

CASA DE LA FAMILIA
FY 19-20 LATINO MENTAL HEALTH STIGMA REDUCTION COMMUNITY THEATRE PROJECT

PROJECT DESCRIPTION

The Latino Mental Health Stigma Reduction Community Theater Project consisted in the presentation of an entertaining, educational play, “*De Sabios y Locos, Todos Tenemos Un Poco*”, in Spanish that targeted the Latino community at large by promoting mental health services, increasing mental health awareness and education, and reducing stigma. By participating in the presentation of the theatrical play, Latino community members got an inside look into the world of those who suffer from a mental health condition. In addition, the project provided the Latino community with education and information on how to access mental health services and understand some of the cultural biases associated with suffering from a mental health condition. This project was developed and implemented by Dr. Nogales, a clinical psychologist and playwright, a Spanish-speaking theater Consultant, and the Casa de la Familia Program Manager for this project, all with extensive experience working with the Latino community in Los Angeles County.

The Project included the presentation of 16 Theatrical Performances of ‘De Sabios y Locos’ in LACDMH Service Areas or SPAs. The ‘De Sabios’ play was presented in each of the 8 SPAs at least once, and/or more based on the concentration of the Latino population within the SPA. Targeted community outreach was conducted within each SPA to identify local venues, for example a community church, school auditorium or community center for the theatrical performances. Only the Spanish speaking population was targeted.

An acting ensemble, residents of LA County, was recruited and included mental health consumers as well as a Casa de la Familia therapist. The ‘De Sabios’ theatrical performance was presented to a live audience for the first 3 of 16 performances (*prior to COVID-19 event cancelations in March*), and as a ‘virtual theater performance’ for the subsequent 13 performances when the contract was renewed. These performances took place on the following dates and in the Service Areas as listed below:

Figure 1. Theatrical Performances by LACDMH Service Area

Event #	Date – Time	SPA - #	Location	Participant Count	Pre-Survey	Post-Survey
1	10/27/19 – 4 p.m.	SPA - 4	Resurrection Church	123	108	103
2	11/16/19 – 6 p.m.	SPA - 8	Cesar Chavez Park	64	51	50
3	2/21/20 – 6 p.m.	SPA – 7	Our Lady of Guadalupe Church	73	66	52

4	11/7/20 – 6 p.m.	ALL	'Virtual Theater' – Facebook Live	197	60	33
5	11/13/20 – 6 p.m.	SPA – 4	'Virtual Theater' – Facebook Live	254	78	54
6	11/15/20 – 5 p.m.	SPA - 6	'Virtual Theater' – Facebook Live	354	121	71
7	11/21/20 – 6 p.m.	SPA - 3	'Virtual Theater' – Facebook Live	779	132	45
8	11/28/20 – 6 p.m.	SPA - 1	'Virtual Theater' – Facebook Live	516	69	46
9	11/29/20 – 5 p.m.	SPA - 2	'Virtual Theater' – Facebook Live	511	59	48
10	12/3/20 – 7 p.m.	SPA 4, SPA 5	'Virtual Theater' – Facebook Live	664	167	102
11	12/4/20 – 6 p.m.	SPA 6, SPA 8	'Virtual Theater' – Facebook Live	591	105	60
12	12/5/20 – 6 p.m.	SPA 7	'Virtual Theater' – Facebook Live	702	115	58
13	12/6/20 – 5 p.m.	SPA 1, SPA 2	'Virtual Theater' – Facebook Live	475	111	75
14	12/18/20 – 6 p.m.	SPA 3, SPA 4	'Virtual Theater' – Facebook Live	441	120	99
15	12/19/20 – 6 p.m.	ALL	'Virtual Theater' – Facebook Live	993	146	124
16	12/20/20 – 5 p.m.	ALL	'Virtual Theater' – Facebook Live	560	117	111
TOTALS				7,297	1,625	1,131

PROJECT RESULTS/OUTCOMES

There was a total of 7,297 Participants at the 16 'De Sabios' Theatrical Performances presented for the Latino community in Los Angeles County. A total of **1,625 Pre-Stigma** and **1,131 Post Stigma Surveys** were completed. The clinical psychologist, Dr. Nogales, was at all 16 theatrical performances and provided the audience with an opportunity for a Question-and-Answer Session immediately after the play. During the Q&A, community members shared lived experiences, and were provided with information on access to local mental health services. Community members were also able to meet with local services providers, where they received printed informational flyers and brochures, and or contact information during the mental health resource fair (*at each of the first three community presentations with a live audience*). During the 'virtual theater' presentations, community members' questions and/or comments were addressed by Dr. Nogales during the Facebook live presentation. A CDLF case manager was also on hand at each event and shared resource information to the Facebook Event page and responded to participant messages sent to the CDLF's Facebook messenger during and after the event.

