



# 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.

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## Acknowledgements

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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](http://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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the Hennepin County Spanish-speaking Provider Consortium

# Table of Contents

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<b>Language Guide</b>	5
Roles	6
General Clinical Terms	7
Emotions/Feelings	7
Managing Feelings	9
Behavior	9
Cognitive	10
Development	11
Personality Descriptors	11
Identity	12
Praise/Strength Descriptors	12
Diagnoses	13
Trauma-related Terms	14
Treatment Planning Terms	16
Therapeutic Strategies/Concepts	17
Skills/Strategies	17
Mindfulness	18
Social Functioning/Relationships	19
Parenting	20
Washburn Center Language/Kid Talk	21
Home-based Clinical Vernacular	23
Allied Services/Systems Language	23
 <b>Therapeutic Services Chart</b>	28

<b>Resources</b>	35
Case Management Supplemental Information	36
Children's Therapeutic Services and Supports (CTSS) Services Supplemental Information	37
In-Home Therapeutic Services	37
School-based Mental Health Services	39
Groups	40
Educational Advocacy	43
Youth Development Programs	44
Prenatal Classes/Programs	45
Personal Care Assistant (PCA) Services for Children	45
Speech-Language Therapy	46
Service/Resource Navigators	46
Health Care Advocacy	46
Tenants' Rights Education	47
Adult Mental Health Targeted Case Management	47
Adult Rehabilitative Mental Health Services (ARMHS)	47
Parenting Services	48
Immigration Evaluations	48
Domestic Violence-related Programs	48
Sexual Assault-related Services	49
Chemical Dependency Treatment	49
Senior Services	49



# Language Guide

A List of Clinical  
Terminology

# Roles

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<b>Case Manager</b>	coordinador/a del caso/de casos
<b>Clinical Social Worker</b>	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"><li>• Los psicólogos se enfocan más en lo que pasa adentro de una persona o en la parte interior (sentimientos o emociones, pensamientos, antecedentes)</li><li>• 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</li><li>• 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</li></ul>
<b>Counselor</b>	consejero/a
<b>Psychologist</b>	psicólogo/a, da terapia y dar exámenes psicológicos
<b>Psychiatrist</b>	el/la psiquiatra, da medicina y terapia
<b>Psychiatric Nurse Practitioner</b>	enfermera/o practicante en psiquiatría, asistente del psiquiatría
<b>Skills worker/trainer</b>	entrenador/a o facilitador/a de comportamientos o habilidades
<b>Social Worker</b>	trabajador/a social
<b>Therapist</b>	el/la terapeuta, terapista

# General Clinical Terms

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<b>Affect</b>	afecto
<b>Flattened</b>	decaído/a, aplastado/a, apachurrado/a
<b>Blunted</b>	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
<b>Elevated</b>	elevado/a, aumenta
<b>Heal/recover</b>	curarse, recuperarse, recobrarse
<b>Mood</b>	sentido de ánimo, estado de ánimo
<b>Personality</b>	carácter, personalidad
<b>Reflect</b>	reflexionar
<b>Strengths</b>	habilidades, talentos, fortalezas, que hace bien, cualidades positivas
<b>Weaknesses</b>	debilidades NOT “descapacidades” – implies disabilities or permanent deficits

# Emotions/Feelings

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

# Emotions/Feelings (continued)

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<b>Disgusted</b>	indignado/a, asqueado/a (more intense), enfermarse, le repugna NOT “disgustado” – false cognate
<b>Frustrated</b>	frustrado/a
<b>Grief</b>	duelo, pena
<b>Guilty</b>	culpable
<b>Happy</b>	feliz, contento/a
<b>Irritated/bothered</b>	molesto/a
<b>Loneliness</b>	soledad
<b>Lonely</b>	sentirse solo/a
<b>Mourning</b>	luto (describes a formal mourning state) – se usa “estar de luto”
<b>Numbing</b>	entumiéndose
<b>Numb</b>	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
<b>Reactive</b>	reactivo/a
<b>Sad</b>	triste
<b>Sadness</b>	tristeza
<b>Stuck</b>	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

