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](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,

Elizabeth Franklin, MSW, LICSW
Therapist
Facilitator of Washburn Center’s Spanish-speaking Provider Group and the Hennepin County Spanish-speaking Provider Consortium
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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:

• 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, terapista
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, recobrarse
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)

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

**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

**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)

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

### Cognitive

<table>
<thead>
<tr>
<th>Term</th>
<th>Translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coherence</td>
<td>coherente (adjetivo), coherencia (sustantivo), tiene sentido (makes sense)</td>
</tr>
<tr>
<td>Concentration</td>
<td>concentración</td>
</tr>
<tr>
<td>Focus</td>
<td>enfoque</td>
</tr>
<tr>
<td>IQ</td>
<td>coeficiente intelectual (CI)</td>
</tr>
<tr>
<td>Intelligence</td>
<td>inteligencia</td>
</tr>
<tr>
<td>Processing</td>
<td>procesar, digerir (for how brain manages information)</td>
</tr>
</tbody>
</table>
## Development

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

## Personality Descriptors

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charming</td>
<td>encantador/a</td>
</tr>
<tr>
<td>Engaging</td>
<td>no direct translation – abierto, participa/colabora, se involucra (active part of a group)</td>
</tr>
</tbody>
</table>
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 sí mismo, auto conocimiento, conocerte 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
- 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
Recurrence  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,
• When he touched me, I disassociated because it triggered me. – Cuando él me toco 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
  • 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____?
  • “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

<table>
<thead>
<tr>
<th>Term</th>
<th>Spanish Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>Care coordination</td>
<td>coordinación de cuidados/de servicios/de ayuda</td>
</tr>
<tr>
<td>Discharge</td>
<td>darlo de alta/dar de alta, terminar servicios</td>
</tr>
<tr>
<td>Goal</td>
<td>meta</td>
</tr>
<tr>
<td>Objective</td>
<td>objetivo</td>
</tr>
<tr>
<td>Problem</td>
<td>problema</td>
</tr>
<tr>
<td>Psychiatry services</td>
<td>servicios psiquiátricos</td>
</tr>
<tr>
<td>Medication management</td>
<td>manejo de medicamentos, control de medicamentos</td>
</tr>
<tr>
<td>Psychological Testing</td>
<td>examen psicológico</td>
</tr>
<tr>
<td>Skills training services</td>
<td>servicios de entrenamiento/formación de comportamientos/estrategias/habilidades</td>
</tr>
<tr>
<td>Therapeutic modalities</td>
<td>modalidades terapéuticas</td>
</tr>
<tr>
<td>Art therapy</td>
<td>Terapia de arte</td>
</tr>
<tr>
<td>CBT</td>
<td>Terapia cognitiva y de comportamiento</td>
</tr>
<tr>
<td>DBT</td>
<td>Terapia dialéctica-conductual</td>
</tr>
<tr>
<td>EMDR</td>
<td>Desensibilización y reprocesamiento a través de movimientos oculares</td>
</tr>
<tr>
<td>Narrative therapy</td>
<td>Terapia narrativa</td>
</tr>
<tr>
<td>Play therapy</td>
<td>Terapia de juego</td>
</tr>
<tr>
<td>TF-CBT</td>
<td>Terapia cognitiva y de comportamiento enfocada en el tratamiento de trauma</td>
</tr>
<tr>
<td>Whereas</td>
<td>mientras</td>
</tr>
</tbody>
</table>
**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)