The Pre and Post Stigma Surveys were given to participants at each event. The Pre-Stigma Survey was given to participants prior to watching the 'De Sabios' play. The Post Stigma Survey

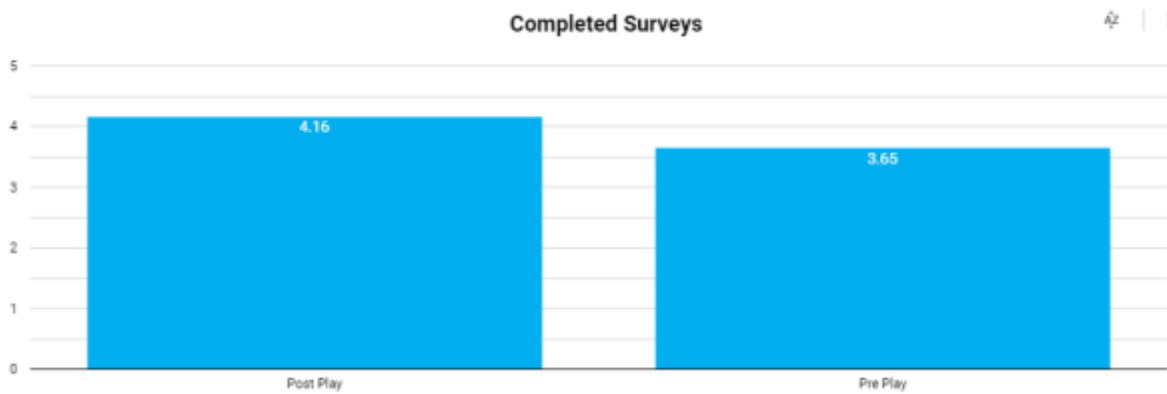
was given to participants immediately after viewing the 'De Sabios' play. Scores ranged from 1 through 5 and were based on the format of a typical five-level Likert scale.

Participant responses to questions reflected the following scores:

- 1 = Strongly Disagree (*Totalmente en Desacuerdo*)
- 2 = Disagree (*Desacuerdo*)
- 3 = Uncertain (*Incierto*)
- 4 = Agree (*Acuerdo*)
- 5 = Totally Agree (*Totalmente de Acuerdo*)

The overall Pre-Stigma Survey had an average score of 3.65 and the Post-Stigma Survey was 4.16, showing that participants did learn a lot about mental through their participation of the 'De Sabios' theatrical performances.

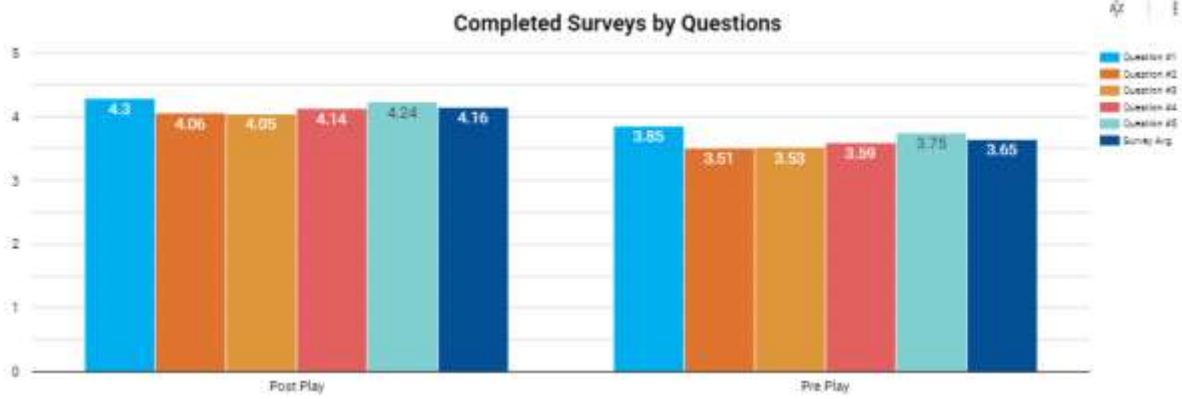
Figure 2: Overall Pre-Stigma Survey/Post-Stigma Survey Results



The questions were as follows:

