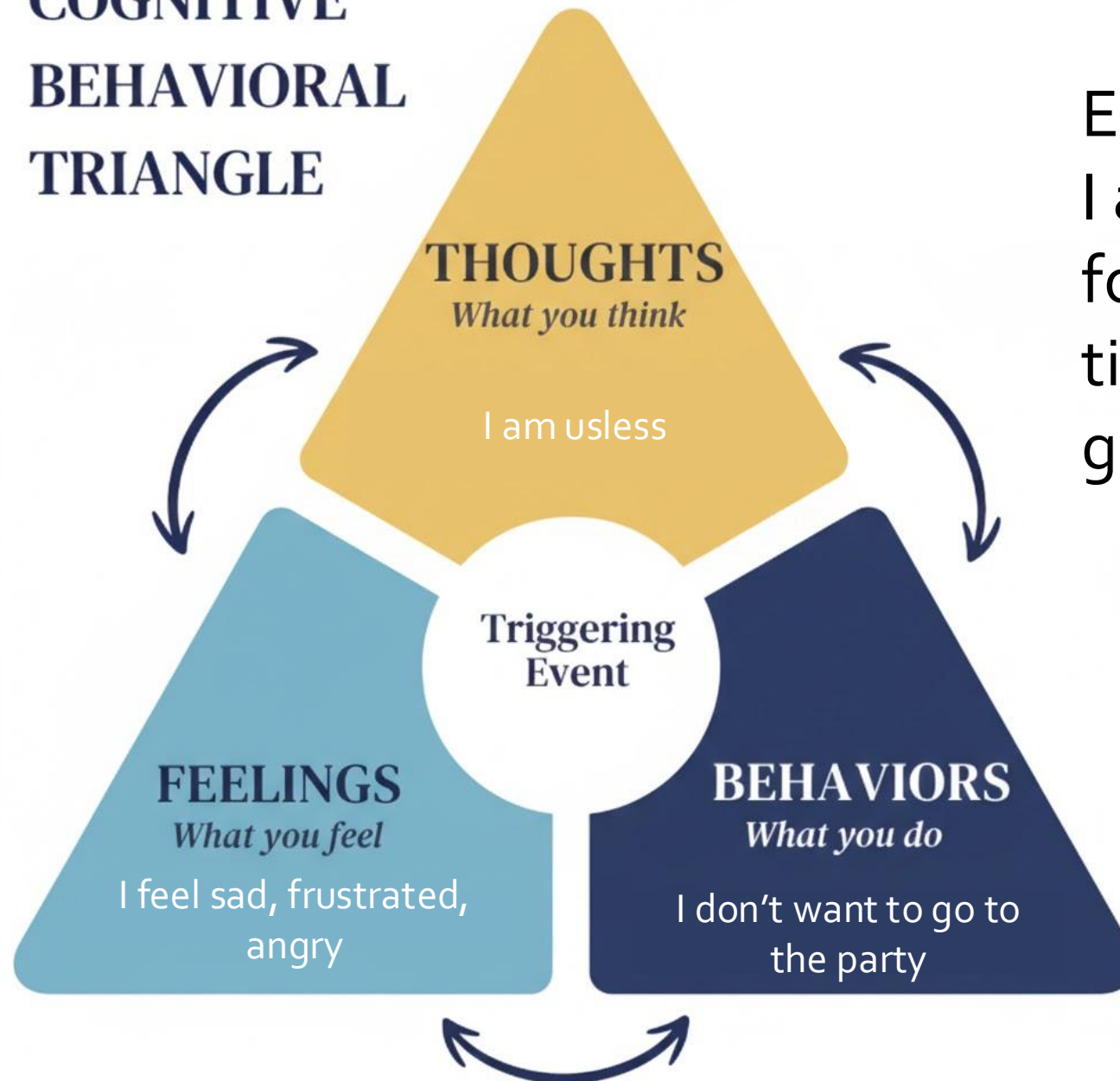


Session	Mindfulness	Psychoeducation	CBT Skills
1	Calming Breathing	Anxiety, Depression and Trauma	Behavioral Activation
2	Calming Breathing	CBT triangle	Behavioral Activation and Self-management
3	Eating	Mindfulness and Barriers	Self-management/ Behavioral Activation
4	Sounds	Unhelpful Thoughts	Noticing our Unhelpful Thoughts
5	Breathing	Overcoming Unhelpful Thoughts	Cognitive Restructuring
6	Body Scan with Movement	Evaluation Strategies	Cognitive Restructuring
7	Walking	Sleep, Drug Use, Nutrition and Exercise	Healthy Habits Strategies
8	Loving-kindness	Communication Skills	Communication Skills Practice
9	Breathing	Review Strategies and Create Self-care Plan	Self-care Plan
10	To choose	Review Strategies and Self-care Plan	Self-management

