OCTOBER 2026

Buckelew Programs

SUICIDE PREVENTION

988 SUICIDE & CRISIS LIFELINE

CONTACT:

Outreach@Buckelew.org

DIRECTOR UPDATE

HISPANIC HERTIAGE MONTH

As we celebrate Hispanic Heritage Month, we recognize the importance of mental health and suicide prevention in Hispanic communities. Suicide rates among Hispanic individuals in the U.S. rose 9.5% between 2018 and 2023, highlighting the need for greater access to support and resources.

Barriers such as cost, language, geography, and isolation, especially for immigrants separated from family and support networks can make it harder to seek help.

How We Can Help

- Encourage support and remind those who are struggling that asking for help is a sign of strength.
- FREE suicide prevention education in Spanish through our Outreach Team for the communites we serve.
- Survivors of Suicide (SOS) Group in Spanish for support and connection after a loss of a loved one.
- Survivors of Suicide Attempts (SOSA) Group in Spanish is a confidential clinical support group for people who have survived a suicide attempt.
- Call or text 988 for immediate support. Spanish-speaking callers can press option #2 to connect with a Spanish-speaking counselor.
- Join us at Tattoo for Buckelew Saturday October 17th -100% of proceeds go directly to helping us continue this important work at no cost to the communities we serve:
  - Petaluma Tattoo 11am-7pm
  - Faith Tattoo 10am-7pm

We are so grateful for our incredible team and honored to celebrate our team members in recognition of Hispanic Heritage Month in this issue. Please take a moment to read their stories and learn more about the amazing individuals who make our team so special.

And to learn more about our Outreach Team services or Tattoo for Buckelew, please contact Outreach@Buckelew.org. We also encourage you to review the attached flyers and help us spread the word about these valuable resources in our communities!

With Graditute,

Christiana



CHRISTIANA BOSCH GUZAUSKAS (SHE/HER)

Program Director, Suicide Prevention Program & Counseling Services

HONORING HISPANIC HERITAGE

Sucide Prevention Program

LUCIA MADERA

CRISIS SPECIALIST I

¡Hola a todos! My name is Lucia Echeverria Madera, and I have been an overnight 988 Crisis Specialist with Buckelew Programs for four years. I would like to share a little bit about my Mexican heritage.

I was born in Merida, Yucatan, Mexico, and immigrated to the U.S. at three years old. It has been a journey to learn and find a balance between both identities, but I have found a sense of "home" in both (it has been a roller coaster getting here!). I hold a Bachelor of Arts in Chicano Studies from the University of California, Davis (Go Aggies!) The knowledge and experiences I have gained have allowed me to connect better with our callers, especially those who may share similar stories.



What I like to focus on and celebrate during this month is the importance of familia and how food nourishes us, not just physically but on a deeper level, too. I am in my Tía era and entering my Señora era, and one of the amazing skills I have been developing is becoming the cook of the family, especially for my niece and nephew. Sharing a meal with my family, sitting around the table, talking about the spiciness of a dish, trying a new recipe, catching up on family updates, and asking Levi how first grade is going are things I would not trade for anything. It is a blessing to have all my family still present in my life, to learn about our roots, and to pass that knowledge on to the younger ones, too.

I hope you all get to enjoy amazing food and learn more about Latinx culture!

Photo Caption: After 20 years, I returned to Merida with my parents to meet family members and learn about where my mom grew up. This photo was taken from Isla Mujeres in Quintana Roo, Mexico, near Cancun.

HONORING HISPANIC HERITAGE

Sucide Prevention Program

ALLISON KUCHAN

CRISIS SPECIALIST I

My name is Allison Kuchan, and I'm a Crisis Specialist who is passionate about creating a safe, welcoming, and nonjudgmental space for people experiencing a mental health crisis. I believe everyone deserves to feel heard, understood, and supported, especially during some of the most difficult moments in their lives. I hold a bachelor's degree in Criminal Justice with a minor in Psychology and a master's degree in Forensic Psychology. Before joining Buckelew, I spent seven years in law enforcement, primarily at the Golden Gate Bridge, where I focused on crisis intervention and suicide prevention. These experiences strengthened my commitment to helping others and deepened my understanding of the importance of compassionate, person-centered care. I'm currently pursuing a nursing degree and hope to continue making a positive impact in the mental health field while helping reduce the stigma surrounding it.



My Hispanic heritage comes from my mom's side of the family, with roots in Juárez, Mexico, where my great-grandparents were from. Growing up, food and family traditions played an important role in keeping me connected to my heritage. Some of my favorite memories include enjoying my great-grandmother's atole, rice, chicken mole, tortillas, and salsa, along with my grandpa's homemade salsa. These recipes represent more than just food to me; they are a meaningful connection to my family's history and the generations who came before me. For me, Hispanic Heritage Month is an opportunity to honor my family's roots, celebrate our culture, and appreciate the traditions and shared experiences that continue to bring our family together.

