

**NATIONAL COUNCIL OF LA RAZA  
INSTITUTE FOR HISPANIC HEALTH**

**Assessing a *Promotores de Salud* Approach to Increase Awareness,  
Knowledge, and Actions Relating to Depression in Hispanic Communities**

The National Council of La Raza's Institute for Hispanic Health (NCLR/IHH), in partnership with Eli Lilly and Company Foundation, will design, develop, and implement a pilot community health education project to increase awareness and knowledge about depression. The one-year project, based in part on the Latino Mental Health Summit hosted by NCLR in February 2005 will assess the impact *promotores de salud* (lay health educators) can have on raising the awareness of Latino communities of depression and assisting them in accessing appropriate treatment.

NCLR/IHH will conduct formative research to learn about the Latino community's knowledge, attitudes, and actions regarding depression and mental health, as well as gather information about utilization and access to mental health services.

Based on the findings of the formative research, NCLR/IHH will develop a tool kit. The tool kit will contain a training module, support materials, and community-based evaluation tools and will be focused on raising the awareness of depression, its symptoms, and its causes in the Latino community. *Promotores* will be trained on the use of the tool kit to inform participants about identifying problem signs, taking steps to manage risk factors, and maintaining optimal brain function. In addition, they will receive information on advocating for mental health services for themselves and their families.

Three NCLR Affiliates, or community-based partners, Abriendo Puertas in Miami, Florida; Centro de Salud Familiar La Fe, Inc. in El Paso, Texas; and Tiburcio Vasquez Health Center in Union City, California will conduct educational activities in their communities during the project's implementation phase of testing the tool kit. In total, approximately 450 individuals will be exposed to the messages of the project.

Findings from this project will help:

- Identify the most effective tools to deliver educational messages about depression to Latino communities.
- Identify culturally-competent strategies and approaches to deliver information and services related to depression to Latino communities.
- Provide a replicable model for delivering mental health information by community-based organizations to Latinos across the country.

For more information, please contact:

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