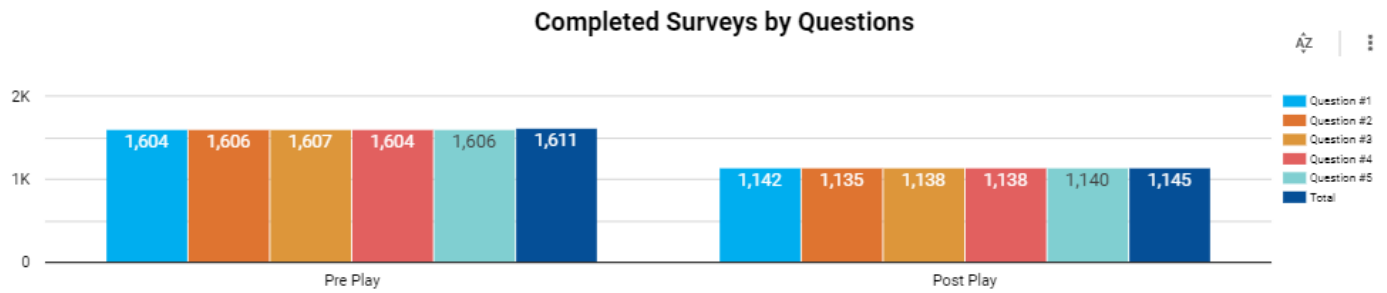
1. I understand what mental health means.
2. I know how to support someone with a mental health condition.
3. I know about ways to prevent discrimination towards people with a mental health condition.
4. I know where to get mental health resources.
5. I know when and where to get help for a mental health condition.

Figure 3: Individual Questions Results



- 99% completion rate of the Pre and Post Stigma Surveys and most of the comments were positive.
- 78% of respondents completed the Pre-Stigma Survey with 99.6% of respondents who completed every question.
- 83% of respondents completed the Post-Stigma Survey with 99.1% of respondents who completed every question.

Figure 4: Completed Surveys by Questions



Below is a link to the **Pre and Post Stigma Surveys**:

- Pre-Survey: <https://es.surveymonkey.com/r/review-pre>
- Post Survey: <https://es.surveymonkey.com/r/review-post>

‘De Sabios y Locos’ was a success as shown in the Post-Stigma Survey scores (Figure 5-9), Participant comments and attendance. At all the theatrical performances, the participants were engaging and had many questions.