Outside of work and school, I enjoy staying active by working out and playing slow-pitch softball. I also enjoy playing the violin, which gives me a creative outlet outside of my busy schedule. One of my favorite ways to spend my free time is hanging out with my two-year-old American Bully, Wally, who always keeps life interesting. When I have the opportunity to slow down and recharge, I love relaxing in the sauna. Finding a balance between work, school, and the things I enjoy helps me stay grounded and make time for the people, activities, and experiences that bring me happiness.

HONORING HISPANIC HERITAGE

Sucide Prevention Program

MARIO CASTILLO

TRAINING SPECIALIST I

My name is Mario Castillo-Guido, and I have been a part of the Buckelew Suicide Prevention Team for two years. I was born in Michoacán, México, and immigrated to the United States when I was just 14 years old. I have called Sonoma County home ever since. Growing up between two cultures has shaped who I am today and taught me the importance of "la familia, la comunidad", resilience, and never forgetting where I come from.



Although I don't get to visit México as often as I would like, my love for my culture and traditions has never faded. I take every opportunity to celebrate "nuestras raíces y tradiciones", whether through music, food, cultural events, or community celebrations. I try to pass these traditions and values on to my children and share them with the community around me. For me, keeping our culture alive means making sure the next generation knows where we come from and feels proud of who they are.

Hispanic/Latinx Heritage Month is more than a celebration of our traditions. It is an opportunity to honor "nuestros antepasados", their sacrifices, struggles, and contributions, especially those of generations of immigrants who have worked hard to create better opportunities for their families. Their stories are part of our history, "nuestra historia".

As a Latino immigrant working in mental health and suicide prevention, my lived experiences help me connect with people who face cultural, language, and other barriers to accessing support. I understand how important it is for people to feel seen, heard, and understood. I am proud of my roots, my journey, and the opportunity to give back to "mi comunidad".

"

My heritage is my identity, something I proudly embrace, honor, and celebrate every day, 365 days a year. "Mi herencia es mi identidad, y la celebro con orgullo los 365 días del año".

¡Feliz Mes de la Herencia Hispana y Latina!

HONORING HISPANIC HERITAGE

Sucide Prevention Program

HILDA CASTILLO

TRAINING SPECIALIST I

My name is Hilda Castillo and I am originally from Caracas, Venezuela, where I grew up surrounded by a close-knit community of family and neighbors. Some of my fondest childhood memories are of family gatherings and traditional Christmas celebrations, which included decorating, preparing special dinners, and enjoying delicious traditional hallacas. These raditions instilled in me a deep appreciation for family, culture, and the importance of staying connected to my roots.



Education was a top priority in my family, along with a strong emphasis on mutual respect. I earned my teaching credential and later pursued a degree in Communication at the Universidad Central de Venezuela.

In 1980, as a single mother of two young boys, I received a scholarship from the Venezuelan government to attend Sonoma State University, where I studied English and pursued graduate studies in Education. Adjusting to life in the United States came with its challenges, from learning a new language to adapting to different foods. To stay connected to our Venezuelan heritage, my sons and I made weekly trips to San Francisco's Mission District to find the ingredients we needed to prepare traditional Venezuelan dishes. Despite the challenges of starting over in a new country, I remained committed to providing my sons with opportunities for a bright future while preserving the cultural traditions that meant so much to us.

Over the years, our journey has come full circle. Today, my two sons and I are all U.S. citizens, and we take great pride in being bilingual and bicultural. Our experiences have shaped who we are and strengthened our commitment to serving our communities while honoring the rich cultural heritage that will always be a part of us. I am grateful for the journey that brought us here and for the opportunity to share our heritage, experiences, and values with others.

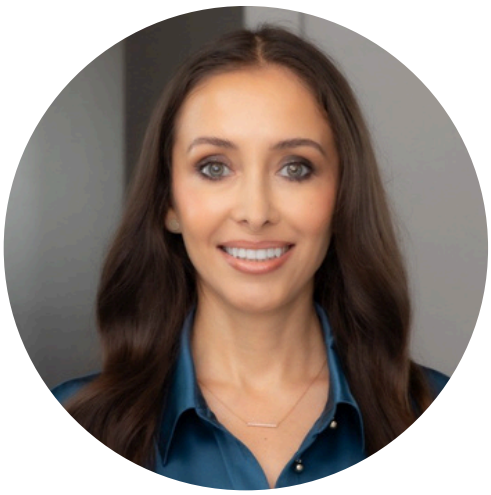
HONORING HISPANIC HERITAGE

Sucide Prevention Program

ANA DEL BOSQUE

ASSOCIATE CLINICIAN

My name is Ana Del Bosque and I joined the Buckelew Counseling Team in November 2024 as a bilingual Associate Marriage and Family Therapist. As a bilingual clinician, I provide approximately 40% of my clinical services in Spanish, allowing me to support Spanish-speaking individuals and families in our community who may otherwise face barriers to accessing mental health care. I am passionate about providing culturally responsive, compassionate, and accessible services that help clients feel understood, supported, and empowered throughout their therapeutic journey.



