

Hola, mi nombre es Anna Ramirez y soy un estudiante de 4.º año de doctorado. La persona que me invitó a participar en este programa es mi mentora, la doctora Cecilia Montiel Nava. Yo nací en el área del Valle del Río Grande. Entonces para mí es un honor poder servir a la comunidad en la que yo me crié, en la que yo crecí, especialmente porque a pesar de que nosotros somos un área que tiene muchos recursos en comparación con otras áreas rurales, en la área de salud mental, específicamente especialmente para las familias que tienen a un niño o una niña dentro del espectro autista son bastante limitados por esa razón, el CST es bastante valioso en esta área. Las familias no necesitan un diagnóstico. Las familias no necesitan pasar meses y meses y meses en una lista de espera para recibir servicios. Aparte, los servicios disponibles en esta área por lo general en español son bastante escasos. Entonces, el poder brindarle a familias apoyo en su idioma es bastante poderoso, al menos en mi opinión.

En especial, creo que hemos ayudado a bastante familias que se han sentido muy descuidadas en cuanto a no haber suficientes proveedores de servicio en cuanto a no ser escuchados a lo mejor en algunas de sus preocupaciones, en cuanto no poder asistir a terapia o recibir ciertos servicios porque no tengo coche o porque no tengo quien me cuide a los niños. Entonces hemos tratado de ayudar a familias que tienen barreras para acceder a servicios.

Parte importante del CST es enseñar a los cuidadores que en realidad no hay que reinventar la rueda, no hay que comprar el juguete más caro o la actividad más elaborada para poder conectar con sus niños. Hay oportunidad para enseñarles habilidades nuevas, o conectar con ellos en cosas que ya hacen todos los días como el vestirlos, ir al supermercado preparar los alimentos. También es súper importante el jugar con sus niños. Creo que esta ha sido una de las revelaciones más grandes para muchos de los de los papás. Papás, mamás, cuidadores.

Nuestra mentora dice que el juego es el trabajo de los niños, entonces creo que eso ha sido algo muy importante para enseñarle a los a los cuidadores. Ha sido muy bonito ver haciendo cambios pequeños no tan drásticos o de cositas que ya se hacían en casa, como el dar opciones, esperar un momento para darle la oportunidad al niño de comunicarse o de pedir algo que quiere, significa integrarlos en actividades que a lo mejor los cuidadores no pensaban que a los niños les puedan interesar. Haciendo estos cambios chiquitos las familias han notado bastante progreso en diferentes habilidades. Pero creo que la más importante ha sido el vínculo, en la conexión que los padres han notado ahora con sus hijos. Creo que eso es bastante valioso y bastante poderoso. Como facilitadores es un honor el poder de ser testigo de eso.

Creo que mi esperanza para las familias que han participado en este programa es que se sientan empoderadas. Para tanto los niños como los cuidadores que sientan que sus voces son importantes que sus experiencias son importantes y que sepan que aunque muchas veces se sientan aislados, aunque muchas veces no lo parezca, hay personas hay profesionales y hay organizaciones que están trabajando muy duro para crear recursos y apoyo de calidad, especialmente para las familias latinas y aún más para las familias que hablan español.

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Hi, my name is Anna Ramirez, and I'm a student in my 4th year of doctoral studies. The person who invited me to participate in this program is my mentor, Doctor Cecilia Montiel Nava. I was born in the area of the Río Grande Valley. So for me it's an honor to be able to serve the community where I was raised and where I grew up. This is especially so because despite the fact that our area has many resources compared to other rural areas, regarding mental health and specifically for families that have a child in the autism spectrum, the resources are fairly limited. That's why CST is quite valuable

in this area. Families don't need a diagnosis. Families don't need to spend months and months and months on a waiting list to receive services. Plus, the services that are generally available in Spanish in this area are quite scarce. So being able to offer support to families in their language says quite a lot, at least in my opinion.

