



CASA SAN JOSÉ

EMERGENCIAS MIGRATORIAS

412-736-7167

ATENCIÓN TELEFÓNICA

412-343-3111

DE LUNES A VIERNES (9:00 am a 5:00 pm)

OTRAS EMERGENCIAS LLAME AL 911

ESTAMOS
AQUÍ PARA TI

MADISON MYERS, JD/MPH (HPM) CANDIDATE
ANTONIO GUMUCIO, MPH (BCHS) CANDIDATE
COMMUNITY MENTOR- VERONICA JENKINS
FACULTY MENTOR- DR. PATRICIA DOCUMET

Casa San Jose – Summer 2021
Project: Mental Health Resource Guide

THE HISTORY OF CASA SAN JOSE

- ❖ Casa San Jose is a Latino Resource Center located in Beechview, a neighborhood in Pittsburgh, PA.
- ❖ Casa was founded by the Sisters of St. Joseph of Baden in 2013.
- ❖ The Sisters founded Casa as an independent nonprofit organization, and it is overseen by a board of directors.
- ❖ The office is run by eight staff members, three Sisters of St. Joseph, and over 80 active volunteers.



CASA'S MISSION

“Casa San Jose is a community resource center that advocates for and empowers Latinos by promoting integration and self-sufficiency”

CASA'S VISION

“To model a strong culture of acceptance and integration in which immigrants and other newcomers are treated with dignity, respect, and kindness and can freely preserve and celebrate their unique cultures while adapting to their new lives in the Greater Pittsburgh area”

DEMOGRAPHICS

- ❖ According to the Census Bureau, the Latino community in Pittsburgh makes up 3.2% of the Pittsburgh population.
- ❖ However, this statistic is likely inaccurate due to many undocumented Latinos not reporting themselves in the census surveys due to fear.
- ❖ Casa San Jose is located in Beechview, which is known for having a large Latino community.
- ❖ Casa San Jose has helped over 3,000 individuals in and around Pittsburgh.
- ❖ The main countries of origin of the clientele that Casa serves are:
 - ❖ Brazil, Costa Rica, the Dominican Republic, El Salvador, Guatemala, Honduras, Mexico, and Peru.

EVALUATING COMMUNITY NEEDS

- ❖ We started off our time at Casa trying to figure out how to best serve Casa and the Latino community in Pittsburgh.
- ❖ We began by interviewing the Casa staff about their different roles, ranging from case coordination, to administration, to mental health service coordination.
- ❖ We are both passionate about addressing mental health issues, and it was clear that there was work to be done regarding connecting Casa clients with mental health care resources.

Spanish Speaking Provider	Business Hours	Treatments	Insurance
Allegheny County			
Psychiatrist and Psychologists			
Dr. Julia Macedo, MD Squirrel Hill Health Care Center 4516 Browns Hill Rd. Pittsburgh, PA 15217 412-422-7442	By Appointment only	Psychiatric Consultation Psychotherapy Psychopharmacology	All Insurance. Sliding Scale fee
Tanya I. Banda, Psychologist strong foundation 412-368-2211 363 Vanadium Rd Suite 105 Pittsburgh, PA 15243	Appointment only	Evaluations of Children to identify autism, attention deficit, developmental problems among others.	Highmark, blue/cross blue shield, UPMC health plan
Yanet Vanegas, Psychologist strong Foundation 412-368-2211 363 Vanadium Rd Suite 105 Pittsburgh, PA 15243	Appointment only	Therapies for adults, child, adolescents	Highmark, blue/cross blue shield, UPMC health plan
Dr. David Saenz, PhD, EdM, LLC David O Saenz, PhD, EdM, LLC 1000 Brooktree Road Suite 209 Wexford, PA 15090 412-852-2000	By Appointment only	Depression, anxiety, relationship issues Ages 6+ Drug and alcohol abuse evaluation	Aetna Anthem BCBS BlueCross and BlueShield Blue Care Network Blue Cross

MENTAL HEALTH RESOURCE BANK

MENTAL HEALTH RESOURCE BANK

- ❖ The following information was identified throughout our research process:
 - ❖ Provider name and contact information
 - ❖ Phone, office address, website, email address
 - ❖ Treatments offered
 - ❖ Provider specialties, what age groups the provider will treat
 - ❖ Payment information
 - ❖ What types of insurance are accepted, availability of sliding scale fees or pro-bono services

