The ACT Institute introduces the Spanish translation of 
*ACT: Wellness Self-Management for Transition Personal Workbook*

Estamos felices de anunciar que ahora tenemos el **Cuaderno Personal para el Autocontrol del Bienestar** para la Transición en Español. El **Cuaderno Personal para el Autocontrol del Bienestar** es un programa para personas que han tenido experiencias con retos emocionales y psicológicos que han dado lugar a dificultades en la vida. Las personas que participan en este programa están buscando mejorar su éxito y satisfacción en áreas importantes de la vida.

ACT teams in New York State provide care to a diverse population of participants, 17% of whom are of Hispanic origin. According to 2014 data from the Pew Research Center, 79% of New York State’s 3.6 million residents who identify as Hispanic speak a language other than English at home. These figures present significant potential for a swath of ACT participants in New York to be limited or non-English speakers, a reality that may be a barrier for these individuals’ access to equitable behavioral health care.

In a continuous effort to boost health equity and access and reduce behavioral health disparities, the ACT Institute is pleased to introduce its *ACT: Wellness Self-Management for Transition Personal Workbook* in Spanish (**ACT: un Cuaderno Personal para el Auto Control del Bienestar**). Wellness Self-Management (WSM) is a program for people who have had experiences with emotional and psychological challenges resulting in difficulties in life. The workbook is a guide for discussions and activities that promote an ACT participant’s continuing wellness self-management (e.g., making good choices about avoiding harmful activities and situations and choosing mental and physical health care providers), within the framework of the ACT Transition model. With this translation, the ACT Institute hopes to

- Improve team provider/participant engagement and rapport,
- Increase participant satisfaction and safety,
- Reduce team provider frustration, and
- Standardize the quality of care provided by ACT teams.

**ACT: un Cuaderno Personal para el Auto Control del Bienestar** is available for hard copy purchase through the Center for Practice Innovations’ storefront, or electronically, for no charge. Please contact Helle Thorning at helle.thorning@nyspi.columbia.edu with inquiries.