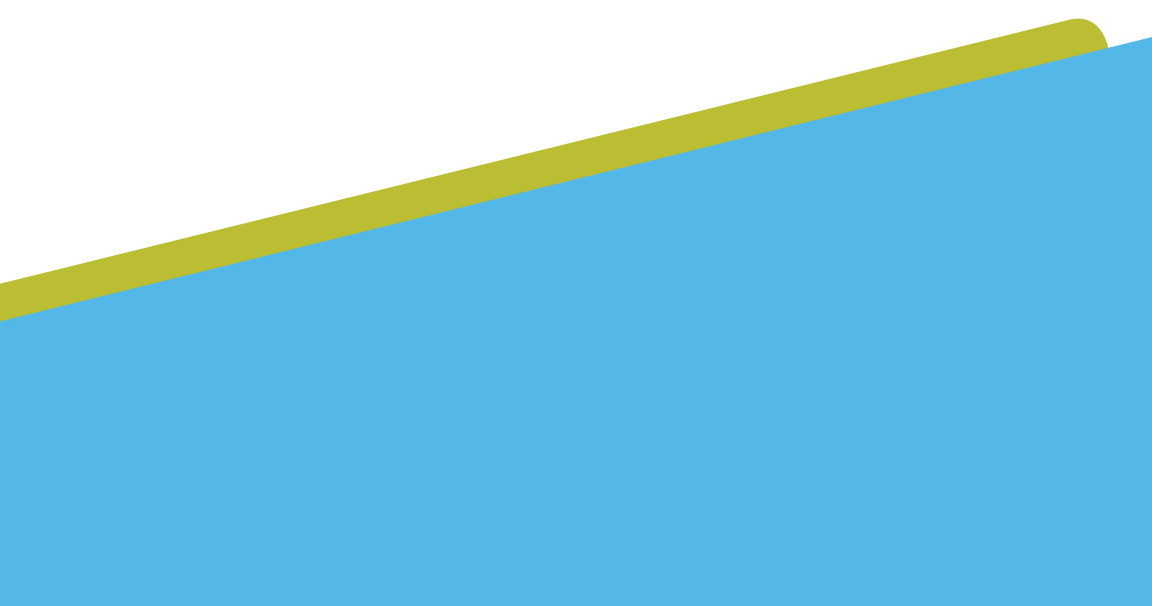




washburn
center
for children

**SPANISH
CLINICAL LANGUAGE
AND
RESOURCE
GUIDE**



The Spanish Clinical Language and Resource Guide has been created to enhance public access to information about mental health services and other human service resources available to Spanish-speaking residents of Hennepin County and the Twin Cities metro area. While every effort is made to ensure the accuracy of the information, we make no guarantees. The inclusion of an organization or service does not imply an endorsement of the organization or service, nor does exclusion imply disapproval.

Under no circumstances shall Washburn Center for Children or its employees be liable for any direct, indirect, incidental, special, punitive, or consequential damages which may result in any way from your use of the information included in the Spanish Clinical Language and Resource Guide.

Acknowledgements

February 2015

In 2012, Washburn Center for Children, Kente Circle, and Centro collaborated on a grant proposal to obtain funding from the Hennepin County Children's Mental Health Collaborative to help the agencies improve cultural competence in services to various client populations, including Spanish-speaking families. These funds allowed Washburn Center's existing Spanish-speaking Provider Group to build connections with over 60 bilingual, culturally responsive mental health providers from numerous Twin Cities mental health agencies and private practices. This expanded group, called the Hennepin County Spanish-speaking Provider Consortium, meets six times a year for population-specific trainings, clinical and language peer consultation, and resource sharing.

Under the grant, Washburn Center's Spanish-speaking Provider Group agreed to compile a clinical language guide, meant to capture and expand on our group's "¿Cómo se dice...?" conversations. As the Consortium proved to be an invaluable tool for resource sharing, it became clear that we should capture that information as well. What appears in this document are our best efforts to record the language and resource information we obtained during this grant period.

We are grateful for our language consultants Maria Cervantes, Mauricio Cifuentes, and Justo Garcia. Our experience of getting three different "definitive" answers on how best to say or explain something, which sometimes included what another consultant had told us not to say, demonstrated the diversity of the countries and cultures where Spanish is spoken. It also reinforced our collective experience of how translating the word is often just the beginning when building a shared understanding with our clients.

Many thanks go to the Consortium members who provided feedback and updated information about their practice locations. The resource information included here reflects the most current information we had at the time of this printing. While the agencies included here offer much more than is listed, we chose to only include services provided in Spanish to make the guide as succinct and helpful as possible. Please contact us if you would like your information updated or added to the electronic version of this guide. The guide will be updated every six months and is available online: www.washburn.org/spanishclinicalguide.

We are extremely excited to share this information with you. We hope you find this guide helpful, and we welcome your feedback.

Sincerely yours,



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Therapist

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Language Guide

A List of Clinical
Terminology

Roles

Case Manager	coordinador/a del caso/de casos
Clinical Social Worker	trabajador/ora social clínica o en el ámbito clínico Good explanations for the difference between psychologists and social workers: <ul style="list-style-type: none">• Los psicólogos se enfocan más en lo que pasa adentro de una persona o en la parte interior (sentimientos o emociones, pensamientos, antecedentes)• Los trabajadores sociales en el ámbito clínico se enfocan en eso pero también prestan mucha atención en lo que pasa entorno o en el medio ambiente, alrededor de la vida de una persona, mientras que exploran la parte interior• Nosotros tratamos de entender lo que está pasando ahora en tu vida para poder identificar factores de estrés; creemos que eso nos ayude enfrentar la parte interior más efectivamente
Counselor	consejero/a
Psychologist	psicólogo/a, da terapia y dar exámenes psicológicos
Psychiatrist	el/la psiquiatra, da medicina y terapia
Psychiatric Nurse Practitioner	enfermera/o practicante en psiquiatría, asistente del psiquiatría
Skills worker/trainer	entrenador/a o facilitador/a de comportamientos o habilidades
Social Worker	trabajador/a social
Therapist	el/la terapeuta, terapeuta

General Clinical Terms

Affect	afecto
Flattened	decaído/a, aplastado/a, apachurrado/a
Blunted	embotado/a – not a widely used phrase also: que no muestra muchas emociones por su cara, su cara no cambia mucho cuando sus emociones cambian
Elevated	elevado/a, aumenta
Heal/recover	curarse, recuperarse, recobrase
Mood	sentido de ánimo, estado de ánimo
Personality	carácter, personalidad
Reflect	reflexionar
Strengths	habilidades, talentos, fortalezas, que hace bien, cualidades positivas
Weaknesses	debilidades NOT “descapacidades” – implies disabilities or permanent deficits

Emotions/Feelings

Anger	enojo, rabia, ira, coraje
Angry/Mad	enojado/a
Anxiety	ansiedad
Anxious	ansioso/a
Ashamed	avergonzado/a
Depressed	deprimido/a

Emotions/Feelings (continued)

Disgusted	indignado/a, asqueado/a (more intense), enfermarse, le repugna NOT “disgustado” – false cognate
Frustrated	frustrado/a
Grief	duelo, pena
Guilty	culpable
Happy	feliz, contento/a
Irritated/bothered	molesto/a
Loneliness	soledad
Lonely	sentirse solo/a
Mourning	luto (describes a formal mourning state) – se usa “estar de luto”
Numbing	entumiéndose
Numb	entumecido, entumido – neurological phrase that is meaningful when applied to physical body parts or to thinking/cognitive functioning, i.e. “Entumido la mente,” does not make sense when applied to feelings
Reactive	reactivo/a
Sad	triste
Sadness	tristeza
Stuck	estancando/a, estancarse Some may use “te paraste,” travarse (although it can have “drug us” connotation – “me travo” can mean “I get high”), or metaphors of stuck objects or vehicles

Triggers

No direct translation: “Qué ocasiona causa lo que haces?”
Experiencias que te causan ____ (cierta emoción, recordar el pasado); ¿Cuál fue la razón/Qué causó____?