<b>Triggers</b>	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"> <li>• “Yo iba por la calle y de repente percibí (olí) el perfume de un hombre y me causó tener un ataque de pánico”</li> <li>• Disparador – literal translation of trigger, but do not use because it implies huge explosion</li> <li>• Experiencias detonates is a literal translation of “triggering experiences” but does not make sense</li> </ul>
<b>Upset</b>	alterado/a, disgustado/a
<b>Worry</b>	preocupación
<b>Worried</b>	preocupado/a

## Managing Feelings

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<b>Deal with/Handle</b> (implies more mastery/control)	manejar, lidiar
<b>To bear it/to endure</b>	aguantar, soportar
<b>Tolerate</b> (more neutral connotation)	tolerar, soportar

## Behavior

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<b>Aggression</b>	agresión
<b>Agitated</b>	agitado/a, nervioso/a (more emotional), inquieto/a (more physical) <ul style="list-style-type: none"> <li>• exacerbado/a – usually not used because it's older, more flowery language</li> </ul>

# **Behavior** (continued)

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

# **Cognitive**

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

# Development

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

# Personality Descriptors

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

# Personality Descriptors (continued)

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

# Identity

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

# Praise/Strength Descriptors

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

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

## Diagnoses

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

# Diagnoses (continued)

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

# Trauma-related Terms

<b>Accidents</b>	accidentes
<b>Abuse</b>	abuso
<b>Avoidance</b>	evita, “le saca el cuerpo,” evade
<b>Containment</b>	se contuvo, contener, se detuvo (de hacer/dicir algo)
<b>Dissociation/ disassociate</b>	separación, disociación, alejarse de la realidad, despegarse, <ul style="list-style-type: none"><li>• 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.</li><li>• “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</li></ul>
<b>Distorted thoughts/ beliefs</b>	pensamientos o creencias equivocadas/no apropiadas/distorsionadas
<b>Flashbacks</b>	recuerdos/memorias vivas involuntarias, recuerdos súbitos del pasado, recuerdos que vienen y van

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

# Treatment Planning Terms

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

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

# Mindfulness

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

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

# Social Functioning/Relationships

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<b>Ability to use adults for support</b>	habilidad de usar/utilizar adultos como apoyo/para apoyo
<b>Attachment</b>	la conexión entre padre e hijo, unión, un lazo que existe entre usted y el hijo, está atado emocionalmente a ti
<b>Attending</b>	pendiente, estar presente NOT “atendiendo,” “asistiendo” – literal translations about attendance
<b>Boundaries</b>	límites
<b>Differentiation</b>	diferenciando, diferenciación
<b>Friendship skills</b>	sabe cómo hacer amigos, hace amigos fácilmente, habilidad de ser amigo
<b>Independence</b>	independencia
<b>Insecure</b>	inseguro/a
<b>Isolation</b>	alejamiento
<b>Joining</b>	unirse con; unirse emocionalmente con • participando, siendo parte de – literal translations about participating in something
<b>Reciprocal social functioning</b>	cooperación en el funcionamiento social
<b>Secure</b>	seguro/a
<b>Social skills</b>	sabe cómo desenvolverse socialmente, habilidades de comportamiento social
<b>Trust</b>	confianza

# Parenting

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

<b>Time-out</b>	un descanso obligatorio, castigo de “time-out”
<b>Welcome my child back</b>	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

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<b>Be the boss of _____</b>	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
<b>Mom job/Dad job/ kid job</b>	(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 parent/madre/ hijo – responsabilidades en el hogar

# Washburn Center Language/Kid Talk

(continued)

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## 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 preocupa 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

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**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

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**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)

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### Child protection (continued)

