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The Entre Amigas Mental Health Support Group
AZWP-Annual Report
2020

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Name of Organization: Circles of Peace
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Project Name: Entre Amigas Mental Health Support Group Total Project Budget: \$20,727.40 Grant Amount: \$2,500.00 Program Goals: Goal 1: has the goal of empowering women and female-identifying persons. Feeling powerful and living out womanhood can be a challenge for many individuals in our current climate, especially in our geographic region. This therapeutic support group will focus on the women creating their unique voice and allowing them the space to explore the person they are and who they want to be. This group is tailored to fit the unique needs of Hispanic, Spanish speaking women in Santa Cruz County

Goal 2: Reduce stigma surrounding behavioral health issues and treatment.

This project enrolled a total of 62 women to participate in the “Entre Amigas” program (Among Friends). 100% of the women enrolled were able to identify at least 3 community resources to which they can refer to after completion of the program and 80% of the group members increase a 10% on the brief resiliency scale (BRS). The 5 dimensions of resilience measured were: personal competence, trust/tolerance/strengthening effects of stress, acceptance of change and secure relationships, control, and spiritual influences.

The project reached a total of 8,931 participants indirectly through radio shows, zoom presentations, Facebook live trainings and community presentations.

Community collaboration and advocacy partners.

Collaboration among community agencies and organizations is a key factor in successfully addressing socioeconomic issues experienced by women living in Santa Cruz County. During this program year Circles of Peace established and maintained a total of 14 active advocacy partners in the community including Mariposa Community Health Center, Mexican Consulate with their financial and budgeting classes, Nogales Community Development with their business literacy program, and BYTE with their story telling program, etc.

COVID-19

We recognize that although social and physical distancing are an essential public health priority, it can also generate conditions in which mental health and traumatic experiences can escalate. the fear and stress of being surrounded by the threat of COVID-19 is aggravated by loss of jobs, death of loved ones, health concerns, isolation, and the difficulties of meeting basic needs.

Isolation during this time only makes it harder for women with pre-existing mental health disorders, domestic violence, and substance abuse disorders.

One of the most important things we did for women during the COVID-19 Crisis, is to offer them opportunities to break isolation, connect with others and receive much needed support.

Entre Amigas Mental Health Support groups helped to fill that gap in our Community offering virtual support groups, trainings, and coaching services for our participants and extending this invitation to our community partners to refer their participants to our virtual program.

Number of Participants served during 2020 program year:

62 Hispanic/Latino women- Ages between 28 to 71

Target Population:

*The target population served by this project are Spanish speaking Latina women who live in Santa Cruz County, AZ

Sustainability:

Constructing Circles of Peace will continue applying for Federal, State and Local grants to ensure continuation of funds to sustain the Entre Amigas Program.