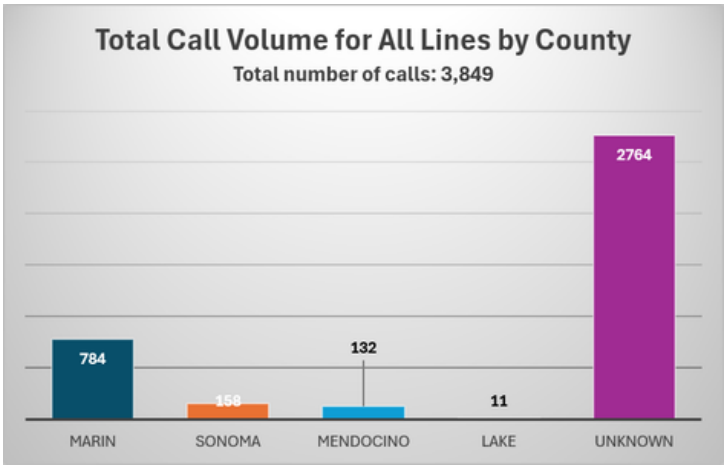
In addition to my clinical work, I am cross-trained to take 988 calls, helping connect individuals experiencing a mental health crisis with support and resources when they need it most. Beginning in January, I will serve as the Clinical Lead and co-facilitate Buckelew's Spanish-speaking Survivors of Suicide Attempts (SOSA) group, further expanding my work to support Spanish-speaking members of our community. I strive to create a welcoming, client-centered environment that prioritizes each individual's unique experiences, needs, and goals.

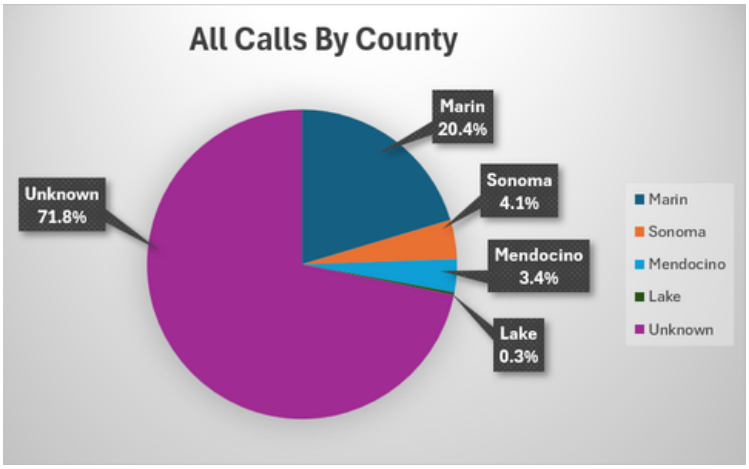
I earned my Master's degree in Clinical Psychology from Pepperdine University and also have experience as a LENS Neurofeedback Clinician, which has helped me develop a well-rounded perspective on mental health and wellness. I value the opportunity to work collaboratively with clients and help them build on their strengths as they navigate challenges and work toward meaningful change.

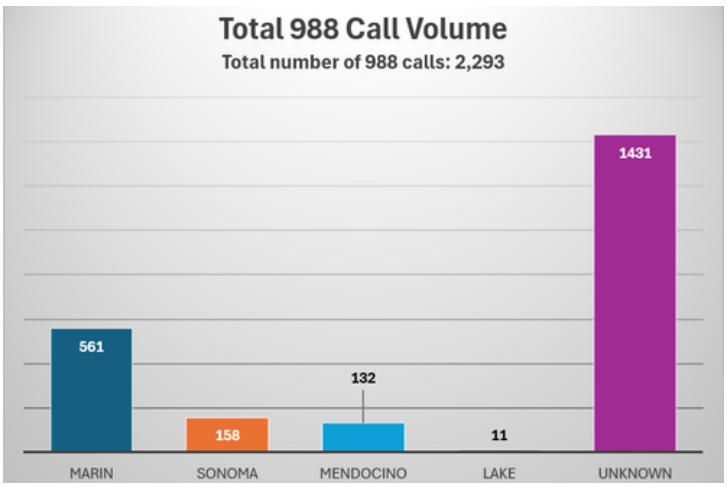
Before becoming a clinician, I played professional soccer and was proud to represent the Mexican Women's National Team and compete at the Division I level at the University of Portland. Competing at the highest levels of soccer instilled in me the values of resilience and perseverance, which continue to shape my approach to clinical practice. These experiences, along with my commitment to serving Spanish-speaking and underserved communities, have strengthened my passion for expanding access to culturally responsive mental health services and supporting individuals who face barriers to care.