I especially think that we've helped quite a few families who've felt very neglected with respect to not having enough service providers, with respect to not having been heard regarding some of their concerns, and with respect to not being able to attend therapy or not being able to receive certain services due to not having a car or not having someone to take care of their children. So we've tried to help families who have barriers that prevent them from accessing services.

An important part of CST is teaching caregivers that you really don't have to reinvent the wheel, and you don't have to buy the most expensive toy or pay for the most elaborate activity in order to connect with their children. There's an opportunity to teach them new skills or connect with them in things they already do every day, such as getting dressed, going to the supermarket, or preparing meals. It is also extremely important that they play with their children. I think that that has been one of the biggest revelations for many of the parents. Fathers, mothers, and caregivers.

Our mentor says that playing is a child's job, and I believe that teaching caregivers about this has been very important. It's very beautiful seeing how, by making small, not very drastic changes or by making changes to little things that they were already doing at home, such as giving choices, or waiting a moment to give a child the chance to communicate or to ask for something that want, has meant integrating them into activities that maybe the caregivers thought the children wouldn't be interested in. By making these tiny changes, families have noticed considerable progress in different skills. But I think that the most important thing has been the bond, the connection that parents have now noticed with their children. I think that that is quite valuable and very powerful. As facilitators, it's an honor to be able to witness this.

I think that my hope for the families who have participated in this program is that they will feel empowered. It is important for both the children and the caregivers to feel that their voices are important, that their experiences are important, and that they know that, even though they might often feel isolated, and even though it might not seem like it, there are people, there are professionals, and there are organizations that are working very hard to create quality resources and support, especially for Latin families, and even more so for families that speak Spanish.

1	1
00:00:03,680 --> 00:00:05,440	
Hola, mi nombre es Anna Ramirez	Hi, my name is Anna Ramirez,
2	2
00:00:05,440 --> 00:00:09,080	
y soy un estudiante de 4.º año de doctorado.	and I'm a student in my 4th year of doctoral studies.
3	3
00:00:09,880 --> 00:00:13,400	
La persona que me invitó	The person who invited me
a participar en este programa es mi mentora,	to participate in this program is my mentor,
4	4
00:00:13,400 --> 00:00:17,320	
la doctora Cecilia Montiel Nava.	Doctor Cecilia Montiel Nava.
5	5
00:00:17,320 --> 00:00:20,680	
Yo nací en el área del Valle del Río Grande.	I was born in the area of the Río Grande Valley.
6	6
00:00:20,720 --> 00:00:25,040	
Entonces para mí es un honor poder	So for me it's an honor to be able to
servir a la comunidad en la que yo me crié,	serve the community where I was raised and
7	7
00:00:25,080 --> 00:00:30,280	
en la que yo crecí, especialmente	where I grew up. This is especially so
porque a pesar de que nosotros somos	because despite the fact that
8	8
00:00:30,280 --> 00:00:33,720	
un área que tiene muchos recursos	our area has many resources
en comparación con otras áreas rurales,	compared to other rural areas,
9	9
00:00:34,480 --> 00:00:38,120	
en la área de salud mental, específicamente	regarding mental health and
10	10
00:00:38,640 --> 00:00:43,160	
especialmente para las familias	specifically for families that
que tienen a un niño	have a child in
11	11
00:00:43,160 --> 00:00:46,840	