FIGURE 5: Question #1

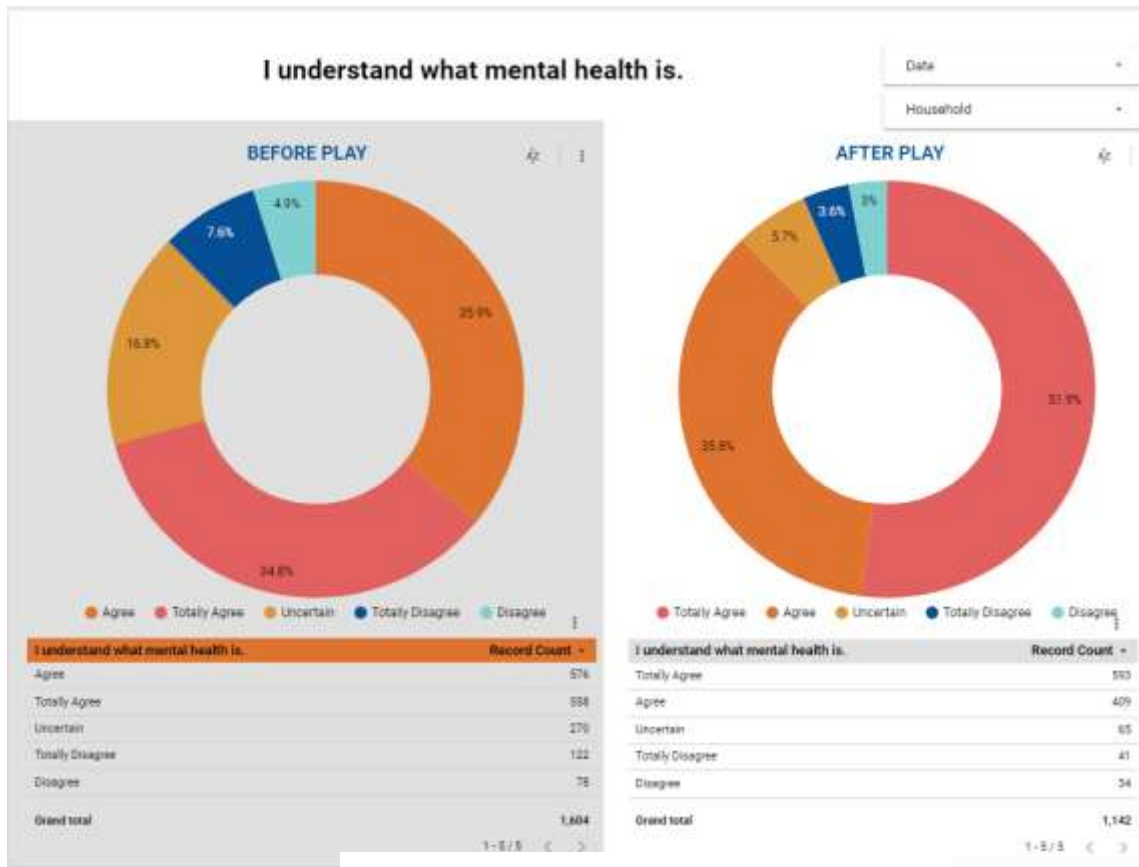


FIGURE 6: Question #2

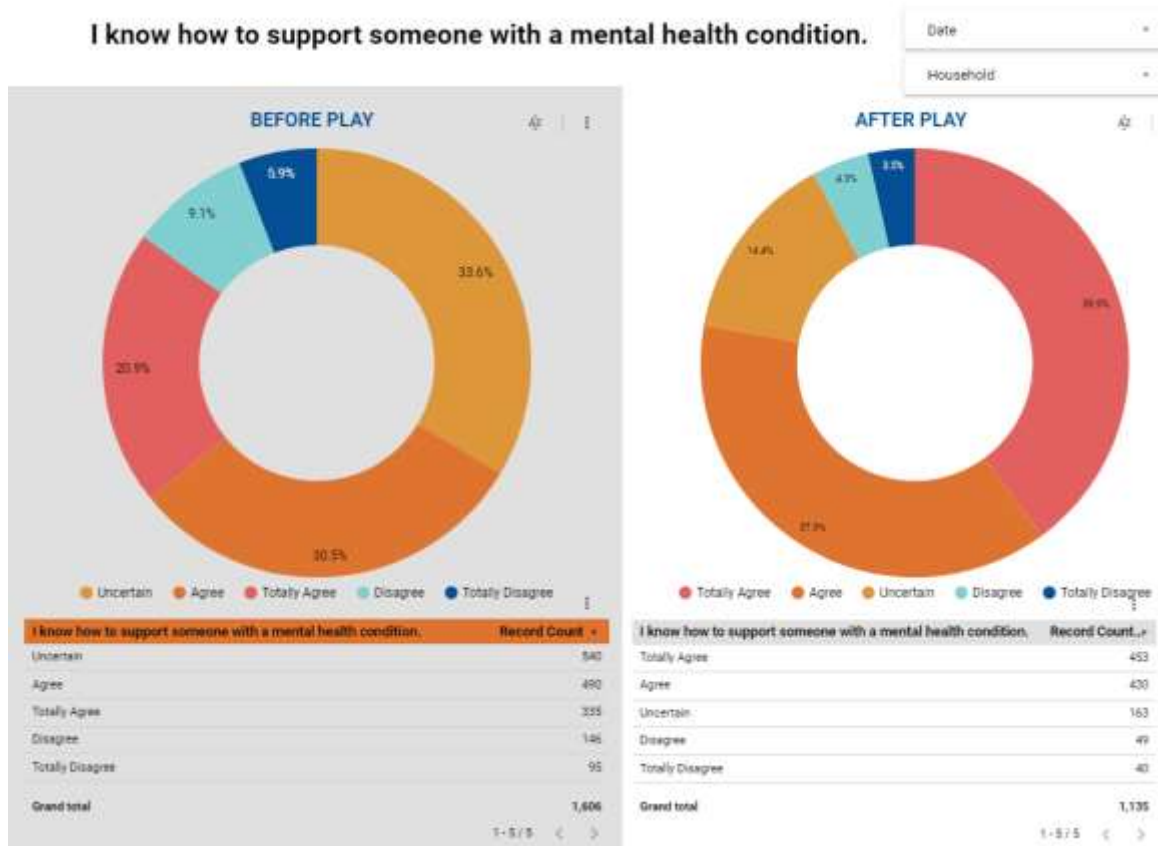


FIGURE 7: Question #3

I know where to find more mental health information or resources.