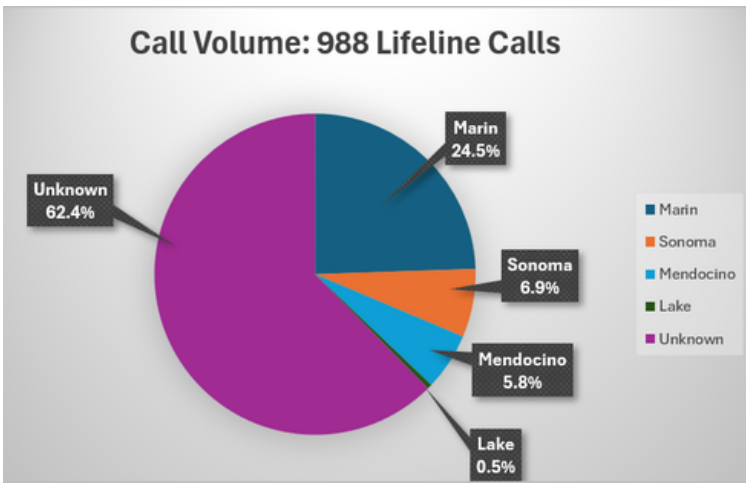
CALL CENTER DATA

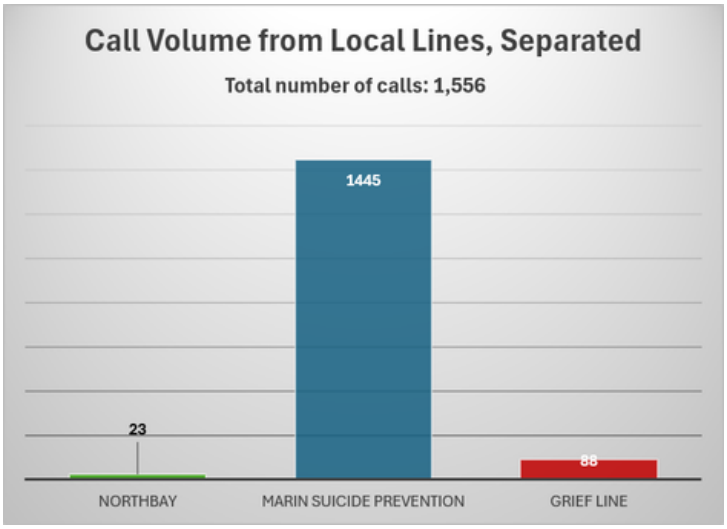
Buckelew's Suicide Prevention Program covers the North Bay's 988 Lifeline and three local lines for Marin, Sonoma, Lake and Mendocino counties. Our Local Lines include: Marin Suicide Prevention, North Bay Suicide Prevention, Grief Line

