

My Latina Experience....

- Evita Limon-Rocha MD MPH
- @latinamdmpHCAP





Reflection:

- Invite you to take a photograph in your mind of this moment
- Reminder of how far you have come
- Over time paired it with a gratitude exercise
- This exercise can also help frame your vision (where do you want to go?)
- In a bit, I'll invite you to reflect on your 1-3 sentence mission statement

Objectives:

- Have a little fun
- Relate to one another
- Mental health is health
- My life my argument

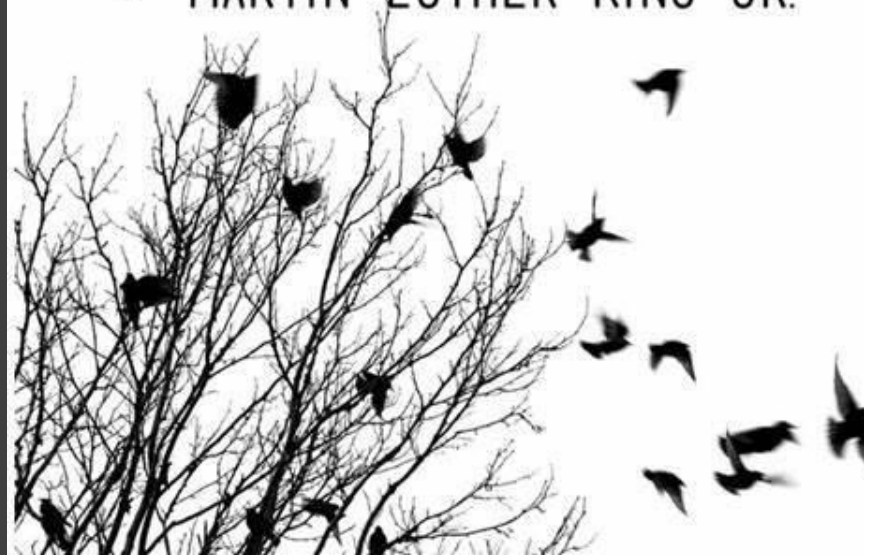


Objectives Continued:

- And answer Psychiatry, what?, how?, why?

"IF YOU CAN'T FLY THEN RUN, IF YOU CAN'T RUN THEN WALK, IF YOU CAN'T WALK THEN CRAWL, BUT WHATEVER YOU DO YOU HAVE TO KEEP MOVING FORWARD."

- MARTIN LUTHER KING JR.



A photograph of Tupac Shakur wearing a denim jacket over a white shirt, a beanie, and a chain necklace. He is standing in front of a wall with large, stylized letters and colorful lights.

Life's a test, mistakes are lessons, but the **gift** of life is **knowing** that you have made a **difference.**

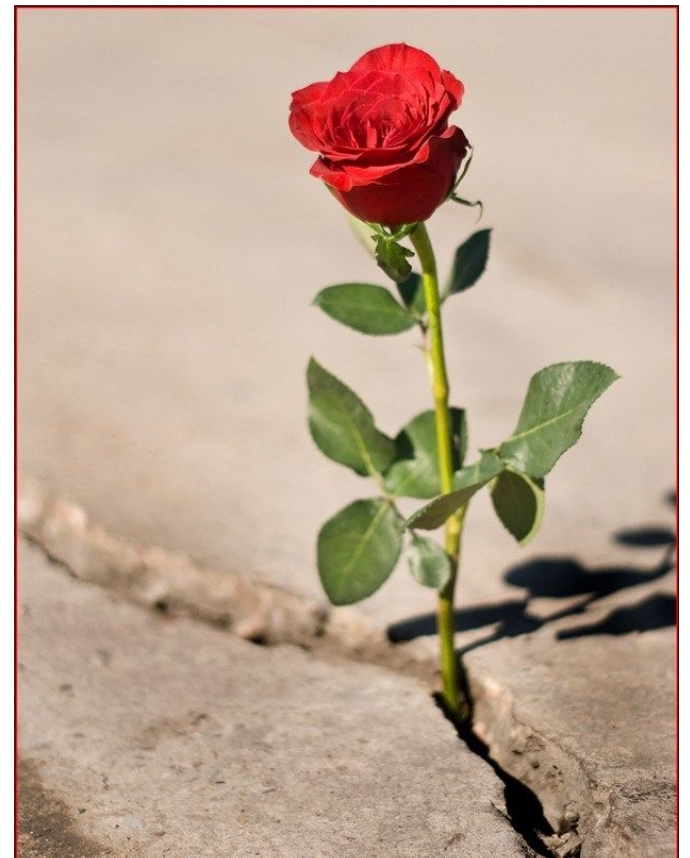
—— *Tupac Shakur* ——

AZ QUOTES

“Did you hear the rose that grew
From a crack in the concrete?
Proving nature’s law is wrong
It learned to walk without having
feet.

