

A New Life and A New Chance

Proyecto Nueva Vida - PNV (“Project New Life”) is an innovative and highly successful program that enhances the treatment opportunities for Latinos and Latinas who have mental health and substance use conditions. Its service strategy helps people eliminate risky behaviors and regain their lives through culturally appropriate, recovery-focused approaches. **PNV** was selected as one of the six top programs in the U.S. for mental health and addiction services for Latinos. The Community Defined Evidence Project sponsored by the National Latino Behavioral Health Association and the National Network to Eliminate Disparities seeks to identify and describe culturally based practices that support improved access to mental health and addiction services.

PNV Partners

- ▶ Optimus, Inc. (local 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

“...there’s a lot of support both on a professional level and on a personal level. I feel at home. I’ve been with PNV so long, they are my family...”

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



- ❖ Over **85%** of the individuals discharged during the year successfully completed treatment.
- ❖ **75%** of the individuals discharged from PNV were connected to self help groups like AA, an important support for recovery.
- ❖ Almost **80%** of the individuals remained abstinent from drugs or alcohol at discharge.
- ❖ Over **85%** of discharged clients maintained or improved their living situation with help from PNV.
- ❖ Nearly **70%** of the clients were employed when they were discharged.



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 affect treatment and recovery outcomes.

PNV services don’t end after treatment. The staff maintains an open door policy and is available when needed, not just during scheduled office hours. This way, clients feel a sense of community and kinship with staff. Community residents who volunteer with the program are known to help people move into new homes, refer individuals to a job and help them with resumes.