

# SABER ES PODER

Knowledge is Power - Sabiduría Newsletter



ISSUE 1 | SEPTEMBER 2020 | BY: MEGAN MASURET & JUANITA TORRES

SCHOOL of GRADUATE PSYCHOLOGY

## Latinx and the News

- Latinx individuals are dying at nearly twice the rate\* of White Americans from COVID-19
- On June 18, 2020, the Supreme Court ruled that the Trump administration's attempt to end DACA in 2017 was unlawful. **The fight is not over.** The administration can try again to end DACA through executive action.
- On July 28, 2020, DHS announced changes to DACA including the rejection of new first-time DACA applications
- Asylum seeker applications have been paused, and the DOJ and DHS are proposing to abdicate the US of its legal obligation to protect those seeking refuge
- ICE's attempt to end international students' visas was withdrawn, even for students taking all remote courses
- The 2020 census will not ask about citizenship, but the Trump administration may work to compile citizenship information in other ways
- Police brutality disproportionately impacts Black and Brown communities
- Ecuadorian couple Julio Mora (110) and Waldramina Quinteros (104) officially hold the record for the world's oldest married couple

## A Newsletter by Sabiduría Students for the Community

The inspiration for this newsletter stems from the social justice movements happening across the country. As Sabiduría students we make outreach a pillar of our training, and we recognize that we do not always do a great job of including other students and faculty members in our efforts. The purpose of this newsletter is to increase communication, continue the conversation for racial equality, showcase Sabiduría's community work, and inspire others to get involved.

This newsletter will be sent out twice a semester, and will include information such as: relevant news, outreach opportunities, upcoming events, and student perspectives because *saber es poder!*



### Student Spotlight

4<sup>th</sup> year Sabiduría student, Alejandra Ferris, was recognized as Portland Freeland Spirits July "Free Spirit". Alejandra was selected for her ongoing dedication to supporting the health of the Oregon Latinx community, being a fierce leader in social justice movements, and inspiring others to do more and speak for equity. Congratulations Alejandra!

## 2020 Sabiduría Outreach Data (Jan-Aug)

<b>Number of Outreach Events</b>	44
<b>Total Hours Spent</b>	53
<b>Total People Reached</b> (not including charlas)	812

<b>Number of Online <u>Charlas</u></b>	5
<b>Number of People Reached</b>	5,744
<b>Age of Viewers</b>	25-54

**Topics Covered:** Stress management, healthy relationships, substance use, depression, suicide

**Countries Reached:** United States, Mexico, Costa Rica, Ecuador, Peru, Canada, Guatemala, and Colombia

\*Click any underlined phrase above to read the full article.

## ¡Felicidades Sabiduría Team!

In April 2020, Sabiduría received a public health award from Washington County for the passion, energy, and time commitment of the Sabiduría team who has worked hard to expand the knowledge and understanding of mental health issues in the local Latinx community. Although our work is far from done, tenemos mucho orgullo for this recognition.

## Upcoming Outreach Events

- Watch our community *charlas* on Facebook live [here](#)
- **September 10 & 23<sup>rd</sup>**: Virtual promotores training
- **September 15**: Oregon Health Authority Community Call
- **September 18**: Oregon Latina Health Symposium—register for free [here](#)
- **October 30 & November 3<sup>rd</sup>**: Latino Network Latinx Youth Suicide Presentation
- Conversaciones con los abuelos: Weekly phone calls to Washington County Latinx older adults (contact Paige at [reoh2846@pacificu.edu](mailto:reoh2846@pacificu.edu) for more information)

## Thank you to our Summer Community Partners



## Summer 2020 Outreach Highlights

- Offered **webinars and skill trainings**, focusing on self-care and trauma prevention, to over 350 staff members at Latinx serving organizations in Multnomah and Washington County
- **Conducted *charlas*** covering varying emotional and mental health topics via Facebook live in collaboration with community partners, which have reached over 6,000 people worldwide since April
- **Attended Latinx collaborative network meetings and town hall meetings via zoom** to advocate for the mental health needs of the Latinx community, demand PPE for migrant farmworkers, and address state policies that negatively impact the Latinx community
- **Created Spanish language psychoeducational videos** on YouTube which have been used and shared by our community partners and posted on the Washington County Human Services Department website
- **Created a Rapid Response Team** to address the mental health needs of uninsured and low-income individuals affected by COVID-19 through a community grant awarded from Providence Health & Services to the Sabiduría emphasis
- **Implemented a new program, named *conversaciones con los abuelos***, matching students with Latinx older adults who are experiencing significant isolation during COVID-19. Students support their *abuelos* through weekly check-ins, evaluation of basic needs, and providing social connection and support.

## Social Justice Challenge

### Educate Yourself

- Sign up for <https://thedream.us> newsletter for DACA updates
- Watch Immigration Nation on Netflix
- Learn about citizenship requirements, the deportation process, and related issues [here](#)
- Listen to NPR's podcast Latino USA

### Action Items

- Register to vote and VOTE!
- Ordering take out? Consider supporting local Latinx-owned businesses
- Volunteer to help make food boxes for migrant farm workers or distribute food to Latinx families in need with Centro Cultural [here](#)

### Donate

- Sponsor a local Latinx family in need through one of our community partners, Centro Cultural, [here](#)
- Donate to DACA scholarships [here](#)
- Help provide temporary financial support for Latinx Oregonian immigrants ineligible for unemployment [here](#)

\*Click any underlined phrase above to go to the website

## Student Perspectives on Outreach

“Working in the community and alongside community members also provides a glimpse into the **reality of the challenges and strengths** this community experiences and a better understanding for “where patients are at” once they enter the therapeutic setting to receive professional help. **Awareness of their day to day issues**, of how the systems impact community members, and the different avenues that exist to empower and lift marginalized communities has been obtained through **experiential knowledge** of doing this work”

“being part of the *charlas* has helped me as a future clinician because I have the opportunity to interact and work with people who have different views and practices than I do. As a Latina, this experience **has opened my eyes as to how different our cultures really are, and that cultural sensitivity is far more than just language**”

“For me, its personal responsibility. I’m a member of this community with desires to serve this community, and **because I don’t know service delivery without an outreach component.**”

## ¡Felicidades a Nuestras Graduadas y Bienvenidas a los Estudiantes del año 2020!

Congratulations to our new Sabiduría graduates, Steffanie La Torre, Jackie Philpot, and Cassandra Smith, for earning their PsyD this August! We are so proud of you all and excited for your futures!

We would also like to welcome the 2020 cohort to our community! For those interested in applying to Sabiduría, please feel free to reach out with any questions or just to connect. Interested in working with this community, but don't speak Spanish? Please do not let that deter you! This emphasis is open to **all** who want to apply, as there are plenty of cultural skills to learn that are not language based.

## ¡¡¡GRACIAS Y HASTA LUEGO DRA. DAISY BUENO!!!

Dr. Bueno was an integral part of the Sabiduría and outreach teams at the Pacific Psychology and Comprehensive Health Clinic for the past two years. During her time with us she has worked tirelessly to give back to the Latinx community through social justice work, outreach, and advocacy. There are not enough words to thank her for her constant professional and personal support, and the Sabiduría family will miss her very much. Dr. Bueno: we’re rooting for you and can’t wait to see what you will accomplish next!



Juanita Torres, Dr. Bueno, & Alejandra Ferris taking a break while working with migrant farmers on a stress management charla | Summer 2019