<b>Investigation</b>	investigación
<b>Judge</b>	juez
<b>Mandated reporter</b>	obligación a reportar/informar estoy obligado a informar/tengo que informar al Departamento de protección de menores/niños
<b>Neglect</b>	negligencia, descuido
<b>Day care/child care</b>	guardería/cuidado de niño/as
<b>Economic Assistance</b>	asistencia/ayuda económica
<b>Cash Assistance</b>	asistencia/ayuda en efectivo, cash
<b>Food Stamps</b>	estampillas de comida, estampillas, cupones de comida
<b>Foster care</b>	cuidado de crianza temporal, cuidado de crianza, cuidado temporal
<b>Foster homes</b>	casa de crianza temporal
<b>Foster parents/foster family</b>	familia de crianza, familia sustituta, familiar de acogida
<b>Permanency</b>	permanencia
<b>Placement</b>	colocación, asignación
<b>Legal system</b>	sistema legal
<b>Advocacy</b>	defensoría, intercesoría/intercesión
<b>Advocate</b>	intercesora, defensor/a
<b>To advocate</b>	apoyar, defender, abogar, ayudar, apelar (por tí)

## **Legal system (continued)**

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

# Allied Services/Systems Language

(continued)

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

## Special Education (continued)

<b>Learning Disorder (LD)</b>	Trastorno de aprendizaje, dificultades de aprendizaje, problema de aprendizaje
<b>Occupational Therapy</b>	terapia ocupacional
<b>Other Health Disability (OHD)</b>	Otra discapacidad de salud, Otra limitación de salud
<b>Physical Therapy</b>	terapia física
<b>Pull-out services</b>	llover a otro cuarto/otro programa/otra clase, servicios adicionales
<b>Push-in services</b>	incluir servicios en el salón de clase, servicios adicionales
<b>Service minutes</b>	minutos de servicio
<b>Speech therapy</b>	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							
Community-University Health Care Center (CUHCC) 2001 Bloomington Ave. S, Minneapolis	(612) 638-0700	all	sliding fee scale	C, T		✓	⌚	⌚	⌚		
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
Fraser multiple locations	(612) 767-7222	all	sliding fee scale, payment plans	EC, C, T, F			⌚				
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			⌚				

EC = Early Childhood (under 5)  
C = Children

T = Adolescents/Teens  
A = Adults

F = Family  
Cp = Couples

⌚ = Services available through use of an interpreter

# 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
<b>Headway Emotional Health Services</b> Golden Valley, Richfield	(763) 746-2411	all	sliding fee scale	EC, C, T, A, Cp, F		✓	✓	⌚		⌚	✓
<b>Hennepin County Mental Health Center</b> 1801 Nicollet Ave. S, Minneapolis	(612) 596-0900	MA and PMAP plans only	sliding fee scale	C, F				⌚			
<b>Interprofessional Center for Counseling and Legal Services</b> University of St. Thomas, 30 S. 10th St, Minneapolis	(651) 962-4820	none -- services are free	n/a	T, A, Cp, F			⌚				
<b>Michelle Kosmak, LICSW</b> (private practice) 8085 Wayzata Blvd, Ste 101B, Golden Valley	(612) 825-1559	Medica, UBH	sliding fee scale (\$70+)	C, T, A, F							EMDR
<b>Life Balance Individual, Family, and Couple Therapy</b> (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							
<b>Multicultural Psychotherapy and Consulting Services, Ltd.</b> (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
<b>Natalis Counseling and Psychology Solutions</b> 2550 University Ave. W, Ste 314N, St. Paul	(651) 379-5157	most	sliding fee scale								
<b>NorthPoint Health and Wellness Center</b> 1515 Penn Ave. N, Minneapolis	(612) 543-2566	most	sliding fee scale	C, T							
<b>Deborah Organ, LICSW, DMin</b> (private practice) Holy Rosary Church, 2424 18th Ave. S, Minneapolis	(612) 724-3651	none -- services are free	n/a	T, A, F							

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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
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							
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
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) 767-8652	most	sliding fee scale	C, 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**

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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](http://www.dhs.state.mn.us)

## **In-Home Therapeutic Services**

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### **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

### 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

## 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)

## **CLUES**

Carver Elementary School (Maplewood), Castle Elementary School (Oakdale), Highview Middle School (Mounds View), Maplewood Middle School (Maplewood), RCEP: Richfield Career Education Program (Richfield), Richfield High School (Richfield), Roseville Area Middle School (Roseville)

