

Su Casa Hispanic Center Services

LC 13

University of Cincinnati College of Medicine



Hispanic Center of Cincinnati

A Program of

Catholic Charities Southwestern Ohio

Background

- Su Casa Hispanic Center was founded in 1997. Serving as a program of Catholic Charities in Southwestern Ohio, it has been the primary provider of social, case management, family reunification, educational, and health promotion services for the Hispanic/Latino community of Greater Cincinnati. Their mission has been to support self-sufficiency for the poor and vulnerable of the US immigrant community aspiring for a better way of life for themselves and their families.
- Su Casa provides a place where Hispanic/Latino individuals can connect with their culture while developing strategies to live healthy and fulfilled lives in the United States.





Overview of Project

- Focused on a social determinant of health rooted in communal need for access to mental health support
- Education classes with goal of reaching out in a culturally respectful manner to provide a safe space for Latinx community to speak about own mental health
- Provide education on various aspects of mental health
- Teach coping strategies rooted in mindfulness
- **Help bridge gap in mental healthcare literacy and services provided to Latinx population in Cincinnati**
- **Contribute to just and equitable care that the clients of Su Casa deserve**

Learning Objective

- Grow our understanding of the barriers related to mental health literacy and minority health.

Service Objective

- Create a curriculum that would readily apply to clients in need of mental health support and who otherwise struggle to access mental health care in the Cincinnati community. Also, ensure the resources from this project remain readily available for future clients with similar needs.

Social Determinant of Health

- Social and community context
 - Su Casa works with mostly immigrants and non-US citizens
 - Need for culturally and linguistically competent services
 - Wide variety of programs and resources to address many aspects of life
- Effect on Cincinnati residents
 - Provides a wealth of programs to make newly arrived community members feel like they are home in Cincinnati
 - Empowers community members to establish themselves in their new city

Relevance

- Like many urban hubs, Cincinnati has a large population of Hispanic/Latinx individuals
 - 8.7% of individuals >5 years old speak a language other than English at home (Census 2017)
- While many may have been in the U.S. for generations, many others are immigrants or the children of immigrants
- These individuals have unique needs, such as:
 - Unfamiliarity with U.S. systems, policies, and norms
 - Higher rates of uninsured status
 - Trauma associated with the immigration process
- Su Casa has extensive experience supporting people with these unique needs





How the local Cincinnati government can help

- Continue to support the MARCC (Metropolitan Area Religious Coalition of Cincinnati) ID program
 - Keep cost minimal (<\$5)
- Increase grant funding for bilingual mental health providers to be used at Cincinnati government-funded clinics
 - <https://www.samhsa.gov/grants-awards-by-state/OH/2022> for example