



## TRAUMA-INFORMED MENTAL HEALTHCARE

High rates of violence and poverty lead to trauma, irregular migration, and poor educational, social, and economic outcomes for entire communities. Latin America is largely a mental health desert, where access to mental healthcare is extremely limited, especially at the community level.



Latin America is home to only **8%** of the world's population, but **37%** of the world's homicides (World Bank Group)



The region's homicide rate is **more than three times** the global average (Igarape Institute)



This homicide rate has **increased 3.7%** annually over the course of a decade — three times the population growth rate of **1.1%** (Igarape Institute)



**Less than 2%** of the healthcare budget in Latin America is allocated to mental health, leading to vast mental health deserts (WHO)

# WHY INVEST IN MENTAL HEALTH?

By building core life skills, resilience, and supportive relationships at the community level, we can significantly reduce the risk factors that lead to violence and trauma. Investing in mental health:

- Prioritizes trauma-informed care, equipping local actors with the skills to recognize and address trauma symptoms and prioritize mental healthcare for both the patients and themselves
- Contributes to positive youth development
- Reduces recidivism for violent crime
- Strengthens relationships between and within families and communities
- Reduce risks of future mental illness, injury and disease, hazardous behaviors, negative maternal child health outcomes and poor social, educational and professional outcomes.

## MEETING TODAY'S CHALLENGES

Glasswing International develops and implements diverse programming in Latin America, and the Caribbean, putting mental health at the center of solutions to the most pressing challenges of our time. Our goal is to build trauma-informed mental health ecosystems in partnership with educators, public health providers, law enforcement, and government and migration officials in order to increase access to critical mental health support. These Programs include:

- Trauma-informed mental health training and youth development
- Referral systems for additional care and specialized services
- Community cafes for parents and students
- Violence prevention
- Trauma-informed training for First Responders and Law Enforcement
- Forced migration and displacement
- Gender: girls programs and positive masculinities
- Access to safe public spaces
- Building capacity of healthcare professionals
- Student clubs and wellbeing committees



*“If I didn’t come here, I may still be out on the streets. Perhaps I wouldn’t have changed. But...I can say I have changed. Because the program has people who help you think that perhaps one day you could be like them.”*

Jaime, age 21 Sanando Heridas Participant

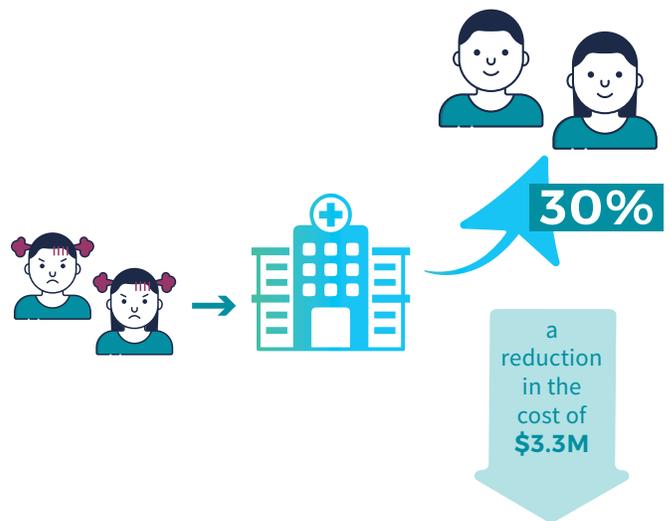
# SANANDO HERIDAS

The “Sanando Heridas” program:

1. Provides direct care and interventions in public healthcare facilities to address the immediate psychosocial needs of victims of violence;
2. Strengthens institutional capacity to respond to trauma by training local actors (including government, civil society, and social leaders) to provide the necessary care, referral services, and support to reduce trauma responses in both victims of violence and themselves
3. Establishes local referral systems that link communities to additional, non-clinical, trauma-informed services
4. Builds community wellbeing committees of students, teachers, and parents — *SanaMente* — in public schools located in communities with high rates of violence.

“Sanando Heridas” is currently implemented in 4 countries, adapting to various cultural contexts. In Mexico, Glasswing trains local law enforcement, as well as those who work at shelters for recent United States deportees.

A World Bank study shows that “Sanando Heridas” can reduce recidivism of violent acts by up to 30%. This translates into a reduction in the cost of medical, emotional and psychological care by 27.2%, or \$3.3M USD per year. The study also shows that referral rates to additional trauma-informed services have risen by 58%.



## YOUTH DEVELOPMENT

**Community Schools:** Public schools in high-risk communities are transformed into secure centers of community and resilience. Through weekly activities that promote health and wellbeing, students enhance core life skills, build supportive relationships, and reduce their risk factors, allowing them to thrive despite adversity. Our Community Schools program is currently provided in nine countries, all adapted to diverse local contexts.

**Community Cafes:** Parents and caregivers come together for open dialogue in a supportive and collaborative network. By creating a safe space in which to discuss challenges and shared experiences, families improve their interactions with their children and contribute to positive youth development.

**Civic Engagement:** Glasswing mobilizes and trains thousands of volunteers, many of whom are parents and youth from local communities, to lead after-school programming in our Community Schools and to support public revitalization initiatives. Volunteering generates both economic and social value, allowing volunteers to root themselves in their community and contribute to its success.

