From September 2018–August 2019, Aliento students provided 2,521 hours of therapy. Students served individuals with chronic mental illnesses, children with developmental delays, and homeless individuals, among others. Practicum sites included those specializing in serving Latinx children, adolescents and families.

Students most commonly used psychodynamic and narrative therapy as well as evidence-based practices.

Out of 2,521 hours of therapy:

- 558 hours were spent treating Latinx clients
- 321 hours were conducted in Spanish

Community service projects included translation of resources from English to Spanish, Spanish-language psycho-educational outreach, and facilitating Spanish-speaking support groups.

A group of students visited Door of Faith Orphanage in Baja California to volunteer their time and donate goods to over 60 children.

Total hours of community service were provided from January 2019–August 2019:

400

Total days of community service:

143

"This was a magnificent experience and I would not have received this kind of bilingual and cultural education and practice with any other institution."

"The Aliento program was absolutely essential in helping me develop a sense of cultural humility into my daily practice and provided me a sense of community that no other program could have done."

"I loved the cohort aspect to the program, I enjoyed the level of expertise and passion from the Aliento staff and professors."