



Our mission is to provide access to compassionate, culturally sensitive mental health care with improved outcomes by removing financial barriers and offering a comprehensive list of services to ensure exceptional care.

OUR FIRST YEAR



\$5,790

worth of services provided through financial support and pro bono services.



\$5,467

was raised from the North Texas Giving Day and other smaller fundraising efforts.

16

Community Outreach/
Health Fair Events

10

Conference presentations

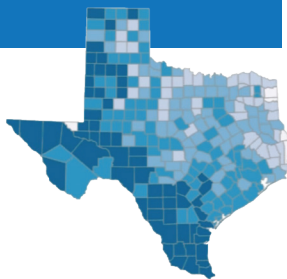
13

Professional trainings were conducted

Data as of 12-31-22

OUR PEOPLE

The Hispanic population is the fastest-growing population in Texas. It is predicted that in the next few years, Hispanics will be the majority in Texas. As a result, there will continue to be a need for bilingual mental health services. Several studies have found that bilingual patients are evaluated differently when interviewed in English as opposed to Spanish and that Hispanics are *more frequently undertreated*.



Texas Hispanic Population 2020

35.1%

of Hispanic/Latinx adults with mental illness receive treatment each year compared to the U.S. average of 46.2%. (NAMI.org)



18%

percent of Latinx/Hispanic people in the U.S. *do not have health insurance.* (Mental Health America)



There are over **146,269 clinical therapists** employed in the United States. Only **6.4% are Hispanic or Latino**, after White (76.3%) and Asian (10.6%). (Zippia.com 2019 Stats)



OUR SERVICES

PROJECT AYUDA

Project Ayuda strives to break the financial and language barriers to receiving culturally sensitive mental health services.

- Provided **67 free or low-cost** mental health sessions
- Clients showed a **3.6-point reduction** in trauma symptoms based on the P-ACES Assessment
- **96% of clients were first-time therapy clients.**

PROJECT ADELANTE

Project Adelante strives to empower Hispanic mental health clinicians to complete the requirements for clinical licensure in the state of Texas by removing financial barriers of supervision hours and testing while providing opportunities to provide mental health services in a supervised, clinical environment.

- Supervised and trained two university interns through two university partnerships.
- Provided clinical supervision and clinical opportunities to three Licensed Master Social Workers, two Licensed Professional Counselors Associates, and one Licensed Marriage and Family Therapist Associate, with three bilingual practitioners completing clinical licensure



For more information visit CannentaFoundation.org