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

### Mindfulness

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

<table>
<thead>
<tr>
<th>Emotional mind</th>
<th>mente emocional, razonar con las emociones y sensaciones corporales</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insight</td>
<td>realizar un juicio</td>
</tr>
<tr>
<td>To be in ___ mind</td>
<td>estar en mente ____ (consciente)</td>
</tr>
<tr>
<td>To be present</td>
<td>estar presente, estar disponible</td>
</tr>
<tr>
<td>Rational mind</td>
<td>mente racional, razonar con la lógica y análisis, en frío, “pensar con cabeza fría”</td>
</tr>
<tr>
<td>Wise mind</td>
<td>mente sabia, equilibrio entre la mente racional y la mente emocional, observar sin juzgar en el presente y siendo efectivo</td>
</tr>
<tr>
<td>Social Functioning/Relationships</td>
<td></td>
</tr>
<tr>
<td>----------------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>Ability to use adults for support</strong></td>
<td>habilidad de usar/utilizar adultos como apoyo/para apoyo</td>
</tr>
<tr>
<td><strong>Attachment</strong></td>
<td>la conexión entre padre e hijo, unión, un lazo que existe entre usted y el hijo, está atado emocionalmente a ti</td>
</tr>
<tr>
<td><strong>Attending</strong></td>
<td>pendiente, estar presente NOT “atendiendo,” “asistiendo” – literal translations about attendance</td>
</tr>
<tr>
<td><strong>Boundaries</strong></td>
<td>limites</td>
</tr>
<tr>
<td><strong>Differentiation</strong></td>
<td>diferenciando, diferenciación</td>
</tr>
<tr>
<td><strong>Friendship skills</strong></td>
<td>sabe cómo hacer amigos, hace amigos fácilmente, habilidad de ser amigo</td>
</tr>
<tr>
<td><strong>Independence</strong></td>
<td>independencia</td>
</tr>
<tr>
<td><strong>Insecure</strong></td>
<td>inseguro/a</td>
</tr>
<tr>
<td><strong>Isolation</strong></td>
<td>alejamiento</td>
</tr>
<tr>
<td><strong>Joining</strong></td>
<td>unirse con; unirse emocionalmente con • participando, siendo parte de – literal translations about participating in something</td>
</tr>
<tr>
<td><strong>Reciprocal social functioning</strong></td>
<td>cooperación en el funcionamiento social</td>
</tr>
<tr>
<td><strong>Secure</strong></td>
<td>seguro/a</td>
</tr>
<tr>
<td><strong>Social skills</strong></td>
<td>sabe cómo desenvolverse socialmente, habilidades de comportamiento social</td>
</tr>
<tr>
<td><strong>Trust</strong></td>
<td>confianza</td>
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</table>
## Parenting

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

Welcome my child back  
bienvenida a mi hijo de regreso o de vuelta, acervo 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
Size of feelings

When your body feels____, your feelings get____

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
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)

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

<table>
<thead>
<tr>
<th>Term</th>
<th>Spanish Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Criminal history</td>
<td>historia criminal, pasado judicial</td>
</tr>
<tr>
<td>Deportation</td>
<td>deportación</td>
</tr>
<tr>
<td>Immigration</td>
<td>la migra, la inmigración</td>
</tr>
<tr>
<td>Legal problems</td>
<td>problemas legales</td>
</tr>
<tr>
<td>Legal status</td>
<td>estatus legal, estado de residencia</td>
</tr>
<tr>
<td>Citizen</td>
<td>ciudadano</td>
</tr>
<tr>
<td>Documented</td>
<td>documentado/a, tiene papeles/legal</td>
</tr>
<tr>
<td>Green card</td>
<td>tarjeta verde, tarjeta de residencia</td>
</tr>
<tr>
<td>Overstayed</td>
<td>se quedó más del tiempo autorizado/permitido</td>
</tr>
<tr>
<td>Residency/permanent residency</td>
<td>residencia permanente</td>
</tr>
<tr>
<td>Undocumented</td>
<td>sin papeles, falta papeles, indocumentado</td>
</tr>
<tr>
<td>On your behalf, I’m on your side</td>
<td>estoy de tu parte, vengo de parte de ___</td>
</tr>
<tr>
<td>Order for Protection</td>
<td>orden de protección</td>
</tr>
<tr>
<td>No-Contact Order</td>
<td>orden de no contacto</td>
</tr>
<tr>
<td>Medical Assistance</td>
<td>asistencia médica, MA, seguro o asistencia por el condado/por Hennepin (cualquier)</td>
</tr>
<tr>
<td>PMAP</td>
<td>asistencia/seguro medica [proporcionado] por UCare/Health Partners/Medica</td>
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</tbody>
</table>
### Allied Services/Systems Language (continued)

