



Calm, Collective, y Fuerte: A Mindfulness Workshop

Empowerment Latina Network

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INTRODUCTION

Project Purpose & Description

The Calm, Collective, y Fuerte Workshop, aimed to enhance mental health knowledge, awareness, and receptiveness of mindfulness practices among Compton's 90221 zip code. The intervention takes on a mindfulness-based stress reduction approach through psychoeducation. This approach was designed to improve access to mental health care in the 90221 zip code.

Social Problem & Target Population

The project targets Compton's 90221 area, where Latinx (78.5%) and Black (18.9%) residents face significant mental health disparities (U.S. Census Bureau, n.d.).

Key Findings:

- 11.1% of residents needing mental health services
- Wait times are three to six months
- Few bilingual clinicians
- 31% of adults aged 18–64 are uninsured

- Structural barriers such as language, poverty, and limited resource awareness exacerbate mental health issues. However, the community's strong cultural identity and familial networks provide resilience and support for interventions.
- Intersectional factors like race, ethnicity, gender identity, sexual orientation, immigration status, and socio-economic position, along with cultural stigmas and systemic discrimination, exacerbate disparities in accessing mental health and social services.

Scope of Social Problem

Following a community assessment in Compton's 90221 area, The Empowerment Latina Network identified mental health disparities as the primary social challenge based on observations, interviews, mapping, and secondary data.

- In Compton's 90221 zip code, 78.5% identify as Hispanic, and 70.8% speak languages other than English (U.S. Census Bureau, n.d.).
- Community assets per interviews and observations identified strong engagement, informal support networks, and faith-based organizations.
- Mental health is a significant issue, with 6% of adults diagnosed with depression, compared to 9% in Los Angeles County and 4% in top-performing areas (U.S. Census Bureau, n.d.).

Alignment to Specialization

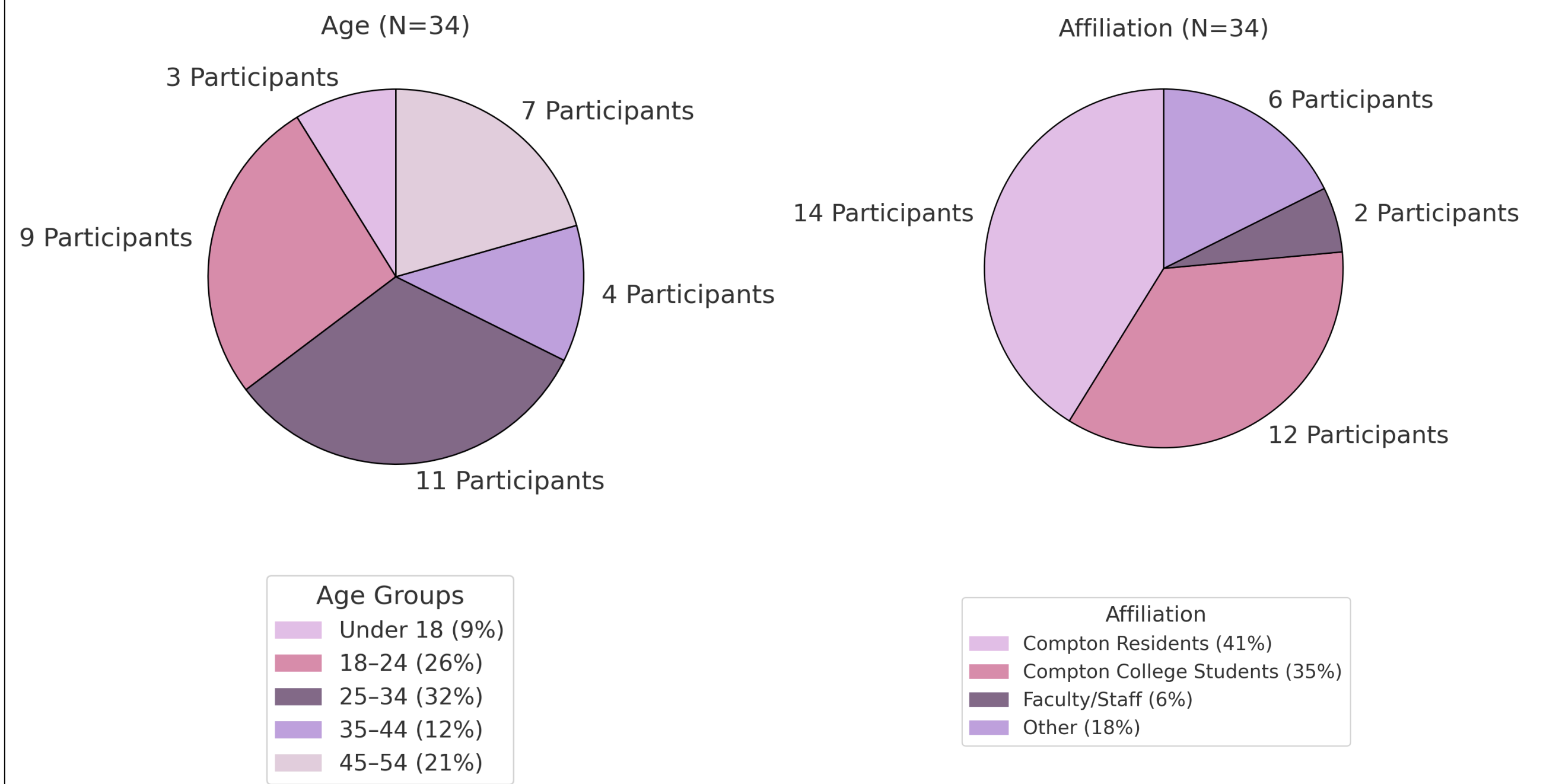
The Calm, Collective, y Fuerte Mindfulness Workshop aligns with The Empowerment Latina Network's specialization in child and family wellbeing by supporting emotional regulation, reducing stress, and enhancing overall well-being for families in underrepresented communities.

