

## RHIP and COVID-19 MINI-GRANT PROJECT SUMMARIES

### COVID-19 Final Report MECCA Bend (Non-RHIP) “Peer to Peer Emotional Coaching”

#### Summary of Results:

- Peer to Peer (P2P) Emotional Coaching & Support Groups: A safe and private culturally responsive and adaptive Spanish/English emotional and mental support opportunity for those the system has left behind.
- This priority needs arrangement offers one-on-one sessions as well as group sessions (beginning January 2021) over the course of 6-12 weeks, or single sessions as desired for others.
- P2P is facilitated by an indigenous and trauma informed practitioner, Sareli Beltran of Central Oregon.
- P2P Participant self-disclosed identities: 8 cis females, 1 non-binary individual, 7 monolingual Spanish speakers
- 1-2 session (60-90 minutes each) indigenous, latinx or latina/o self-identified, and Black
- 9 of 10 are parents and leading their families
- 7 of 10 parenting resources (info) offered and received
- All 10 have been either diagnosed with a pathology, chronic illness, disability or suspect to have a condition that prevents their ability to fully function within our social systems. the participants with official medical diagnosis reached out and either are seeing a medical provider or in the process to do so.

#### Quote:

"It's no secret that rural Central Oregon lacks culturally competent programs that offer emotional support that fit the needs of those outside of the dominant culture. For many of us, emotional and mental health is not something we address in a clinical setting, or a yoga studio. Nor is it something commonplace in a culture often driven by survival instincts rather than a thriving existence where we are allowed to center our emotional needs. Access to these spaces and resources has historically been created for and by the privileged. Those among us with less means and time to devote to self-care suffer the greatest brunt's of a harsh reality."

Janet Sarai Llerandi