



FINAL SUMMARY REPORT
May 2026

Service Areas 4, 7 & 8 | February – May 2026

Presented by:

Resilience Social Work Inc.

Marilyn Mejia-Peña, LCSW, CIMHP, Founder & CEO

www.resiliencesocialwork.com | 562-384-9299

In Partnership with:

Los Angeles County Department of Mental Health (LACDMH)

Latino Underserved Cultural Communities (UsCC) Subcommittee

Behavioral Health Services Act (BHSA)

Phoenix Rise Project | Cosmic Rose Apothecary



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Executive Summary

The Raíces y Alas (Roots & Wings) workshop series was successfully completed across Los Angeles County Service Areas 4 (Metro), 7 (East), and 8 (South Bay). This seven-session, trauma-informed initiative integrated ancestral wisdom with evidence-based mental health practices to promote wellness among Latino immigrant communities. The program achieved outstanding participation rates, exceeded recruitment targets, and demonstrated meaningful, measurable improvements in participants' mental health awareness, cultural connection, and community belonging.

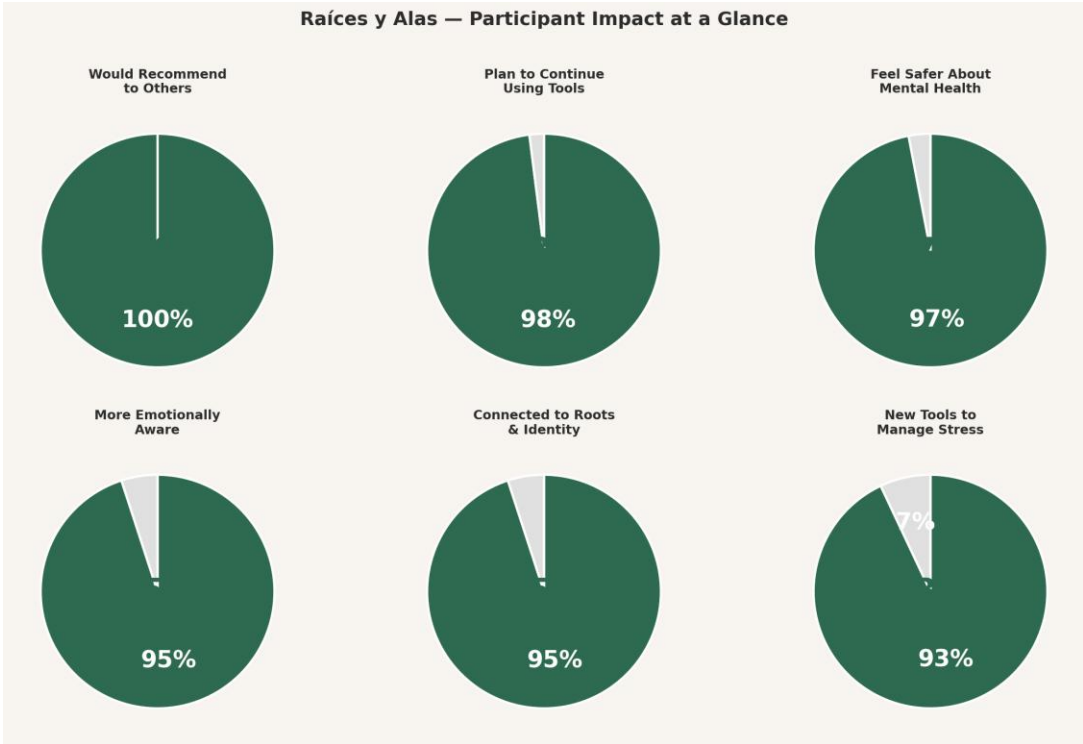
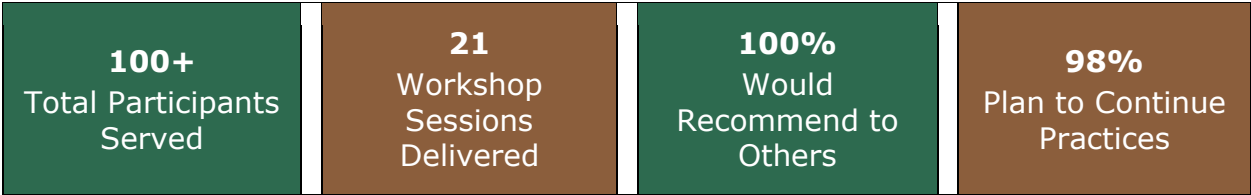


Figure 1: Raíces y Alas Program Impact at a Glance — Key Outcome Indicators (N=59–60)

Evaluation data collected through pre-assessments, post-assessments, and participant satisfaction surveys reflects a program that was culturally resonant, emotionally safe, and highly effective. Across all eight post-workshop outcome measures, 91% or more of participants reported agreement or strong agreement, with 97% feeling safer about their mental health and 95% reporting increased emotional awareness and stronger connection to their cultural roots.

All 60 evaluation survey respondents indicated they would recommend the workshop to others, and 59 of 60 expressed interest in participating in future workshops. These results affirm that Raíces y Alas fills a critical gap in culturally grounded mental health programming for Latino immigrant communities in Los Angeles County.

I. Project Overview

Background & Purpose

Latino immigrants in Los Angeles County face compounding barriers to mental health care including migration-related trauma, language access challenges, systemic inequities, and deeply rooted cultural stigma around seeking mental health support. The Raíces y Alas project was designed to address these gaps by creating safe, culturally grounded spaces for learning, healing, and community empowerment.

Funded through the Behavioral Health Services Act (BHSA) and administered by the Los Angeles County Department of Mental Health (LACDMH) Latino Underserved Cultural Communities (UsCC) Subcommittee, the project contracted Resilience Social Work Inc. (RSW) as the lead vendor to design, promote, and deliver a comprehensive workshop series across three Los Angeles County service areas.

Program Goals

- Increase awareness and understanding of mental health issues specific to Latino immigrant communities
- Provide culturally grounded strategies to support mental wellness and build emotional resilience
- Reduce stigma associated with mental illness and seeking help
- Educate participants on early intervention and prevention strategies
- Address trauma related to pre-migration and post-migration experiences
- Extend access to mental health resources beyond workshop participants through digital tools and social media

Workshop Structure & Curriculum

The workshop series consisted of seven thematic sessions organized around the four elements. Fire, Earth, Water, and Wind; as metaphors for the four pillars of wellbeing: Mind, Body, Soul, and Community. Each session combined psychoeducation with hands-on ancestral practices that were easy to apply to their daily routine and required little to no cost to incorporate into their wellness routine.

Sessions consisted of 2 hours of instruction. Participants were provided with dinner during the evening sessions and breakfast, coffee and pastries during the morning sessions. Raffles and other wellness incentives that complemented the topic being discussed were also offered at each workshop.

There was an amazing lineup of guest facilitators who provided cultural and ancestral knowledge in the wellness tools shared and brought the curriculum to life, keeping the audience engaged and invested.