Funny it seems, but by keeping
its dreams,
It learned to breathe fresh air.
Long live the rose that grew from
concrete
When no one else cared.”

~Tupac Shakur

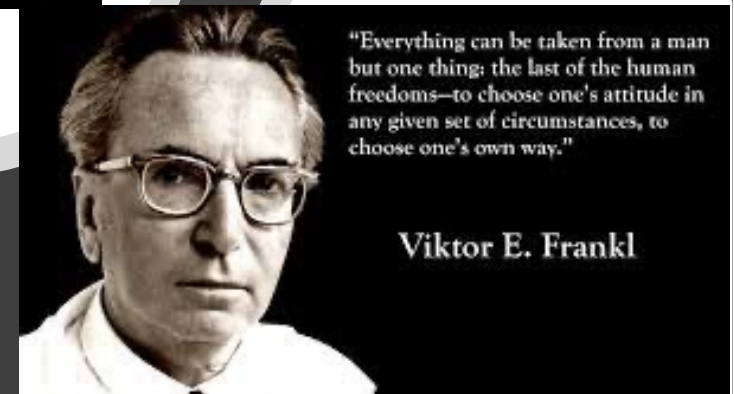
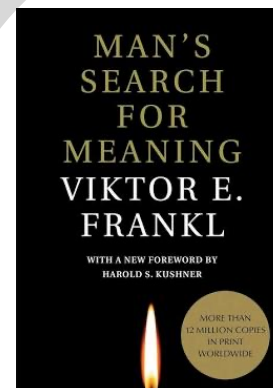
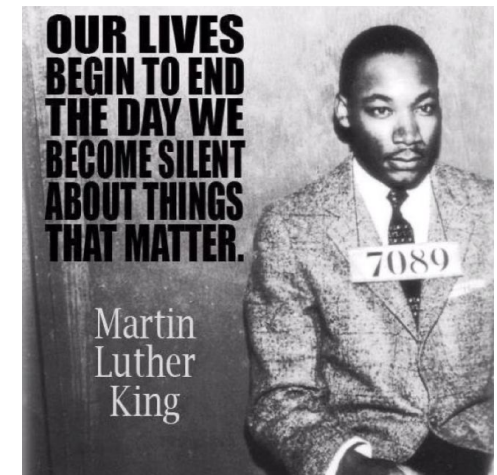




re•sil•ience:

the ability to bounce back when faced
with stress or pressure.

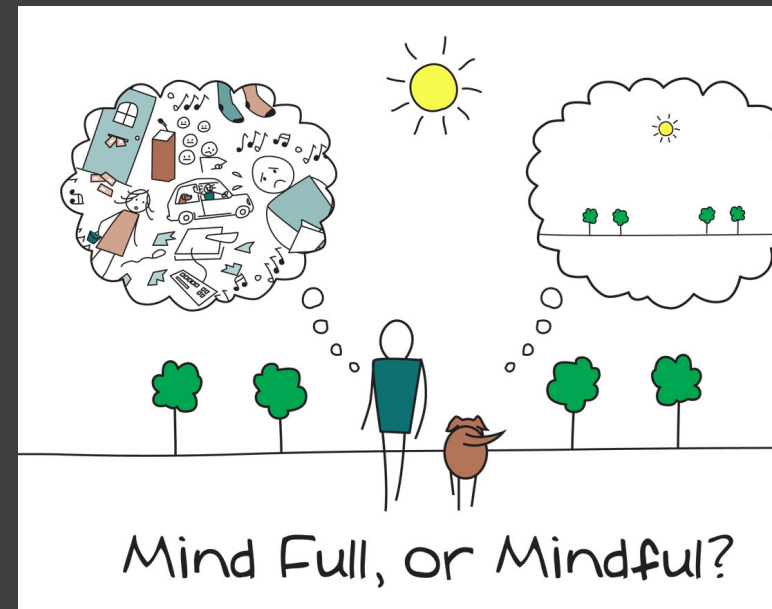
- Limited resilience without SELF CARE!!!
 - We have to take care our ourselves.....protect that spirit
- We each have mission/s....
 - Take a moment to think of your fire
 - What's your passion? What are you going to change?
- What is your why?....logotherapy....HOPE
 - Less than 200 pages
- What would be your 2-3 mission statement?