Date

Household

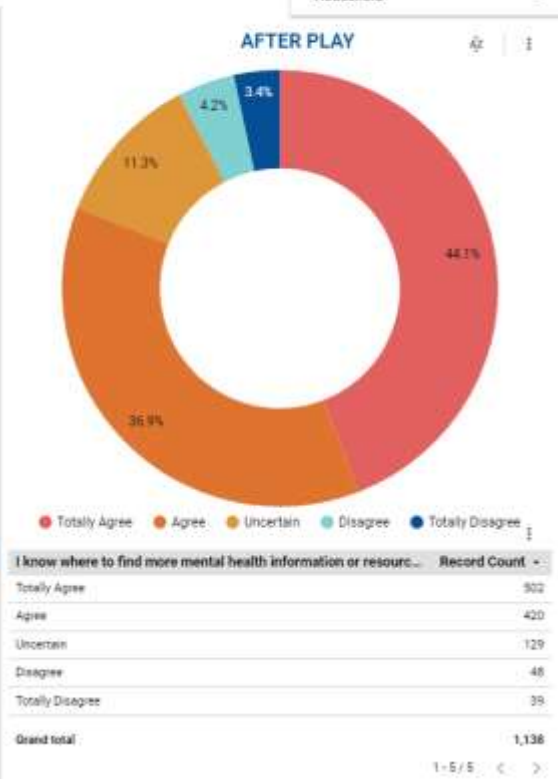
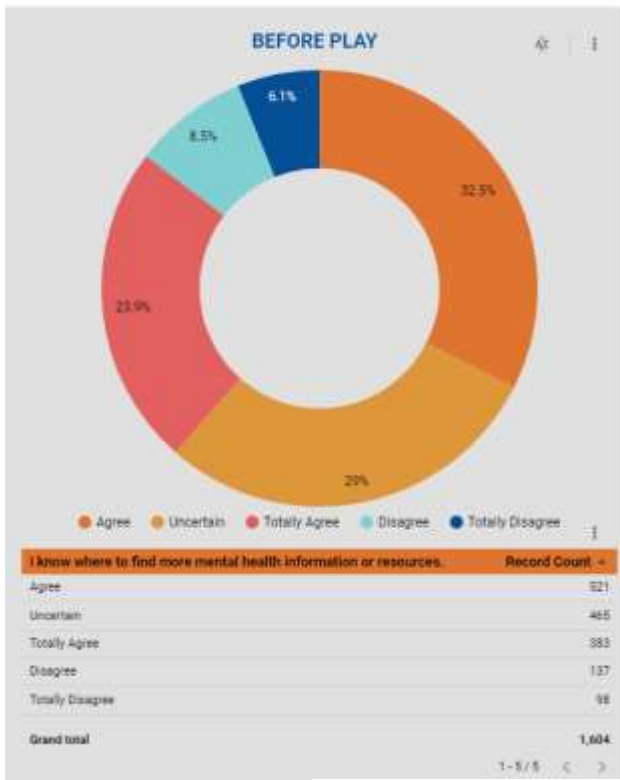


FIGURE 8: Question #4

I know ways to prevent discrimination against people with mental health problems

Date:

Household:

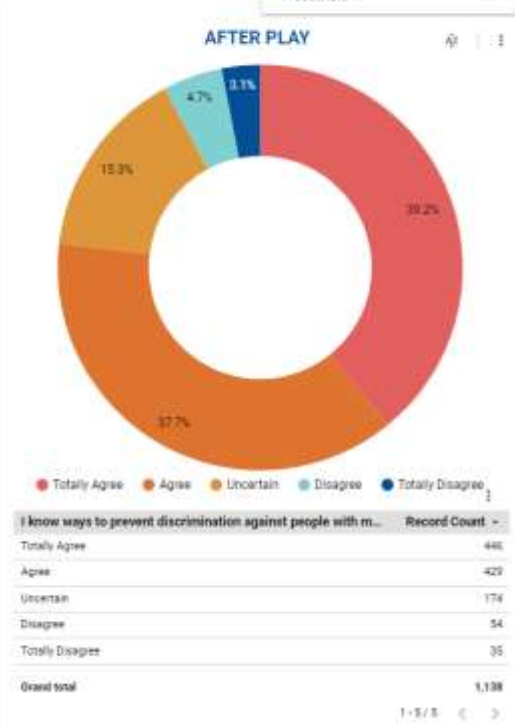
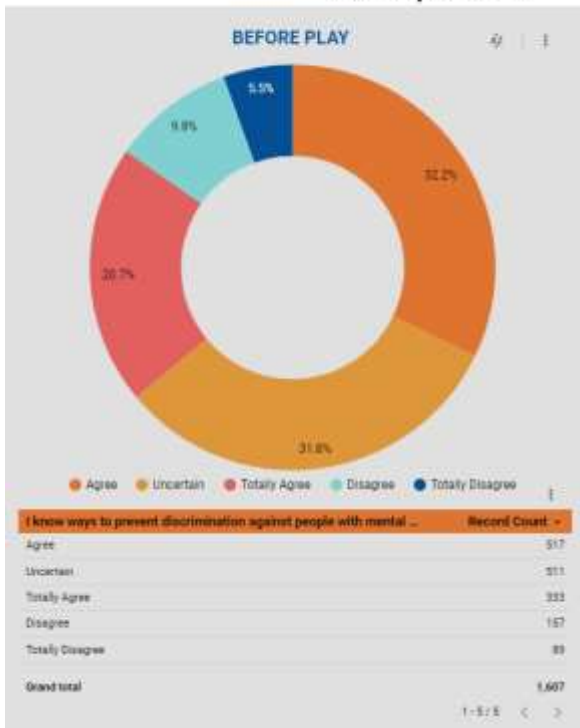
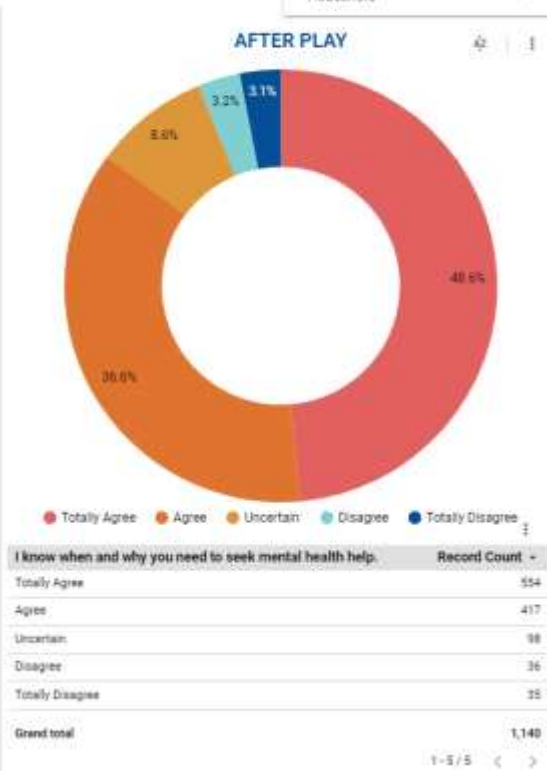
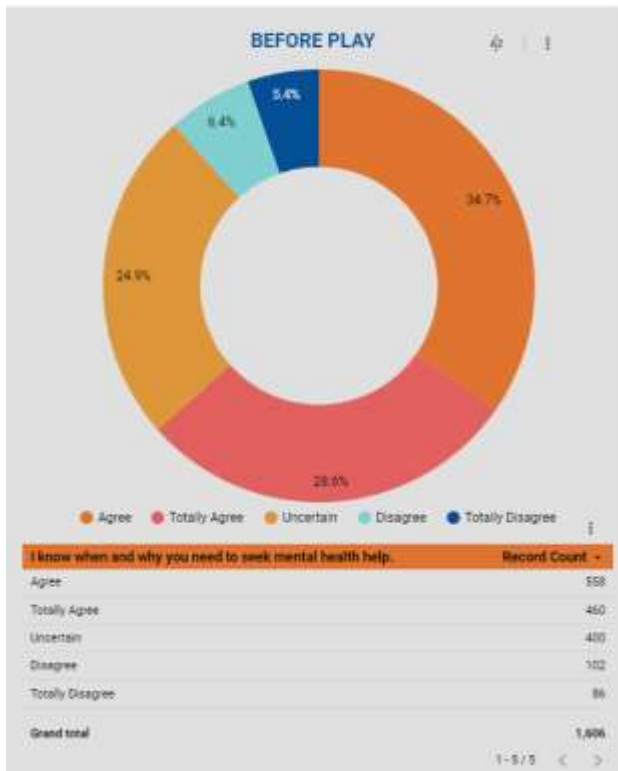