WORKSHOP CURRICULUM

Session	Theme	Key Activities	Guest Expert
1	Four Elements & Pillars of Wellbeing	Opening circle, psychoeducation on emotional regulation fundamentals, introduction to the four elements and four pillars of wellbeing, vision board collage	Marilyn Mejia-Peña, LCSW, CIMHP, Founder and CEO of Resilience Social Work Inc. (RSW)
2	Fire: Nourishing the Mind	Introduced fire and sacred smoke, energetic cleansing (limpia) drum medicine, storytelling	Phoenix Rise Project (PRP), Rising Heartbeats Drum Circle Sisters lead by Amanda Guevara, Founder CEO of (PRP), accompanied by: • Milagros Ruiz, Intuitive Healer • Dulce Martinez Salinas, Drum Medicine Woman • Yesi Martinez, LCSW Intuitive Healer • Melina Chavarria, MA Psychology, Initiated Medicine Woman carrier of the Q'ero Inca Shamanic Path
3	Earth: Caring for the Body	Introduced Herbal teas and plantitas (plants) as wellness allies, and engaged in incense making for grounding mindfulness practices	Tea and Plantitas for wellness • Ozaeta, Artisan Herbalist, Founder of Cosmic Rose Apothecary & Incense Making and Mindfulness • Marilyn Mejia-Peña, LCSW
4	Water: Healing the Soul/Spirit	Storytelling, Cacao Ritual, Aromatherapy- Made grounding roll-on, simmer pot and cleansing bath bundles	Cacao storytelling and Ritual • Milagros Ruiz, Intuitive Healer • Eliu Chavajay, Guatemalan Tzutijil Mayan Craftman and Artist Aromatherapy • Marilyn Mejia-Peña
5	Wind: Strengthening Community	Breathwork, communication, community support and sound healing for nervous system regulation	Breathwork communication and community support • Marilyn Mejia-Peña, & Aztec Sound Bath • Martin Espino, World Class Performer and Master Teaching Artist
6	Integrating the Elements	Introduction to energy healing, Reiki and art as a healing tool.	• Ehiliana Guerrero, Reiki Master • Natalie Guerrero, Reiki Master and Artist
7	Reflection & Celebration	Sharing circle, gratitude ritual, communal meal	Marilyn and other guest experts

Facilitator



Marilyn Mejia-Pena, LCSW

SESSION 1: FUNDAMENTALS

Introduction to 4 elements and 4 pillars of self care, Opening circle, psychoeducation on emotional regulation, vision board collaging



Resilience Social Work Inc. 2026.

Facilitators:
Phoenix Rise Project,
Rising Heartbeats
Drumming Sisters,
Amanda, Milagros, Yesi,
Melina and Dulce

ntroduced fire and sacred
moke, energetic cleansing
(limpia)
drum medicine,
storytelling



Resilience Social Work Inc. 2026.

SESSION 2: FIRE ELEMENT

SESSION 3: EARTH ELEMENT

Introduced Herbal teas to support emotional wellness, incense-making for grounding and mindfulness practice

Facilitators:
Irelia Ozaeta,
Artisan Herbalist
&
Marilyn Mejia-Pena, LCSW



Resilience Social Work Inc. 2026.

SESSION 4: WATER ELEMENT

Story telling, Cacao Ritual, Aromatherapy grounding rollon, simmer pot and cleansing bath bundles

Facilitators: Eliu Chavajay, Milagros Ruiz and Marilyn Mejia-Pena, LCSW



Resilience Social Work Inc. 2026.

SESSION 5: WIND ELEMENT

Breathwork, Communication and community support, Music/Sound Healing for emotional regulation, Aztec Sound Bath

Facilitators: Martin Espino
Marilyn Mejia-Pena



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SESSION 6: REIKI AND ART

Introduction to energy healing/Reiki and Art as a therapeutic tool

Facilitators: Ehiliana and Natalie Guerrero



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SESSION 7: CELEBRATION

Sharing review circle, support community connections, communal meal, dance and play, gift card and prizes

Facilitator: Marilyn



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Timeline & Locations

Workshop series were delivered across three LACDMH Service Areas hosted at the following locations:

- Service Area 4 (Metro):
 - **The Wall, las Memorias, Boyle Heights**, 2020 1st Street, Los Angeles, CA 90033.
 - Offered from April 7, 2026 April 28, 2026.
 - Completed per SOW requirements
- Service Area 7 (East):
 - **Helpline Youth Counseling**, 14181 Telegraph Rd, Whittier, CA 90604.
 - Sessions ran from February 26, 2026 through March 19, 2026.
 - Completed per SOW requirements
- Service Area 8 (South Bay):
 - **Long Beach Forward**, 2217 E. 6th St., Long Beach, CA 90814.
 - Offered from February 2nd, 2026 through March 16, 2026.
 - Completed per SOW requirements

II. Program & Promotional Materials

Bilingual Promotional Flyers

Resilience Social Work Inc. developed a suite of bilingual (English and Spanish) promotional materials to recruit participants across Service Areas 4, 7, and 8. All materials were reviewed for cultural and linguistic appropriateness by fluent bilingual staff before submission to LACDMH for approval.

All promotional materials included:

- LACDMH logo, Latino UsCC logo, and BHSA logo
- LACDMH 24/7 Help Line: 1-800-854-7771 and 988 National Suicide Lifeline
- Workshop schedule with dates, times, and location
- Accommodation request instructions (sign language, translation, mobility, dietary)
- Registration contact information: 562-384-9299 / info@resiliencesocialwork.com

Flyers prominently featured the Raíces y Alas branding (roots-and-wings logo) along with partner organization logos including LatinoUsCC, LACDMH, HYC, Phoenix Rise Project, Cosmic Rose Apothecary, and Resilience Social Work.



Distribution Channels

- In-person distribution at community organizations, churches, and partner sites within SAs 4, 7, and 8
- Social media outreach via RSW and partner platforms (Instagram, Facebook)
- Email outreach through community networks and partner organizations
- Referrals from partner organizations: HYC, Phoenix Rise Project, Latino Health Access
- Word-of-mouth: the most cited referral source among participants in the evaluation survey

Digital Companion Guide

A Digital Companion Guide was developed to serve as the core curriculum for the workshop series, incorporating psychoeducational content on the four elements framework, mental health resources, and ancestral wellness practices.

The Guide includes helpful handouts that encourage participants to continue practicing emotional regulation tools shared at home and support their overall wellness. In addition, the reflection pages added assist in connecting the audience with the material presented at a more personal level, which enhances retention and application of wellness tools shared.

A resources section was also added in the guide, which included holistic healers in the LA County area to support cultural ancestral healing wellness practices shared in the workshops.

To accommodate language and increased access, two separate guides were created, one in English and one in Spanish, with the same content. They are both available for download or viewing at the Raices y Alas Tab at <https://resiliencesocialwork.com>



Webinar

A pre-recorded webinar was produced to extend access to individuals unable to attend in person. Mini-workshop sessions, were filmed, edited, and organized around the four elements and four pillars of self-care, just like the in-person sessions. The mini-workshops were divided according to the digital companion guide to capture most of the content presented in the in-person sessions and extend the wellness tools to webinar participants. Each recorded session included the facilitators from the in-person workshops to maintain continuity of content and information throughout the whole series. Helpful handouts, guided meditations created specifically for Raices y Alas, resources, and meet the facilitators section were also created to allow participants to connect with facilitators via their social media for further support if needed. A certificate of completion is also available for participants to print as proof of completion if needed. Most of the content was recorded in Spanish, however, the auto-translate option is available via YouTube closed captions, where English or any other language subtitles offered by the YouTube platform can be chosen by the viewer; allowing for a wider audience reach. Instructions on how to access different language closed captions are included for the viewer in the webinar content.