**COGNITIVE
BEHAVIORAL
TRIANGLE**

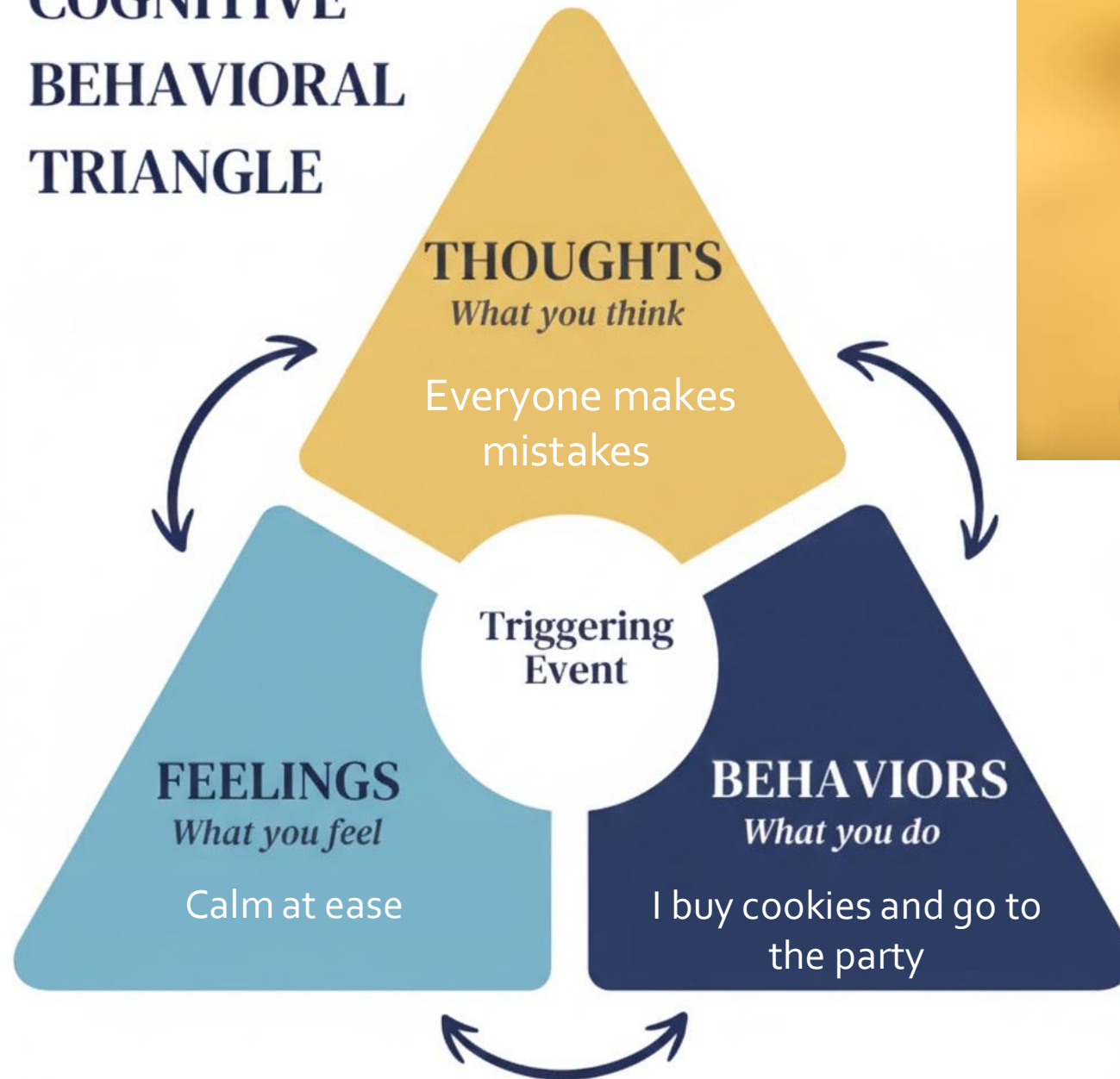


COGNITIVE BEHAVIORAL TRIANGLE



Example:
I am baking a cake. I forgot to set the timer and my cake got burned.