<table>
<thead>
<tr>
<th>Shelter</th>
<th>refugio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domestic Violence shelter</td>
<td>refugio de violencia doméstica, refugio para personas que padecen violencia domestica</td>
</tr>
<tr>
<td>Emergency shelter</td>
<td>refugio de emergencia</td>
</tr>
<tr>
<td>Homeless shelter</td>
<td>refugio para personas sin hogar</td>
</tr>
<tr>
<td>Shelter for runaway/homeless youth</td>
<td>refugio para jóvenes sin hogar o que han dejado su hogar</td>
</tr>
</tbody>
</table>

### Special Education                           | educación especial                           |
<p>| 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 |</p>
<table>
<thead>
<tr>
<th>Service Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Disorder (LD)</td>
<td>Trastorno de aprendizaje, dificultades de aprendizaje, problema de aprendizaje</td>
</tr>
<tr>
<td>Occupational Therapy</td>
<td>terapia ocupacional</td>
</tr>
<tr>
<td>Other Health Disability (OHD)</td>
<td>Otra discapacidad de salud, Otra limitación de salud</td>
</tr>
<tr>
<td>Physical Therapy</td>
<td>terapia física</td>
</tr>
<tr>
<td>Pull-out services</td>
<td>llevar a otro cuarto/otro programa/otra clase, servicios adicionales</td>
</tr>
<tr>
<td>Push-in services</td>
<td>incluir servicios en el salón de clase, servicios adicionales</td>
</tr>
<tr>
<td>Service minutes</td>
<td>minutos de servicio</td>
</tr>
<tr>
<td>Speech therapy</td>
<td>terapia del habla, terapia de lengua</td>
</tr>
</tbody>
</table>
## Therapeutic Services Chart of Spanish Speaking Providers

<table>
<thead>
<tr>
<th>Provider Name</th>
<th>Intake Number</th>
<th>Insurances Accepted</th>
<th>Options for Uninsured Clients</th>
<th>Outpatient Therapy</th>
<th>CTSS Services</th>
<th>Children's Mental Health Case Management</th>
<th>Psychological Testing</th>
<th>Psychiatry Services</th>
<th>In-Home Therapy Programs</th>
<th>School-based Mental Health</th>
<th>Specific Modalities Used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ana Maria Abugattas (private practice)</td>
<td>(651) 368-8838</td>
<td>none</td>
<td>sliding fee scale</td>
<td>A, Cp, F</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bogott Counseling (Danka Bogott, LMFT private practice)</td>
<td>(612) 212-3564</td>
<td>none</td>
<td>sliding fee scale</td>
<td>T, A, Cp, F</td>
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<td></td>
</tr>
<tr>
<td>Canvas Health/New Generations</td>
<td>(651) 777-5222</td>
<td>all</td>
<td>sliding fee scale</td>
<td>T, A, F</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
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<tr>
<td>Catholic Charities</td>
<td>(651) 647-3169</td>
<td>all</td>
<td>sliding fee scale</td>
<td>A, Cp, F</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Community-University Health Care Center (CUHCC)</td>
<td>(612) 638-0700</td>
<td>all</td>
<td>sliding fee scale</td>
<td>C, T</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Comunidades Latinas Unidas en Servicio (CLUES)</td>
<td>(612) 746-3500</td>
<td>all</td>
<td>flat fee ($20)</td>
<td>EC, C, T, A, Cp, F</td>
<td>✓</td>
<td>Ramsey County Only</td>
<td>✓</td>
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<tr>
<td>Comunidades Latinas Unidas en Servicio (CLUES)</td>
<td>(651) 379-4200</td>
<td>all</td>
<td>flat fee ($20)</td>
<td>EC, C, T, A, Cp, F</td>
<td>✓</td>
<td>Ramsey County Only</td>
<td>✓</td>
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<td></td>
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</tr>
<tr>
<td>Community-University Health Care Center (CUHCC)</td>
<td>(612) 638-0700</td>
<td>all</td>
<td>sliding fee scale</td>
<td>C, T</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Family Adolescents and Children Therapy Services (FACTS)</td>
<td>(651) 379-9800</td>
<td>all</td>
<td>sliding fee scale</td>
<td>EC, C, T, A, Cp, F</td>
<td>✓</td>
<td>Experiential Play Therapy, CPII</td>
<td>✓</td>
<td>✓</td>
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</tr>
<tr>
<td>The Family Partnership</td>
<td>(612) 728-2089</td>
<td>all</td>
<td>sliding fee scale</td>
<td>EC, C, T, A, Cp, F</td>
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</tr>
<tr>
<td>Fraser</td>
<td>(612) 767-7222</td>
<td>all</td>
<td>sliding fee scale</td>
<td>EC, C, T, F</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>HAMM Clinic</td>
<td>(651) 224-0614</td>
<td>all but not in network for HP</td>
<td>sliding fee scale</td>
<td>A, Cp, F</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