The webinar was placed in the Teachery platform for participants to benefit from organized content, and easily accessible materials that did not require a cumbersome login. In addition, all the videos in the webinar are posted on YouTube at Resilience Social Work Inc.'s channel to increase accessibility to the LA County community and beyond. The full webinar is accessible at <https://resiliencesocialwork.com> Raices y Alas tab and once there it takes you to directly to the webinar with one click. It can easily be viewed via phone or computer at viewers own pace.



Wellness Kits

Each participant received a culturally relevant Latino Mental Health Wellness Kit at the first session, containing practical self-care tools aligned with the ancestral wellness themes of the program (aromatherapy items, a candle, sensory grounding and emotional regulation support tools, and a journal, among them).

In addition, at each session there were raffles of different gift cards and other items, and each participant went home with wellness tools that went along with the workshop element. For example, in the fire session, they were provided with palo santo, copal incense, herbal bag, and in the water, Epsom salts, herbal bundles, in the aromatherapy grounding roll-ons, etc.

In the final session, they were provided with a \$100 gift card to a local market, a wellness self-care bag including a grounding crystal, reiki art, facial, charcoal for copal burning, art supplies and coloring book, agua florida... The wellness kits were provided with the intention to continue practicing the tools learned. Raffles were also conducted in which every participant won at least one item. Raffle items included, reiki sessions, glow ups, and a variety of items to support their comfort and well-being.



III. Strengths & Barriers

Program Strengths

- The Four Elements framework immediately connected with participants' existing worldviews, ancestral traditions, and cultural practices. Participants consistently described the content as feeling like coming home to knowledge they already carried. **(Deep Cultural Resonance)**
- Community experts such as Phoenix Rise Project's, Rising Heartbeats (Drum Circle) team, Irelia Ozaeta (Herbalist), Milagros Ruiz and Eliu Chavajay (Cacao Facilitators), Martin Espino (Aztec Sound bath), and Natalie & Ehiliana Guerrero (Reiki) brought irreplaceable lived expertise and elevated the experiential quality of each session. **(Exceptional Guest Facilitators)**
- The collaboration of Marilyn Mejia-Peña's clinical expertise as an LCSW, and the ancestral knowledge shared by community practitioners, facilitated the integration of Western mental health approaches with cultural healing traditions, creating a model of care that was both evidence-informed and culturally responsive. **(Deep Cultural Resonance, Trauma-Informed, Holistic Design)**
- The seven-session arc was carefully sequenced to build safety and trust before moving into deeper emotional and community work. Participants felt safe enough to share vulnerably. **(Trauma-Informed, Holistic Design)**
- Subcontractors Phoenix Rise Project (Amanda Guevara) and Cosmic Rose Apothecary (Irelia Ozaeta) contributed expertise in community organizing, herbalism, and data collection that strengthened program fidelity and reach. **(Strong Partnerships)**
- Dinner/food at sessions, raffle prizes, wellness kits, and the \$200 budget allowance for incentives were highly effective retention tools. Attendance was strong across all cohorts. **(Incentive Structure Worked)**
- Conducting all sessions in Spanish, with materials available bilingually, removed significant access barriers for monolingual Spanish-speaking participants. **(Bilingual, Accessible Delivery)**
- Over 90% of participants attended 5 or more sessions, and 100% of evaluation respondents reported they would recommend the workshop. **(High Completion & Retention)**

Challenges & Barriers

- Reaching the target of 60 unique completers across three service areas required a sustained outreach effort over several weeks. Word-of-mouth proved to be the most effective channel, while cold digital outreach had lower conversion. **(Recruitment Logistics)**
- Some participants faced transportation challenges or family/work obligations that prevented attendance at every session. Offering both weekday evening and Saturday morning options partially mitigated this. **(Scheduling Conflicts)**
- Several sessions, particularly those addressing migration trauma and grief required careful facilitation and on-call mental health support. Having a licensed clinician (Marilyn Mejia-Peña, LCSW) available was essential. **(Emotional Intensity)**

- Some pre-test forms were submitted without complete demographic information. Streamlining the intake process in future iterations would improve data completeness.
(Data Collection Gaps)
- Workshop space worked well for cohort sizes but would require a larger venues to scale participant numbers significantly.
(Space Limitations)

IV. Summary of Evaluation Data

Three data collection instruments were administered: a Pre-Workshop Assessment (n=54), a Post-Workshop Assessment (n=61), and a Program Evaluation Survey (n=60). Data was collected in Spanish with bilingual data entry support.

Participant Demographics (Pre-Assessment)

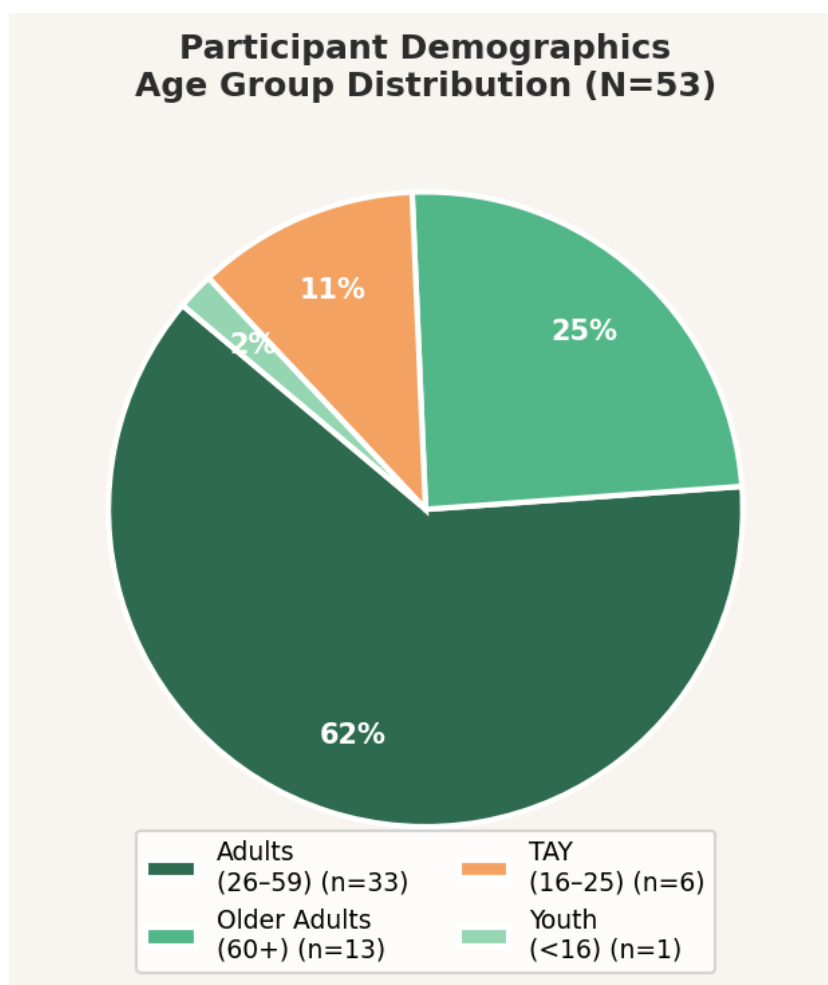


Figure 2: Age Group Distribution of Raíces y Alas Participants (Pre-Assessment, N=53)

The majority of participants were Adults aged 26–59 (62%), followed by Older Adults 60+ (25%), Transition-Age Youth 16–25 (11%), and Youth under 16 (2%). All pre-test respondents identified Spanish as their primary language, reflecting the target population of Spanish-speaking Latino immigrants.

