

Funding Proposal - Spanish Language Invitation to Change Resources

There are millions of family members in the United States who face the consequences of their loved one's struggles with substances: financial burden, loss of productivity, strained relationships, physical stress, emotional turmoil, and more. The vast majority of these families navigate their pain alone, without access to strategies that could help them support their loved ones and themselves—even though these strategies exist! Unfortunately, much of the advice families get is antiquated and punitive: “do an intervention,” “use tough love,” “detach,” and “let them hit rock bottom.”

For the nearly 40 million people living in the United States who speak Spanish as a primary language, the number of available resources is nearly zero. The pain these concerned family members face is compounded by language barriers, the stigma associated with getting help for mental health issues, and a lack of affordable and available resources. For years our organization has been approached by community members seeking Spanish-language versions of our materials and services.

Our Goals:

- Translate our website, videos, and existing workbooks into Spanish. As part of that process we will develop partnerships with community organizations and leaders to ensure competency and relevance. We will consult with community leaders to ensure relevance to the lived experiences of the Latinx population in the US (including but not limited to: trauma related to race/ethnicity, immigration status, and other aspects of identity).
- Create a robust Spanish-language protocol for family members and treatment providers wanting to start community support groups. We hope these support groups will help to decrease stigma and increase support for Spanish-speaking families trying to help loved ones struggling with substance use, empowering them to overcome the social, economic, and language barriers they face as they try to help.
- Collaborate with community organizations, treatment providers, and government organizations working with Spanish speaking communities to build awareness and increase support for the use of progressive, effective, evidence-based strategies for responding to problematic substance use.

What we can do with your help!

In 2023 CMC:Foundation for Change is seeking funding to take a huge step towards addressing this need. Our Community Groups program aims to bridge the gap in services that exist for families. We know many families can't or won't seek professional help but *will* turn to members of their communities for support. For more information about our English-language community groups program, click [HERE](#).

2023 Goals and Associated Funding Needs:

Phase 1: Translations of materials

Our translation process will involve consultation and close collaboration with Spanish-speaking clinicians and families (in addition to translators) to ensure that the content speaks to the unique needs and experiences of Spanish-speaking families.

- **\$15,000 Website and Training Video Translation**
- **\$20,000 Community Groups Materials Translation** (including *The Invitation to Change: A Short Guide* as well as our 200 page *Group Leaders Manual*).

Phase 2: Testing and piloting materials in community groups

- **\$30,000 Launch Pilot:** Conduct outreach to locate bilingual community partners. Conduct initial facilitator training, supervision, and data collection on a small pilot cohort of Spanish-language Community Groups. Review and analyze processes to ensure curriculum and training practices are effective when translated and make adjustments as needed to start a second cohort in 2024.
- **\$5000 Data collection** A core part of CMC:FFC's mission is to develop materials and resources that are tested for efficacy. Our Director of Training will develop a set of measures to assess the utility and acceptability of our Spanish-language programming.
- **\$7000 Administrative Overhead:** 10% of total cost of project