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

Saves Lives
Stabilizes Families
Creates Stronger Communities

Health Care
Social Services
Education

30 years
Mary’s Center
Together.
Stronger communities.
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

30 years Mary's Center
Stronger communities.
Together.
Family Engages Mary’s Center...
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.
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
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.??
What’s in your backpack?
Individual, group, or classroom strategy
Walk a Mile in My Shoes
Teacher/Clinician Collaboration (screening)
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.
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
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
Mitigating the impact of trauma

- Family outreach, education, and connection to services

- Partnerships with immigrant advocacy organizations

- Know Your Rights workshops for parents/communities
Mary's Center

School Based Mental Health

Program

For more information contact:

Marisa A. Parrella, LICSW, LCSW–C, Director

School Based Mental Health Program (SBMH)

mparrella@maryscenter.org

202–674–3754

Or visit www.maryscenter.org