Session Attendance & Retention

Attendance across the series was remarkably strong. Approximately 41% of participants attended all seven sessions, and an additional 50% attended 5 or 6 sessions, meaning over 91% of respondents attended the majority of the series. Only 5 participants attended fewer than 5 sessions, demonstrating high program retention that exceeded expectations.

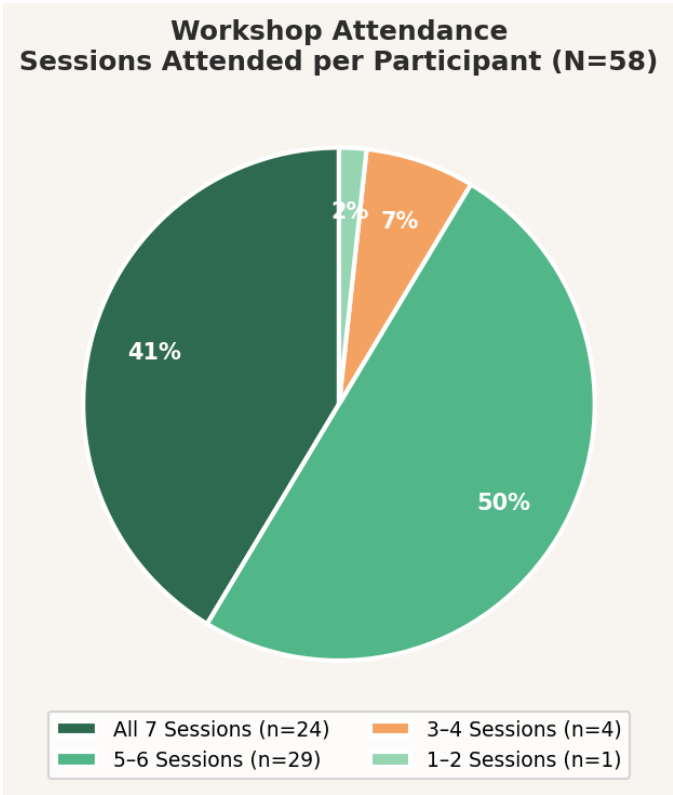


Figure 3: Workshop Retention, Sessions Attended per Participant (Evaluation Survey, N=58)

BOYLE HEIGHTS SA4

WHITTIER SA7

LONG BEACH SA8

SIGNED UP:
 • SA 4: 46
 • SA 7: 45
 • SA 8: 42
 • TOTAL: 133

ATTENDED AT LEAST 1 SESSION:
 • SA 4: 30
 • SA 7: 38
 • SA 8: 35
 • TOTAL: 103

FINAL SESSION ATTENDEES:
 SA 4: 21
 SA 7: 19
 SA 8: 20
 TOTAL: 60

Pre-to-Post Outcome Comparison

A matched analysis comparing pre-workshop self-assessments to post-workshop outcomes reveals meaningful gains across all measured dimensions. While the pre and post instruments used different but parallel question sets (to avoid test-retest bias), both assessed the same underlying constructs using 5-point Likert scales.

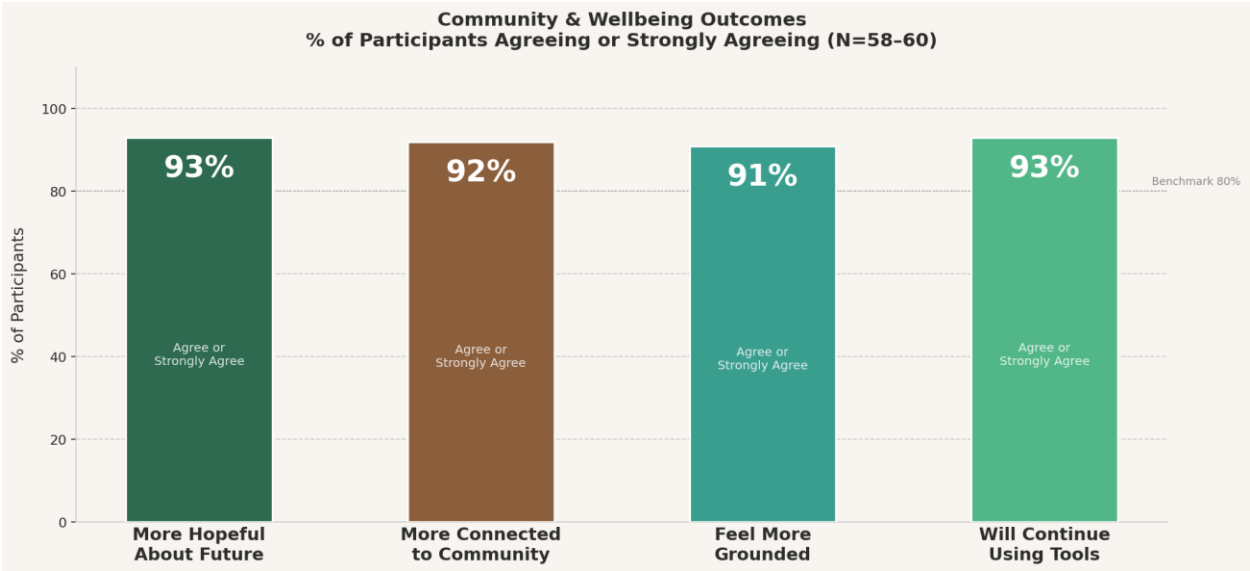


Figure 4: Community & Wellbeing Outcomes above 90 % Agree or Strongly Agree (N=58–60)

