



# Mary's Center

## Our Mission:

Building better futures through the delivery of health care, education, and social services by embracing our culturally diverse community and providing the highest quality care, regardless of ability to pay.

Became a Federally Qualified Health Center in 2005



Provide Culturally and Linguistically Appropriate Services



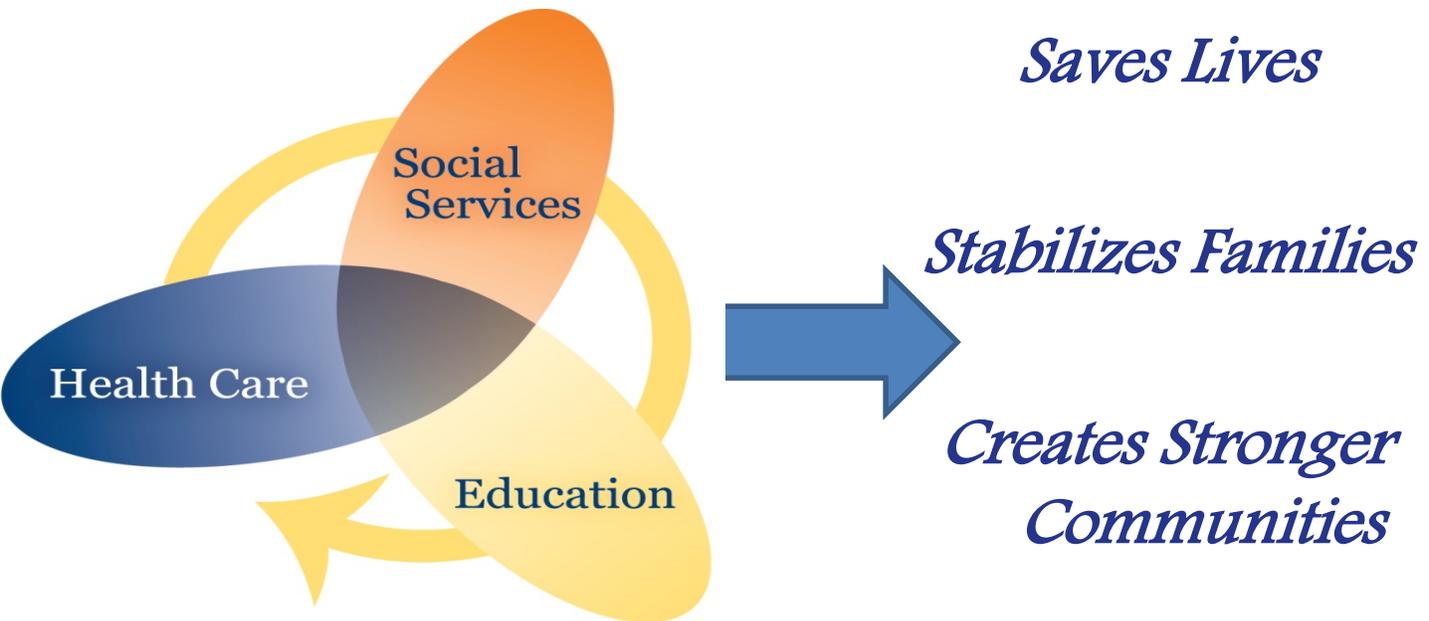
Serve nearly 40,000 socially and medically vulnerable individuals



Historic focus on serving low-income immigrant families



# Mary's Center's Social Change Model



**30**  
**years**  
Mary's Center

*Stronger communities.*  
**Together.**

# Overview of Programs

## HEALTH

- Prenatal
- Pediatrics/Adolescents
- Adult Medicine
- Psychiatry
- Dental
- Health Promotion
- Chronic diseases

## EDUCATION

- Early Childhood Education
- English and Computer Classes for Adults
- Parenting Classes
- High School Diploma
- Child Care Credential Training
- Medical Assistant Training
- Child Care Licensing Technical Assistance
- Coaching Hub for Infant and Toddler Child Care Providers
- Adolescent Tutoring and College Preparation

## SOCIAL SERVICES

- Case Management
- Behavioral Health
- School Based Mental Health
- Senior Health and Wellness
- Early Intervention for Children with Special Needs
- Home Visiting
- Benefits Enrollment Assistance
- WIC Program



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# Family Engages Mary's Center...



Health

Education



Social  
Services



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# SBMH Program Mission



In collaboration with partnering schools, we strive to increase student, family, and school communities' attainment of positive mental health and well-being.

The SBMH Program supplements and enhances each school's wellness team by providing diagnostic assessments and behavioral health treatment to children within the school.

Licensed, bilingual, and culturally competent mental health therapists provide on-site diagnostic, therapeutic, and community referral services as well as linkages to Primary Health Services..



