



Restorative Circles Project

Community Report

Improving Mental Health in the
Eastern Coachella Valley

February 2023

Dear community members:

We thank you again for your time and interest in our project. Your participation in our restorative circles, focus groups, or mental health talks has been vital to improving the mental health of immigrant communities living in the Eastern Coachella Valley (ECV).

Our project was funded by the Desert Healthcare District Foundation. We hope that through our project, you have found a safe space to express your fears, anxieties, and/or pain.

Remember that mental health is just as important as physical health and that all human beings (regardless of their age) may be suffering in silence. We are here to support you and help you find mental health services that are accessible in Spanish.

Below we present a report with the findings of our project. At the end of our community report, you will find information on mental health services available in the EVC.

Let's continue to heal the hearts and mental health of our communities, together we can achieve it!

Dr. Evelyn Vázquez
Principal Investigator

**THANK YOU
FOR YOUR SUPPORT!**

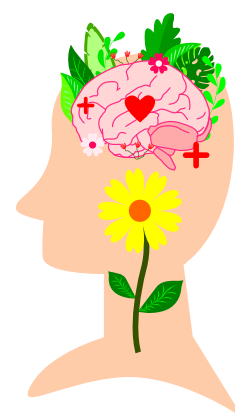


Restorative Circles

During the months of May, June, and October 2022, we held nine restorative circle sessions. A total of 110 community members attended. Restorative Circles are community-based mental health interventions. We work with three immigrant communities living in the eastern Coachella Valley (ECV), including farmworkers, relocated communities, and the Purépecha indigenous community.

These are the most common issues and concerns affecting the mental health of immigrant communities living in the ECV:

- Depression (Including postpartum depression)
- Anxiety
- Child/Adolescent Mental health
 - Violence in schools (mass shootings)
 - Bullying
 - Lack of resources for parents
- Suicide
- Domestic Violence



Focus Groups

We invited some attendees of our circles to participate in focus groups (group interview). These groups helped us evaluate the effectiveness of our restorative circles.

We conducted three focus groups, one for each community. We had a total of 34 participants. Community members shared information about social and family factors that affect their mental health, including:

- The negative stigma associated with the mental health
- Lack of specialists and therapists who speak Spanish and who know the needs of immigrant communities
- Financial concerns (e.g., not being able to pay rent)
- Living conditions (e.g., living in a rural area)
- Discrimination





Amplifying the voices of the community

"[Mental health] is very worrying because it can lead to suicide."

-Purépecha Community

"We should know how to identify [mental health] symptoms so we can know how to help someone."

-Purépecha Community

"There is a lot of fear of losing your job and of not having the money to pay your debts or that the family gets sick; it is also important to shortening working hours"

-Relocated Community

"I struggled too much to find a psychologist who speaks Spanish"

-Agricultural Community

"What has scared me the most, are the shootings that have happened in the schools. I have already seen here that there are threats in schools in the valley. There are times when children carry knives. In high schools, you can see that there are children who do drugs and it scares me because I have two children"

-Agricultural Community

"There is a lot of fear that COVID will not end and that it will continue to affect us in all aspects"

-Relocated Community

"I think that in our community the subject [mental health] is not talked about much. We still think that going to therapy or seeing a psychologist is because of a serious problem, but it's not like that, it's really good to just seek and ask for help."

-Agricultural Community

Recommendations

Our participants shared the need for more services and projects that respond to the mental health needs of their communities. In addition, they also talked about the importance of having a community that supports talking about mental health. One participant shared:

"I think it's very important to talk about mental health...many people are going through problems and not all of us have the ability to solve them [their problems] or to think about them. At least for me, I think we have to be surrounded by some circle of people, in which whom we can trust and open up ourselves."

-Agricultural Community

These are some of the recommendations that our participants shared to improve the mental health of the Latino immigrant communities living in the EVC:

- Facilitate and guarantee access to bilingual mental health services
- Minimize fear of receiving mental health care
- Increase knowledge about mental health
- Promote monthly virtual community meetings (for example, mental health talks via FaceBook live)
- Offer mental health:
 - Workshops that promote emotional care and mental health for adults, e.g., "How to Heal Yourself"
 - Resources for parents so that they can combat bullying and violence in schools
- Improve public transportation to make medical visits more accessible

¡Hola!