- “Yo iba por la calle y de repente percibí (olí) el perfume de un hombre y me causó tener un ataque de pánico”
- Disparador – literal translation of trigger, but do not use because it implies huge explosion
- Experiencias detonates is a literal translation of “triggering experiences” but does not make sense

Upset

alterado/a, disgustado/a

Worry

preocupación

Worried

preocupado/a

Managing Feelings

.....

Deal with/Handle

(implies more mastery/control)

manejar, lidiar

To bear it/to endure

aguantar, soportar

Tolerate

(more neutral connotation)

tolerar, soportar

Behavior

.....

Aggression

agresión

Agitated

agitado/a, nervioso/a (more emotional), inquieto/a (more physical)

- exacerbado/a – usually not used because it’s older, more flowery language

Behavior (continued)

Arousal	agitación, levantamiento (elevated in positive way) NOT “excitación” – always has a sexual connotation
Defiance/defiant	desafiante
Hyperactive	hiperactivo/a, muy activo/a, no se queda quieto/a, inquieto/a
Hyperactivity	hiperactividad
Impulsive	impulsivo/a
Lethargic	letárgico/a
Oppositional/ oppositonality	no direct translation – se niega, se opone, no se pone su parte/no pone de su parte, no coopera, contradictorio/a, siempre le contradice
Out of control	fuera de control
Tantrum	rabieta, berrinche
Wetting oneself	mojar uno mismo, mojarse(no), hacerse pipi, se mea/mearse – can have a crude connotation

Cognitive

Coherence	coherente (adjetivo), coherencia (sustantivo), tiene sentido (makes sense)
Concentration	concentración
Focus	enfoque
IQ	coeficiente intelectual (CI)
Intelligence	inteligencia
Processing	procesar, digerir (for how brain manages information)

Development

Crawl	gatear
Developmental milestone	acontecimientos fundamentales del desarrollo, gran paso del desarrollo
On track	alcanza los acontecimientos (cabalmente), a tiempo, en lo esperado
Delayed	atrasado, retrasado/a (has connotation of disability or low functioning)
Due date	fecha para dar a luz, fecha de parto
Expressive communication	comunicación expresiva
Feed oneself	come por su cuenta/por sí mismo
Full-term	a término, a tiempo, tiempo completo
Motor (gross, fine)	coordinación/habilidades motoras gruesas y finas/afinadas
Potty-trained	entrenado para ir al baño, ir al baño solo
Receptive communication	comunicación receptiva
Walk	caminar

Personality Descriptors

Charming	encantador/a
Engaging	no direct translation – abierto, participa/colabora, se involucra (active part of a group)

Personality Descriptors (continued)

Flexible	flexible, se acomoda, se acopla, se adapta
Funny	gracioso/a, cómico/a
Happy-go-lucky	carácter ligero/a, una persona feliz y despreocupado/a
Holds a grudge	resentimiento, guarda rencor, tiene rencor/resentimiento, le queda un resentimiento
Loyal	fiel, confiable
Responsible	responsable
Rigid/inflexible	rígido/a, inflexible, firme
Stubborn	testarudo/a, necio/a (careful “necio” can also mean foolish or idiotic)

Identity

Coherent self-concept	concepto de sentirse coherente (claro de entendimiento), se conoce a si mismo, auto conocimiento, conocerse a sí mismo
Integrated sense of self	sentirse integrado, sentir que es parte de él mismo (ella misma)
Self-esteem	autoestima
Sense of self	sentirse él (ella) mismo/a, sentirse uno mismo

Praise/Strength Descriptors

Attentive	atento/a
Big-hearted (or other phrases for caring)	de buen corazón, de gran corazón, buena gente, le importa

Clear expectations	aclarar lo que espera que pase o que suceda, expectativas claras
Inspirational	inspirador/a, inspiración
Hard-working	muy trabajador/a, trabaja mucho, trabaja muy duro
Strong	fuerte

Diagnoses

Acute	agudo/a, grave
Adjustment Disorder	Trastorno de adaptación
Anxiety	ansiedad
Attention-Deficit Hyperactivity Disorder	Trastorno por déficit de atención/hiperactividad
Autism Spectrum Disorder	Trastorno del espectro autista
Chronic	crónico/a
Depression	depresión
Disorder	trastorno <ul style="list-style-type: none"> • NOT “desorden” – means disorder in the “messy” sense – not a diagnosis • Be aware that “¿Estás trastornado?” can be a derogatory way of asking someone what’s wrong with them – “trastorno” may evoke that negative connotation
Mild	lento/a, poco/a, despacio
Moderate	moderado/a, más o menos
Obsessive-Compulsive Disorder	Trastorno obsesivo – compulsivo (TOC)

Diagnoses (continued)

Phobias	miedos, terrores, fobias
Psychotic features	características psicóticas, manifestaciones psicóticas
Posttraumatic Stress Disorder	Trastorno de estrés postraumático
Recurrent	recurrente, sucede repetidas veces, muy seguido
Severe	severo/a, intenso/a, mucho/a
Single episode	solo un episodio, solo una vez

Trauma-related Terms

Accidents	accidentes
Abuse	abuso
Avoidance	evita, “le saca el cuerpo,” evade
Containment	se contuvo, contener, se detuvo (de hacer/decir algo)
Dissociation/ disassociate	separación, disociación, alejarse de la realidad, despegarse, <ul style="list-style-type: none">• When he touched me, I disassociated because it triggered me. – Cuando él me tocó me separé/me alejé del presente/me fui de ese lugar/me estaba separando de esa realidad.• “Seems like you are going away” – ausente de la realidad/no le siento aquí/noto que usted está ausente/su mente estaba en otro lugar/usted está ausente/parece que no está aquí
Distorted thoughts/ beliefs	pensamientos o creencias equivocadas/no apropiadas/ distorsionadas
Flashbacks	recuerdos/memorias vivas involuntarias, recuerdos súbitos del pasado, recuerdos que vienen y van

Grounding strategies	¿Qué puedo hacer para que tu estés aquí conmigo otra vez? ¿Cuando tengas ese estado en tu mente, puedes mirar el cuadro/volver a la realidad?; estrategias de retención y atención
How traumatic experiences/memories are stored in the body	Como las experiencias/memorias traumáticas son guardadas/acumuladas en el cuerpo, se quedan atrapados en el cuerpo
Hypervigilance	hipervigilante, atento/a
Medical problems	problemas médicos
Medical procedures	procedimiento(s) medico(s)
Re-experiencing	re-experimentando, experimentado otra vez, pasando por lo mismo de nuevo, volviendo a vivir, reviviendo
Nightmares	pesadillas, sueños malos
Neglect	negligencia, abandono, descuido
Trauma	trauma
Trauma narrative	historia del trauma <ul style="list-style-type: none"> • Coherent narrative – Explicación coherente, que tiene sentido, narrativa coherente
Triggers	No direct translation: “¿Qué ocasiona causa lo que haces?” Experiencias que te causan ____ (cierta emoción, recordar el pasado); ¿Cuál fue la razón/¿Qué causó____? <ul style="list-style-type: none"> • “Yo iba por la calle y de repente percibí (olí) el perfume de un hombre y me causó tener un ataque de pánico” • Disparador – literal translation of trigger, but do not use because it implies huge explosion • Experiencias detonates is a literal translation of “triggering experiences” but does not make sense
Violence	violencia