**Notes:**
- EC = Early Childhood (under 5)
- C = Children
- A = Adults
- F = Family
- Cp = Couples
- = Services available through use of an interpreter
- = Services available through use of an interpreter

28
<table>
<thead>
<tr>
<th>Provider Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Intake Number</th>
<th>Insurance Accepted</th>
<th>Options for Uninsured Clients</th>
<th>Outpatient Therapy</th>
<th>CTSS Services</th>
<th>Children’s Mental Health Case Management</th>
<th>Psychological Testing</th>
<th>Psychiatry Services</th>
<th>In-Home Therapy Programs</th>
<th>School-based Mental Health</th>
<th>Specific Modalities Used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headway Emotional Health Services</td>
<td>Golden Valley, Richfield</td>
<td>(763) 746-2411</td>
<td>all</td>
<td>sliding fee scale</td>
<td>EC, C, T, A, Cp, F</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>EMDR</td>
</tr>
<tr>
<td>Hennepin County Mental Health Center</td>
<td>1801 Nicollet Ave. S, Minneapolis</td>
<td>(612) 596-0900</td>
<td>MA and PMAP plans only</td>
<td>sliding fee scale</td>
<td>C, F</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Interprofessional Center for Counseling and Legal Services</td>
<td>University of St. Thomas, 30 S. 10th St, Minneapolis</td>
<td>(651) 962-4820</td>
<td>none -- services are free</td>
<td>n/a</td>
<td>T, A, Cp, F</td>
<td></td>
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</tr>
<tr>
<td>Michelle Kosmak, LICSW (private practice)</td>
<td>8085 Wayzata Blvd, Ste 101B, Golden Valley</td>
<td>(612) 825-1559</td>
<td>Medica, UBH</td>
<td>sliding fee scale ($70+)</td>
<td>C, T, A, F</td>
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<td></td>
<td>EMDR</td>
</tr>
<tr>
<td>Life Balance Individual, Family, and Couple Therapy (Carmen Avendano, MA, LMFT)</td>
<td>804 E Lake Street, Ste 204, Wayzata</td>
<td>(763) 250-5987</td>
<td>BCBS, Cigna, Health Partners, MHP, Medicaid, PreferredOne, Ucare</td>
<td>BCBS, Cigna, Health Partners, MHP, Medicaid, PreferredOne, Ucare</td>
<td>C, T, A, Cp, F</td>
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<td></td>
<td>DBT, EMDR, TF-CBT, Narrative Trauma Exposure Therapy, (Oregon) Parent Management Training</td>
</tr>
<tr>
<td>Multicultural Psychotherapy and Consulting Services, Ltd. (Katia López Petrovich, MS, NCC, LMFT)</td>
<td>Baker Court, 821 Raymond Ave., Ste 230, St. Paul</td>
<td>(612) 702-3483</td>
<td>all except BCBS</td>
<td>flat fee</td>
<td>C, T, A, F</td>
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</tr>
<tr>
<td>Natalis Counseling and Psychology Solutions</td>
<td>2550 University Ave. W, Ste 314N, St. Paul</td>
<td>(651) 379-5157</td>
<td>most</td>
<td>sliding fee scale</td>
<td></td>
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<tr>
<td>NorthPoint Health and Wellness Center</td>
<td>1515 Penn Ave. N, Minneapolis</td>
<td>(612) 543-2566</td>
<td>most</td>
<td>sliding fee scale</td>
<td>C, T</td>
<td></td>
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<tr>
<td>Deborah Organ, LICSW, DMin (private practice)</td>
<td>Holy Rosary Church, 2424 18th Ave. S, Minneapolis</td>
<td>(612) 724-3651</td>
<td>none -- services are free</td>
<td>n/a</td>
<td>T, A, F</td>
<td></td>
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<td></td>
<td></td>
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</tr>
</tbody>
</table>

