



During six (6) weeks together, the action group members worked to map out individual and collective experiences into systemic change solutions to the challenges that exist within the community.

Latino Parents of Austin Minnesota have created a list of policy recommendations, arranged for common practice and implementation:

Legal Services and Victim Resources

- City and community partners to create a Latino directory. This directory will have organizations and agencies that aid victims of domestic violence / sexual assault. In addition, the list has organizations that also offer other types of help/services/resources for Latino families. This list is accessible on the Mower County website.
- Implement a crisis line where victims of domestic violence can call for help. That the crisis line has options to speak with someone in Spanish.
- The city should collaborate with agencies and nonprofits to coordinate monthly legal clinics that offer free and low-cost legal aid virtually and in person.
- Increase education focused on gender violence. That this information is available in Spanish and workshops are provided in schools.

Access to Wellness

- City hospitals, emergency rooms and clinics offer interpreters who can speak Spanish. These interpreters should be certified to ensure high quality service when communicating with the patient.
- The city should start offering mobile clinics that include dental services, sexually transmitted disease tests, mammograms, covid-19 vaccines, covid-19 tests, and general medical services for all ages.
- That there are financial resources and reduced prices for people who do not have medical insurance.
- Offer virtual therapy and support groups with Behavioral Health therapists who specialize in depression, anxiety, and other services for Latino community members living with mental illness.
- Provide Austin medical practitioners with equity training as a requirement.
- That the city implements a zero-tolerance policy towards discrimination and has policies that protect victims, such as discrimination in hospital emergency rooms.
- Invest in hiring staff to help people choose health plans.

Healthy Nutrition, SNAP, and Physical Activities:

- The SNAP form should be updated. The SNAP form should include questions that are not intimidating and are designed to identify the applicant and not individuals who do not want to apply. This form should be current and reflect the needs of the diverse communities of the state.
- *Juntos Saludables* (Healthy Together!) is a group for physical activities that the members of the city of Austin want to start and that is endorsed by the city council. These meetings can be in parks, gyms,

schools, or spaces where you can walk, dance, and do some type of exercise such as yoga, Zumba, and aerobics classes.

- The city should include workshops on healthy eating and that these workshops be offered in schools where parents can attend.
- City of Austin should commence food campaigns on how to eat healthy to help with the prevention of chronic diseases such as diabetes, obesity and other conditions that can be caused by a poor diet.
- CLUES healthy food distribution events should continue to be provided throughout Mower County.

Latino Community Center

- That the city invests in a physical place where Latinos can congregate. This space may be a space that already exists but is reserved for monthly or weekly meetings where Latinos can gather.
- Include in Austin public schools after school programming for children K-12.
- That ESL (English as a Second Language) classes be offered again alongside childcare so parents can attend these classes.
- Offer sex education classes in the form of virtual talks in Spanish.
- Hold events where Latino culture can be celebrated through dance, art, music, and other artistic media.
- For schools to offer talks about bullying and cyberbullying for both parents and their children.