Purpose of the training and context

Generational trauma that affects the Latinx community

To be able to understand how to help, we need to understand the diversity of experiences in culture.
<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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<tr>
<td>Hispanic</td>
<td>Hispanic refers to language and those whose ancestry comes from a country where Spanish is spoken.</td>
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<tr>
<td>Latino</td>
<td>Latino refers to geography. Specifically, to Latin America, to people from the Caribbean, South America, and Central America.</td>
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<tr>
<td>Latinex</td>
<td>A person of Latin American origin or descent (used as a gender-neutral or nonbinary alternative to Latino or Latina).</td>
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<tr>
<td>Latin American(s)</td>
<td>(Spanish: Latinoamericanos; Portuguese: Latino-americanos; French: Latino-américanos) are the citizens of the Latin American countries and dependencies. Latin American countries are multi-ethnic, home to people of different ethnic and national backgrounds.</td>
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<tr>
<td>Hispanic Americans</td>
<td>(Spanish: estadounidenses hispanos, pronounced [e.sta.ˈdo.un.i.den.seς isˈpanos]) are Americans who are descendants of people from Iberia and Latin America.</td>
</tr>
<tr>
<td>Chicano</td>
<td>(definition) an American and especially a man or boy of Mexican descent.</td>
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Latinos/as/ or Hispanics in the United States are a fast growing population, expanding from a small, regionally concentrated group of fewer than 6 million in 1960 to a now widely dispersed population of well more than 50 million (or 16 percent of the nation’s population).

Latinos are a diverse community. There are many misconceptions and stereotypes about who Latinos are and about the history and presence of Latinos in the United States, including the difference between Latinos and Hispanics.

Some Mexican Americans have been in the US for many generations. In fact most of California and the Southwest was once part of Mexico. New immigrants from South America, Central America and the Spanish speaking Caribbean continue to be part of the growing presence of Latinos. However since 2000, the primary source of Latino population growth has swung from immigration to native births.

“Latinos are a multiracial, multicultural group.”
Latinos are a growing academic, political and financial force in the US. One-in-four newborns is Latino. Never before in this country’s history has a minority ethnic group made up so large a share of the youngest Americans. By force of numbers alone, the kinds of adults these young Latinos become will help shape the kind of society America becomes in the 21st century.
Diversity within Latin America

- Spanish is the official language spoken throughout most of Latin America, but not all Latinos/as speak Spanish. Latinos are a multiracial, multicultural group. Latinos include indigenous people who speak their own native tongues (e.g. Quechua a Native South American language family spoken primarily in the Andes, derived from a common ancestral language). English, French, and Portuguese are also spoke in specific Countries of Latin America an the Caribbean (e.g. Haiti, Brazil, Jamaica).

Largest 5 U.S. Hispanic Populations, by Origin:
1. Mexicans - 64.9% of Hispanics
2. Puerto Ricans - 9.2% of Hispanics
3. Cubans - 3.7% of Hispanics
4. Salvadorans - 3.6% of Hispanics
5. Dominicans - 3.0% of Hispanics

(Pew Research, 2012)
**Significant History**: Events Which Influenced The Community And Contextualize Assessment And Treatment

- Mexican Americans represent the largest Latino group in the US. Technically, the first significant influx of Latino immigrants to the U.S. occurred just after most of the modern boundary between the U.S. and Mexico was established at the end of the U.S.-Mexican War (1846-48), a war during which Mexico lost a significant portion of their land to the U.S.

- The island of Puerto Rico became an “unincorporated territory” of the U.S. after Spain ceded the island and other colonial possessions at the end of the Spanish-American War of 1898. One distinctive characteristic of Puerto Rican migration is that the second Organic Act, or Jones Act, of 1917 granted Puerto Ricans U.S. citizenship. Economic prospects in the US brought many Puerto Ricans first to the Northeast.
Significant History: Events Which Influenced The Community And Contextualize Assessment And Treatment (p2)