METHODS

A Quasi-Experimental design was conducted. Participants were recruited through self-selected convenience sampling by posting flyers on social media and snowballing sampling by inviting individuals who visited the table at the Basic Needs Fair. The tabling activity featured a scavenger hunt of local community resources. The proposed intervention was a 30-minute workshop that included a guided mindfulness activity. Data was collected quantitatively using a Likert scale through an online survey administered via Qualtrics, available in both English and Spanish. The survey consisted of 14 Likert-scale questions: four related to mental health, four on mindfulness, two measuring receptiveness to mindfulness, and four evaluating the perceived effectiveness of the intervention. Data analysis was conducted using SPSS. Descriptive statistics (frequencies, means, and standard deviations) were used to summarize participant demographics. To assess the effectiveness of the intervention in terms of knowledge, attitudes, and skills, an independent samples t-test and a Pearson correlation were performed.

RESULTS

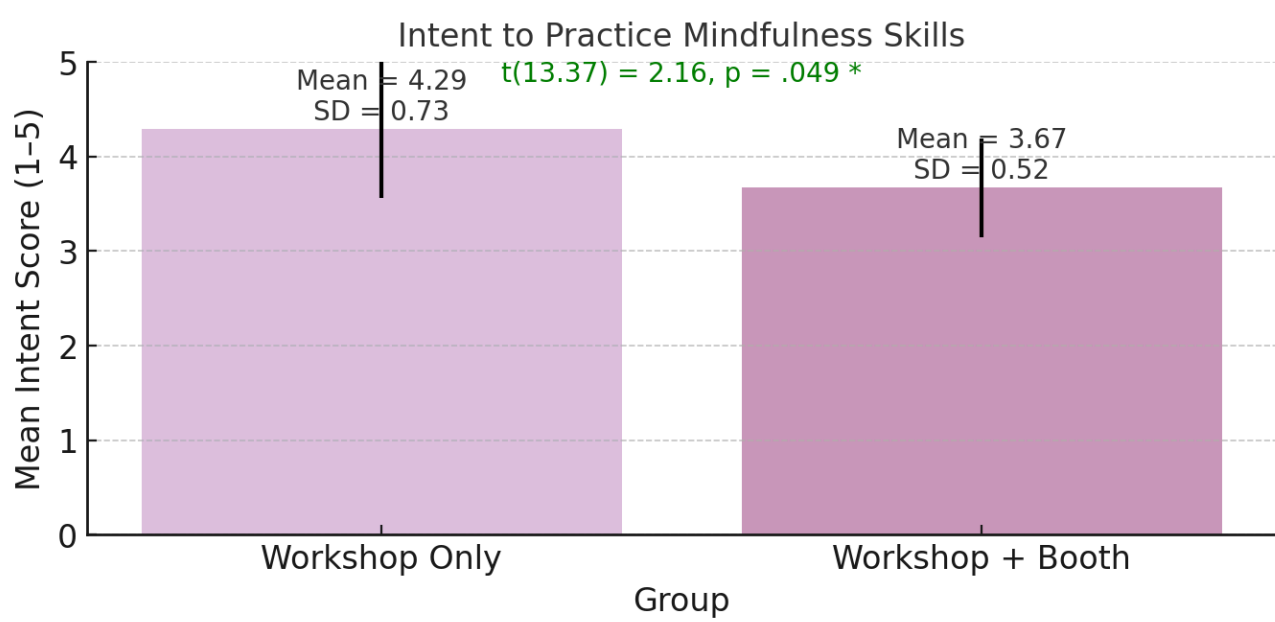
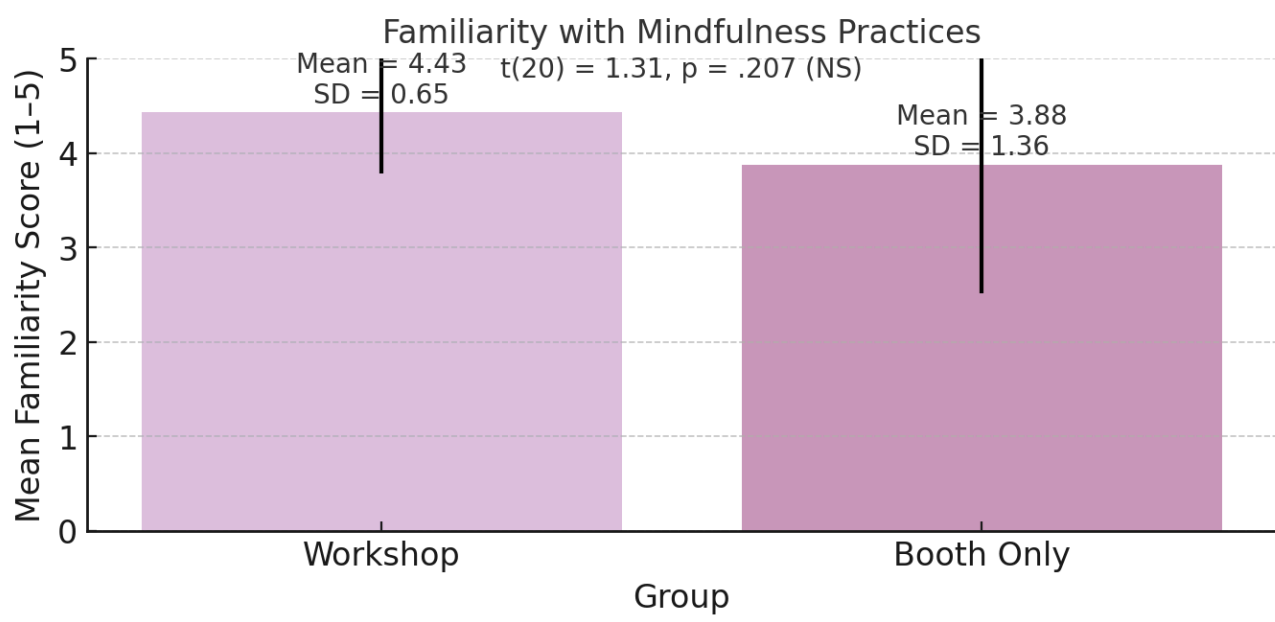
Participant Demographics