FIGURE 9: Question #5

I know when and why you need to seek mental health.

Date:

Household:



Note: Prior to the cancelation of in-person event gatherings due to COVID-19, participants of each Theatrical Performance were given a hard copy of the Pre and Post Surveys, to completed during the event. These were collected by CDLF staff who were also on hand to answer any participant questions. This method of survey distribution and collection was possible for events 1-3 of the 16 contracted Theatrical Performances on October 27, 2019, November 16, 2019 and February 21, 2020. For the remaining 13 events, CDLF created online versions of the Pre and Post Surveys using Survey Monkey to be completed for the 'Virtual Theatrical Performances'. A link to each survey was shared with participants during each event. A CDLF staff member was online to assist participants with any questions and/or issues in accessing or filling out the surveys.

Please see link to **Pre & Post Stigma Survey Data** (FIGURE 1-9):

<https://datastudio.google.com/u/0/reporting/a7063136-db6b-440c-9b59-72073b0e69ca/page/JiLxB>

MENTAL HEALTH RESOURCE GUIDE:

Base on Participant responses who attended the 'De Sabios' events, CDLF created a Mental Health Resource Guide. Participant responses included direct comments to the CDLF Facebook Live "De Sabios" event page, including questions and/or comments during the Q&A session with Dr. Ana Nogales. Participants also sent direct private messages to the CDLF Facebook messenger. A CDLF case manager followed up on these direct private messages. Based on these responses, CDLF created a Mental Health Resource Guide in Spanish with a list of the top sought out resources.

Please click link below and or see attached:

<https://casadelafamilia.org/la-county-resources>

PARTICIPANT COMMENTS/QUOTES:

(Original participant comments were translated from Spanish to English)

**'De Sabios y Locos' Community Theater Presentations
October 2019 through December 2020**

'De Sabios y Locos' - 10/27/19

1. Excellent representation of a Latino family in the USA experiencing mental health problems.
2. Insanity in regards to mental health has a wide range of symptoms or ways that affect the person. Many times one can live with this illness and not want to get help! But it affects everyone in the family.
3. Yes, it is true that you have to know when you need to seek help and I will help because this is real and this is happening in many families and homes in the community.
4. I found the play to be very important.
5. Thank you for your presentation. I loved the play... very direct and fun. Blessings.
6. Sometimes we look at a lot of people and we don't know what they have or think inside.
7. We always need to take care of each other to be able to live better and it is always wise '*de sabios*' to seek help of all kinds.
8. I loved the play. I hope we can see more plays of this quality.
9. After watching the play I understood a little better about mental health and its consequences when it is not taken care of in time. Thank you for this information.
10. Today I learned the best way to help a person with mental health because I got the information I needed.

