

Grupo Nexos is dedicated to fostering wellbeing and equity within Puerto Rican communities. This edition of Grupo Nexos spotlights fresh initiatives aimed at bolstering our youth in the islands of Puerto Rico and advocating for data-driven policies and programs that improve health outcomes for all families. Additionally, the newsletter features an article on Grupo Nexos' recent involvement in the International Union of Psychologists (IUPsys) conference in Prague, which served as a platform to exchange best practices in community health with mental health professionals globally.

New tool to foster connections with our youth

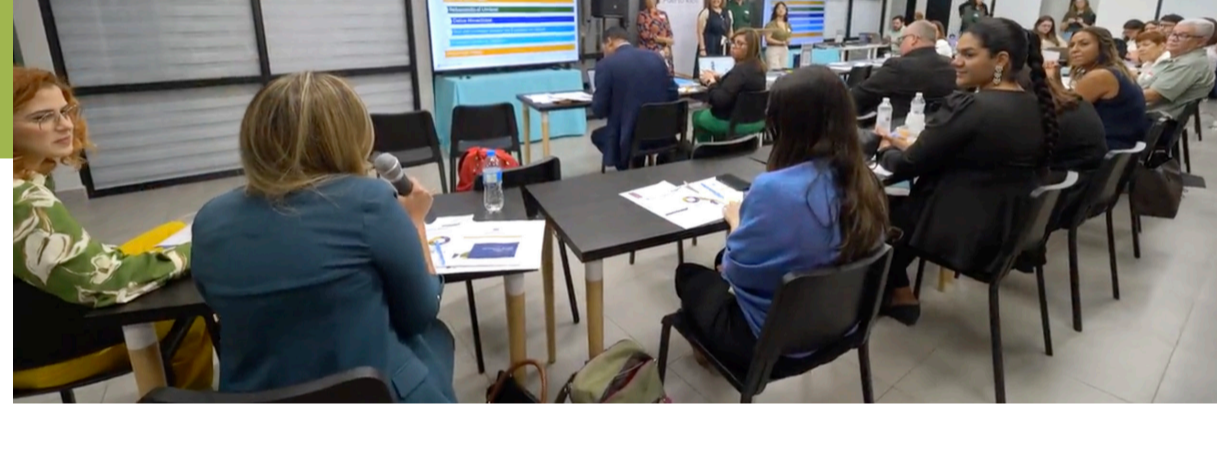
The **Puerto Rico in Optimal Health** program, known as **PROSa** in Spanish, has recently introduced a significant digital tool designed to enhance communication with young people. This tool includes 40 images with reflections aimed at assisting families and caregivers in connecting with teenagers. The comprehensive suite of tools provides everyone with strategies to transform challenging conversations into safe spaces for dialogue.

Take the visit now, www.conectacontuadolescente.org and share it with your contacts!



ComPASS Puerto Rico

Over 60 organizations representing nonprofits and civic groups remain active participants in our **Health Equity Research Assembly**, a key component of the **ComPASS** program. You can visit our YouTube Channel @NexosPR, to listen directly to what community members express about the significance of health equity for them. The collaboration of diverse groups to articulate health equity and health disparities in Puerto Rico is vital for fostering a collective comprehension of the issues facing communities. It is only with a unified voice that we can truly aim to assist individuals, organizations, and communities in a manner that is contextual and meaningful.



From data to action

Grupo Nexos collaborates with various NGOs across the islands, including the **Youth Development Institute's** premier annual event, **DATA WEEK**. At Grupo Nexos, we are committed to using data to demonstrate the numerous factors affecting a broad spectrum of quality-of-life outcomes and health risks. We aim to continue in our collaboration with the Youth Development Institute and other organizations to further highlight how inequities restrict access to health resources, as well as educational and economic opportunities, resulting in poor health.

Puerto Rico:

 **297,526** children and young people live in poverty.

 **6,427** young people between 16 and 19 years old do not study or work.

 **284,773** people over 25 live in poverty without a high school diploma.

Source: data.juventudpr.org



Nexos goes international

Numerous clinical researchers, psychologists, and sociologists, all active members of the Puerto Rico Psychology Association, participated in the IUPSYS Conference in Prague from July 21st to 26th. The Puerto Rico Psychology Association members delivered over 18 presentations and conducted 8 poster sessions. Colleagues from Grupo Nexos were invited to the keynote event to share strategies for improving employee well-being, trauma, and caregiving experiences. Marizaida Sánchez Cesáreo, the executive President of Grupo Nexos, was elected as Treasurer for the International Union of Psychological Science (IUPsyS), which is dedicated to promoting the development, representation, and advancement of psychology as a science globally. Such events offer us the chance to enhance our team-building skills, provide professional development for our staff, and disseminate our research findings. In future editions of this newsletter, we will share how Grupo Nexos staff are forging connections to bring Puerto Rican health issues to the forefront of international discussions.