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# Mary's Center SBMH Interventions

## Individual Therapy

- *Play and Sand Tray Therapy,*
- *Mindfulness and Meditation Interventions.*
- *Cognitive Behavioral Therapy,*

## Group Therapy

- *Trauma*
- *High risk behaviors*
- *Adjustment to the US for our newcomer immigrant students,*
  - *Anxiety and Depression, and*
  - *Social Skills.*

## Parent coaching and family engagement

- *Strengthen the family unit through parenting workshops*
- *Information sharing events and parent community building*

## Mental Health Consultation

- *Teacher training and consultation*
  - *Crisis Intervention*
- *Groups and Workshops for Parents*



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# Assessing clinical impact of immigration where to start?

- When did you immigrate? Who came with you?
- Why now? How much time did you have to prepare?
- Who did you leave behind? Did you get to say goodbye?
- Were you mistreated/hurt/abused en route? Did you witness violence?
- Did you eat enough? Sleep enough?
- Were you detained, and what was that like for you?
- Were you separated from loved ones?
- Are there any threats toward you in the US or home country?
- Do you have a family support system in the area?
- Are you connected to a clinic, place of worship, community center, etc.?



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# What's in your backpack?

Individual, group, or classroom strategy

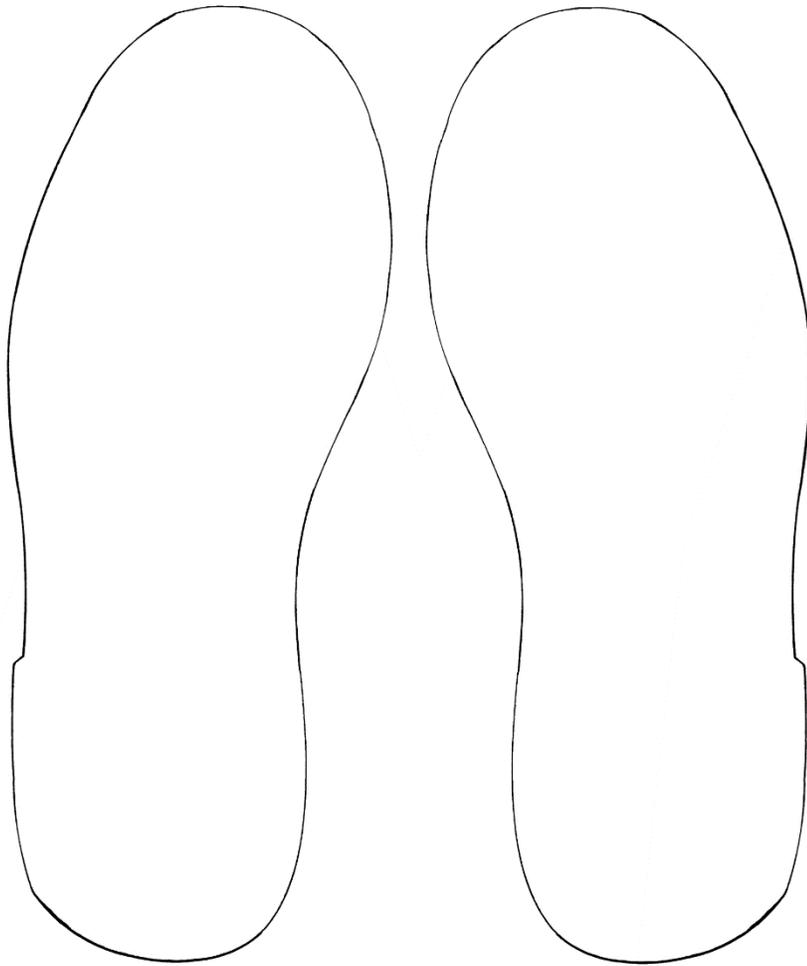


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# Walk a Mile in My Shoes

## Teacher/Clinician Collaboration (screening)



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# The impact of current political climate in schools/communities



- Avoidance of locations such as schools where ICE might appear
- Separation anxiety from parents who fear their own deportation
- Increase in anxiety, depression, and physical manifestations of these illnesses such as headaches, stomachaches, etc.



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# The impact of current political climate in schools/communities continued

- Children's anxiety over threat of family separation/deportation manifests in behavioral disruption in classrooms, decreased ability to attend to learning
- Parents avoid needed support services for fear of having names shared with authorities
- Families avoid healthcare, illness goes untreated



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# Mitigating the impact of trauma



*School based programming that is attuned to the experiences of immigrant community – regardless of documentation status:*

- *Workshops for teachers and staff on impact of immigration policies on children and families.*
- *Classroom time for instruction/support for all students to understand recent events and school communities' plight/fears*
- *Therapeutic groups, family outreach to address higher levels of anxiety and depression*



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# Mitigating the impact of trauma



- *Family outreach, education, and connection to services*
- *Partnerships with immigrant advocacy organizations*
- *Know Your Rights workshops for parents/communities*



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## School Based Mental Health Program

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School Based Mental Health  
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