Treatment Planning Terms

Care coordination	coordinacion de cuidados/de servicios/de ayuda
Discharge	darlo de alta/dar de alta, terminar servicios NOT “graduación,” lograr las metas
Goal	meta
Objective	objetivo
Problem	problema
Psychiatry services	servicios psiquiátricos
Medication management	manejo de medicamentos, control de medicamentos
Psychological Testing	examen psicológico
Skills training services	servicios de entrenamiento/formación de comportamientos/estrategias/habilidades
Therapeutic modalities	modalidades terapéuticas
Art therapy	Terapia de arte
CBT	Terapia cognitiva y de comportamiento
DBT	Terapia dialéctica-conductual
EMDR	Desensibilización y reprocesamiento a través de movimientos oculares
Narrative therapy	Terapia narrativa
Play therapy	Terapia de juego
TF-CBT	Terapia cognitiva y de comportamiento enfocada en el tratamiento de trauma
Whereas	mientras

Therapeutic Strategies/Concepts

Containment	algunas personas crean una barrera para protegerse/ ocultar/evitar sus sentimientos/memorias/recuerdos. Yo quiero ayudarte a crear un espacio/un lugar donde puedes guardarlos y sacarlos cuando sea necesario o cuando quieras. Pensar en un contenedor/un recipiente/un bote/una caja para sus sentimientos/recuerdos
Discernment	facultad de discernir, pensar, analizar, discernimiento
Feelings in the body	donde lo sientes en el cuerpo, donde te afecta en el cuerpo, sensaciones en el cuerpo
Make an effort	realizar un esfuerzo, hacer un esfuerzo
Safe place	lugar seguro
Self-care	mantenimiento emocional, cuidado emocional, cuidado personal (implies personal hygiene)
Self-talk	cuando te sientes deprimido/feliz/etc., que pensamientos vienen a su mente (por ejemplo, nadie me puede ayudar, tengo que hacer todo por mí mismo); su manera de pensar de sí mismo; como piensa de sí mismo; como animarse/ darse ánimos (for giving yourself positive messages – “I can do this”)
Visualization	visualización

Skills/Strategies

estrategias (strategies), habilidades (skills); herramientas (physical tools) and caja de herramientas (toolbox) may be used as a metaphor

Co-regulation	calma al niño, ayudar al niño calmarse
Coping skills	habilidades de manejar un problema, habilidades de lidiar con __, mecanismos para lidiar/manejar
Express feelings	expresar sentimientos/emociones

Skills/Strategies (continued)

Identify feelings	identificar sentimientos
Organization	organización
Relaxation	relajación
Self-advocacy	auto-abogacía, abogar por uno mismo
Self-regulation	auto control mental/físico, auto controlarse, auto regulación note - in some places “regulación” is used for laws, not people
Self-soothing	habilidad de calmarse/relajarse a sí mismo/a
To confront your fear	enfrentar tu miedo

Mindfulness

Conciencia plena/focalizada, prestar atención de manera intencional al momento presente, meditación consciente

Emotional mind	mente emocional, razonar con las emociones y sensaciones corporales
Insight	realizar un juicio
To be in ___ mind	estar en mente ____ (consciente)
To be present	estar presente, estar disponible
Rational mind	mente racional, razonar con la lógica y análisis, en frío, “pensar con cabeza fría”
Wise mind	mente sabia, equilibrio entre la mente racional y la mente emocional, observar sin juzgar en el presente y siendo efectivo

Social Functioning/Relationships

Ability to use adults for support	habilidad de usar/utilizar adultos como apoyo/para apoyo
Attachment	la conexión entre padre e hijo, unión, un lazo que existe entre usted y el hijo, está atado emocionalmente a ti
Attending	pendiente, estar presente NOT “atendiendo,” “asistiendo” – literal translations about attendance
Boundaries	limites
Differentiation	diferenciando, diferenciación
Friendship skills	sabe cómo hacer amigos, hace amigos fácilmente, habilidad de ser amigo
Independence	independencia
Insecure	inseguro/a
Isolation	alejamiento
Joining	unirse con; unirse emocionalmente con <ul style="list-style-type: none">• participando, siendo parte de – literal translations about participating in something
Reciprocal social functioning	cooperación en el funcionamiento social
Secure	seguro/a
Social skills	sabe cómo desenvolverse socialmente, habilidades de comportamiento social
Trust	confianza

Parenting

Co-parenting	cooperación en parentesco, apoyando en la crianza
Co-regulation	apoyando en la regulación
Comfort (my child)	confortar, consolar, consuelo a mi hijo
Consequences	consecuencias
Delight in (my child)	deleitar en, disfrutar de, encontrar placer en
Discipline	disciplinar
Follow my child's lead	sigo las necesidades de mi hijo, dejo a mi hijo que me indique
Organize feeling	organizar los sentimientos
Managing anger with your child	manejar/controlar su enojo ante su hija/enfrente de su hija, manejar la rabia
Parenting	crianza de los hijos, educación, como ser padres, aptitudes de los padres
Positive and negative attention	atención positiva y negativa
Praise	elogios
Rewards	premios
Setting limits	poniendo límites, estableciendo límites
Take a break	toma un descanso (por decisión propia)
Take charge	hacerse cargo, tener la responsabilidad

Time-out

un descanso obligatorio, castigo de “time-out”

**Welcome my child
back**

bienvenida a mi hijo de regreso o de vuelta, acojo su
venida a mi hijo, le doy la bienvenida a mi hijo

Washburn Center Language/Kid Talk

.....

Be the boss of _____

Como manejas tu cuerpo, como controlas tu cuerpo, tu eres quien decides sobre tu cuerpo, tu eres el dueño de tu cuerpo, maneja control de tus palabras, ten control de tu cuerpo/de tus acciones etc., estar en control de _____

Sé el jefe de _____ – literal translation that does not make sense

**Mom job/Dad job/
kid job**

(Who is responsible for what? When talking about emotional and protective roles and responsibilities for family members, not their employment) Lo que hace la mamá, lo que hace el papá, lo que hace el hijo

¿Cual es el papel de tu mamá?/¿De tu papá?/¿Tu papel en el hogar?

¿Cual es tu responsabilidad? ¿Cuales responsabilidades tiene la familia?

Lo que le toca a la mamá, lo que le toca hacer a la mamá, de lo que se encarga – less abstract, more concrete responsibilities

El trabajo de padre/madre/ hijo – responsabilidades en el hogar

Washburn Center Language/Kid Talk

(continued)

Size of feelings

el tamaño de los sentimientos – In Spanish, do not apply measurements, apply intensities:

_____ gets too big – aumenta, es muy grande, se hace grande, crece mucho, se hace demasiado grande, te preocupes mucho

Keep it the right size – el tamaño apropiado, el sentimiento que cabe, la medida correcta/adecuada/no tan grande

When your body feels____, your feelings get____

cuando tu cuerpo siente____, tus sentimientos_____

Mixed up

se confunden, if your feelings are getting mixed up and the child is experiencing them both at the same time – están juntos, se juntan los sentimientos, se cruzan good saying “se puede caminar y mascar chicle a al mismo tiempo”

Silly

chistoso, gracioso

no te hagas, no estamos jugando/bromeando ahora – when a child is playing or pretending and at this moment, its not appropriate

NOT “Te haces el tonto/bobo” – not clinical language

Yucky

se siente raro/a

Confused

se confunden, confundido/a

Home-based Clinical Vernacular

Am I explaining myself?