MENTAL HEALTH RESOURCE BANK

- ❖ The providers that we found were sorted by:
 - ❖ Location (county)
 - ❖ Type of providers
 - ❖ Psychiatrists & Psychologists
 - ❖ Therapists & Counselors
 - ❖ Hospitals & Practices)
 - ❖ National hotlines

Spanish Speaking Provider

Allegheny County

Psychiatrist and Psychologists

Therapists and Counselors

Hospitals and Practices

THE PROCESS

- ❖ We worked directly with Jannette Castro, the Mental Health Coordinator at Casa San Jose.
- ❖ We first had to decipher if the main barrier to connecting clients to providers was a lack of Spanish speaking providers, or a lack of funding available to pay for services.
- ❖ We then researched if we could expand the existing resource bank by connecting clientele with resources beyond Pittsburgh.
 - ❖ Researching telehealth laws and how they have changed due to COVID-19.
 - ❖ Researching licensing requirements across state borders.
 - ❖ Learning about insurance reimbursement policies, pro-bono services, and grant funding.

ADDRESSING COMMUNITY NEEDS

- ❖ This resource guide addresses the shortage of Spanish Speaking providers in Pittsburgh and will help connect clients with providers across the state via telehealth.
- ❖ This project recognizes mental health care as an integral component of overall wellbeing.
- ❖ This project also recognizes that mental health issues can be caused or exacerbated by the hardships that are a part of the immigration process, such as **financial issues, abandonment or separation, witnessing death, culture shock, racial discrimination, exploitation, social isolation, and looming fear of deportation.**
- ❖ This project also addresses the importance of removing language and cultural barriers between providers and clients in a mental health care setting. We screened providers for cultural competency and Spanish fluency so that Casa clients can have the best chance at forming a strong patient-provider relationship, fostering trust, and fully reaping the benefits of the mental health care.

HEALTHY PEOPLE 2030 GOALS

- ❖ The goals our project addresses:
- ❖ Goal: Improve mental health.
- ❖ Goal: Improve health care.
- ❖ Goal: Increase access to comprehensive, high-quality health care services.
- ❖ Goal: Increase social and community support.
- ❖ Goal: Promote healthy development for children and adolescents.
- ❖ Goal: Improve health communication.

PROJECT EVALUATION

- ❖ How can success be monitored?
 - ❖ By monitoring how many more Casa clients can be connected with providers, and by monitoring how much wait times for care are reduced.
- ❖ How can the project maintain its usefulness?
 - ❖ By being continually updated as new resources are found.

WHAT ELSE WE'VE BEEN UP TO



Fiesta del Sol



Pediatric Mobile Clinic



COVID-19 Testing Clinic



COVID-19 Vaccination Clinic



Summer Camp

REFLECTION

“My time in Bridging the Gaps has cemented my commitment to serve marginalized populations and advocate for initiatives that enable greater health equity. The lessons learned in the classroom seamlessly complimented those experienced at Casa San Jose. Connecting with Pittsburgh’s diverse Latino community via the multiple initiatives conducted by CSJ and gaining a greater understanding of the existing barriers to care enhanced my scope as a health care provider. This highly immersive internship gave me a greater appreciation for the people we were serving, the complexity of their challenges, and strengthened the connection to my roots.” -Antonio

REFLECTION

“This experience was invaluable. Interning with Bridging the Gaps allowed me to see firsthand the importance of promoting public health in underserved communities. Being placed specifically with Casa San Jose allowed me to directly serve Pittsburgh’s Latino community by assisting with the different clinics hosted by the organization and through our project. My time at Casa also taught me about the expansive intersection of law and public health. This experience will stick with me while I finish both my public health and law degrees, as well as when I embark on my future career.” -Madi

THANK YOU!

- ❖ Thank you to the following individuals for helping curate this experience, and for helping bring this project to fruition!
 - ❖ Our BTG mentors – Dr. Thistle Elias, Brandi Boak, Mike Glantz
 - ❖ Our fellow 2021 BTG summer health interns
 - ❖ Our community mentor – Veronica Jenkins
 - ❖ Casa San Jose's Mental Health Coordinator – Jannette Castro
 - ❖ The entire Casa San Jose staff
 - ❖ Our faculty mentor – Dr. Patricia Documet