

1. Title of Project

- a. An evaluation of psychological resources in Omaha for Spanish-speaking students and populations
 - a. This may include but is not limited to; local non-profits, healthcare corporations, individual practitioners, and/or school resources. Demographic information may be included and conducted.

A. Description of Project; This project is aimed to evaluate the mental health and psychological resources for the Spanish-speaking population of the Omaha metro. There is a lack of resources, or compiled list available for those seeking this kind of resource. Mental health has been a rising concern for many, especially in minority communities (NAMI). Many don't seek needed treatment due to language and cultural barriers (NAMI). There continues to be a stigma surrounding treatment and resources, as well as limited accessibility and resources (Psychiatry.org, 2023). Part of this project is to increase awareness of these resources and increase accessibility to them.

The goals of this project include gathering and assessing what current resources exist in the Omaha area, compiling these resources in one accessible location, and increasing awareness of these resources.

Based on possible resources and willing professionals, interviews may be conducted to help exhibit the importance of the found resources and provide a more comprehensive explanation of the said resource.

The results of this project will be in both English and Spanish. This will help make the resource more accessible. With an aim of the project being to increase accessibility, having the final project in both English and Spanish will provide a more valuable resource. A portion of the time spent will be translation efforts from myself, as well as aid from my advisor and online resources.

Current Omaha mental health resources include NAMI Omaha, One World, OPS, Community Alliance, Douglas County, and Heartland Services. All these mentioned places have limited Spanish resources and providers. The websites show no local resource for the Latinx community. This helps emphasize the importance of this research and provide a rationale for the need for a compiled and accessible resource in both English and Spanish.

There is also a national shortage of resources and accessible help, even while the Spanish-speaking population of Omaha and the country continue to rise (Pro, et al, 2022). There is a large stigma in Latinx communities and cultures, and awareness is needed to utilize the resources (Moyce, et al, 2022).

B. Activities, Process, or Methodology: This project will involve online researching, contacting resources, and compiling a resource list and/or website. This student will look for resources

online and use these to find more in the Omaha metro. Interviews may be conducted when appropriate and necessary to evaluate the resources available and ensure accuracy. While information is collected, it will be compiled and edited for clarity and accessibility. Once a substantial amount of resources are found, a website or final product will be developed and dispersed, as well as translated.

The methodology of this project will be a thematic analysis. Here the data will be compiled and categorized into sections. This may include school resources, free resources, and more.

C. Project Timeline:

January: Begin looking for resources and contacting potential sites of interest. February: Start compiling a list of established resources. March: Continue compiling resources. April: Interview professionals. May: Interview professionals. June: Make a website or resource infographic to be linked to the World Languages Department website. The result will be in both English and Spanish. July: Edit website and add resources as they come by, as well as translating the information. August: Finish any details and advertise the finished resource.

D. Student/Faculty Mentor Roles: Dra. Toicamazza-Hatch will serve as my mentor, advising and leading me to look for new resources, and places she is already associated with and may have connections with.

E. A list of previous internal funding received (FUSE or UCRCA), with a description of how this project builds on or differs from previously funded projects. Provide outcomes.

I have not received any previous funding for this project, or any other project related to this topic.

3. Budget and Budget Justification (1 page maximum)

The estimated budget required for my time commitment to this project is \$2,000. This is due to the time I am expecting to put in on the project. I will be focusing on this research and working fewer hours as well as limiting my volunteering time. Based on the timeline of the project, I expect to lose hours and profit at my job. I do not expect to need any materials, as this will be an evaluation and primarily consist of interviews and data collection.

4. References and/or Citations (no page limit)

Hispanic/latinx. (n.d.). *NAMI*. Retrieved September 12, 2024, from <https://www.nami.org/your-journey/identity-and-cultural-dimensions/hispanic-latinx/>

Moyce, S., Thompson, S., Metcalf, M., Velazquez, M., Aghbashian, E., Sisson, N., & Claudio, D. (2022). Rural Hispanic perceptions of mental health: A qualitative study. *Journal of Transcultural Nursing : Official Journal of the Transcultural Nursing Society*, 33(3), 346–354. <https://doi.org/10.1177/10436596211070592>

Overcoming barriers to mental health care for Spanish-speakers. (n.d.). Retrieved September 12, 2024, from <https://www.psychiatry.org:443/news-room/apa-blogs/overcoming-barriers-for-spanish-speakers>

Pro, G., Brown, C., Rojo, M., Patel, J., Flax, C., & Haynes, T. (2022). Downward national trends in mental health treatment offered in Spanish: State differences by proportion of Hispanic residents. *Psychiatric Services*, 73(11), 1232–1238.
<https://doi.org/10.1176/appi.ps.202100614>

5. Letter of Mentor Support

Dear FUSE Committee Members,

I am writing to recommend Jenna Mullendore and her FUSE proposal for your consideration. I have had the pleasure of working with Jenna over the course of this past academic year on the ideas that have led to her proposal, and I can confidently speak to her dedication and work ethic, and commitment to carrying out this project.

The Spanish-speaking population in Omaha has grown substantially over the years, yet access to mental health resources that cater to their specific linguistic and cultural needs remains inadequate and/or inaccessible. Jenna's project seeks to begin to address this critical gap by evaluating the current mental health resources available to this community locally in Omaha and compiling a comprehensive and accessible list of resources in both English and Spanish. The ultimate goal of this project is to increase awareness and accessibility of mental health services, while also reducing the stigma surrounding mental health care within the Latinx community.

For the completion of this project, Jenna plans to gather data by interviewing professionals, assessing the available services, and collaborating with relevant organizations to create a centralized resource guide. The final product will be bilingual, thus ensuring that it is widely accessible and useful to both English and Spanish-speaking residents in the Omaha metro area. The strength of this project lies not only in its potential impact but also in the comprehensive approach that Jenna has outlined for its completion. Furthermore, Jenna's linguistic skills in Spanish combined with their understanding of the Latinx community's cultural needs ensure that this project will be both accurate and impactful. Please feel free to contact me at if you have any questions or require further information. Thank you for your consideration,
Sincerely,

Dr. Cecilia Tocaimaza-Hatch Chairperson & Associate Professor in Spanish Linguistics
World Languages and Literature Ctocaimazahatch@unomaha.edu