¿Me explico? ¿Me entiende?

Are you taking care of your kids?

¿Estás poniendo atención a tus hijos? Estás cuidando a tus niños?

I'm running late

voy a llegar tarde, estoy llegando, voy en camino, voy llegando tarde, estoy atrasado
NOT “estoy retrasado” – can be interpreted as “I’m delayed” in the low-functioning sense

Allied services/Systems Language

Child protection

Protección de menores o Protección de niños

Abuse

abuso (físico, sexual, emocional, verbal, psicológico, financiero)

Case Plan

plan para el caso, planeación de caso

Child Protection Worker

Trabajador/a de protección de menores, trabajador de servicios para niños

Child Services Worker

servicios de trabajo social para los niños, Trabajador/a de servicios para niños

Court

corte

Family Support Services

servicios de apoyo familiar

Guardian

guardian/a, curador/a, tutor/a

Guardian ad Litem

Guardián/a/Curador/a/Tutor ad litem, tutor para el litigio

Hearing

audiencia

Allied Services/Systems Language

(continued)

.....

Child protection (continued)

Investigation investigación

Judge juez

Mandated reporter obligación a reportar/informar
estoy obligado a informar/tengo que informar al
Departamento de protección de menores/niños

Neglect negligencia, descuido

Day care/child care guardería/cuidado de niño/as

Economic Assistance asistencia/ayuda económica

Cash Assistance asistencia/ayuda en efectivo, cash

Food Stamps estampillas de comida, estampillas, cupones de
comida

Foster care cuidado de crianza temporal, cuidado de crianza, cuidado
temporal

Foster homes casa de crianza temporal

Foster parents/
foster family familia de crianza, familia sustituta, familiar de acogida

Permanency permanencia

Placement colocación, asignación

Legal system sistema legal

Advocacy defensoría, intercesoría/intercesión

Advocate intercesora, defensor/a

To advocate apoyar, defender, abogar, ayudar, apelar (por ti)

Legal system (continued)

Criminal history	historia criminal, pasado judicial
Deportation	deportación
Immigration	la migra, la inmigración
Legal problems	problemas legales
Legal status	estatus legal, estado de residencia NOT “estado legal” – refers to marital status
Citizen	ciudadano
Documented	documentado/a, tiene papeles/legal
Green card	tarjeta verde, tarjeta de residencia
Overstayed	se quedó más del tiempo autorizado/permitido
Residency/ permanent residency	residencia permanente
Undocumented	sin papeles, falta papeles, indocumentado NOT “illegal” has same depersonalizing connotation as “illegal” in English
On your behalf, I’m on your side	estoy de tu parte, vengo de parte de ____
Order for Protection	orden de protección
No-Contact Order	orden de no contacto
Medical Assistance	asistencia médica, MA, seguro o asistencia por el condado/por Hennepin (cualquier)
PMAP	asistencia/seguro medica [proporcionado] por UCare/ Health Partners/Medica

Allied Services/Systems Language

(continued)

Shelter	refugio
Domestic Violence shelter	refugio de violencia doméstica, refugio para personas que padecen violencia domestica
Emergency shelter	refugio de emergencia
Homeless shelter	refugio para personas sin hogar
Shelter for runaway/homeless youth	refugio para jóvenes sin hogar o que han dejado su hogar
Special Education	educación especial
Emotional/ Behavioral Disorder (EBD)	Trastorno emocional o de comportamiento
Evaluation	evaluación
Federal settings/ levels of special education	niveles de educación especial
Give/provide services	dar/proveer/proporcionar servicios
Individualized Education Plan (IEP)	Programa de educación individualizada, Plan de educación individual
Label	clasificación, marca NOT “etiqueta” – used for products, not people

Special Education (continued)

Learning Disorder (LD)	Trastorno de aprendizaje, dificultades de aprendizaje, problema de aprendizaje
Occupational Therapy	terapia ocupacional
Other Health Disability (OHD)	Otra discapacidad de salud, Otra limitación de salud
Physical Therapy	terapia física
Pull-out services	llevar a otro cuarto/otro programa/otra clase, servicios adicionales
Push-in services	incluir servicios en el salón de clase, servicios adicionales
Service minutes	minutos de servicio
Speech therapy	terapia del habla, terapia de lengua



Therapeutic Services Chart of Spanish Speaking Providers

	Intake Number	Insurances Accepted	Options for Uninsured Clients	Outpatient Therapy	CTSS Services	Children's Mental Health Case Management	Psychological Testing	Psychiatry Services	In-Home Therapy Programs	School-based Mental Health	Specific Modalities Used
Ana Maria Abugattas (private practice) 944 Watson Ave., St. Paul	(651) 368-8838	none	sliding fee scale for all clients (\$60 average)	A, Cp, F							
Bogott Counseling (Danka Bogott, LMFT private practice) Edina, Minneapolis	(612) 212-3564	none	sliding fee scale for all clients	T, A, Cp, F							
Canvas Health/New Generations multiple locations	(651) 777-5222	all	sliding fee scale (Washington County residents)	T, A, F	✓	✓	✓	⌘			
Catholic Charities multiple locations	(651) 647-3169	all	sliding fee scale	A, Cp, F		✓					
Change, Inc. 227 Colfax Avenue N, Suite 130, Minneapolis	(612) 259-7384		sliding fee scale	EC, C, T, A, F, Cp						✓	Contextual Approach, Culturally-Responsive, Relational Diagnostic Assessment, Play Therapy, Internal Family Systems
Community-University Health Care Center (CUHCC) 2001 Bloomington Ave. S, Minneapolis	(612) 638-0700	all	sliding fee scale	C, T, A		✓	⌘	✓			
Comunidades Latinas Unidas en Servicio (CLUES) Minneapolis/St. Paul	(612) 746-3500 (651) 379-4200	all	flat fee (\$20)	EC, C, T, A, Cp, F	✓	Ramsey County Only	✓	⌘		✓	
Family Adolescents and Children Therapy Services (FACTS) 1385 Mendota Heights Rd, Mendota Heights	(651) 379-9800	all	sliding fee scale	EC, C, T, A, F	✓				✓	✓	Experiential Play Therapy, CPII
The Family Partnership Brooklyn Park, Minneapolis, Richfield	(612) 728-2089	all	sliding fee scale	EC, C, T, A, Cp, F							Play Therapy, TF-CBT

EC = Early Childhood (under 5) T = Adolescents/Teens F = Family
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Therapeutic Services Chart of Spanish Speaking Providers