COGNITIVE BEHAVIORAL TRIANGLE





88%
decrease
depression
symptoms



85%
decrease
anxiety
symptoms



75%
improve
daily
functioning



73%
reduce or
maintain
SDOH needs

THE PROGRAM WORKS

“I had always believed that because I was a rape victim, I had no value, since that's what I was taught from a young age. I grew up with negative thoughts and was a victim of domestic violence. When I finished the Strong Minds program, my mindset changed. I know I am worth a lot and deserve to be happy.”

“For me, it was a very good experience because I'm 48 years old and had never been to therapy before. The girl I saw had all the patience in the world. I told her things that had happened to me that I'd never told anyone, and she gave me immense peace. She helped me understand so many things; truly, a thousand thanks for having these types of programs.”

“I have been living in anxiety for about 9 years! I am able to work on it before it takes a toll on me mentally. [My CHW] also helped me through grief and being stuck, challenging me to do something every week that makes me happy.”

**HOW HAVE WE
BEEN SUCCESSFUL**

CHW Model



"I told her things that had happened to me that I'd never told anyone, and she gave me immense peace"



"personally, it was the bond between my worker and how he presented the material and also built a good relationship with me"

Core Success Drivers: CHWs are the essential force behind our program's outcomes.

Trust & Shared Identity: Lived experience and cultural alignment foster deep connection and trust.

Ingrained Care Models: Cultural competence and trauma-informed care are core team standards.

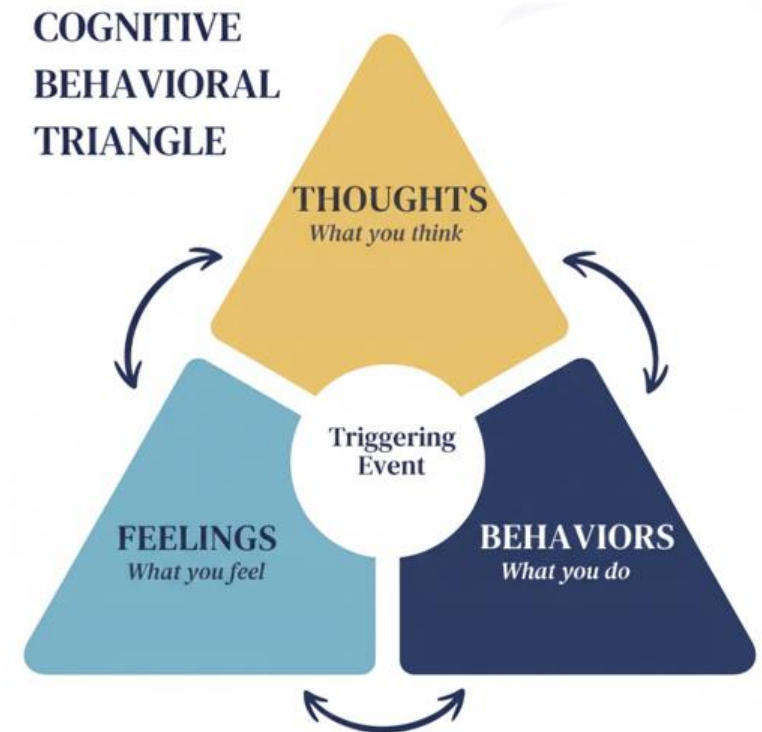
Non-Stigmatizing Approach: Accessible language that feels like talking to a friend, not a doctor.

Unmatched Flexibility: Highly adaptive scheduling that meets the specific needs of immigrant families.

Stigma Reduction: A non-intimidating "stepping stone" into the mental health care space.