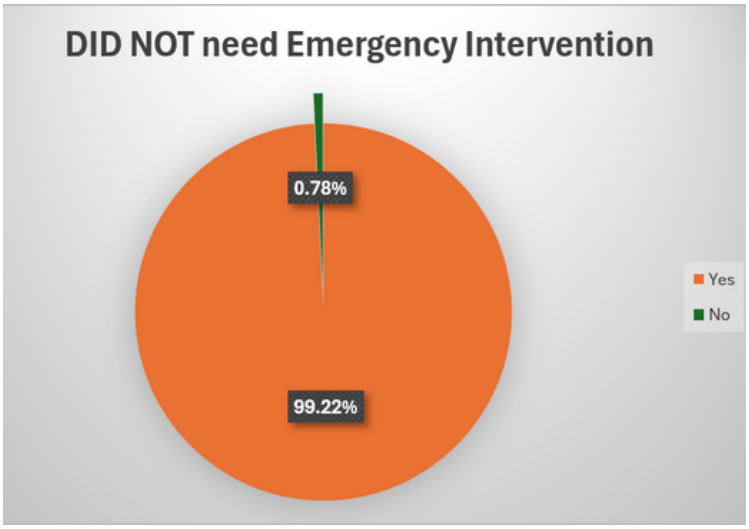






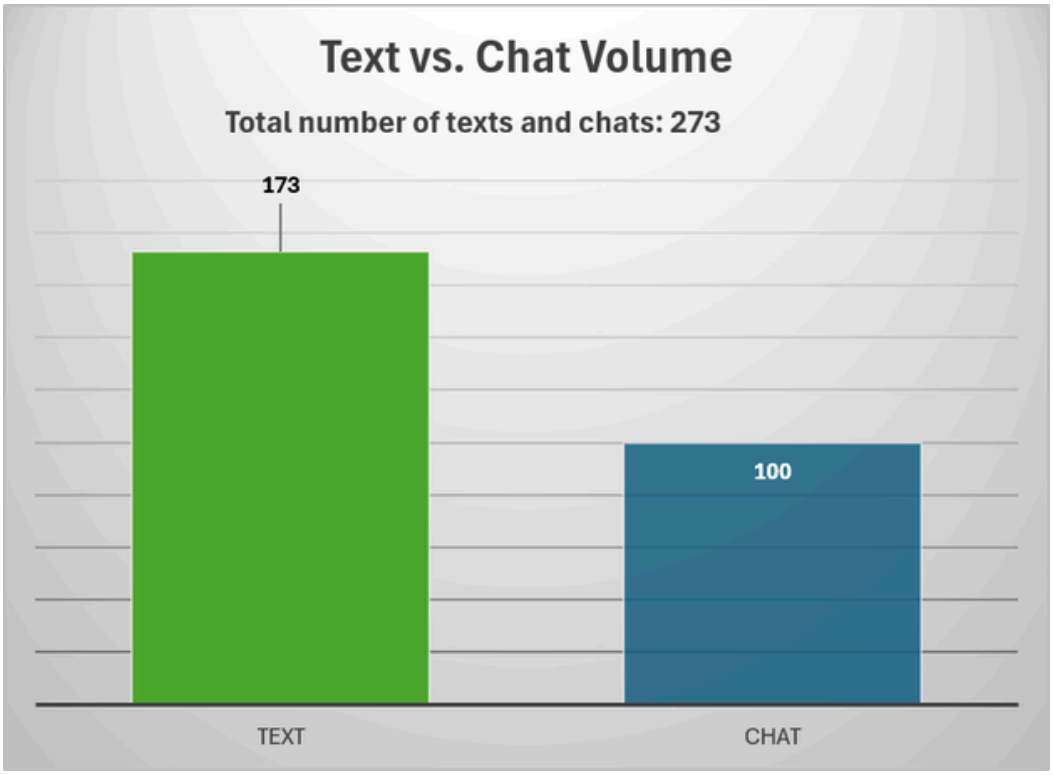


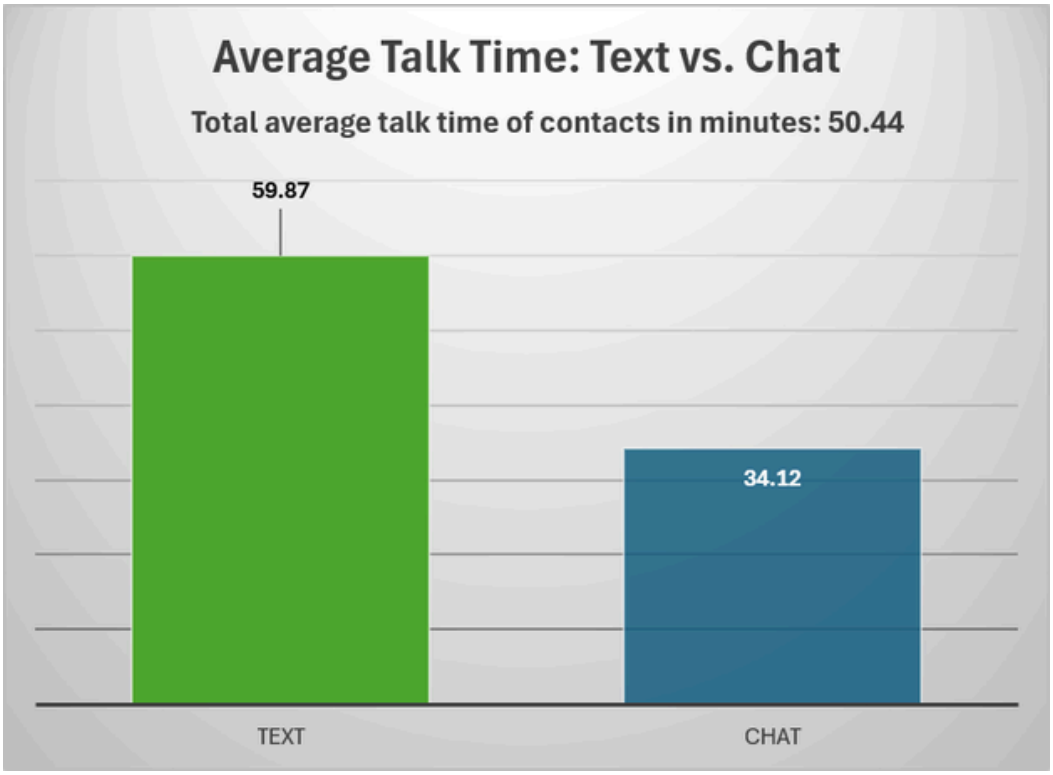




TEXT & CHAT CENTER DATA

Buckelew's Suicide Prevention Program covers the North Bay's 988 Lifeline and three local lines for Marin, Sonoma, Lake and Mendocino counties

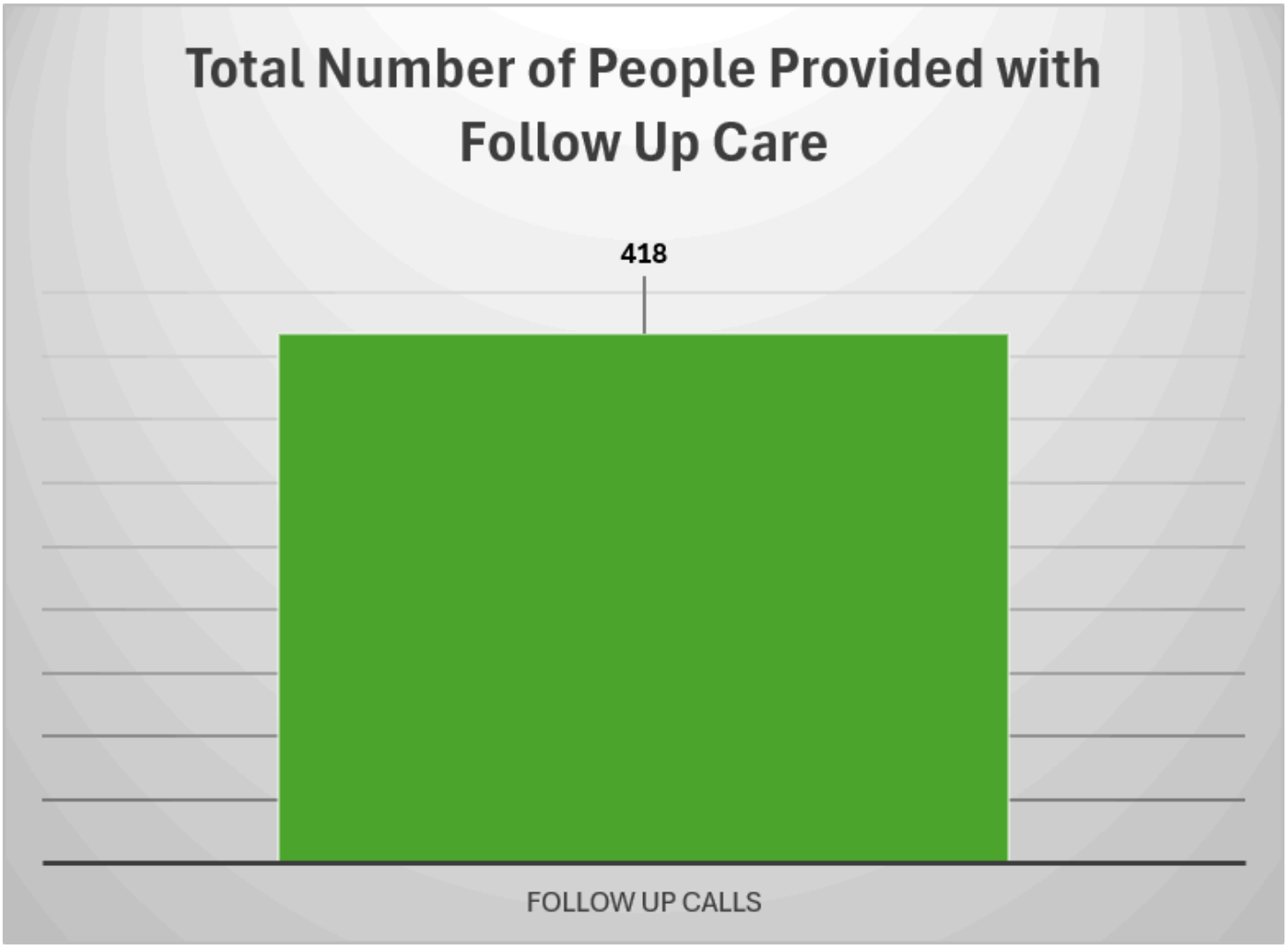




September 2026

FOLLOW-UP CENTER DATA

Buckelew's Suicide Prevention Program covers the North Bay's 988 Lifeline and three local lines for Marin, Sonoma, Lake and Mendocino counties



September 2026

SEPTEMBER SUICIDE PREVENTION MONTH



Suicide Prevention Awareness Month

Throughout September, our Suicide Prevention Outreach Team was out in the community sharing hope and resources. Emily attended the San Rafael and Madrone High Schools Wellness Fair and Back to School Night on Thursday, September 10th. It was a great opportunity to meet parents from the community and share the word about 988 as a resource for their students. Mario joined the Clearlake Recovery Happens event, one of many events across the month that helped us reach over 2,000 individuals.