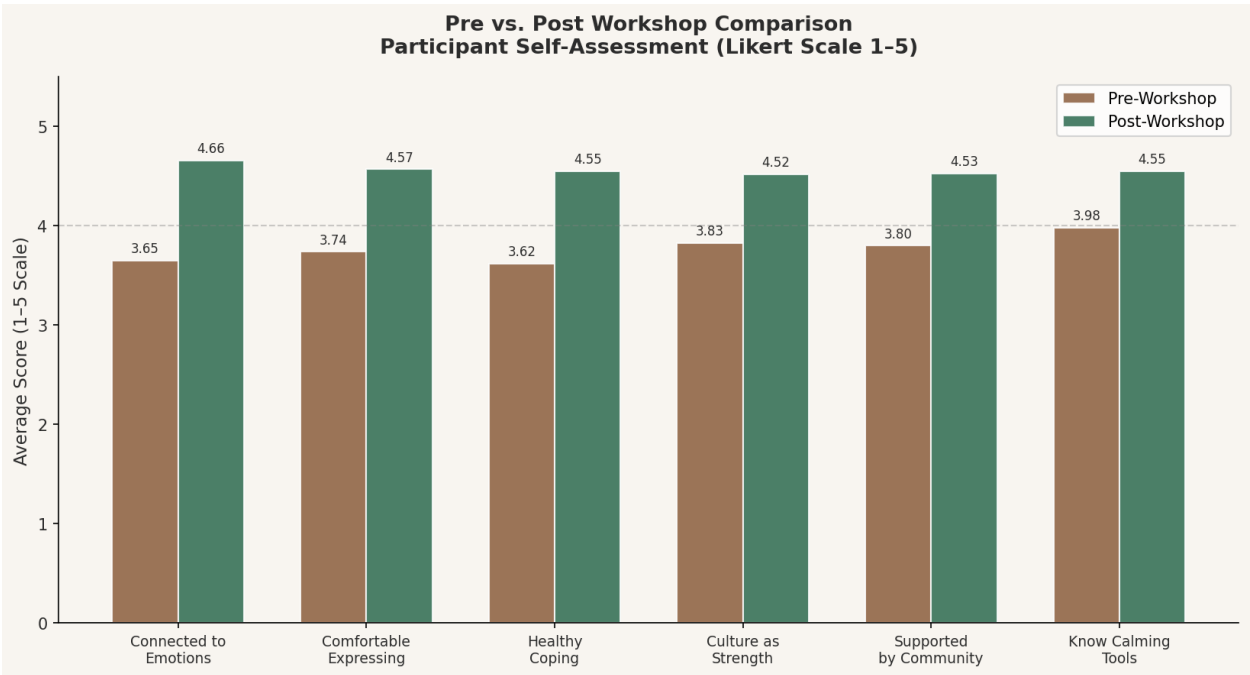


Figure 5: Pre vs. Post Workshop Average Scores on Parallel Self-Assessment Items (Likert Scale 1–5)

Outcome Area	Pre Score	Post Score	Change	% Agree (Post)
Emotional Awareness / Connected to Emotions	3.65	4.66	+1.01	95%
Comfortable Expressing Feelings	3.74	4.57	+0.83	93%
Healthy Coping / Stress Management	3.62	4.55	+0.93	91%
Cultural Connection / Roots & Identity	3.83	4.64	+0.81	95%
Sense of Community Support	3.80	4.53	+0.73	92%
Tools to Calm Mind & Body	3.98	4.55	+0.57	93%
Hope for the Future	—	4.52	New Measure	93%
Mental Health Safety / Seeking Help	—	4.68	New Measure	97%

Table 1: Pre-to-Post Outcome Comparison Across Key Wellness Domains

Post-Workshop Outcomes

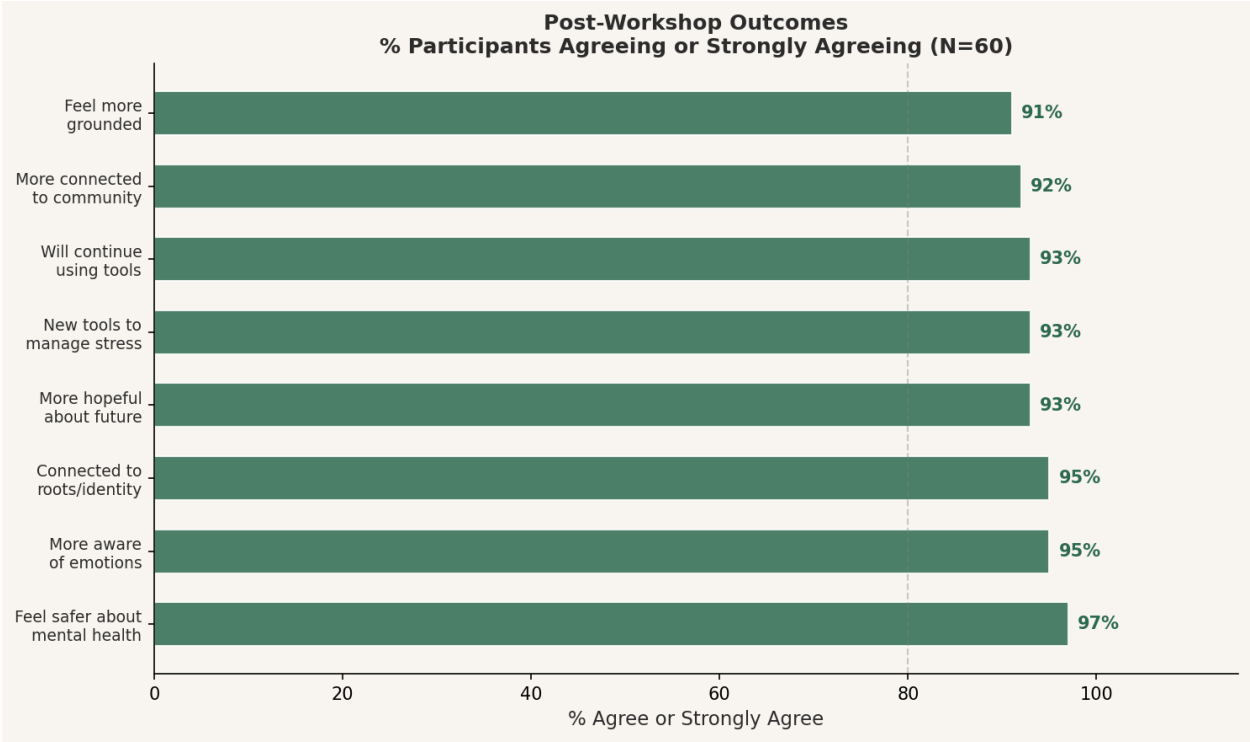


Figure 6: Percentage of Participants Agreeing or Strongly Agreeing with Post-Workshop Outcomes (N=59-60)

Post-workshop assessments revealed transformative gains across all eight outcome measures. The highest-rated outcome was feeling safer about mental health care (97%), this reflects the program's success in destigmatizing mental health support within the community. Emotional awareness, cultural connection to roots, and future hopefulness each reached 93–95% agreement, demonstrating that the ancestral-practice framework effectively activated multiple dimensions of wellness simultaneously.