o una niña dentro del espectro autista son bastante limitados	the autism spectrum, the resources are fairly limited.
12	12
00:00:47,560 --> 00:00:51,280	
por esa razón, el CST es bastante valioso en esta área.	That's why CST is quite valuable in this area.
13	13
00:00:52,200 --> 00:00:55,360	
Las familias no necesitan un diagnóstico.	Families don't need a diagnosis.
14	14
00:00:55,360 --> 00:00:58,800	
Las familias no necesitan pasar meses y meses y meses	Families don't need to spend months and months and months
15	15
00:00:58,800 --> 00:01:03,120	
en una lista de espera para recibir servicios	on a waiting list to receive services.
16	16
00:01:03,160 --> 00:01:07,520	
Aparte, los servicios disponibles en esta área por lo general	Plus, the services that are generally available in Spanish
17	17
00:01:09,200 --> 00:01:11,760	
en español son bastante escasos.	in this area are quite scarce.
18	18
00:01:11,760 --> 00:01:16,360	
Entonces, el poder brindarle a familias apoyo en su idioma	So being able to offer support to families in their language
19	19
00:01:17,280 --> 00:01:22,080	
es bastante poderoso, al menos en mi opinión.	says quite a lot, at least in my opinion.
20	20
00:01:23,400 --> 00:01:26,040	
En especial, creo que hemos ayudado a bastante familias	I especially think that we've helped quite a few families
21	21
00:01:26,040 --> 00:01:31,200	
que se han sentido muy descuidadas	who've felt very neglected

22	22
00:01:35,320 --> 00:01:38,200	
en cuanto a no haber suficientes proveedores de servicio	with respect to not having enough service providers,
23	23
00:01:38,240 --> 00:01:42,160	
en cuanto a no ser escuchados a lo mejor en algunas de sus preocupaciones,	with respect to not having been heard regarding some of their concerns, and
24	24
00:01:43,200 --> 00:01:46,200	
en cuanto no poder asistir a terapia	with respect to not being able to attend therapy
25	25
00:01:46,640 --> 00:01:49,440	
o recibir ciertos servicios	or not being able to receive certain services
26	26
00:01:49,440 --> 00:01:52,840	
porque no tengo coche o porque no tengo quien me cuide a los niños.	due to not having a car or not having someone to take care of their children.
27	27
00:01:53,687 --> 00:01:55,786	
Entonces hemos tratado de ayudar	So we've tried to help
28	28
00:01:56,005 --> 00:02:01,920	
a familias que tienen barreras para acceder a servicios	families who have barriers that prevent them from accessing services.
29	29
00:02:02,784 --> 00:02:07,796	
Parte importante del CST es enseñar a los cuidadores	An important part of CST is teaching caregivers
30	30
00:02:08,140 --> 00:02:09,964	
que en realidad no hay que reinventar la rueda,	that you really don't have to reinvent the wheel, and
31	31
00:02:10,300 --> 00:02:12,589	
no hay que comprar el	you don't have to buy the

juguete más caro	most expensive toy
32	32
00:02:13,093 --> 00:02:17,325	
o la actividad más elaborada para poder conectar con sus niños.	or pay for the most elaborate activity in order to connect with their children.
33	33
00:02:18,617 --> 00:02:20,886	
Hay oportunidad para enseñarles habilidades nuevas,	There's an opportunity to teach them new skills
34	34
00:02:21,511 --> 00:02:24,510	
o conectar con ellos en cosas que ya hacen todos los d	or connect with them in things they already do every day,
35	35
00:02:24,746 --> 00:02:28,135	
como el vestirlos, ir al supermercado	such as getting dressed, going to the supermarket, or
36	36
00:02:28,966 --> 00:02:31,263	
preparar los alimentos.	preparing meals.
37	37
00:02:31,463 --> 00:02:35,880	
También es súper importante el jugar con sus niños.	It is also extremely important that they play with their children.
38	38
00:02:35,880 --> 00:02:36,840	
Creo que esta ha sido una	I think that that has been one
39	39
00:02:36,840 --> 00:02:40,640	
de las revelaciones más grandes para muchos de los de los papás.	of the biggest revelations for many of the parents.
40	40
00:02:40,640 --> 00:02:43,160	
Papás, mamás, cuidadores.	Fathers, mothers, and caregivers.
41	41
00:02:44,120 --> 00:02:44,840	
Nuestra mentora	Our mentor
42	42
00:02:44,840 --> 00:02:48,840	