Our team:

Name/Nombre	Affiliation/Afiliación	Role/Rol
Justin Cordero	UCR	Estudiante de medicina
Luis Bautista	UCR	Estudiante de medicina
Sarah Berlin	UCR	Estudiante de medicina
Olivia Vukceвич	UCR	Estudiante de medicina
Peichi Chou	UCR	Estudiante de medicina
Diana Medina-Yerena	UCR	Estudiante de medicina
Bianka Aceves Martin	UCR	Estudiante de medicina
Navkirn Saini	UCR	Estudiante de licenciatura
Sandra Vergara	UCR	Estudiante de licenciatura
Jacqueline Moreira	UCR	Estudiante de licenciatura
Meygan Maciel	UCR	Estudiante de maestría
Diana Avalos	Universidad de Xochicalco	Estudiante de medicina
Martin Pallares Perez	UCR/Universidad de Xochicalco	Estudiante de medicina
Angel Giovanni Ayala Duarte	Universidad de Xochicalco	Estudiante de medicina
Marisol Pena	UCR	Promotora
Mary Bautista	UCR	Promotora
Ana Gonzalez	UCR	Promotora
Sonia Rodríguez	UCR	Promotora
Yesenia Pozar	UCR	Promotora
Conchita Pozar	UCR	Investigadora comunitaria
Connie Marmolejo	UCR	Profesional de la salud mental
Josie Fitcher	UCR	Profesional de la salud mental
Arianna Zimmer	UCR	Coordinadora del proyecto
Ann Cheney	UCR	Co-Investigadora Principal
Evelyn Vázquez	UCR	Investigadora Principal

**Thank you very much for
your time and for your
trust!**

- ★ Offer resources for people who are uninsured
- ▲ Free services
- They accept Medi-Cal or Medicare
- Sliding fee scale

★ ▲ ■ **COACHELLA VALLEY VOLUNTEERS IN MEDICINE**

Address:
82915 Avenue 48, Indio, CA 92201
760-342-4414
9AM-5PM
Tue, Wed, Thurs
<https://cvvim.org/services/#>

● **DESERT REGIONAL MEDICAL CENTER**

Palm Springs
1150 North Indian Canyon Drive
Palm Springs, CA 92262-4872
(760) 323-6511
<https://www.desertcarenetwork.com/>

★ ■ ● **COACHELLA HEALTH CLINIC**

50249 Cesar Chavez Street
Coachella, CA - 92236
(760) 393-0555
Lunes 7:00 AM - 6:00 PM

★ ▲ ■ ● **MARTHA'S VILLAGE & KITCHEN-HEALTH TO HOPE CLINIC**

83791 Date Avenue
Indio, CA - 92201
(760) 347-2214
Monday 8:00 AM - 12:00 PM

★ ▲ ■ ● **LATINO COMMISSION**

They provide programs and services for those in our community dealing with substance abuse and/or mental health issues.
(760) 398 9000
<https://www.latinocommission.com>

CAREspace (services for students)

▲ ★ Call: 951-276-CARE (2273)
Indio office:
47-110 Calhoun Street
Indio, California 92201
<https://www.rcoe.us/departments/student-programs-and-services/alternative-education/carespace>

INDIO FAMILY CARE CENTER - RIVERSIDE COUNTY HEALTH DEPARTMENT ● ■ ★

47-923 Oasis St
Indio, CA - 92201
(760) 863-8283

MECCA HEALTH CLINIC ● ■ ★

91275 66th Avenue
Mecca, CA - 92254
(760) 396-1249
Lunes 7:00 AM - 6:00 PM

WEST SHORES HEALTH CLINIC ● ■ ★

1289 S. Marina Drive
Salton City, CA - 92275
(760) 394-4338

NAMI Coachella Valley: Provides support and referral services to people in need in the cities of Banning, Palm Springs, Palm Desert, Indian Wells, Desert Hot Springs, Indio, Coachella, Salton Sea. Call: (888) 881-6264
www.namicoachellavalley.org/

Red National Suicide Prevention ▲

The telephone lines are answered by trained professionals; the call is free and confidential. Call (888) 628-9454

Riverside County Mental Health Services ▲

The CARES line is available 24 hours a day, 7 days a week and provides screening and liaison with Mental Health and Substance Use programs. Calls are answered by trained compassionate staff who can provide information and referrals in English and Spanish. Call (800) 499-3008

Coachella Valley Free Clinic ★ ▲

Every second Saturday of the month in the library of Mecca.
91260 66th Ave, Mecca

IN EASTERN COACHELLA

HEALTH SERVICES