Workshop Satisfaction & Environment

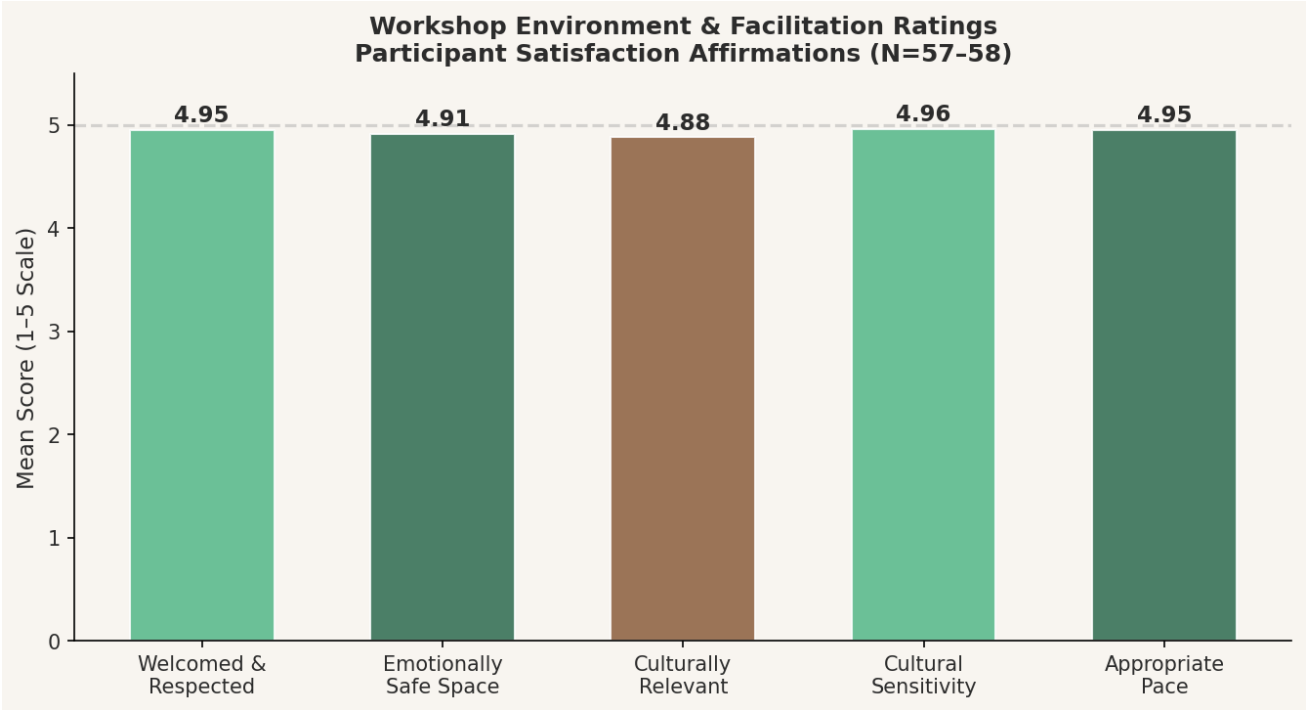


Figure 7: Participant Satisfaction Ratings, Workshop Environment & Facilitation (N=57-58, Scale 1-5)

Participants rated the workshop environment and facilitation across five affirmation dimensions, all of which scored between 4.88 and 4.96 out of 5.0. Cultural sensitivity (4.96) and feeling welcomed and respected (4.95) received the highest marks, confirming that the workshop successfully created a culturally safe and honoring space for the community.

Four Elements Framework – Usefulness Ratings

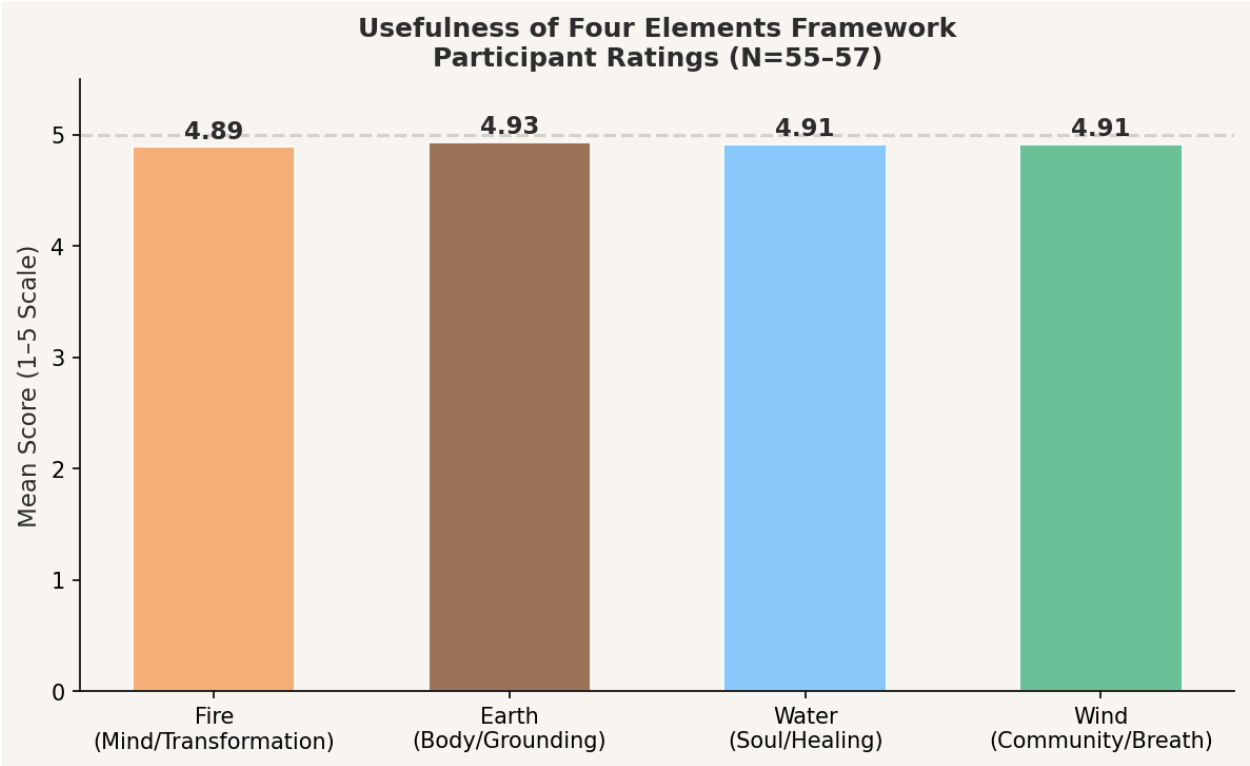


Figure 8: Participant Ratings of Four Elements Practices (Scale 1=Not Helpful to 5=Very Helpful)

All four elemental frameworks were rated between 4.89 and 4.93 out of 5.0, indicating that participants found each element equally and highly useful. Earth (rootedness/body) received the highest average score (4.93), while Fire (transformation/mind) scored 4.89. These results validate the holistic, four-element approach as an effective and acceptable delivery structure for this community.

V. Community & Participant Feedback

Post-Workshop Narrative Responses — "Inner Light" Transformation

When asked "How has your inner light changed since you started this series?", participants offered profound reflections that highlight the depth of transformation experienced:

"Yo no sabía que tengo poder sobre mis sentimientos, pero las clases me ayudaron con regulación emociones y técnicas para mí misma y los demás."

("I didn't know I had power over my feelings, but the classes helped me with emotional regulation and techniques for myself and others.")

"My inner light has been recharged with the community's energy, the guest wisdoms, the sound baths, the aromatherapy."

"I felt more grounded, more connected with the elements than before. I feel connected with my ancestors and ready to explore a deeper connection with them and their traditions."

"Acceptance of all emotions and processing emotions, brightened my inner light. Balanced emotional, sensitive in the best way — feeling and healing, releasing."

"Mi luz sigue encendida y quiero compartir con toda mi familia la clase que ofrecen."