	Intake Number	Insurance Accepted	Options for Uninsured Clients	Outpatient Therapy	CTSS Services	Children's Mental Health Case Management	Psychological Testing	Psychiatry Services	In-Home Therapy Programs	School-based Mental Health	Specific Modalities Used
Fraser multiple locations	(612) 767-7222	all	sliding fee scale, payment plans	EC, C, T, F		✓	↔				
Guadalupe Alternative Programs (GAP) 381 E. Robie Street, Saint Paul	(651) 222-0757	all	sliding fee scale	EC, C, T, A, F	✓					✓	Contextual Approach, Culturally-Responsive, Relational Diagnostic Assessment, Play therapy, Internal Family Systems
HAMM Clinic 408 St. Peter Street, Ste 429, St. Paul	(651) 224-0614	all but not in network for HP	sliding fee scale	A, Cp, F			*	*			
Hope Psychology Practice, LLC (Jade B. Rafferty, Ph.D., LP) 2720 W 43rd St., Suite 205, Minneapolis	(612) 767-9860	BCBS and Medica, other applications still pending	sliding fee scale	C, T, F							
Interprofessional Center for Counseling and Legal Services University of St. Thomas, 30 S. 10th St, Minneapolis	(651) 962-4820	none -- services are free	n/a	T, A, Cp, F			↔				
Kente Circle, LLC 345 East 38th Street Minneapolis	(612) 243-1600	most accepted	flat fee or reduced fee	C, T, A, F, Cp							
Michelle Kosmak, LICSW (private practice) 8085 Wayzata Blvd, Ste 101B, Golden Valley	(612) 825-1559	Medica, UBH	sliding fee scale (\$70+)	C, T, A, F							EMDR
Life Balance Individual, Family, and Couple Therapy (Carmen Avendano, MA, LMFT) 804 E Lake Street, Ste 204, Wayzata	(763) 250-5987	BCBS, Cigna, Health Partners, MHP, Medicaid, PreferredOne, Ucare	BCBS, Cigna, Health Partners, MHP, Medicaid, PreferredOne, Ucare	C, T, A, Cp, F							
Minnesota Care Partner 3405 Chicago Ave. S, Minneapolis	(612) 710-2797	MA, all PMAPs	n/a	C, T, A, F, Cp	✓		↔		✓		CBT, DBT, Motivational Interviewing

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Therapeutic Services Chart of Spanish Speaking Providers

	Intake Number	Insurance Accepted	Options for Uninsured Clients	Outpatient Therapy	CTSS Services	Children's Mental Health Case Management	Psychological Testing	Psychiatry Services	In-Home Therapy Programs	School-based Mental Health	Specific Modalities Used
Multicultural Psychotherapy and Consulting Services, Ltd. (Katia López Petrovich, MS, NCC, LMFT) Baker Court, 821 Raymond Ave., Ste 230, St. Paul	(612) 702-3483	all except BCBS	flat fee	C, T, A, F			⌘				DBT, EMDR, TF-CBT, Narrative Trauma Exposure Therapy, (Oregon) Parent Management Training
Natalis Counseling and Psychology Solutions 2550 University Ave. W, Ste 314N, St. Paul	(651) 379-5157	most	sliding fee scale	T, A			⌘	⌘			
NorthPoint Health and Wellness Center 1515 Penn Ave. N, Minneapolis	(612) 543-2566	most	sliding fee scale	C, T							
Deborah Organ, LICSW, DMin (private practice) Holy Rosary Church, 2424 18th Ave. S, Minneapolis	(612) 724-3651	none -- services are free	n/a	T, A, F							
Pangea Care Behavioral Health Services 1 Water Street West #288, St. Paul	(651) 414-0063	Most, including MA, PMAP and Consolidated treatment fund	sliding fee scale, payment plans	C, T, A, Cp, F							
POR Emotional Wellness 8421 Wayzata Blvd, #250 Golden Valley	(952) 835-6540	n/a for CMHCM	n/a for CMHCM			✓					
Un Pueblecito Counseling (Carla Moldonado, MA, LAMFT) Holy Rosary Church, 2424 18th Ave. S, Minneapolis	(612) 306-9636	none at present time	sliding fee scale for all clients (\$35+)	C, T, A, Cp, F							
Ana Rivera, LICSW 241 Cleveland Ave. S, Suite B4 Saint Paul	(651) 396-3963	Medica, PreferredOne, BCBS, Medical Assistance, Aetna	sliding fee scale (\$70+)	T, A, F, Cp							Relational, Psychodynamic, Mindfulness Based
Diana Snyder, LICSW 4517 Minnetonka Blvd, #302 St. Louis Park	(612) 516-3918	Medica, Ucare, Health Partners, PreferredOne, Medicare, BCBS	hourly rate, sliding fee scale	C, T, A, Cp, F							Psychoanalytic, CBT

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Therapeutic Services Chart of Spanish Speaking Providers

	Intake Number	Insurance Accepted	Options for Uninsured Clients	Outpatient Therapy	CTSS Services	Children's Mental Health Case Management	Psychological Testing	Psychiatry Services	In-Home Therapy Programs	School-based Mental Health	Specific Modalities Used
Southside Community Health Services 324 E 35th Street, Minneapolis	(612) 827-7181	most insurances	sliding fee scale	T, A, CP, F							psychodynamic, CBT, exposure
Su Familia Multicultural Counseling 1301 East 7th Street, St. Paul	(651) 332-5500	all	sliding fee scale	EC, C, T, A, Cp, F		✓	§			✓	
Tranquility Counseling LLC (Rebecca Lund, LPCC, RPT) 4517 Minnetonka Blvd, #204 St. Louis Park	(612) 568-6059 (612) 655-6266	not in network anywhere	flat fee or sliding fee scale	EC, C, T, A, Cp, F							TF-CBT, CBT, CBT Play Therapy, Experiential Play Therapy, Filial Therapy, Solution Focused, Narrative Exposure Therapy, Exposure Therapy
Uptown Psychology Group (David Hong, PsyD) 2908 Humboldt Ave. S Minneapolis	(612) 524-5755	Medica, MA, PreferredOne	sliding fee scale	C, T, A, F							TF-CBT
Washburn Center for Children 1100 Glenwood Ave., Minneapolis	(612) 871-1454	BCBS, Health Partners, Medica, Ucare	sliding fee scale	EC, C, T, F	✓	✓	*	*	✓	✓	TF-CBT, EMDR, Experiential Play Therapy, CPP
Watercourse Counseling Center North and South Minneapolis	(612) 668-4232	most	sliding fee scale	C, T, A, F						✓	Therapy, Experiential Play Therapy, Child-Centered Play Therapy

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Resources

Case Management Supplemental Information

Children’s Mental Health Case Management (CMHCM) services help assess client service needs; arrange additional mental health services, social services, educational services, and other community-based supports; coordinate services to clients across settings; and help ensure client and family participation in identified services. Children may receive CMHCM until the age of 18, or until 21 if still involved with special education services.

To be eligible for CMHCM services, children must have a mental health diagnosis listed in the DSM-5 and fulfill at least one of the criteria for a Severe Emotional Disturbance (SED) listed below:

- Admitted within last three years or at risk of being admitted to inpatient treatment or residential treatment
- Minnesota resident receiving inpatient treatment or residential treatment through interstate compact
- Child has one of the following as determined by mental health professional:
 - psychosis or clinical depression
 - risk of harming self or others
 - symptoms resulting from being a victim of physical or sexual abuse or psychic trauma within the past year
 - Child has significantly impaired functioning (home, school, or community) that has lasted at least one year or that in the written opinion of a mental health professional presents risk of lasting at least one year

In Hennepin County, uninsured children, children with straight Medical Assistance, or children with commercial insurance plans must be assessed for services by Hennepin County Front Door (612-348-4111). Children with PMAP insurance plans may be assessed for services by staff at any of the agencies identified as providing CMHCM services.