- The demographic landscape of Latin America began to change dramatically in the 1960s as a result of a confluence of economic and geopolitical trends. In 1959, a revolutionary insurgency in Cuba created a virtually overnight exodus. A second wave of Cuban immigration occurred between 1965 and the early 1970s. First, an elite group of Cubans came, but emigration continued with "balseros", people who make the dangerous crossing to the United States by makeshift watercraft. Some of these immigrants, such as the educated professionals who came to the United States during the early phase of Cuban migration, have become well established, whereas others who arrived with few economic resources are less so. Unlike immigrants from several other countries, many Cubans have gained access to citizenship and federal support through their status as political refugees.
Significant History – Events Which Influenced The Community And Contextualize Assessment And Treatment (p3)

- Political turmoil elsewhere in Latin America during the 1970s and 1980s—particularly in the Central American nations of El Salvador, Guatemala, Honduras, and Nicaragua—also contributed to significant new Latin American immigration to the U.S. in the 1970s and 1980s. A unprecedented wave of migrants from Central Americans—many of them undocumented—fled the violence of their homelands to enter the U.S. Currently, post civil war gang violence and drug crime have increased the number of refugee immigrants, including children and women, entering the US from Central America. Although the specific social, historical, and political contexts differ in El Salvador, Guatemala, and Nicaragua, conflicts in those countries led to a significant emigration of their citizens.
Significant History – Events Which Influenced The Community And Contextualize Assessment And Treatment (p4)

- Gang violence in Central America has exploded leading to increasing community violence and theft.
- Cartel violence in Mexico leading to violent shootouts, kidnappings, and acts of terror on the population.
- Political Violence in Venezuela leading to the destabilization of the economy and mass poverty.
- Earthquakes and other natural disasters in Puerto Rico, Cuba, and Haiti.
- Large scale community trauma and poverty in home countries leading to mass migration in search of a better life.
Diversity in Latinx Experience
The prevalence of mental health problems vary amongst Latino subgroups and are a reflection of the diversity of experiences and circumstances. Given the tremendous amount of diversity that exists among Latino/Hispanic individuals, it is important to understand the impact that this diversity has on what we understand regarding Latinos seeking or needing treatment.
In 2014, approximately 4 million immigrants from the Caribbean resided in the United States. More than 90% of Caribbean immigrants came from five countries: Cuba, the Dominican Republic, Jamaica, Haiti, and Trinidad and Tobago.

Immigrants from the Caribbean vary in their skill levels, racial composition, language background, as well as migration pathways to the United States, depending on origin country and period of arrival.

Note that the Census Bureau classifies persons born in Puerto Rico and the U.S. Virgin Islands as U.S. born. They are not included in this analysis of the foreign born from the Caribbean.
In 1966 Congress passed the Cuban Adjustment Act. This act allowed Cubans fleeing political persecution to obtain their green cards within two years (later changed to a year) of arriving into the United States.

Since 1995 the "Wet foot Dry Foot Policy" granted Cubans a privilege not given to others immigrants. Their right to stay if touching American soil and a fast track to citizenship was ended by President Obama in 2017.

These policies been a schism impeding solidarity between Cubans and other Latino groups – Guillermo Grenier; Sociologist
In recent decades, the United States has experienced a significant increase in the number of immigrants from Haiti. This is significant as Haiti is considered to be the poorest country in the Western Hemisphere.

Political instability, endemic poverty and natural disasters, including a devastating 2010 earthquake, have propelled migration to the United States, often by boat.

An estimated 915,000 Haitian immigrants and their children live in the United States. Relative to the U.S. population as a whole, the Haitian diaspora has lower incomes, employment rates, and is less educated, but there have been gains between generations.
The Puerto Rican Experience

- Of all Spanish colonial possessions in the Americas, Puerto Rico is the only territory that never gained its independence. The dynamics of this power imbalance culminated in the formal transfer of the island to the United States in 1898 at the end of the Spanish-American War. Military Occupation.

- The Pill clinical trials took place not in the mainland United States, but in Puerto Rico, where poor women were given a strong formulation of the drug without being told they were taking part in a trial or about any of the risks they’d face.

- Puerto Rico was also home to the storage and testing of Agent Orange from 1956 to 1957, and then again from 1966 to 1968.
The Puerto Rican Experience (p2)

- A Century of differentiated political and financial policies has created an atmosphere of cyclical migration and poverty (both in the island and in the mainland).

- Although the Puerto Ricans migration into the mainland is consider internal, cultural, linguistic, racial, and socioeconomic factors make their immigration experience more comparable to the eternal migration experienced by others from Latin America and the other Caribbean islands.