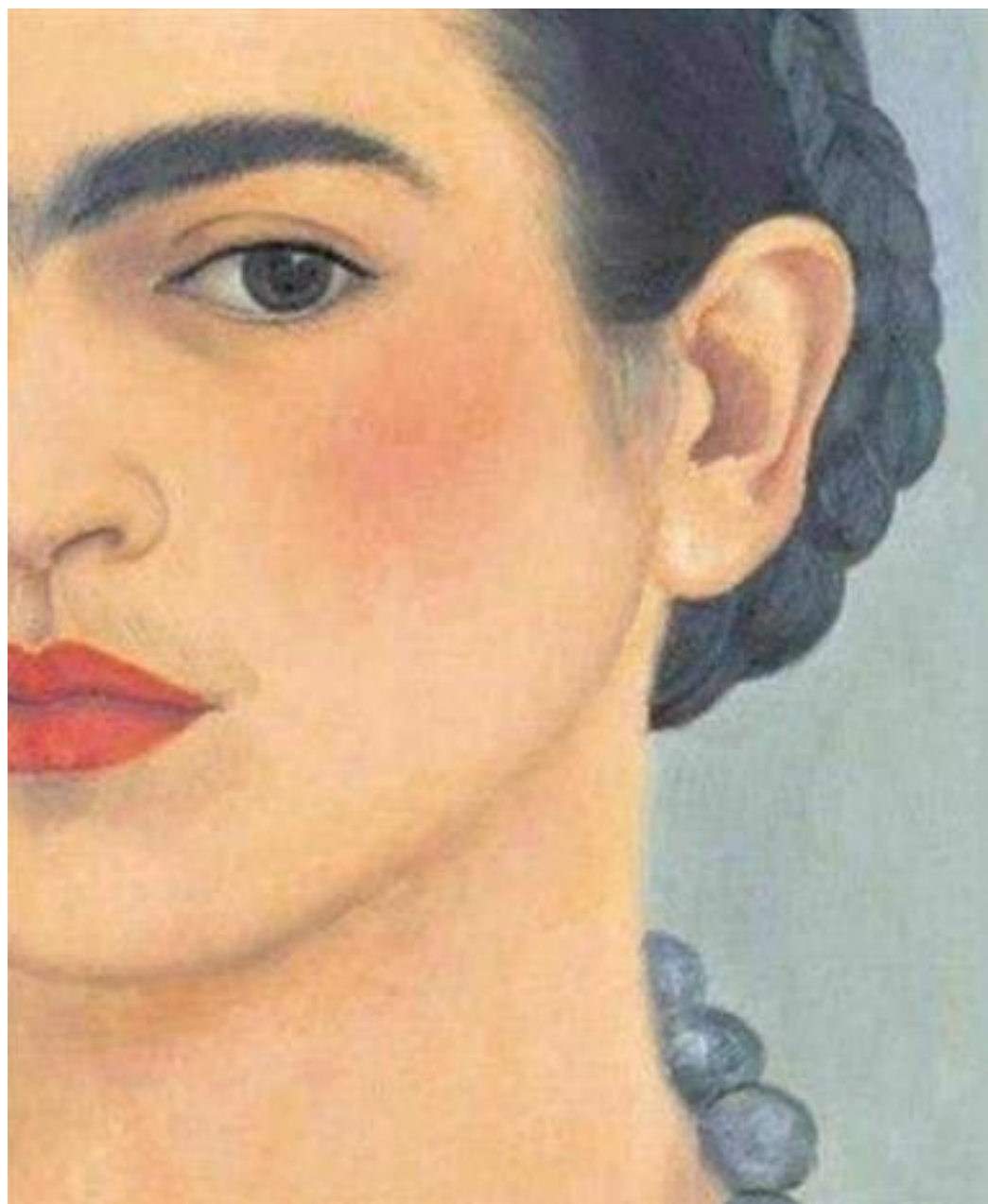
Mindfulness

Mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations

- Driving on autopilot
- Let's take a break and be present;
where are you feeling tension and tightness in your body
 - How are you feeling?
 - Wow that was easy