To expedite the assessment process, be sure to indicate that your client meets SED criteria and recommend CMHCM services as medically necessary in the recommendations section of your Diagnostic Assessment. The Diagnostic Assessment needs to be less than 180 days old at the time of referral. For additional information about accessing Children’s Mental Health Case Management, please contact your client’s county of residence.

Children’s Therapeutic Services and Supports (CTSS) Services Supplemental Information

Children’s Therapeutic Services and Supports (CTSS) services are therapeutic and rehabilitative services designed to treat mental health conditions which are limiting a client’s ability to function in age- and developmentally-appropriate ways. CTSS services are meant to help clients regain levels of functioning which had deteriorated due to their mental health difficulties, or to diminish delays in their development caused by their experience of mental health problems. CTSS goals are accomplished through psychotherapy, skills training, and crisis assistance, and at times also through day treatment, therapeutic preschool, and/or mental health behavioral aide services.

In order to expedite a client’s assessment for CTSS services, their Diagnostic Assessment must include a comprehensive DMS 5 diagnostic formulation and state that CTSS services are medically necessary. The Diagnostic Assessment must be less than 180 days old at the time of the referral for services. Clients may be referred directly to a CTSS provider for their initial evaluation for services.

Additional information regarding CTSS service components and eligibility can be found on the Minnesota DHS website: www.dhs.state.mn.us

In-Home Therapeutic Services

Early Childhood Programs (birth-kindergarten)

Programs focus on strengthening parent-child relationships and supporting children’s improved social, emotional, and behavioral functioning across settings

The FACTS Early Childhood Mental Health Program, FACTS

- Dakota County residents only

Family Focused Program, Washburn Center for Children

- Hennepin County residents only
- Includes English-language therapeutic classroom for potty-trained children

In-Home Therapeutic Services (continued)

In-Home Family Therapy

Functional Family Therapy, Su Familia

- Functional Family Therapy program
- Through referral by Ramsey County workers only

Functional Family Therapy, Hennepin County

- Services provided by Canvas Health staff
- Children aged 10-18 and their families. Child must meet SED criteria and be at risk of out-of-home placement, returning from placement, be involved with or are at risk of involvement with the juvenile justice system, or exhibiting other severe impairments in functioning.
- Program is short-term (8-12 sessions in 3-4 months) and requires intensive participation by child and family.
- Clients must be referred by a Children's Mental Health Case Manager and screened through Sherry Aadland at Hennepin County (612-348-9313, Sherry.Aadland@Hennepin.us).

Intensive In-Home Therapy, Washburn Center for Children

- Ages 5-17
- Residents of Hennepin County and portions of Anoka, Dakota, and Ramsey Counties
- Program only bills Medica, Health Partners, and Blue Cross Blue Shield plans (PMAP and commercial plans)
- Program works with children and families to prevent out-of-home placement by helping them develop improved emotional, social, and behavioral functioning across settings

In-Home Psychotherapy, Minnesota Care Partner

- Bills MA and all PMAPs
- Must be able to demonstrate in the Diagnostic Assessment that in-home services are medically necessary due to transportation barriers, financial hardship, physical health problems, or mental health symptoms.
- Program serves clients in Hennepin, Ramsey, Chisago, Isanti, Pine, Anoka, Sherburne, Stearns, Benton, Wright, Carver, and Dakota County. Program works with children, adults, and families.

Crisis Stabilization Services

Crisis Stabilization Program, Washburn Center for Children

- Ages 3-17
- Residents of Hennepin, Ramsey, and Dakota Counties
- Program only bills Medica, Health Partners, and Blue Cross Blue Shield plans (PMAP and commercial plans)
- Program works intensively with children and families to prevent out-of-home placement and/or psychiatric hospitalization
- Therapists work with families, school staff members, and other mental health providers to achieve increased stability across settings
- Program includes 24-hour on-call support
- Program usually works with clients for eight to 12 weeks

Hennepin County Mobile Crisis: (612) 348-2233

- Program staff will provide on-site risk assessment, help to de-escalate crises, develop a plan to keep the child safe at home, and offer resources and referrals
- Telephone consultation and stabilization services are also available.

School-based Mental Health Services

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City of Minneapolis

Roosevelt High School (Minneapolis), Wellstone International High School (Minneapolis)

The Community School Collaborative (Guadalupe Alternative Programs and Change Inc.)

El Colegio, Folwell Elementary School, Green Central Elementary School, Guadalupe Alternative Programs (St. Paul), Hmong International Academy (Minneapolis), Jefferson Elementary School, Loring Nicollet Alternative School, Marcy Open School, Menlo Park Academy, MERC Alternative High School, Northeast Middle School, Pillsbury Elementary School, Thomas Edison High School (Minneapolis), Transition Plus Services (Minneapolis), Waite Park Elementary

CLUES

Roseville Area High School, Roseville Area Middle School, Maplewood High School, Highview, Irondale High School, Mounds View High School, and Carver Elementary

School-based Mental Health Services (continued)

FACTS

Garlough Environmental Magnet School (West Saint Paul), Mendota Elementary (Mendota Heights), Moreland Arts and Health Sciences Magnet (West Saint Paul), Pilot Knob STEM Magnet (Eagan), Somerset Elementary (Mendota Heights)

The Family Partnership

Broadway High School (Minneapolis)

Headway Emotional Health

Burnsville Alternative High School (Burnsville) Su Familia – AGAPE: Adolescent Girls and Parenting Education (St. Paul), Aurora Charter (Minneapolis), Humboldt Secondary (St. Paul), Tartan High School (Oakdale)

Washburn Center for Children

Bryn Mawr Elementary (Minneapolis), Nellie Stone Johnson Community School (Minneapolis), Washburn Elementary (Bloomington)

Watercourse Counseling

Andersen Elementary (Minneapolis), Bancroft Elementary (Minneapolis), Whittier International Elementary (Minneapolis)

Groups

ARC

¡Adelante!

Spanish-language support group for families of children with intellectual or developmental disabilities (not just mental health but can accommodate intellectual/developmental).

Minneapolis – second Thursday of the month, 6:00 - 8:00 pm, September - May
(2015-2016 dates: 11/12, 12/10, 1/14, 2/11, 3/10, 4/14, 5/12)

PICA – McKnight 4225 Third Ave S, Minneapolis

St. Paul – Fourth Wednesday of the month, 6:30 - 8:30 pm, September - May
(2015-2016 dates: 11/25, 12/TBD, 1/27, 2/24, 3/23, 4/27, 5/25)

John A. Johnson Achievement Plus Elementary School - 750 York Ave, St. Paul

Contact is Ryan Anderson Pascual, (952) 915-3662

In collaboration with PICA Headstart. Childcare available for younger children. Prefer pre-registration, however walk-ins are welcome.

Aquí para Ti

Café entre Padres

Group is a partnership between Aquí Para Ti and Children's Hospitals and Clinics. This Spanish-language group helps parents develop effective communication strategies and parenting strategies related to raising teenagers as well as promotes increase awareness of community resources.

- Group is expected to resume in early 2016. Contact Ursula or Dora for more information: (612) 873-8145

Centro Tyrone Guzman

1915 Chicago Ave, Minneapolis – (612) 874-1412

Contact Maria Padilla for all groups

A variety of free Health and Wellness groups are offered throughout the year.

Groups range from 4-12 weeks. Call or check Centro's Facebook page for the most up-to-date flyers describing the groups and meeting dates.

CLUES

Groups are generally closed; call CLUES for current group schedules.