'De Sabios y Locos' - 11/16/19

1. Excellent program!
2. It's good that you give this kind of information to help people (who may not know that these problems exist).
3. Important all this effort to help the mental health of the family. Bravo!
4. Thank you for taking the time to educate about mental health.

'De Sabios y Locos' - 2/21/20

1. Thank you for making this play about a real-life case.
2. Thank you for your play, it is a great help to learn when we need to seek help.
3. Thank you for your presentation, it is a good way for us the community to understand more easily.
4. Deep appreciation for sharing.
5. I loved this for how true to life the play was presented, and I congratulate you and hope you can continue to help the community.
6. I recommend seeking help if it is necessary that I as a parent, I could not see all of the play but I received the message you came to give.
7. Very good message and excellent performance. Thank you very much. The play was great and everyone was very nice.

8. Thank you. A real-life drama with a focus on the dysfunctional family trying to solve problems. Congratulations!
9. The play was very good because now one is able to identify when one needs help.
10. Thanks to Casa de la Familia and DMH for bringing to the community a play where mental health issues are taken into account.

Theatrical Performances POSTPONED due to COVID-19 as of March 13, 2020.

'De Sabios y Locos' - 11/7/20

1. Mental health is taboo and difficult to address when people resist help.
2. Thank you very much the play was very interesting, and I think my family has a lot in common.
3. With all the information provided by this event we now know where and how to seek help when we need it. Thanks to Casa de la Familia and Dr. Nogales.
4. The play was great!

'De Sabios y Locos' - 11/13/20

1. Very good play and above all it is the reality.
2. We can all benefit from a little counseling at some point in our lives.
3. Thank you for being for the community blessings.
4. Being alert to behaviors or changes in the family, seeking help is important, it is not a bad thing to have depression, anxiety or even less to ask for help.
5. We can help or ask for help, because we all need help at some point in time.
6. I really liked the way you presented so many mental health problems we have today.
7. I really just realized that we all have a problem that needs to be addressed with the right person.
8. I really enjoyed the presentation and I identified with many of the traumas and problems of the actors, thank you very much for touching on these issues and showing us that we are not alone in this struggle.
9. It was good, we laughed a lot.
10. We all have some problem or trauma, and it is important to be able to manage it and seek help to be able to be well with oneself and to have a good relationship with our children and our spouse. Unfortunately, the damaged ones are the children and it's not that one wants to do it on purpose but it's a pattern that one carries since childhood. We must seek mental health help for our own wellbeing.

'De Sabios y Locos' - 11/15/20

1. I loved the play and would like to know more information about mental health.
2. What a great work where you share the importance of family support and the problems that can be found in children and parents for not being educated on the subject -they refuse and do not accept.
3. I would like that these plays continue to be presented and the psychologist answering and educating us about this mental health issue.

4. It is a great gift to be able to work as a mental health promoter and to be able to bring education and hope to our Latino community, thank you very much for this work.
5. I learned a lot from this performance and the doctor's comments.
6. Because of machismo some men do not see emotional problems well.
7. Seeking and giving help is important.
8. Having a health problem is not a bad thing, seeking help is ideal.
9. We are not alone and seeking help for our own health is important.
10. This live (event) with Dr. has helped me a lot. Thanks, and greetings to her and those who make this possible.

'De Sabios y Locos' - 11/21/20

1. It is very good to receive this type of information to be able to help us and share the information when help is needed.
2. We have to ask for help when we need it.
3. We always forget the importance of having a little control so that we don't feel that everything is falling apart.
4. Thank you very much for helping the community, I know and understand the need for help that exists as well as breaking with the misconception that going to therapy is to be crazy, I believe that crazy people do not know they are crazy and therefore do not have to seek help.
5. It is always good to know when you or a family member needs help.
6. It's good to get information about mental health, you don't know when you're going to need it.
7. I really liked the play and thank you for exposing mental health issues, so we can be alert and pay more attention to certain behaviors.

'De Sabios y Locos' - 11/28/20

1. It's important to talk to someone.
2. It is important to respect the person's decisions.
3. Thank you I love it, and as I said I feel identified with Oscar because that's how my brother is.
4. It made me very sad, but I liked it a lot.
5. We need more information about mental health and these plays in a funny way are great to learn. Thank you!
6. Thank you very much for your play it is very important to learn more about mental health.
7. At some point in our lives, we need help.
8. Thank you for providing information in such an original way, through this play.
9. Excellent way to educate the community.
10. Very interesting to do this presentation, it sure has helped a lot of people who don't have the opportunity to face and close mental problems and how to seek help. Dr. Nogales, you are doing a fantastic job.

