

FOLLOW UP EMAIL FROM ANA PAULA SOARES

December 2021

Hello Mental Health Task Force members,

Thank you for the opportunity to present the campaign at the Task Force meeting.

In addition to today's presentation, please find attached two bilingual printable flyers with our website. You can share these flyers with patients, members of the Task Force, practitioners or community members. All the digital materials are on the website: <https://www.escuchatusemociones.com>

Also attached to this email is a flyer with the contact information for our licensed bilingual therapist, Maria Salcido de Guerra, LMFT, and our Health Promoter, Angeles Soria Rodriguez. With funding from the Wisconsin Department of Health Services we have done several therapeutic groups and presentations in the Spanish speaking community sharing the videos and additional psychoeducational information. Currently we have finished the grant cycle and have no additional funding for groups. However, if your organization wants to host sessions in the community you can contact them directly. The 1.5 hour virtual sessions are \$350.

- For therapeutic and informational sessions contact Maria Salcido de Guerra, LMFT at: mariadesalcido@gmail.com
- For Informational sessions and peer support contact Angeles Soria Rodriguez at angelessoria33@gmail.com

Here are the direct links for our digital material:

All the content of the campaign is in Spanish with subtitles in English. The production consists of:

Four videos with relevant psychoeducational information:

- [¿Cómo controlar pensamientos negativos? | Escucha Tus Emociones](#) (How to Control Negative Thinking)
- [Cuida Tus Relaciones | Escucha Tus Emociones](#) (Take Care of your Relations)
- [Soluciones Para Cuidar Nuestras Emociones | Escucha Tus Emociones](#) (Solutions to Take Care of your Emotions)
- [¿Cómo mejorar la relación con nuestros hijos adolescentes? | Escucha Tus Emociones](#) (How to Manage the Relationship with your Teenager)

TV interviews (Adelante and Que Passa WI, Telemundo News):

- [Entrevista en PBS, programa Adelante](#)
- [Entrevista en Telemundo, ¡Qué Pasa Wisconsin!](#)

30 minute social media live show on Facebook channel Estamos Unidos US:

- [Entrevista en Estamos Unidos con Sandra Dempsey](#)

30 minute TV show aired on Telemundo WI between October and November:
(this TV show contains the 4 videos and interviews)

- [30 min TV Show](#)

This grassroots campaign was able to fundraise \$100,000 so far. However, we still need another \$20,000 to continue the campaign and reach more people. If your organization is interested in supporting this initiative, please contact me at anapaula26soares@gmail.com or via phone at (414) 530-4620.

Please don't hesitate to contact me if you have any questions.

Thank you so much for your support!

Un abrazo,

Ana Paula

Ana Paula Soares, MS, LPC.

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(English, Spanish, Portuguese)

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