- **Domestic Violence group - Families without Violence**
Support for Survivors of Domestic Violence – group support for women and children. For more information contact Eva Landeros at elanderos@clues.org or (612) 746-3539.
- **Sexual Assault Support Group** for survivors. Contact Mercedes Moreno at 612-746-3534.

Meals and childcare provided for both groups. For additional information you may contact the Family Services Director Cira Sanchez at 612-746-3536.

The Family Partnership

Grupo de Violencia Domestica – Mamas e Hijos

Culturally Modified Trauma Focused Treatment Group for mothers and their children
The purpose for the mother's group is to offer training and support in understanding their children's struggles with having experienced/witnessed domestic violence in the home, and to provide support for family safety planning.

- Group is free
- Generally meets Thursdays from 5:30 - 7:30 pm
- Length of Group: 8 weeks
- Revolving group – openings at any time (participants just need to complete the full 8 sessions)
- Groups meet simultaneously for mothers (Spanish-language group) and children (ages 7-13 – bilingual Spanish/English group)
- Refer clients by calling (612) 729-0340

Groups (continued)

La Oportunidad

2700 E Lake Street, Suite 3200, Minneapolis, MN 55406 (612) 872-6165

Programa para Padres

- Year round parenting group, usually 6:00 - 8:00 pm on Thursday evenings
- Program helps Latina parents learn positive parenting strategies and strengthen their parenting abilities.

LEAP (Latinos Ending Abuse Project)

- Usually two hours a week during the day.
- Often referred by Hennepin County, but self-referral accepted.
- Contact for this program is Teo at (612) 872-6165 ext. 116.
- LEAP helps Latina adults end violent behavior and relationships in their homes, families, and communities.

NAMI Minnesota

NAMI Minnesota provides support groups to help parents discover resources to meet the challenges of raising a child with a mental illness, learn coping skills and develop problem solving skills. Each of the support groups are facilitated by a parent who has a child with a mental illness and who has received specialized training. For more information contact NAMI at (651) 645-2948.

- Esperanza Para el Futuro
- Padres a Padres

Urban Ventures

Siempre Padres

- 20 week curriculum
- Wednesdays 6:00 - 7:30 pm at the Colin Powell Center
- The program uses an integrated and holistic curriculum focused on personal character development, the couple's relationship and parenting dynamics.
- Children attend age-appropriate groups while their parents attend their group.
- A meal is served for families each week
- Families can register online (urbanventures.org/siempre-padres) or call 612.638.1000

Clients should also check with their school district's Early Childhood/Family Education and Community Education departments for additional parent groups.

Educational Advocacy

NAVIGATE

team@navigatemn.org

Program helps immigrant students regardless of immigration status access higher education

Program includes community outreach and community service internships

Neighborhood House

Skills for School

Program works with children ages 3-5 to develop the skills they will need to enter kindergarten. The program has classroom-based and home visiting components. The classroom curriculum touches on critical areas of development and fundamental knowledge for pre-school aged children. Through songs, stories, rhymes and conversation the children naturally improve their language skills, develop great social skills, and learn core concepts such as colors, numbers, and letters. Multi-cultural, multi-lingual classrooms are located at both Neighborhood House's Wellstone Center and Homecroft School locations. Home visiting component helps parents develop strategies to support their children's continued development and prepare them to enter school successfully. Ramsey County and Dakota County families or providers can call for more information (651) 789-2500.

Northside Achievement Zone (NAZ)

2123 W. Broadway Ave., Ste 100, Minneapolis (612) 521-4405

NAZ Academic Navigators are "scholar coaches" located onsite at partner schools. Navigators provide one-on-one academic support to students. Academic Navigators work with scholars to set and achieve academic goals and connect them with extra supports, such as behavioral health support and academic after-school and summer programs. NAZ serves families living in North Minneapolis between 35th Avenue N, West Broadway, I-94, and Penn Avenue.

PACER Center

8161 Normandale Blvd, Bloomington (952) 838-9000

Advocates work with parents and school staff to ensure that students receive the supports need to be successful regardless of physical or cognitive disabilities or mental health/emotional difficulties. Spanish-speaking advocate on-staff.

Educational Advocacy (continued)

Way to Grow

125 W. Broadway Ave, Ste 110, Minneapolis (612) 874-4740

Great by Eight Program

Program is facilitated through home visits, center-based programming and connection to resources and includes early childhood and elementary education support, health and wellness education, teen parenting support and parent engagement.

Way to Grow Family Educators work with parents to stabilize their families and connect them to basic needs services, meeting them where they are and helping move them forward. Family Educators also help parents build the skills needed to be their children's first teachers and support their learning at home once they begin school. Spanish-speaking Family Educators are available.

Youth Development Programs

Centro Tyrone Guzman

Raíces

- Program serves students in grades 7-12
- Meets daily 5:00 - 7:00 pm; transportation is available to students attending certain South Minneapolis schools
- Programming focuses on homework help, gender and identity, culture (including Latin American history and Mexican Folkloric Dance), and fieldtrips
- Contact Deisi Omana at (612) 222-2461

CLUES

Youth in Action (YA!)

- mentoring program for St. Paul high school students
Contact Tania at 651-379-4235.

La Oportunidad

2700 E Lake Street, Suite 3200, Minneapolis, MN 55406 (612) 872-6165

Serves at-risk Twin Cities Latinos ages 12-18. Families/youth can contact the agency directly, no referral needed.

El Camino

El Camino es un programa bilingüe que se provee a niños latinos semanalmente durante el año escolar después de la escuela y que también ofrece una programación de verano para ayudarles a desarrollar sus capacidades, y actitudes y comportamientos positivos acerca de sí mismos, sus familias y comunidad. El propósito del programa es desarrollar niños más saludables y fuertes quienes serán menos vulnerables a influencias y comportamientos negativos durante su adolescencia.

Programa de Jóvenes Latinos

El Programa de Jóvenes Latinos provee grupos semanalmente durante el año escolar para jóvenes de 12 a 18 años de edad en las ciudades gemelas. Incluye un programa de liderazgo, programación durante el verano y actividades especiales para ayudar a los adolescentes latinos a desarrollar sus capacidades, actitudes y comportamientos positivos en las áreas de educación, sobre ellos mismos, su familia, y la comunidad.

Neighborhood House

Jovenes Con Palabra

For young men ages 13-18. Program offers space for young men to learn basic life skills and discuss various concerns in a safe environment. Participants often engage in new experiences such as fishing, dance performances, plays, and camping. Group meets Thursdays 6-8 pm at Neighborhood House's Wellstone Center location (179 Robie Street E, St. Paul). Call (651) 789-2500 for more information.

YWCA

Midtown YMCA – Contact Therese Genis at (612) 215-4373

Strong Fit Fast program

Dedicated to preventing childhood obesity and Type II Diabetes in culturally specific communities. Serves youth ages 9-17. Youth meet twice a week for engaging classes designed to develop fitness and nutrition habits that support lifelong wellness. Offers families fitness events, cooking and nutrition classes, and encourages regular use of the family memberships and the YWCA fitness facilities

Prenatal Classes/Programs

Aquí Para Ti

(612) 873-8145

Centering Teen

The Centering Teen program serves Latino teens that are pregnant. Centering Teen combines the strengths of several approaches to help Latino teens receive adequate prenatal care and support. Once the teens deliver their babies, Aquí Para Ti will follow the babies and their teen parents.