'De Sabios y Locos' - 11/29/20

1. I really liked the play and thank you for exposing mental health issues, so we can be alert and pay more attention to certain behaviors.
2. Thank you for the play, it helped us to understand more about this disease that we have at home.
3. With the play it made me know that we have to look for help. Thank you.
4. Thank you for your program and that there is help to solve all these problems, thank you very much for all your advice, doctor, God bless you.
5. Thankful that there is a solution for all these problems thank you very much for all your advice.

'De Sabios y Locos' - 12/3/20

1. Very good play, many problems and what was best, the ease of communication.
2. Thank you helped me a lot to understand that we must take care of ourselves - not only physically but emotionally.
3. Good message and performance!
4. Yes, I already found where I can get help – thank you for your intentions and your help.
5. My child was moved by the case of the young man who heard voices. Thank you.
6. Thank you Doctor and Zuyapa for this information.
7. A lot of mental health support is needed. Especially in this day and age!
8. I really like that you do these types of activities so that we can have more resources. Thank you!
9. Mental health is important in my family.
10. I would love more topics like these online for people in other states that we don't have the supports that Los Angeles gives to their community.

'De Sabios y Locos' - 12/4/20

1. Thank you for helping us in these vulnerable times.
2. With this information, one can know where to find help and know that we are not alone.
3. Thank you for teaching us to recognize these mental illnesses.
4. Thanks to Casa de la Familia and Dr. Nogales I learn something new with each presentation.
5. I didn't know these resources were available, thank you.

'De Sabios y Locos' - 12/5/20

1. I am a nurse and a mental health professional. Excellent program!!! I laughed a lot. It was so good.
2. Excellent way to let us know how a whole family can disintegrate without realizing it. It also teaches us that we should ask for help even if it seems that everything is fine.
3. Very good lesson to help us to identify mental problems.
4. Thank you very much for the information.
5. The play looked amazing online!

'De Sabios y Locos' - 12/6/20

1. Excellent performance, many congratulations to all those who participated in this play.
2. Congratulations on a job well done.
3. Thank you so much for touching on these issues. I think there is a "virus" that is not seen these days and that is the incredible amount of people who are going into depression because of life today.
4. Thank you for your helpful resources.
5. Very good play about real life.

'De Sabios y Locos' - 12/18/20

1. I think it is good to look for resources in the communities or programs for youth with poor mental health and drugs.
2. I think that mental health and drugs are very dangerous because I have been through drugs and a rape and that play taught me a lot.
3. I think the play was very nice and we should always pay attention to our children because of mental health, drugs and what happens around us.
4. After seeing the play I think I need help.
5. The play deals with different mental health conditions that can be helped to have a better life condition.

'De Sabios y Locos' - 12/19/20

1. Excellent performance and message thank you for all your help to the community.
2. I loved the virtual play.
3. An extremely important topic that we need to discuss in order to understand different forms of mental health and the resources available.
4. Very good play to me too, the world closes in some circumstances.
5. I had a mental health problem and I sought help and thanks to that help I am now much better.
6. Thank you very much for your very valuable message!
7. Thank you for the interest you have in the community, there is a lot of need and it is good to know about you to recommend you, thank you very much 😊.
8. Very interesting and very important for the community.
9. Thank you for everything... you learn new things every day.
10. We identified with the play in my home.

'De Sabios y Locos' - 12/20/20

1. I want to be a therapist to help people.
2. Many need more information about mental health, many people are in need of help and do not know where to go, or who to turn to Please more information on tv, news and social networks.
3. Thank you for presenting a play that addresses the real problems of our community.
4. I liked the play and I agree about the importance of mental health, I myself am now in therapy for depression, and I appreciate that there are these types of events to promote mental health, especially in Latinos. Thank you.

5. For me it is difficult, the current situation we are living in and I think mental health is important these days.
6. Through the play we have learned a lot about mental health thank you Dr. Ana and all your staff God bless you amen
7. Thank you for helping our Latino people, God will multiply your blessings.
8. These mental health issues need to be more widely shared.
9. Mental health problems are often hidden out of shame and this contributes to not seeking help in time.
10. The truth is that this helped me a lot to know what to do in such an occasion and it is good to know.

RECOMMENDATIONS

The success of the 'De Sabios' theatrical performances, both in-person and via virtual theater reflects the need for mental health community educational events for the monolingual Latino communities of Los Angeles County given the stigma that acts as a barrier for mental health help-seeking behaviors. The pandemic has exacerbated mental health issues like depression, anxiety, suicidal ideation and therefore it is critical to be creative in our outreach efforts that can reach this demographic in a culturally sensitive manner, thereby gaining community trust and increase access to services.