

### A New Life and New Chance for Latinos and Latinas

**Proyecto Nueva Vida - PNV** (“Project New Life”) is a highly innovative, effective service strategy which enhances the treatment system for Latinos and Latinas. It assists them to eliminate risky behaviors and regain their lives through culturally appropriate and recovery-focused approaches. **PNV** was originally supported (2001) through a five-year federal grant to the DMHAS from the Center for Substance Abuse Treatment (CSAT). It continues to operate today in Bridgeport through funding from the DMHAS. The primary goal of PNV is to reduce the spread of substance abuse-related HIV/AIDS and infectious diseases in Latinos and Latinas released from prison.

#### Proyecto Nueva Vida Partners

- ▶ Bridgeport Community Health Center
- ▶ Chemical Abuse Services Agency (CASA)
- ▶ CO-OP Center—Council of Churches of Greater Bridgeport
- ▶ The Dept. of Mental Health and Addiction Services

**“Before [this program], I used to be in the middle of the ocean without an oar.**

**Proyecto Nueva Vida was the oar I needed to get to the other side.”**

#### PNV provides culturally appropriate recovery services and supports:

- ▶ Outpatient Substance Abuse Treatment
- ▶ Peer Mentoring
- ▶ Case Management
- ▶ Family Supports
- ▶ Primary Health Care
- ▶ Vocational/Employment
- ▶ Mental Health
- ▶ Prevention, Education, and Health Promotion



#### Evaluation of PNV, based on data collected from over 500 Latinos/as, reveals that:

- ◆ More than **72%** of Latinos and Latinas served through PNV *stayed with the program* for a minimum of six to twelve months.
- ◆ Latinos and Latinas in PNV were successful in *abstaining from alcohol and other drugs*, improving their abstinence by over **77%** from intake to 6 months and 12 months in the program.
- ◆ **Nearly 100%** of Latinos and Latinas who stayed in PNV for 6 months or longer *reduced or eliminated their involvement with the criminal justice system*.
- ◆ Forty percent (**40%**) Latinos and Latinas reported *improved health*.

#### What factors have contributed to the success of PNV?

- ◆ Emphasis on the **importance of family and community** in supporting long-term recovery.
- ◆ **Multifaceted approach to care** in which the three partnering agencies worked together to assist Latinos and Latinas in sustaining their recovery.
- ◆ **Awareness, understanding, and acknowledgement of individual’s culture** greatly effects treatment and recovery outcomes.

PNV has made important contributions to improving culturally appropriate substance abuse treatment, HIV/AIDS, family interventions, mental health, vocational, and other supportive services for Latinos and Latinas in Bridgeport. It has also had a lasting effect on the integration of services across multiple community-based agencies by facilitating coordination of seamless care.