*"Don't build a wall around
your own suffering
or it may devour you
from the inside."*

Frida Kahlo



Take care of you

- ❖ Take breaks from the news/media=> this information can be upsetting, cause nightmares, affect sleep
- ❖ GET SLEEP, make it a priority
 - ❖ Put down and disconnect from social media/technology (ie Tik Tok can wait)
- ❖ Drink water
- ❖ Eat and try to eat healthy, can be a mindfulness exercise
- ❖ Take care of your body=> stretch/meditate
- ❖ Spend time in or with nature (sitting under a tree, walking on some grass....)

<https://braveacorn.com/airplane-oxygen-mask-analogy-for-self-care/>

Todo aquel que piense que la vida es desigual
To anyone who thinks that life is unequal
Tiene que saber que no es así
Has to know it's not like that
Que la vida es una hermosura, hay que vivirla
That life is beautiful, you have to live it





Psychiatrist

Medical doctor (MD or DO) who specializes in mental health, including substance use disorders. Psychiatry is the branch of medicine focused on the diagnosis, treatment, and prevention of mental, emotional, and behavioral disorders

5 Steps to Become a PSYCHIATRIST



Take a Bachelor's Degree

Accomplish a Medical Degree



Complete a Residency

Get a License



Become a Board Certified



SEARCH CIM

UNDERSTAND YOURSELF >

EXPLORE OPTIONS >

CHOOSE YOUR SPECIALTY >

PREPARE FOR RESIDENCY >

TOOLS >

Careers in Medicine

CIM Home / Understand Yourself

Understand Yourself

SHARE: f t in s |



Understanding the phase: Understand Yourself

Discovering who you are and identifying what you want for your future requires much thought over time.



About self-assessment

Decisions about your future specialty, residency program, and practice environment are based on who you are and what's important to you.



How to apply your self-assessment results

You've spent the time to thoughtfully proceed through each self-assessment. How should you apply this information in your career planning?

PSYCHIATRY

Child and Adolescent Psychiatry

SHARE: f t in s |

OVERVIEW

WORK

SALARY

TRAINING

COMPETITIVENESS

WORKFORCE

RESOURCES

Special emphasis is given to disorders that appear in childhood, including but not limited to autism and other developmental disorders, attention deficit hyperactivity disorder (ADHD), mood disorders, anxiety disorders, learning disabilities, mental retardation, drug dependency, and delinquency (conduct disorder). The child and adolescent psychiatrist performs comprehensive diagnostic examinations, integrating physical, genetic, developmental, emotional, cognitive, educational, family, peer, and social findings into a formulation that is shared with the patient, family, and other stakeholders. Treatment, directed by the child and adolescent psychiatrist, includes evidence-based medication management, consultation with other physicians, schools, juvenile courts and social service agencies, and a variety of psychosocial interventions, including individual, group, and family psychotherapies.

SOURCE +

Subspecialty of Psychiatry

[VIEW PSYCHIATRY >](#)

Mean COMLEX Scores

Length of Training



*This sign was in the
Dec 1, 1994 Amanda
the Birthday (Guita
is Diego to ...)*



**The
expert in
anything
was
once a
beginner.**



Who am I?

- Formal title.....MD (physician), MPH...
- Inland Empire is home.....
- Let's start closer to the before the beginning....
- Granddaughter of a migrant farmworker who attended a segregated school.... Started working in the fields at ~10 years old
- A grandmother to learned to write her name in sixties
- Grandparents that had limited education, 1st grade education for my grandfather



Tradition of Healing....

History..... Grandfather,
Pgrandmother.....story of respeto,
love of learning,
humility.....generations of RESILIENCE



NOTHING CAN
DIM THE LIGHT
WHICH SHINES
FROM WITHIN

Maya Angelou

My mission
in life is not
merely to survive,
but to thrive;
and to do so
with some
passion, some
compassion,
some humor,
and some style.