- Additional devastation caused by the effects of Hurricane Maria and several months of daily earthquakes brought unprecedent devastation to the island. The results of the storm were catastrophic, living millions without access to water, electricity, food and medical resources for a long period of time. The storm resulted in thousands of deaths, significant damages to the already in poor condition infrastructure and an influx of Puerto Ricans into the mainland.
The Northern Triangle of Central America ("NTCA"), composed of El Salvador, Guatemala, and Honduras, is considered one of the most dangerous places on earth, which has caused unprecedented levels of migration.

- The **Central American crisis** began in the late 1970s, when major civil wars and revolutions erupted in various countries in that region.
- El Salvador, Honduras and Guatemala in Central America have the highest homicide rates in the world. Gangs, popularly known as **maras**, are responsible for much of the violence and crime.
- General negligence of Government to assist the Population resulted in limited access to care and educational resources. This perpetuate significant issues concerning poverty and class disparities.
- The United Nations High Commissioner for refugees has called this a humanitarian crisis. Many Central Americans are refugees who like Syrians, are **fleeing for their lives**.
South American Experience

- Immigrants from South America remain a small share of the U.S. foreign-born population, but with a noticeable uptick in arrivals in recent years from deeply troubled Venezuela.

- The number of Venezuelan immigrants in the United States rose from 216,000 in 2014 to 351,000 in 2017, with a growth of 61,000 in one year alone, from 2016 to 2017. Still, the United States is not the primary destination for Venezuelans leaving an increasingly failing state.
Colorism in the Latinx Community

- Understanding the History of Latin America informs us on the rich mixture of Latinx individuals.
- Latin America was composed of indigenous people whose land was invaded by Spain, Portugal and France who used Latin America and the Caribbean as a pit stop for the slave trade.
- Mixing between the many inhabitants of Latin America brought forth vast differences in complexion for individuals who fall under the umbrella term of Latinx.
Colorism in the Latinx Community (cont.)

- Historically, with this mixing came a caste system which denoted status and privilege based on lineage and skin tone.
- While formally this has been done away with, beliefs and perceptions have lived on and continue to be perpetrated within the Latinx community leaving many darker skin toned and Afro-Latinx members ostracized by lighter skin toned Latinx members.
Immigration and Assimilation
Push and Pull Migration

- Push refers to the forces which compel an immigrant to leave their country of origin.
- Pull refers to the attractive forces in the goal destination that attract an immigrant to immigrate

Internal Migration vs. External Migration
Acculturation in the U.S. was previously viewed as increasing from generation to generation with the first generation adhering to old cultural values and refusing to engage in the cultural values of the U.S. As for future generations are born in the U.S., they would shed the old cultural values and begin to adopt the American way of life. This straight-line theory on assimilation points posits that as we progress through each generation there should be examined upward mobility in social, educational, and economic respects.
Segmented assimilation theory offers that there can be vastly different results for the second generation based on acculturation style.

- **Upward Assimilation**: Children and parents adopt U.S. customs at the same rate and shed old customs.

- **Downward Assimilation**: Dissonance between parent and child acculturation rates which cause intergenerational conflict and lack of support in handling discrimination. Typically tied in stagnation of upward mobility.

- **Upward Mobility Combined with Persistent Bi-culturalism**: Children and parents begin to adopt some American customs while remaining engaged with previous customs and culture. Children are engaged in frequent bilingualism, there is a preservation of parental authority with little to no intergenerational conflict. This assimilation style is thought to be best at aiding communities at risk of discrimination.
Latinos are the fastest growing minority population in the military.

Lack of proper treatment of PTSD for military personnel can be complicated by a soldier's immigration status.

