



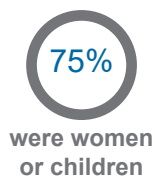
HISTORY

When two Sisters of the Holy Cross first traveled to what would later become the state of Utah, they were met by a community with serious and diverse needs, so they set to work immediately. In their first four months of service, the Sisters opened a hospital and a grade school.

More than 140 years later, that spirit of service hasn't changed. It can be found in Holy Cross Ministries' efforts to give low-income and overlooked students an opportunity for success, to support women escaping the grasps of abusers and to prepare infants for healthy, happy lives.

As a 501(c)(3) non-profit organization sponsored by the Sisters of the Holy Cross, we exist because of the need for compassionate, high-quality services in the community, and we are committed to addressing this need far into the future.

In 2019, HCM served 3,537 individuals:



**Identifying unmet needs.
Responding in solidarity.**

Holy Cross Ministries (HCM) provides bilingual health outreach, counseling, education and legal immigration services to underserved families in Utah regardless of race, religion, income or any other defining characteristic.

STAY IN TOUCH

860 East 4500 South, Suite 204
Salt Lake City, Utah 84107

801-261-3440

hcmutah.org



EDUCATION

Research shows that providing children high-quality education opportunities yields significant long-term benefits for both children and their entire families. HCM's education programs focus on helping young people grow up to be healthy, caring and responsible, which in turn facilitates their academic progress.

HCM's Education Department offers the following programs and services:

- Parents as Teachers (PAT) home visiting services for parents of children ages zero to three
- School Readiness Program for preschoolers
- English Proficiency Summer Camp for preschool-age students
- Guiding Good Choices workshops for parents of children ages 9 to 14

HEALTH

Underserved and underinsured immigrants in Utah face critical risk factors concerning their mental and physical health. Recognizing the needs of this community, HCM provides trauma-informed and evidence-based bilingual counseling services, and HCM's Promotor(as) — bilingual, bicultural community health workers — strive to ensure that families are healthy, safe and able to navigate complex health and social systems.

HCM's Health Department offers the following programs and services:

- Trauma-informed family, individual and group therapy sessions
- Psycho-educational groups for parents and caregivers
- Community education through health workshops
- Health care access and outreach services
- Niños Especiales Familias Fuertes (NEFF) support group for families of children with special needs
- Families Talking Together (FTT) sessions focused on preventing adolescent sexual risk behaviors
- Case management and advocacy services

JUSTICE

HCM is dedicated to helping immigrant families participate in the community and gain self-sufficiency.

The Legal Immigration Program operates Utah's first and largest U Visa program for victims of crime and has helped over 10,000 men, women and children gain legal status since opening in 2000.

HCM's Justice Department offers the following programs and services:

- Consultations
- Legal support for immigrant victims of crime
- Support for humanitarian applicants
- Support for DACA/Temporary Protected Status applicants
- Family reunification assistance
- Citizenship services

ABOUT THE PROGRAMMING

Holy Cross Ministries (HCM)'s Promotor and Promotoras are bilingual, bicultural community health workers (CHWs) who have been characterized as bridge builders, working in both clinics and in the community. Promotor(as) play a central role in community integration and are key to every program at HCM.

HCM's Counseling Program was created in 2018 and seeks to alleviate the mental health needs of immigrant victims of crime who come to HCM for legal immigration and health access support or exclusively for mental health services. HCM's therapists are bilingual, bicultural clinical social workers who specialize in trauma-informed treatment.

CONTACT THE PROGRAMS

Counseling Program Director

Ivonne Campbell, LCSW
385-257-2424
icampbell@hcmutah.org

Health Outreach Program Manager

Margarite Allen
385-257-2423
mallen@hcmutah.org

For volunteer opportunities, contact

Communications Specialist

Lauren Fields
385-257-2413
lfields@hcmutah.org

www.hcmutah.org/health

STAY IN TOUCH



@holycrossministries



@hcm_utah



Health outreach and mental health programming
at Holy Cross Ministries (HCM)

SERVICES

HEALTH OUTREACH AND CASE MANAGEMENT

HCM's Promotor(as) help individuals navigate the complexities of the health care system. Their services include assistance with applications for CHIP/Medicaid and coverage re-enrollment forms. They provide referrals specific to clients' needs, access to community services, assistance to families applying for social services as well as ongoing support and advocacy. HCM's Promotor(as) also offer community education through a variety of health workshops.

PRENATAL CLASSES

In order to promote healthy and informed pregnancies, HCM's Promotor(as) use group classes and one-on-one sessions to teach prenatal education to Spanish-speaking individuals. HCM collaborates with Saint Martha's Baby Project to provide free infant layettes to parents and caregivers.