Maya Angelou



DON'T LET
ANYONE
EVER
DULL YOUR
Sparkle





Why?

- Most important question you must answer to self
 - Fascination with the body
 - Check book grocery store
 - In and Out health
 - Translating hospitals=> ICU
 - Volunteering
 - Bridging the gap

SOURCE OF CHANGE





What keeps your passion
alive....for me it's
You...




Passion!!!

“When you lead with passion and speak from your soul, you don’t have to chase people or opportunities. You become magnetic to those opportunities. Take advantage of that.”

- Monica Rivera

- This came from feeling different and not seeing people that I felt I could identify with



Nothing is impossible, the word itself says “I’m possible.” Audrey Hepburn

Beautiful example of Reframing

- MPH....Systems
- Albert Schweitzer Fellowship...exploration
- Chance..... Medical school for Family Med
- Seeing the mental health system fail a loved one
 - It was traumatic
- Psychiatry...”mansa locos”



*Mentorship*_(guides) !!

- *Leadership*
- *During challenges*
- *Non physician mentors*
- *Foster that relationship*

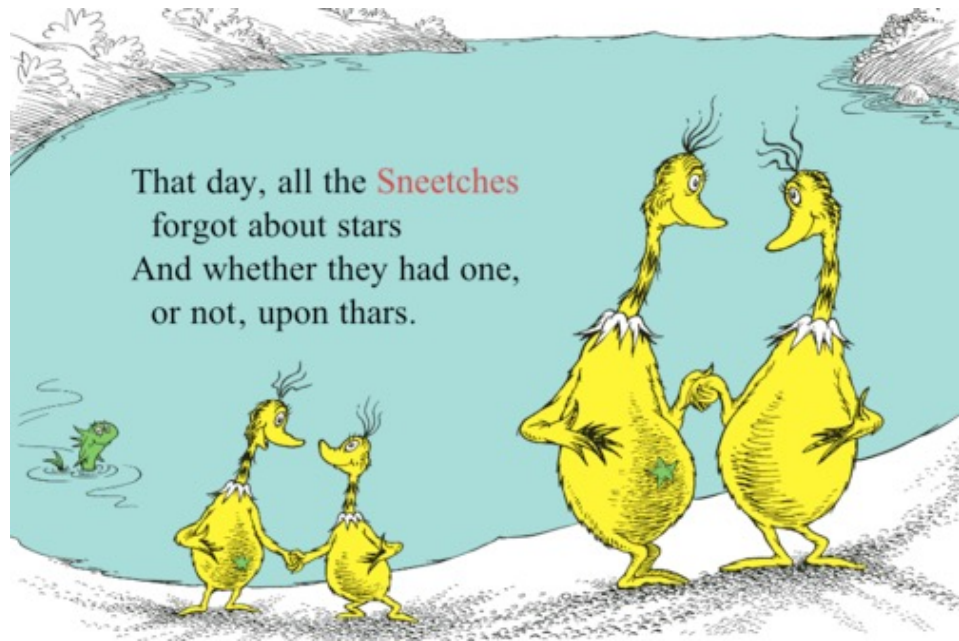


What is MiMentor?

MiMentor is a national mentoring organization committed to mentoring the next generation of healthcare professionals. Our mission is to develop and support innovative and inclusive mentorship opportunities that will inspire the next generation of diverse healthcare leaders for underserved communities. Join our community of mentors and mentees today!

Beauty in Diversity

- Take chances be open to it...mentors brought me to HCC
- Reach Out and Latino Health Collaborative
- Nonprofits



- It is your reaction to adversity, not the adversity itself that determines how your life's story will develop. Dieter F. Uchtdorf
- You are better able to fight if you take care of yourself...
- Went to Medical School to be a Family Physician Couldn't see psychiatry