Jose Segovia Benitez, A Marine veteran who fought in Iraq was never given proper treatment for his PTSD and TBI. Benitez had served multiple years in prison due to drug and domestic violence related convictions and despite having been granted a stay, he was covertly deported to El Salvador. Benitez has not been in El Salvador since he was 3 years old. The presence of his military tattoo put him at risk of falling victim to gang violence in the U.S.
Cultural Differences

The Nuances of Working with the Latinx Population
# A Few Cultural Differences Between Anglo Americans & Latinos

<table>
<thead>
<tr>
<th>Anglo Americans</th>
<th>Latinos (as)</th>
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<tbody>
<tr>
<td>Nuclear family oriented</td>
<td>Extended family oriented (protective factor)</td>
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Do not emphasize supernatural forces
Importance on the spiritual domain (supernatural forces, use of saints as intermediaries)

Autonomy from parental approval as hallmark of optimal adult development
Respect for parental authority persists throughout life, e.g., not talking back

- Direct communication
- Indirect communication (use of third persons, allusions, proverbs, metaphors, jokes, and stories to transmit information)

- Business like (task oriented)
- Personalismo (high level of emotional resonance and personal involvement with family encounters or friends)
- Patriarchal (machismo)
Latino culture is known for its collectivist-family orientation. The importance of “personalismo” (personal connectedness in interactions) and respect for authority. As Latinos reside longer in the U.S. they lose some of the potentially protective effects of their culture.

- An increase in rates of psychiatric disorders and suicide is seen with increasing acculturation or assimilation into American culture.

- Being bicultural and bilingual is actually protective for youth both academically and for mental health. Being able to communicate in the language of both worlds maximizes the child’s capacity to draw upon available protective resources while at the same time it enables an adaptive response to the language demand.

- Non-linguistic aspects of bicultural competence in the child, family and extended social environment have an important protective role in Latino children of immigrants and minimize their distress.
Parenting and Corporal Punishment

- Corporal punishment within Latinx families has a historical and cultural anchor in which it is seen as acceptable beyond the limitations placed here in the U.S.
- Recent immigrants are at risk of disciplining or parenting their children much in the ways that they have in their home countries and as a result becoming involved with Child Protective Services
Latinx View Of Mental Illness

- For Latinos, having a mental illness or even receiving counseling can be stigmatizing.
- Poor access to care due to low rates of insurance, immigration status, language and cultural barriers in healthcare which can include differences between provider-patient in explanatory models of illness and families as the gatekeepers can limit entry into treatment (Cortes et al, 2008).
- Availability of specialized mental health services or comparable integrated behavioral treatment within primary care could improve treatment access and retention.
Culture has an impact on symptom presentation. For example, *Ataques de nervios* or attack of the nerves is a cultural bound syndrome of distress which includes such symptoms as uncontrollable screaming or shouting, crying, trembling, sensations of heat rising in the chest and head, dissociative experiences, and verbal or physical aggression.

*Ataques de nervios* is associated with high rates of comorbidity with several anxiety disorders including PTSD, generalized anxiety disorder and panic disorder. In general, less acculturated Latinos who have experienced trauma are more likely to experience dissociative type symptoms than their more acculturated counterparts.
**Culture-Bound Syndromes in Hispanic Patients**

**Ataque de Nervios:** Out-of-consciousness state of dissociative state resulting from been highly stressed

**Cólera:** Anger and rage disturbing body balances leading to headache, screaming, stomach pain, loss of consciousness, and fatigue.

**Mal de ojo:** Medical problems, such as vomiting, fever, diarrhea, and mental problems (e.g., anxiety, depression), could result from the mal de ojo (evil eye) the individual experienced from another person.

**Susto, Miedo, espanto, pasmo:** Tiredness and weakness resulting from frightening and startling experiences.

**Wind or Cold Illness:** A fear of cold and the wind; feeling weakness and susceptibility to illness resulting from the belief that natural and supernatural elements are not balanced.
Religion & Mental Health Within The Latino Community

- Spirituality and religiosity are also important frames through which mental health is understood and addressed by many Latinos. Having a strong religious faith can be protective in reducing suicide attempts and/or decreasing risk of alcohol or substance use disorders for some Latinos.

- Visions of spirits and angels do not necessarily imply psychosis. In a study of hallucinatory experiences using a nationally representative data base, Latinos were more likely to attribute unidentified voices to their hallucinations and explained these experiences as relating to the realm of unidentified spirits, or forces which at times serve as protections or provide ominous warnings.

- Many of these themes fall into the context of spiritualist belief systems prevalent in many Latino cultures and are not considered ‘abnormal’ or ‘uncommon’ within those cultures.
Differences Between Youth & Family Culture

- Youth experiences differ based on age and family experience with acculturation.
- Were children born here in the U.S. or foreign born? Difference in level of acculturation and identity as well as differences in levels of access to services and resources.
- Were the children separated from their parents for extended periods of time.
- Is there a shared language in the home.
- Level of acculturation between children and parents.
Trauma and the Latinx Community

Broad discussion on how Trauma is seen in the Latinx Community
Recent Latino immigrants are at risk for traumatic exposure both before and after migration, PTSD, depression and stress associated with the immigration experience and the challenges of integration vs. marginalization in the US.