## **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)

## **GAP (Guadalupe Alternative Programs)/Change, Inc**

Folwell Performing Arts Magnet School (Minneapolis), Jefferson Community School (Minneapolis), Richard R. Green Central Park School (Minneapolis), Thomas Edison 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

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## 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

(2015 dates: 4/9, 5/14, 6/11)

PICA – McKnight 4225 Third Ave S, Minneapolis

St. Paul – Fourth Wednesday of the month, 6:30 - 8:30 pm

(2015 dates: 4/22, 5/27)

John A. Johnson Achievement Plus Elementary School

Contact is Ryan Anderson Pascual

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.

- Meets Thursdays, 5:00 - 7:00 pm, at Children's Hospital in Minneapolis
- Childcare is provided on a limited basis
- Contact Ursula or Dora at APT (612-873-8145) or Anna at Children's Hospital (612-813-6808) for more information

## Centro Tyrone Guzman

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

Contact Maria Padilla for all groups

### **Clase de Nutrición (Nutrition Class)**

Tuesdays, 10:00 am - 1:00 pm, beginning March 10, 2015 (call for future dates)

Learn how to prepare simple, affordable, and nutritious meals; reduce your intake of sugar, salt, and fat; and help keep your family healthy.

Class is in partnership with University of Minnesota Extension.

### **Entre Amigas (Between Friends)**

Wednesdays, 10:00 am - 1:00 pm, March 4 - May 20, 2015 (call for future dates)

Classes cover themes, including introduction to sexuality, anatomy, contraception, sexually transmitted infections, how to talk to children about sexuality, domestic violence and sexual violence, sexual orientation, and body image.

### **Meditación (Meditation)**

2015 dates: 4/30, 5/28, 6/28, 7/29, 8/26, 10:00 am -12:00 pm (call for future dates)

Learn and practice basics of meditation to become more attentive and present in one's daily life. Class is offered in partnership with Aquí para Tí and Tergar Meditation Community.

### **Talleres para Hombres**

2015 dates: 4/10, 4/17, 5/8, 5/22, 6/12; 5:00 - 7:00 pm (call for future dates)

Meetings focus on a variety of topics of interest to men and their families.

Light supper served. Program is offered in partnership with Casa de Esperanza.

## **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 about CLUES Families without Violence Program, contact Eva Landeros at [elanderos@clues.org](mailto:elanderos@clues.org) or (612) 746-3539.

## **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
- 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)
- Facilitated by Barbara Williamson
- Refer clients by calling Maria Pena (612) 876-9884 Extension: 9881

## **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.

### **Uptown Psychology Group**

#### **Caminos Adelante**

Therapy group for Spanish-speaking adults with PTSD

- Facilitated by David Hong, LP, and Liza Gray, MFT intern
- 1 individual intake, 6-8 group sessions, 6-8 individual sessions
- \$20/group session, \$40/individual session

**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

## 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.

## 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

### 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.

## **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**

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### **Aquí Para Ti**

#### **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**

#### **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@hcmed.org](mailto:Anne.DeNucci-Lushine@hcmed.org)

## **Personal Care Assistant (PCA) Services for Children**

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**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 35<sup>th</sup> 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.

## **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.

## **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

**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**

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### **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 40)**

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

## **Immigration Evaluations**

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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**

**NorthPoint – Melissa Schleboom**

**Deborah Organ**

**Un PuebloCito Counseling**

**Multicultural Psychotherapy and Consulting Services, Ltd.**

**Tranquility Counseling, LLC**

**Uptown Psychology Clinic – David Hong**

## **Domestic Violence-related Programs**

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### **Groups**

- CLUES (see page 41)
- La Oportunidad (see page 42)
- Latinos Ending Abuse Program (LEAP)
- The Family Partnership (see page 41)

## **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 41)

**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





Support for this resource was provided by the Hennepin County  
Children's Mental Health Collaborative.

[www.washburn.org/spanishclinicalguide](http://www.washburn.org/spanishclinicalguide)