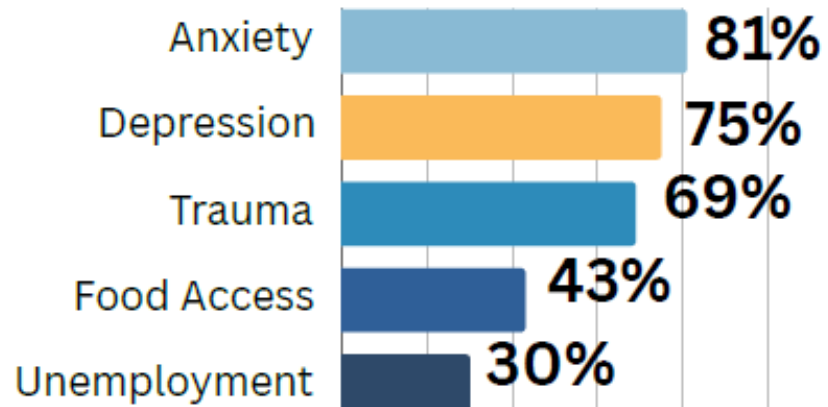
Evidence-Based Rigor

- **Proven & Adapted:** We leverage a clinically trialed, CBT-based model specifically adapted for immigrant communities.
- **Evidence-Backed:** Our model's effectiveness led directly to DHHS funding based on robust first-hand evidence.
- **Practical Tools:** Participants learn to monitor symptoms, navigate stressors, and build sustainable healthy habits.
- **Team Endorsed:** We teach the same effective, real-world tools that our own team utilizes in their daily lives.
- **Rigorous Training:** High-quality care is ensured through an intensive three-month training program.
- **Quality Assurance:** Program fidelity is maintained through session audio reviews and a proactive risk-flagging system.



Whole-Person Care

Participant Challenges

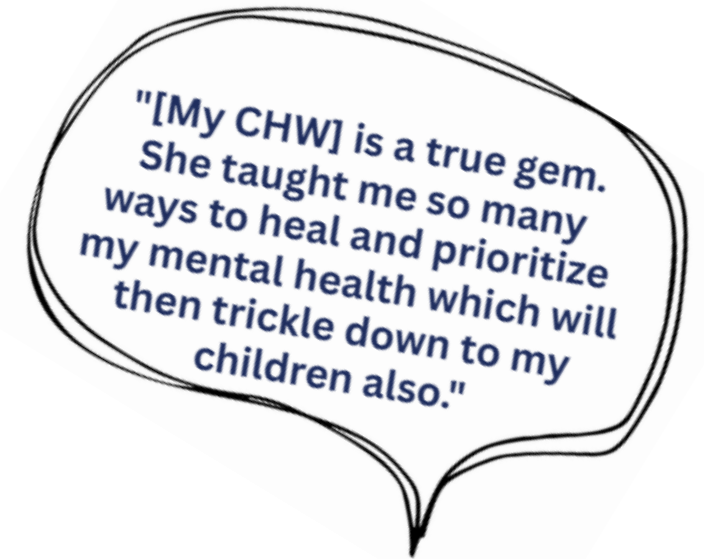


- **One-Stop Care:** We integrate care management and mental health support into a single session with the same CHW.
- **Somatic Awareness:** Our approach recognizes physical symptoms of distress often overlooked by mainstream screening tools.
- **Culturally Aligned Values:** We frame mental health as a tool for better parenting and community leadership, honoring collectivist values.
- **Social Environment Focus:** Our curriculum prioritizes communication skills and building support systems within the participant's social circle