Individuals who come from countries with a history of political violence often have multiple traumatic experiences. This suggests a need for systematic screening for trauma and related psychiatric disorders in these populations.

Specific outreach interventions focused on perceptions of need could be helpful for subgroups of Latinos including men who are particularly underrepresented in mental health services but who exhibit significant trauma histories.

Youth from the growing Central American exodus (aka, unaccompanied refugee minors) have high rates of traumatic exposure, PTSD and anxiety.

US citizen children of undocumented parents are also at risk of anxiety given their parents tenuous legal status and the fear of deportation.
Suicide and substance use as well as many mental health disorders increase among second and third-generation Latinos as compared to first generation immigrants. This is part of what is known as the “immigrant paradox,” immigrants who despite multiple stressors appear relatively healthy as compared to their more acculturated counterparts.

Latinos are more exposed to discrimination and unsafe neighborhoods, poor educational systems and attainment and mental health issues become more prevalent.

Childhood substance use and conduct disorders have been found to mediate the relationship between trauma and school dropout.

Likelihood of dropout increases for Latinos as compared to non-Latino Whites as a function of psychiatric disorders and trauma and immigration to the U.S. during adolescence increases the risk of school dropout.
Adverse Childhood Experiences (ACES)

- The 1995 Kaiser Permanente study was a landmark study which found a connection between a connection between the experience of adverse childhood experiences and the development of poor health outcomes.
- A 10 question ACES questionnaire was created to examine access to these various life adversity that influenced negative health outcomes.
- While the context of ACES provides a framework to explore the effects of trauma events in childhood through adolescent we need to realize that the study does not take in consideration many forms of trauma that are experienced by migrants.
Adverse Childhood Experiences (ACES): The neurology of trauma in development
Adverse Childhood Experiences (ACES):

The neurology of trauma in development

SYNAPTIC DENSITY

At Birth  Elementary Age  Puberty
Adverse Childhood Experiences (ACES):

The neurology of trauma in development
Trauma Specific Events

Life Experiences Which May Impact the Latinx Experience
Many Latin family structures are derived from a ‘Machismo’ or patriarchal perspective in which the men of the family are expected to lead the family forward and engage in physically demanding tasks that support the family while women fulfil the caregiving and housekeeping tasks of the household.

Many families may look towards the father for guidance on how to proceed with family related decisions in public.

What happens behind closed doors may be very different as the mother may play a larger role in the decision making.

‘Machismo’ culture is changing with millennial Latinx populations throughout the world and alongside many other equal rights protests due to the connection of ‘Machismo’ with domestic violence. Currently one of the most notable are protests in Mexico to end Feminicide.
Domestic Violence within a Cultural context

- Tied with Machismo culture are notions of male dominance and respect. Unfortunately, this also brings notions of a man’s ‘right’ to discipline his women.

- Many female clients may accept domestic violence as normal due to its pervasiveness within the culture. Immigration (in particular, undocumented) status may play a large role in reluctance to involve police.

- Law enforcement should not take into consideration the victims immigration status when denouncing domestic violence in the U.S.

- The U and VAWA visas are options for women and family members who have suffered domestic violence as a way of protecting victims from their perpetrator.

- T Visas are also possible avenue but there must be evidence of the individual having been trafficked.
Political Neglect vs Political Violence

- With many Latin American countries, Government leaders are believed to be corrupt and work within the best interest of the rich and themselves.
- Disparities in wealth and power lead to political neglect which keep the country impoverished and keep its citizens in need.
- Revolts against government’s corruptions lead to violent clashes with government military and police.
- Kidnappings, assassinations, media-silencing, as well as government run media affect levels of understanding as well as levels of trauma.
Central America has been plagued with gang violence. For many, it is their reason for leaving their home country and coming to the U.S., but there is the potential that they may encounter it here as well.

Low socioeconomic status as well as need to live in urban areas increase chances of gang presence and involvement.