Inferential Results

Measurable Indicator	Group Comparison / Correlation	p-value
Familiarity with Mindfulness	Workshop (M = 4.43) vs Booth (M = 3.88)	0.207
Intent to Practice Mindfulness	Workshop (M = 4.29) vs Booth (M = 3.67)	0.049*
Belief vs Perceived Importance	Pearson correlation (r = .34, n = 33)	0.051

$p < .05$. Based on independent samples t-test and Pearson correlation.



RESOURCES

U.S. Census Bureau. (n.d.). Explore census data. U.S. Department of Commerce. Retrieved October 10, 2024, from <https://tinyurl.com/mu7b6jtm>

CONCLUSION

Analysis of Findings

Post surveys revealed those who attended the workshop demonstrated significantly greater knowledge of mindfulness practices. Participants who attended the mindfulness workshop were also found to be more willing to seek mental health services following the intervention. The resource scavenger hunt did not result in a statistically significant increase in participants' knowledge of available community resources. While it may have offered an engaging and interactive experience, the activity alone was not sufficient to enhance participants' awareness or understanding of the support services accessible within their community.

Limitations & Improvements

While the workshop proved beneficial in promoting mindfulness and engagement, the evaluation revealed key limitations;

- Environmental distractions significantly impacted participant focus, diminishing the effectiveness of both the presentation and interactive elements.
- Concurrent events posed a challenge. Scheduling the workshop alongside other activities led to reduced attendance due to split participant interest.

To improve future implementations;

- Schedule the workshop as a stand-alone event in a quiet, exclusive space to foster deeper engagement and maximize impact.
- Booth visitors were generally more familiar with mindfulness practices, underscoring the booth's role in enhancing the workshop's effectiveness.

Recommendations & Implications

Practice

- To ensure participants have a distraction-free environment, Compton College can provide an exclusive space for the workshop to take place. The combination of booth visits with guided sessions will increase engagement and application of mindfulness practices.

Policy

- Advocating for designated wellness spaces and integrating mindfulness into broader campus events like Mental Health Awareness Month.

Research

- Using pre, post, and follow-up surveys to monitor long-term shifts in participants' emotional regulation, academic engagement, and sense of belonging.

COMMUNITY PARTNER

Compton College

Compton College is a welcoming and inclusive community where all students are supported to pursue and attain student success

Name of Collaborator	Contributions
Dr. Oluwtosin Williams Coordinator of Student Services Name of Community Partner 1 Email: owilliams@compton.edu Telephone: (310) 900-1600 x2025	<ul style="list-style-type: none">Assisted with coordinating participation in Basic Needs Fair.Served as main contact for questions and concerns.Provided classroom to implement workshop.

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