NIÑOS ESPECIALES FAMILIAS FUERTES (NEFF)

To assist Spanish-speaking parents of children with special needs and/or other complex medical diagnoses, HCM's Promotor(as) facilitate Niños Especiales Familias Fuertes (NEFF) —

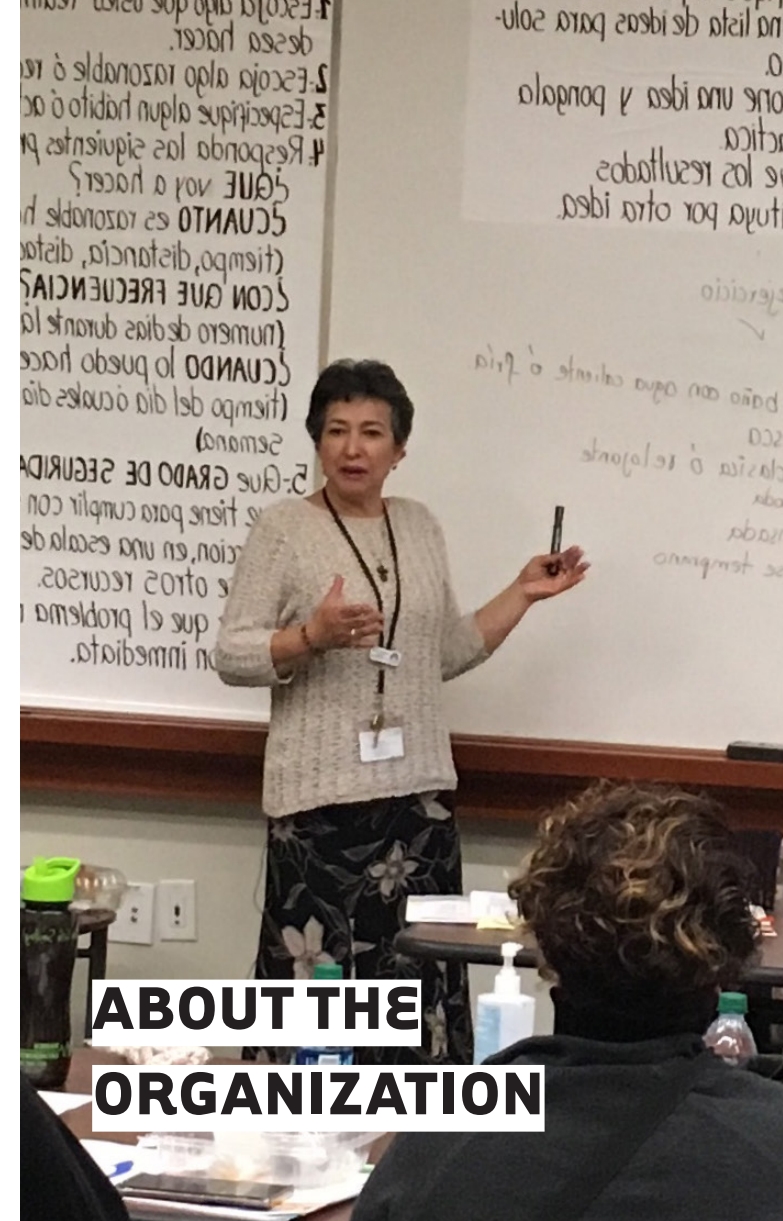
a support group that aids these families in finding and accessing the resources they need.

FAMILIES TALKING TOGETHER (FTT)

This parent-focused intervention program was developed by New York University's School of Social Work to help reduce and prevent adolescent sexual risk behaviors. FTT sessions are offered by HCM's bilingual, bicultural Promotor(as) at South Main Clinic for Spanish-speaking individuals thanks to funding from the U.S. Department of Health and Human Services; the Administration on Children, Youth and Families (ACYF) and the Family and Youth Services Bureau (FYSB).

COUNSELING

HCM's licensed clinical social workers offer individual, family and group therapy at no cost to victims of crime with the support of the Utah Office for Victims of Crime. These services are provided in Salt Lake City and Park City in both Spanish and English for adults, teenagers and children ages four and older. HCM's Counseling Program also offers trauma-informed parenting classes and support groups.



ABOUT THE ORGANIZATION

Holy Cross Ministries is a 501(c)(3) non-profit organization sponsored by the Sisters of the Holy Cross. We are dedicated to providing bilingual health outreach, counseling, education and legal immigration services to underserved families in Utah regardless of race, religion, income or any other defining characteristic.