("My light is still lit and I want to share this class with my whole family.")

"tengo vibraciones más "altas" y paro y me "ancho" cuando mis vibraciones están más bajas."

("I have higher vibrations and I stop and anchor myself when my vibrations are lower.")

Most Valuable Aspects — Evaluation Survey

When asked about the most valuable aspects of the workshop series, participants highlighted:

- The sense of community and emotional safety. Being with others who shared similar experiences
- The ancestral and cultural practices (cacao ceremony, sound bath, herbal medicine, incense-making)
- Learning tools to manage emotions and stress in daily life
- Reconnecting with cultural roots and traditional healing knowledge
- "Todo me sirvió para poder controlar mis emociones" "Everything helped me control my emotions"

Suggestions for Improvement

Participants' improvement suggestions were largely enthusiastic requests for more:

- Repeat the most impactful sessions (particularly water/cacao and sound healing)
- Add more art and creativity activities
- Include more word circles and group sharing time
- Expand to include more ceremonial and ritual practices

Requested Future Activities

Top activities participants would like in future workshops included:

- Art and creativity sessions
- Ceremonies and rituals
- Meditation and breathing practices
- Movement and dance
- Word circles / sharing groups

Ancestral Practices Impact

On the evaluation survey, participants selected which benefits they gained from ancestral and cultural practices. The most commonly cited benefits were:

- Regulate my emotions
- Feel stronger and more resilient
- Connect to my roots
- Feel accompanied by the community

VI. Recommendations for LACDMH

1. Expand the Program to Additional Service Areas

Given the exceptional outcomes, high retention, and 100% recommendation rate, Raíces y Alas is well-positioned for expansion. We recommend extending the series to additional LACDMH Service Areas, particularly those with high Latino immigrant populations and limited access to culturally grounded programming (e.g., SA 2 — San Fernando Valley, SA 3 — San Gabriel Valley).

2. Develop a Standalone Cacao & Sound Healing Series

The Water session (Cacao Ceremony with Milagros Ruiz and Eliu Chavajay) and the Wind session (Aztec Sound bath with Martin Espino) consistently generated the highest emotional impact and participant requests to repeat them. A standalone 3-session series focused on ceremonial healing practices could serve as a meaningful complement or entry point for new community members.

3. Create a Peer Ambassador Program

Several graduates expressed strong desire to share what they learned with their families and networks. A structured Peer Ambassador or Community Health Worker pathway with training and a small honorarium could exponentially extend the program's reach while honoring participants' lived expertise and motivation to give back.

4. Invest in Digital Companion Guide Promotion

The Digital Companion Guide and webinar should be actively promoted via LACDMH social media channels, partner organization websites, and the RSW newsletter. Subtitling the webinar in English in addition to Spanish would expand its reach to bilingual/bicultural second-generation community members.

5. Standardize Pre/Post Assessment Instruments

For future iterations, aligning pre- and post-assessment question wording more closely (while still avoiding pure test-retest effects) would enable more rigorous matched-pair statistical analysis. Additionally, collecting demographic information (age, gender, zip code, immigration status) consistently at intake would strengthen program evaluation and reporting.

6. Formalize the Subcontractor Network

The expertise and community credibility contributed by Phoenix Rise Project, Cosmic Rose Apothecary, and the guest facilitators was central to the program's success. We recommend formalizing these partnerships with multi-year MOUs to provide organizational stability and enable co-design of future programming iterations.

7. Offer Childcare and Transportation Support

Several participants cited family obligations and transportation as barriers to consistent attendance. Providing childcare assistance and/or transportation vouchers (e.g., Metro TAP cards) at future sessions would reduce attrition among caregivers and commuters, who represent a significant portion of the Latino immigrant community.

8. Provide Start-Up Advances for Small Business Vendors

The current reimbursement model creates a financial barrier for small businesses seeking to participate in the bid process, even when they are well positioned to provide innovative and effective community-based services. Providing an initial start-up advance would help small organizations such as RSW cover upfront costs—such as food, workshop materials, and facilitator fees—needed to launch services successfully.

VII. Resilience Social Work Inc. Closing Comments

Resilience Social Work Inc. was honored to have been chosen to fulfill the Raices y Alas Project and is proud of the impact it had in supporting the Latino Community's wellness by introducing and reconnecting them with ancestral healing practices. As the leader in this project, I am grateful for the collaboration with all the facilitators and community partners in making this possible. I am in awe of the audience's response to the series and it was beautiful to witness their openness to receive all the information shared as well as the willingness and eagerness to put it into practice. It was an amazing experience to see our underserved communities in great need of emotional support have a safe space to just receive knowledge and ancestral medicine. Thank you for choosing and trusting Resilience Social Work Inc. in this amazing, beautiful, healing, heart-warming project.

Raíces y Alas • Roots & Wings

Resilience Social Work Inc. | info@resiliencesocialwork.com | 562-384-9299
Funded by LACDMH Latino UsCC / Behavioral Health Services Act • May 2026

ATTACHMENTS

RAICES Y ALAS PRE-WORKSHOP QUESTIONNAIRE



Participant ID or initials (optional): _____ SPA _____
 Age Group: ☐ Youth ☐ TAY (16–25) ☐ Adults (26–59) ☐ Older adults (60+)
 Main language: ☐ English ☐ Spanish ☐ Both Date _____

Please mark the answer that best reflects how you feel **right now**.

Section 1: Emotional Well-Being and Awareness

1. I feel connected to my emotions.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree
2. I feel comfortable expressing my feelings.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree
3. I have healthy ways of coping with stress.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

Section 2: Cultural Identity and Belonging

4. My culture and traditions are a source of strength for me.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree
5. I feel proud of where I come from.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree
6. I feel supported by my community.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

Section 3: Mental Health Tools and Support

7. I know tools that help calm my mind and body.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree
8. I feel safe to ask for help when I need it.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

Section 4: Reflection

9. What do you hope to gain from this series of workshops?

-
10. What helps your inner light shine right now?



LOS ANGELES COUNTY
 DEPARTMENT OF
 MENTAL HEALTH
 hope. recovery. wellbeing.



ROOTS AND WINGS POST-WORKSHOP QUESTIONNAIRE

Complete after Workshop 7 **Date:** _____

Participant ID or initials (optional): _____ **SPA** _____

Please reflect on your experience **after completing the series**.

Section 1: Emotional Growth and Healing

1. I feel more aware of my emotions than I did before the show.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree
2. I have new tools to manage stress and emotions.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree
3. I feel safer taking care of my mental health.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

Section 2: Roots and Cultural Connection

4. This program helped me feel more connected to my roots and identity.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree
5. I feel more grounded in who I am.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

Section 3: Wings and Empowerment

6. I feel more hopeful about my future.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree
7. I feel more connected to my community.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree
8. I'll likely continue to use the tools I learned.
☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

Section 4: Program Comments

9. What part of the program was most meaningful to you?



10. How has your inner light changed since you started this series?

11. Would you recommend this program to others?

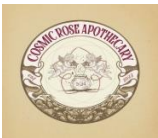
☐ Yes ☐ Maybe ☐ No

12. Additional comments or reflections:

Thank you for being part of Raíces y Alas. Your voice matters and we honor your path to healing.