KEY TAKEAWAYS

Framing and Language Matter

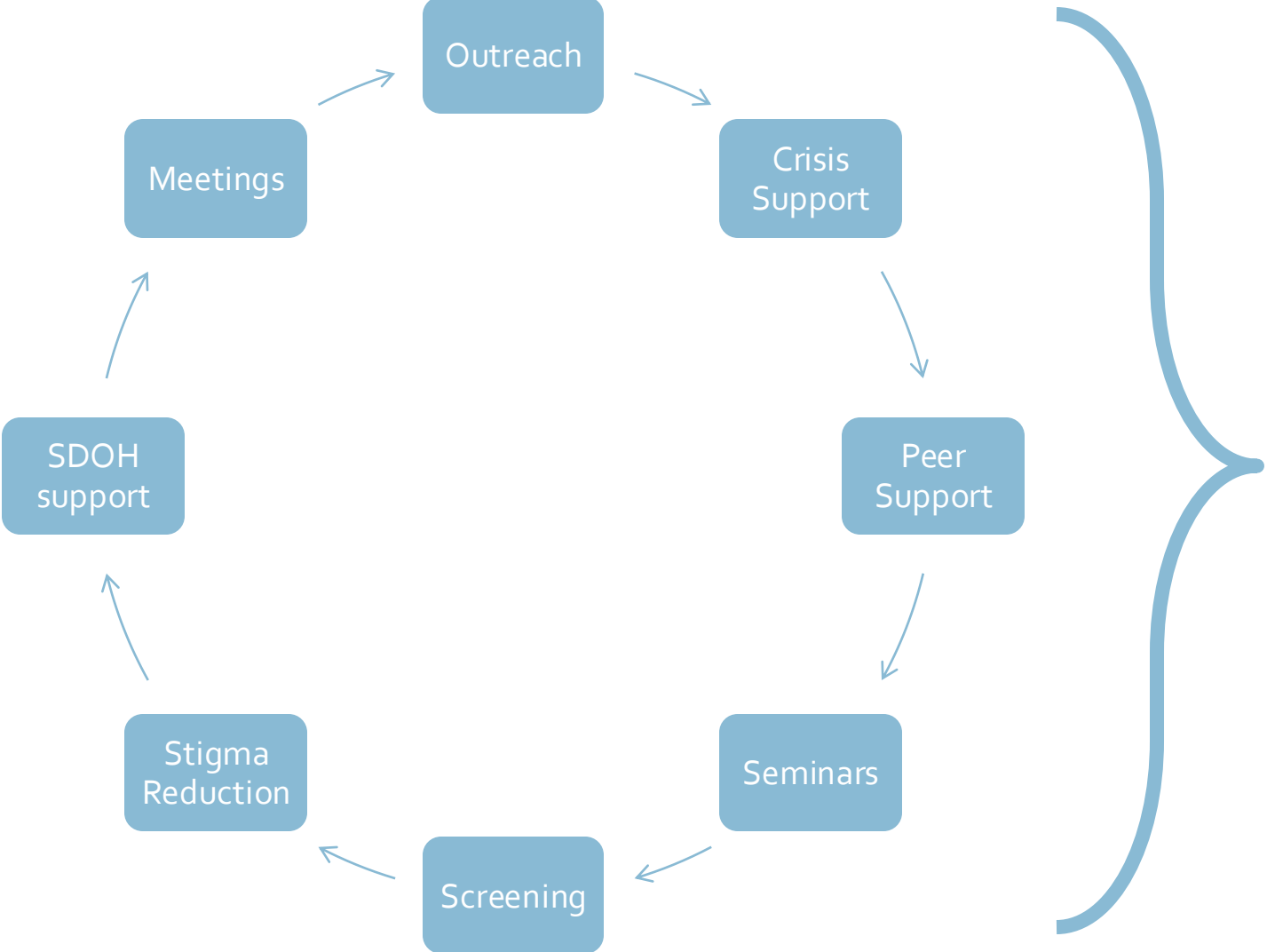
- **Prioritize Collective Well-being:** Move beyond "put yourself first" to framing mental health as a tool for family and communal strength.
- **Use Non-Stigmatizing Language:** Replace clinical terms like "anxiety" with relatable phrases such as "stress" or "difficulties piling up."
- **Lead with Persistent Kindness:** Build trust through patient, caring conversations that recognize readiness for help takes time.
- **Listen to the Body:** Identify somatic symptoms as indicators of mental health challenges





**TRUST
TAKES TIME
AND TIME
IS A PART
OF OUR
WORK**

Document the "Invisible" Work



Presentable,
easy to
understand
language

CLOSE

Reaching in 2026...



10,000+
program
sessions



2,000+
people
served



30+
active
CMHWs



37
counties
supported

Mindful Breathing Meditation

Get comfortable in your chair.

You can close your eyes or focus on something in front of you

We will inhale through our nose and exhale through our nose 5 times

Be aware of the air that flows through your nose, to your body, placing our hands in our stomach inflating it with the inhalation and deflating it with our exhalation.

Catch a cloud

Shake it off

We envision vibrant, resilient communities where mental well-being is accessible, empowering every individual to thrive through culturally relevant, community-based care delivered by a competent and dedicated workforce. Visit our website by scanning the QR Code:



CONTACT US

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