We are proud of our team for showing up so actively in our communities. When we connect with families, students, and neighbors, we reduce stigma and make sure people know that help is always available, 24/7, by calling or texting 988.

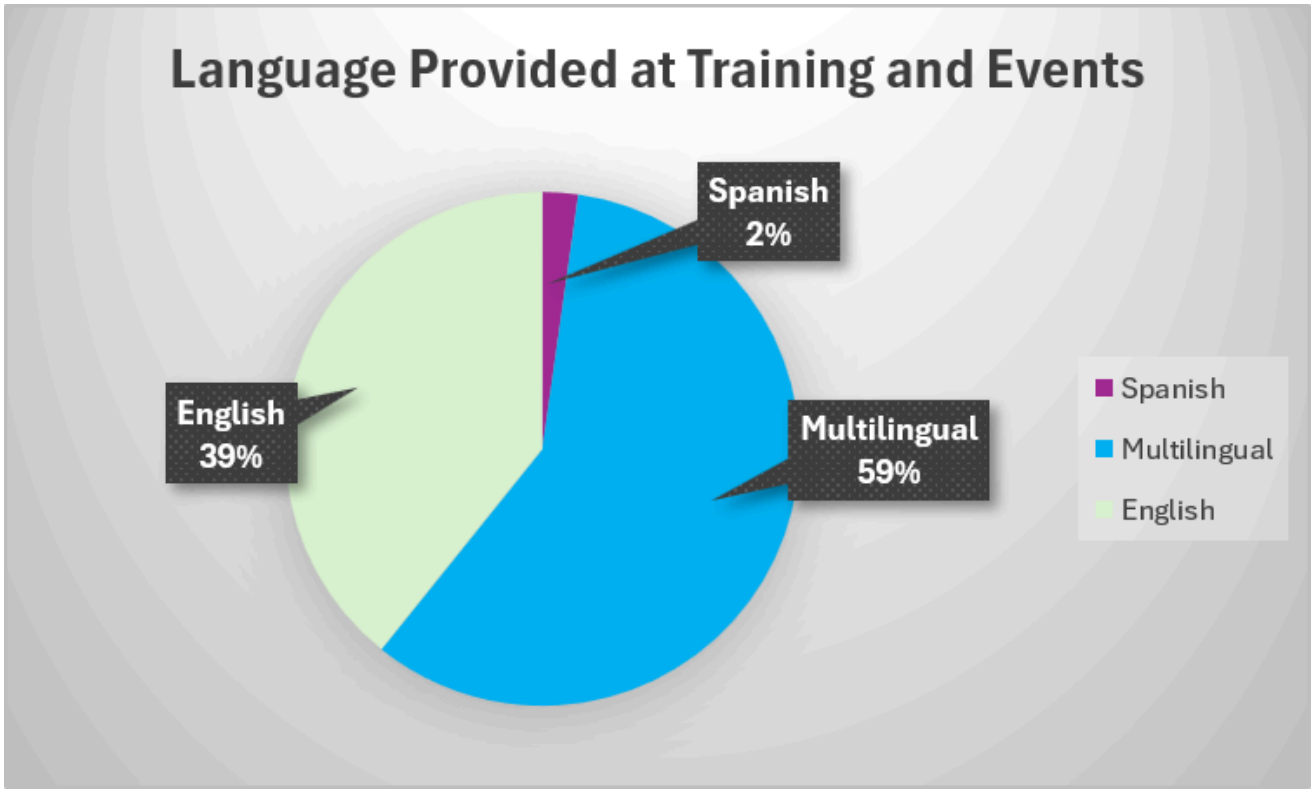
September 2026

OUTREACH DATA

OUTREACH BY THE NUMBERS

2,811 community members reached through outreach efforts

- **63** Spanish
- **1,645** Multilingual
- **1,103** English



All Data for September 2026

TRAINING & EVENTS

OCT 3
IN-PERSON
MARIN NAMI WALK
9AM - 12:30PM

OCT 3
IN-PERSON
SONOMA LATINO FESTIVAL
2-6PM

OCT 4
IN-PERSON
PETALUMA: DIA DE LOS MUERTOS
11AM - 3PM

OCT 13
VIRTUAL
QPR FOR BUCKELEW
10AM - 11:30AM

OCT 17
IN-PERSON
PETALUMA: TATTOO FOR BUCKELEW
ALL DAY

OCT 17
IN-PERSON
SANTA ROSA: TATTOO FOR BUCKELEW
ALL DAY

OCT 21
VIRTUAL
GWEN P. MOTIVATIONAL INTERVIEWING
1-3PM

NOV 4
VIRTUAL
GWEN P.ACCEPTANCE AND COMMITMENT THERAPY
1-3PM

NOV 18
VIRTUAL
CA BRIDGE CONNECT PRESENTATION
2-3PM

NOV 20
IN-PERSON
COMMUNITY PARTNER CONNECTIONS SANTA ROSA
2-4PM

For more information on upcoming events, please reach out to Outreach@Buckelew.org



SOSA: Survivors of a Suicide Attempt

SOSA is a confidential support group for people who have survived a suicide attempt. It's a space to talk about what led up to the attempt, what life looks like after, and how to move forward, without judgment or pressure.

- **Virtual meetings**
- **8-week program**
- **Free, confidential, nonjudgmental**
- Guided by extensive training in suicide prevention and the program curriculum, **our clinician and peer facilitator are prepared to provide expert support.**

This group helps participants:

- Build coping skills to manage suicidal thoughts
- Develop personalized safety plans
- Reduce shame and isolation
- Foster hope, connection, and meaning

You are not alone in this. SOSA is here to support your healing, at your pace, and in your words.

Spanish SOSA starts on January 18th, meets every Monday for 8 weeks, 5:30pm–7pm virtually

English SOSA starts on January 12th, meets every Tuesday for 8 weeks, 5:30pm–7pm virtually

For more information contact **Outreach@Buckelew.org**

If you or someone you know is struggling or in crisis, help is available.
Call or text 988 or chat 988lifeline.org.



SOSA: Sobreviviente de un intento de suicidio