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.



RAÍCES Y ALAS – EVALUACIÓN DEL TALLER / WORKSHOP EVALUATION

Fecha _____ SPA: _____

Gracias por participar en la serie de talleres Raíces y Alas. Su opinión es muy importante y nos ayuda a mejorar y continuar ofreciendo espacios de sanación culturalmente significativos.

Sus respuestas son confidenciales.

Instrucciones: Por favor marque la opción que mejor represente su experiencia o escriba su respuesta cuando se indique.

SECCIÓN 1: INFORMACIÓN GENERAL

1. ¿Cuántas sesiones del taller Raíces y Alas asistió?

☐ 1–2 sesiones ☐ 3–4 sesiones ☐ 5–6 sesiones ☐ Todas las sesiones

2. ¿Cómo se enteró de este taller?

☐ Organización comunitaria ☐ Redes sociales ☐ Recomendación de alguien

☐ Otro: _____

SECCIÓN 2: EXPERIENCIA GENERAL DEL TALLER

Por favor indique qué tan de acuerdo está con las siguientes afirmaciones:

(1 = Totalmente en desacuerdo | 5 = Totalmente de acuerdo)

Afirmación	1	2	3	4	5
Me sentí bienvenida/o y respetada/o en el taller	☐	☐	☐	☐	☐
El espacio se sintió seguro emocionalmente	☐	☐	☐	☐	☐
El taller fue culturalmente relevante para mí	☐	☐	☐	☐	☐
Las facilitadoras/es demostraron sensibilidad cultural y respeto	☐	☐	☐	☐	☐
El ritmo del taller fue adecuado	☐	☐	☐	☐	☐

SECCIÓN 3: CONTENIDO Y LOS CUATRO ELEMENTOS

3. ¿Qué tan útiles fueron las prácticas basadas en los cuatro elementos (fuego, tierra, agua y aire)?

Elemento	Nada	Poco	Neutral	Útil	Muy útil	No Asisti
Fuego (intención, fuerza, transformación)	☐	☐	☐	☐	☐	☐
Tierra (arraigo, estabilidad, cuerpo)	☐	☐	☐	☐	☐	☐
Agua (emociones, sanación, flujo)	☐	☐	☐	☐	☐	☐
Aire/Viento (respiración, claridad, espíritu)	☐	☐	☐	☐	☐	☐

4. Las prácticas ancestrales y culturales me ayudaron a:

- ☐ Conectarme con mis raíces
☐ Sentirme más fuerte y resiliente
☐ Regular mis emociones
☐ Sentirme acompañada/o por la comunidad
☐ Ninguna de las anteriores

2

SECCIÓN 4: IMPACTO PERSONAL

5. Después de participar en este taller, siento que:

(1 = Nada | 5 = Mucho)

Impacto	1	2	3	4	5
Tengo más herramientas para manejar el estrés	☐	☐	☐	☐	☐
Me siento más conectada/o conmigo misma/o	☐	☐	☐	☐	☐
Me siento más conectada/o con mi comunidad	☐	☐	☐	☐	☐

Impacto

1 2 3 4 5

Me siento más esperanzada/o

☐ ☐ ☐ ☐ ☐

SECCIÓN 5: RETROALIMENTACIÓN ABIERTA

6. ¿Qué fue lo más valioso de la serie de talleres para usted?

7. ¿Qué podría mejorarse o hacerse diferente?

8. ¿Qué prácticas o actividades le gustaría que se incluyeran en el futuro?

☐ Arte y creatividad

☐ Ceremonias/rituales

☐ Meditación o respiración

☐ Movimiento o danza

☐ Círculos de palabra

☐ Otro: _____

SECCIÓN 6: RECOMENDACIÓN

9. ¿Recomendaría este taller a otras personas?

☐ Sí

☐ Tal vez

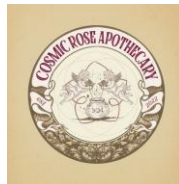
☐ No

10. ¿Le gustaría participar en futuros talleres o actividades similares?

☐ Sí

☐ Tal vez

☐ No



RAICES Y ALAS (ROOTS AND WINGS) – WORKSHOP EVALUATION

Date: _____ SPA: _____

Thank you for participating in the Roots and Wings workshop series. Your input is very important and helps us to improve and continue to offer culturally meaningful healing spaces. Your answers are confidential.

Instructions: Please check the option that best represents your experience or write your answer when prompted.

SECTION 1: GENERAL INFORMATION

1. How many sessions of the Roots and Wings workshop did you attend?
☐ 1–2 sessions ☐ 3–4 sessions ☐ 5–6 sessions ☐ All sessions
2. How did you hear about this workshop?
☐ Community Organization ☐ Social Media ☐ Someone's Recommendation
☐ Other: _____

SECTION 2: OVERALL WORKSHOP EXPERIENCE

Please indicate how much you agree with the following statements:

(1 = Strongly disagree | 5 = Strongly agree)

Affirmation	1	2	3	4	5
I felt welcomed and respected in the workshop	☐	☐	☐	☐	☐
The space felt emotionally safe	☐	☐	☐	☐	☐
The workshop was culturally relevant to me	☐	☐	☐	☐	☐
Facilitators demonstrated cultural sensitivity and respect	☐	☐	☐	☐	☐
The pace of the workshop was adequate	☐	☐	☐	☐	☐

SECTION 3: CONTENT AND THE FOUR ELEMENTS

3. How useful were practices based on the four elements (fire, earth, water, and air)?

Item	Nothing	Little	Neutral	Helpful	Very helpful	Did not attend
Fire (intention, force, transformation)	☐	☐	☐	☐	☐	☐
Earth (rootedness, stability, body)	☐	☐	☐	☐	☐	☐
Water (emotions, healing, flow)	☐	☐	☐	☐	☐	☐
Air/Wind (breath, clarity, spirit)	☐	☐	☐	☐	☐	☐

4. Ancestral and cultural practices helped me to:

- ☐ Connect with my roots ☐ Feel stronger and more resilient ☐ Regulate my emotions
☐ Feel accompanied by the community ☐ None of the above

SECTION 4: PERSONAL IMPACT

5. After participating in this workshop, I believe that: (1 = Not at all | 5 = A lot)

Impact	1	2	3	4	5
I have more tools to manage stress	☐	☐	☐	☐	☐
I feel more connected to myself	☐	☐	☐	☐	☐
I feel more connected to my community	☐	☐	☐	☐	☐
I feel more hopeful	☐	☐	☐	☐	☐

SECTION 5: OPEN FEEDBACK

6. What was the most valuable thing about the workshop series for you?

-
7. What could be improved or made different?

8. What practices or activities would you like to see included in the future?

- ☐ Art and creativity ☐ Ceremonies/rituals ☐ Meditation or breathing
☐ Movement or dance ☐ Word circles ☐ Other: _____

SECTION 6: RECOMMENDATION

9. Would you recommend this workshop to others?

- ☐ Yes ☐ Maybe ☐ No

10. Would you like to participate in future workshops or similar activities?

- ☐ Yes ☐ Maybe ☐ No