Centro Tyrone Guzman

(612) 874-1412

Centering Pregnancy Group

- Meets Thursdays 9:30 - 11:30 am
- Classes focus on pregnancy education and prenatal care
- Contact Maria Padilla for more information

Whittier Clinic

Centering Pregnancy Group

Bilingual (Spanish and English) group for pregnant women. Contact Anne DeNucci for more information: Anne.DeNucci-Lushine@hcmcd.org

Personal Care Assistant (PCA) Services for Children

Accra Care, Inc. – (952) 935-3515

Custom Kids (Custom Care, LLC) – (952) 914-0269

FACTS – (651) 379-9800

Life Fountain Home Healthcare, Inc. – (651) 344-6220

Speech-Language Therapy

Children's Hospitals and Clinics, Developmental and Rehabilitation Services

Garden View Medical Building, Suite 403, 347 North Smith Avenue, St. Paul
(651) 220-6880

Service/Resource Navigators

CLUES

(612) 746-3500, (651) 379-4200

Navigators offer general assistance with forms, basic referral resources

Walk-in or by appointment

Northside Achievement Zone (NAZ)

(612) 521-4405

Connectors and Navigators help families create Achievement Plans that identify and address barriers to their children being college-ready at graduation, then help them access the resources needed to achieve their family's goals.

Participants must live in the North Minneapolis (between 35th Avenue on the north, West Broadway on the south, I-94 on the east and Penn Avenue on the west) or have children attending a North Minneapolis school with NAZ staff on-site.

Health Care Advocacy

Aqui Para Ti (APT)

A clinic-based development program for Latino youth ages 11-24 and their families through Hennepin County Medical Center. APT was created in 2002 to support Latino adolescents, who are often being raised in a culture very different than that of their parents.

- Located at the HCMC clinic at 2700 East Lake Street, 1:30 pm - 5:00 pm. Mondays, Tuesdays and Thursdays. (612) 873-8145
- All medical insurance accepted. Uninsured patients can get help applying for insurance or a discount card.

Community Health Worker Services - CLUES

Minneapolis and St. Paul sites

Promotores de Salud (community health workers) and Jóvenes de Salud (youth community health workers) inform, educate, refer, and follow up with individuals from Latino communities on a variety of health matters, including nutrition, tobacco control, cancer screenings, health insurance, and the importance of physical activity.

Contact Carla at (612) 746-3507.

Health Care Advocacy (continued)

Portico Healthnet

A nonprofit health and human services organization that helps uninsured Minnesotans access affordable health coverage and care.

Contact: (651) 489-2273

They can provide a directory of low cost clinics for Spanish speakers, help families who qualify for MNSure and help those who don't qualify apply for a "Health Coverage program" which is similar to insurance. Many of their clients are Spanish speaking and undocumented.

Southside Community Health Services

Patient advocates assist with state insurance and Assured Access applications.

Service is available to anyone. Patient Advocates are available throughout clinic hours at the Minneapolis location. Call the Richfield location for current advocate availability. For both clinics call: (612) 827-7181.

- Minneapolis (8:00 AM-5:00 PM, Mon-Fri)
324 East 35th Street
Minneapolis, MN 55408
- Richfield (8:00 AM-5:00 PM, Mon-Thurs)
1550 East 78th Street
Richfield, MN 55423

Tenants' Rights Education

The Family Partnership

Contact: Maria Zavala (612) 341-1609

Adult Mental Health Targeted Case Management

Adult mental health targeted case management (AMH-TCM) services help adults with serious and persistent mental illness (SPMI) gain access to needed medical, social, educational, vocational, and other necessary services as they relate to the recipient's mental health needs. AMH-TCM services include developing a functional assessment and individual community support plan, referring and assisting the recipient in obtaining needed mental health and other services, ensuring coordination of services, and monitoring the delivery of services.

CUHCC: (612) 638-0700

Adult Rehabilitative Mental Health Services (ARMHS)

- Enable a recipient to develop and enhance psychiatric stability, social competencies, personal and emotional adjustment, and independent living and community skills, when these abilities are impaired by the symptoms of mental illness
- Enable a recipient to retain stability and functioning if the recipient is at risk of losing significant functionality or being admitted to a more restrictive service setting without these services
- Instruct, assist, and support a recipient in areas such as medication education and monitoring and basic social and living skills in mental illness symptom management, household management, employment-related, or transitioning to community living

Associated Clinic of Psychology: (612) 455-8643

CUHCC: (612) 638-0700

Metro Psychology Support Services: (952) 923-0631 contact Ana Macias

Professional Resource Network/Pangea Care: Metro-wide; qualify for MA; Spanish-speaking, Hmong, Karen

Parenting Services

Father Project

Provided by CLUES, but located in the same building as La Oportunidad.
Contact Sonia at (612) 746-3500.

In-home Parenting Skills

Hosted by the Family Services program at CLUES, located in Plaza Verde.
Contact Cira Sanchez at (612) 746-3536.

Groups (see page 42)

- CLUES – parents of CTSS families
- La Oportunidad
- Urban Ventures – Siempre Padres

Immigration Evaluations

See Therapeutic Services Table (page 28) for contact info

Ana Maria Abugattas

Bogott Counseling

CLUES

**Interprofessional Center for Counseling and Legal Services,
University of St. Thomas**

Kente Circle, LLC

NorthPoint – Melissa Schleboom

Deborah Organ

Un Pueblecito Counseling

Multicultural Psychotherapy and Consulting Services, Ltd.

Tranquility Counseling, LLC

Uptown Psychology Clinic – David Hong

Domestic Violence-related Programs

Groups

CLUES (see page 43)

La Oportunidad (see page 44)

Latinos Ending Abuse Program (LEAP)

The Family Partnership (see page 43)

Advocacy

Casa de Esperanza: (651) 772-1611

The St. Paul & Ramsey County Domestic Abuse Intervention Project: (651) 645-2824

Sexual Assault-related Services

Civil Society/Sociedad Civil

332 Minnesota Street, Suite E-1436, Saint Paul, MN; (651) 291-0713

Provides culturally and linguistically specific services, including abused immigrant, human trafficking victims, and others who have barriers to reporting crime.

CLUES (see page 43)

CUHCC (612) 638-0700

Chemical Dependency Treatment

Adolescent

Canvas Health/New Generations: (651) 777-5222

Adult

CLUES: (612) 746-3500, (651) 379-4200

Pangea Care – Outpatient Services: (651) 414-0063

Senior Services

Adult Day Care

CLUES (Aging Well Day Care): (612) 746-3500, (651) 379-4200

Caregiver Support Services

CLUES: (612) 746-3500, (651) 379-4200

Supervised Visitation Services

Minnesota Care Services - Transition Support Services

Provides supervised visitation as well as follow-up in-home skills training services. Families can request the service without CPS involvement.

Walk-In Counseling

Neighborhood House 612-870-0565

Free, confidential, and anonymous mental health counseling is available at Neighborhood House’s Wellstone Center location. This program creates a safe space for participants who wish to remain anonymous or who are new to mental health care. The service is provided by professional counselors who are sensitive to diverse, multi-cultural populations. No appointment is necessary.

Walk-in counseling is available 6-8 p.m. on Tuesdays and Thursdays at the Wellstone Center (179 Robie Street E, St. Paul), or 1-3 PM most Mondays at the Walk-in Counseling Center (2421 Chicago Ave. S, Minneapolis). Call to confirm current availability with Spanish-speaking providers at these and other locations.



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www.washburn.org/spanishclinicalguide