SOSA es un grupo de apoyo confidencial para personas que han sobrevivido a un intento de suicidio. Es un espacio para hablar sobre lo que condujo al intento, cómo es la vida después y cómo seguir adelante, sin juicios ni presiones.

- **Reuniones virtuales**
- **Programa de 8 semanas**
- **Gratuito, confidencial y sin juicios**
- Gracias a una amplia formación en prevención del suicidio y al plan de estudios del programa, **nuestro profesional clínico y nuestro facilitador entre pares están preparados para brindar apoyo especializado.**

Este grupo ayuda a los participantes a:

- Desarrollar habilidades de afrontamiento para manejar los pensamientos suicidas
- Crear planes de seguridad personalizados
- Reducir la vergüenza y el aislamiento
- Fomentar la esperanza, la conexión y el sentido de propósito

No estás solo en esto. SOSA está aquí para apoyar tu proceso de sanación, a tu propio ritmo y expresándote con tus propias palabras.

El programa SOSA en español comienza el 18 de enero y se reúne todos los lunes durante 8 semanas, de 5:30 p.m. a 7:00 p.m., de forma virtual.

El programa SOSA en inglés comienza el 12 de enero y se reúne todos los martes durante 8 semanas, de 5:30 p.m. a 7:00 p.m., de forma virtual.

Para más información, contacte a **Outreach@Buckelew.org**

Si usted o alguien que conoce está pasando por un momento difícil o en crisis, hay ayuda disponible. Llame o envíe un mensaje de texto al 988 o chatee en 988lifeline.org.



GRUPO DE APOYO
salud emocional para familiares

Cuando: cada segundo miercoles del mes de 6:30 a 8:00 pm

Dirigido a: a familiares de personas que viven con alguien con un diagnóstico o condicion de salud mental

Dónde: via Zoom

Para participar: llama al 415-858-5827 o manda un correo electronico a marioc@buckelew.org

Este es un grupo de mutuo apoyo que se reúne virtualmente. El grupo está liderado por dos emplaedos de Buckelew entrenados como facilitadores, Hilda Castillo y Mario Castillo-Guido.

Los Programas Buckelew ofrecen un lugar seguro en nuestra comunidad para que las familias y seres queridos de personas que buscan conocer y compartir de forma segura sus experiencias con otras personas sobre la Salud Emocional.

Buckelew.org

Buckelew Programs
SUICIDE PREVENTION

PETALUMA TATTOO

406 Petaluma Blvd. South

11AM- 7PM

OCTOBER 17TH 2026

TATTOO for Buckelew

FLASH FUNDRAISER



10AM- 7PM

317 D Street, Santa Rosa