Pablo

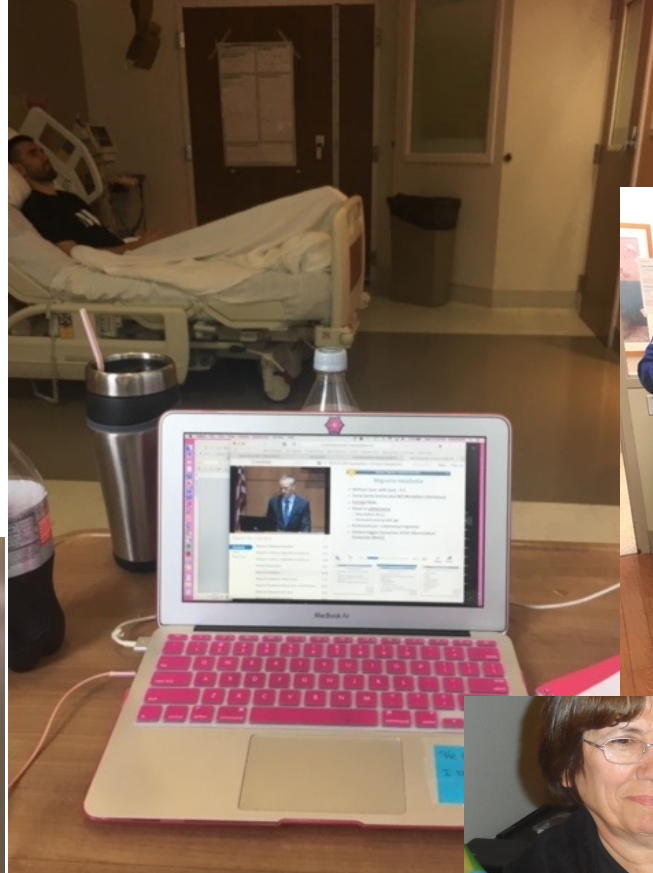
Respecto
UCI ER
Blanket



- Professor....discouragement part of the process
- Maybe you should just focus on being a mom
- A frame with black felt and stars
- Remember, just like Dori from Finding Nemo said, “just keep swimming, just keep swimming, swimming, swimming.”
- Villages



Pain



**1 in 5 Americans
live with a mental
health condition.**



Rewarding moment

- NAMI and their journey with stigma....
 - little patience, care, and luck
 - Lifelong learner....continually learning from each interaction



It's okay to not be okay.



Stay Inspired...

- Do the things you love....
- Chicano Youth Conference







A group of people are holding a large, rectangular chalkboard with a light-colored wooden frame. The chalkboard is black and has white chalk writing on it. The text is arranged in three lines. The first two lines are in large, bold, capital letters. The third line is in a smaller, more casual script, with the word 'MENTAL' in all caps. The hands of the people holding the board are visible around the edges. The background is a plain, light-colored wall.

STAND UP
TO STIGMA
Let's talk about MENTAL HEALTH



Generations....village

- It takes a village
- Change starts with each of us





Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. Albert Schweitzer

“Fall in love with yourself and your scars, learn to follow you *corazon*, break the chains of tradition,”
-Monica Rivera





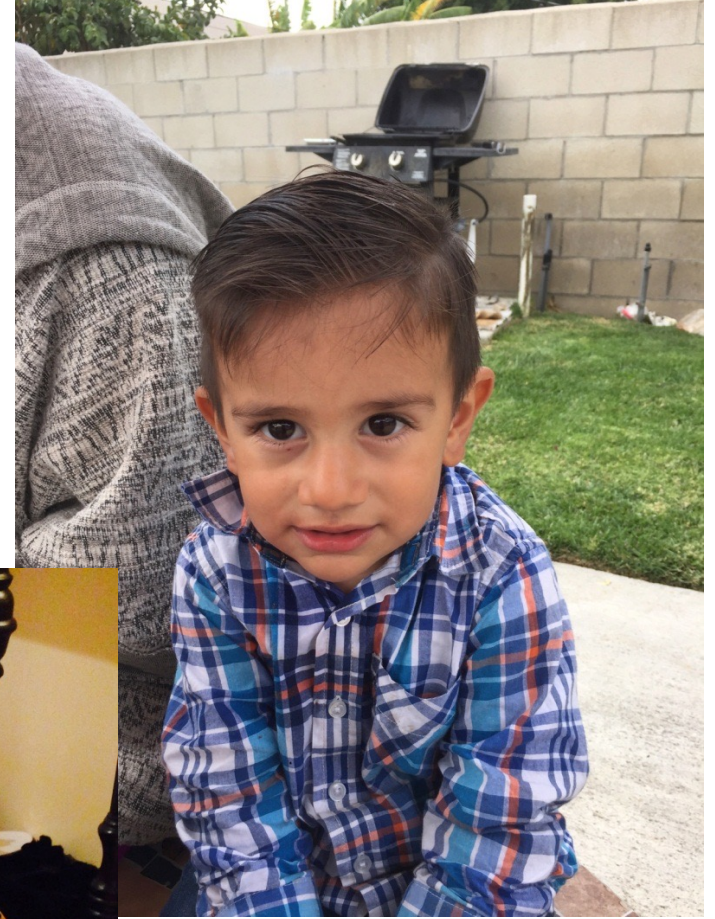
Always laugh when you can. It is cheap medicine.