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

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<tr>
<th>Provider Name</th>
<th>Intake Number</th>
<th>Insurance Accepted</th>
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<th>Psychiatry Services</th>
<th>In-Home Therapy Programs</th>
<th>School-based Mental Health</th>
<th>Specific Modalities Used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pangea Care Behavioral Health Services</td>
<td>(651) 414-0063</td>
<td>Most, including MA, PMAP and Consolidated treatment fund</td>
<td>sliding fee, payment plans</td>
<td>C, T, A, Cp, F</td>
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<tr>
<td>POR Emotional Wellness</td>
<td>(952) 835-6540</td>
<td>n/a for CMHCM</td>
<td>n/a for CMHCM</td>
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<td>✓</td>
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<tr>
<td>Un Pueblecito Counseling</td>
<td>(612) 306-9636</td>
<td>none at present time</td>
<td>sliding fee scale for all clients ($35+)</td>
<td>C, T, A, Cp, F</td>
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<tr>
<td>Diana Snyder, LICSW</td>
<td>(612) 516-3918</td>
<td>Medica, Ucare, Health Partners, PreferredOne, Medicare, BCBS</td>
<td>hourly rate, sliding fee scale</td>
<td>C, T, A, Cp, F</td>
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<tr>
<td>Su Familia Multicultural Counseling</td>
<td>(615) 332-5500</td>
<td>all</td>
<td>sliding fee scale</td>
<td>EC, C, T, A, Cp, F</td>
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<tr>
<td>Tranquility Counseling LLC</td>
<td>(612) 568-6059</td>
<td>not in network anywhere</td>
<td>flat fee or sliding fee scale</td>
<td>EC, C, T, A, Cp, F</td>
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<tr>
<td>Tranquility Counseling LLC</td>
<td>(612) 655-6266</td>
<td>not in network anywhere</td>
<td>flat fee or sliding fee scale</td>
<td>EC, C, T, A, Cp, F</td>
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<tr>
<td>Uptown Psychology Group</td>
<td>(612) 524-5755</td>
<td>Medica, MA, PreferredOne</td>
<td>sliding fee scale</td>
<td>C, T, A, F</td>
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<td>TF-CBT</td>
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<tr>
<td>Washburn Center for Children</td>
<td>(612) 871-1454</td>
<td>BCBS, Health Partners, Medica, Ucare</td>
<td>sliding fee scale</td>
<td>EC, C, T, F</td>
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<tr>
<td>Watercourse Counseling Center</td>
<td>(612) 767-8652</td>
<td>most</td>
<td>sliding fee scale</td>
<td>C, F</td>
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</table>

EC = Early Childhood (under 5)  
C = Children  
T = Adolescents/Teens  
A = Adults  
F = Family  
Cp = Couples  

= Services available through use of an interpreter
Resources
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 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

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

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
PICA – McKnight 4225 Third Ave S, Minneapolis
St. Paul – Fourth Wednesday of the month, 6:30 - 8:30 pm
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 health.
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 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**

**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

**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

Aquí 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

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
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 Pueblecito Counseling

Multicultural Psychotherapy and Consulting Services, Ltd.

Tranquility Counseling, LLC

Uptown Psychology Clinic – David Hong

Domestic Violence-related Programs

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