dice que el juego es el trabajo de los niños, entonces creo que eso ha sido	says that playing is a child's job, and I believe that teaching
43	43
00:02:48,840 --> 00:02:53,040	
algo muy importante para para enseñarle a los a los cuidadores.	caregivers about this has been very important.
44	44
00:02:57,200 --> 00:03:02,560	
Ha sido muy bonito ver c[?] haciendo cambios pequeños	It's very beautiful seeing how, by making small, not
45	45
00:03:03,080 --> 00:03:07,000	
no tan drásticos o de cositas que ya se hacían en casa,	very drastic changes or by making changes to little things that they were already doing at home,
46	46
00:03:08,000 --> 00:03:11,160	
como el dar opciones,	such as giving choices,
47	47
00:03:11,400 --> 00:03:16,600	
esperar un momento para darle la oportunidad al niño de de comunicarse	or waiting a moment to give a child the chance to communicate
48	48
00:03:16,600 --> 00:03:21,240	
o de pedir algo que quiere, significa integrarlos en actividades que a lo mejor	or to ask for something that want, has meant integrating them into activities that maybe
49	49
00:03:21,400 --> 00:03:24,520	
los cuidadores no pensaban que a los niños les puedan interesar.	the caregivers thought the children wouldn't be interested in.
50	50
00:03:24,960 --> 00:03:27,440	
Haciendo estos cambios chiquitos	By making these tiny changes,
51	51
00:03:27,440 --> 00:03:30,800	
las familias han notado bastante progreso en diferentes habilidades.	families have noticed considerable progress in different skills.

52	52
00:03:31,720 --> 00:03:34,080	
Pero creo que la más importante ha sido	But I think that the most important thing has been
53	53
00:03:35,040 --> 00:03:40,280	
el vínculo, en la conexión	the bond, the connection
que los padres han notado	that parents have now
54	54
00:03:40,280 --> 00:03:41,960	
ahora con sus hijos.	noticed with their children.
55	55
00:03:41,960 --> 00:03:47,280	
Creo que eso es bastante valioso	I think that that is quite valuable
y bastante poderoso.	and very powerful.
56	56
00:03:47,520 --> 00:03:53,040	
Como facilitadores es un honor	As facilitators, it's an honor
el poder de ser testigo de de eso.	to be able to witness this.
57	57
00:03:54,240 --> 00:03:59,152	
Creo que mi esperanza para	I think that my hope for
las familias que han participado	the families who have participated
58	58
00:03:59,741 --> 00:04:02,200	
en este programa	in this program
es que se sientan empoderadas	is that they will feel empowered.
59	59
00:04:02,520 --> 00:04:05,240	
Para tanto los niños como los cuidadores	It is important for both the children and the caregivers
60	60
00:04:06,680 --> 00:04:08,480	
que que sientan que	to feel that their
61	61
00:04:08,480 --> 00:04:12,120	
sus voces son importantes	voices are important,
que sus experiencias son importantes	that their experiences are important,
62	62



00:04:12,680 --> 00:04:15,840	
y que sepan que	and that they know that,
aunque muchas veces se sientan aislados,	even though they might often feel isolated,
63	63
00:04:16,160 --> 00:04:20,040	
aunque muchas veces no lo parezca,	and even though it might not seem like it,
hay personas	there are people,
64	64
00:04:20,040 --> 00:04:22,920	
hay profesionales y hay organizaciones	there are professionals, and there are organizations
65	65
00:04:23,480 --> 00:04:29,040	
que están trabajando muy duro	that are working very hard
para crear recursos	to create quality
66	66
00:04:29,680 --> 00:04:32,600	
y apoyo de calidad, especialmente	resources and support, especially
67	67
00:04:32,600 --> 00:04:36,680	
para las familias latinas y aún más	for Latin families, and even more so
para las familias que hablan español.	for families that speak Spanish.