Lord Byron

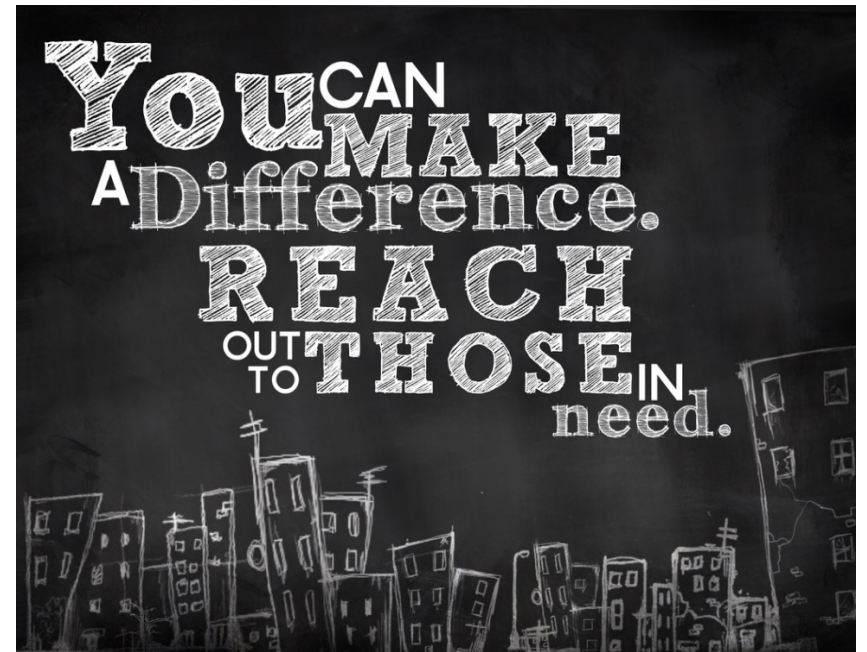
Life gets better.....here's my dad enjoying time with my second mom, my Tia Tonia (heals with herbs)

We are enjoying raspados together





*Enjoy the
magic in
everyday life*



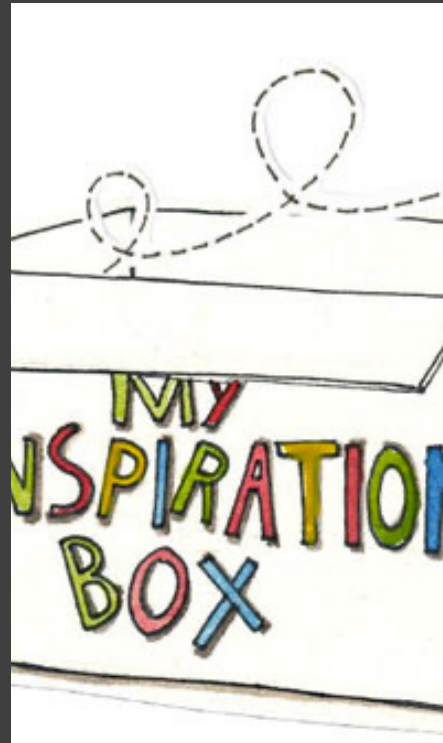
“You have to be the architect of your own life plan because no one else is going to do that for you.”

-Monica Rivera



A wise individual once told me that “If you are not at the table, you are on the menu.”





Tips:

- How do you study?
- Time management?
- Save the soul.... Gym, gardening, family....

I leave you with this...

“We cannot seek achievement for ourselves and forget about progress and prosperity for our community... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own.”



Questions??