Immigrant youth are at increased risk due to need for family members to work multiple jobs to make ends meet. These children also face acculturation issues and risk or ostracization as a result of their immigrant status. Gangs can look to fill the void of parental presence by providing family kinship and monetary incentive.

Education on increased risk and discussions with youth and parents as to what resources they can access to ensure the child is adapting to life in the U.S. without needing to seek out kinship from gangs. Keep in mind that children may have lost connection to their social support through migration.

Aid parents in accessing youth groups that appeal to the child’s interests such as sports or STEM groups.
MS-13

- MS-13 has become a common talking point when discussing Latinx immigration and the American understanding of Latinx gangs.
- MS-13 was started in the 80’s in Salvadorian neighborhoods in Los Angeles. Changes to U.S. Immigration policy in the 90’s resulted in many gang members being expelled back to their home countries (El Salvador, Honduras, Guatemala, and Nicaragua) resulting in the development of the Gangs in Central America.
- MS-13 is not the only Latinx street gang but it is perhaps the most well known due in part to the extreme acts of violence used to maintain control in their areas of operations.
- While originally heavily tattooed, this is no longer the case due to increased governmental intervention in the U.S. and Central American countries.
Narco-Terrorism and the Drug Trade

- Organized crime in relation to the drug trade revolves around the formation of Cartels.
- Cartels can be thought of as being similar to the Mafia as they are typically highly structured.
- With the volatility of the drug trade, extreme acts of violence are committed to instill fear and wrestle/maintain control.
- Violence often affects local community whether intentionally or unintentionally.
Human Trafficking

- Human Trafficking is defined by the department of justice as "a crime that involves exploiting a person for labor, services, or commercial sex."

- Coyotes or "guias" are often used to by immigrants to guide them on the journey to the U.S.

- While not all coyotes have ulterior motives for their customers, many intend to kidnap the individuals for extortion, labor, or sex trafficking.
An Unaccompanied Minor is defined by law as a child who "(A) has no lawful immigration status in the United States; (B) has not attained 18 years of age; and (C) with respect to whom—(i) there is no parent or legal guardian in the United States; or (ii) no parent or legal guardian in the United States is available to provide care and physical custody." (American Immigration Council)

Many of these children are coming to the U.S. to reunite with family or are running away from an abusive family.

The journey to the U.S. is particularly dangerous for this group as they potentially are traveling without the protection of their parents or family members.
Seperation can be Voluntary or Involuntary

- Kids are being separated from family members due to lack of identification at the border.
- Lack of adequate medical treatment or the meeting of basic needs for these individuals. Some migrants leave centers in such poor health that intervention of emergency medical services is necessary.
- Sexual abuse in the detention center. Lack of ability to report sexual abuse due to many individuals not knowing where they are in the U.S. beyond the name of the state.
Migrant caravans were formed in an effort to establish safety in numbers. The journey to the U.S. is wrought with danger.

Immigrants face risk of experiencing violence and sexual assault from cartels and gangs. In addition, they face general risks from the journey such as lack of access to food and water, extreme climate, wildlife, transportation issues, and confrontations with vigilante groups, different government agents and law enforcements.
Deferred Action for Childhood Arrivals (DACA)

- A Discretionary Administrative relief from deportation enacted in 2012 by President Obama which looks to protect immigrant children from deportation and gives them access to work legally. This is a temporary status that must be renewed every two years.

- Benefits of DACA: allowed for avenues in which recipients were able to attend school, work, operate businesses, purchase real estate/property.

- Current Status: On September 5th, 2017, The Trump Administration announced its intent to shut down the DACA program. This action brought on various lawsuits that has left the status of the DACA program unknown. In the meantime, DACA program renewals are continuing to take place until the Supreme court comes to a decision as to what will happen with DACA.

- This decision is expected to be announced by June of 2020.
Deferred Action for Childhood Arrivals (DACA)

- DACA recipients (commonly referred as Dreamers) will see The U.S. as their home country as it is the only country they know or remember. They have grown up in the U.S. and are accustomed to culture. Dreamers contribute to our country through work and education in various fields, but the removal of this protection opens them to be removed and sent to a country they do not know.

- “More than 200,000 DACA recipients are essential workers, including nearly 30,000 DACA recipient healthcare workers helping communities survive the crisis. These heroes are risking their lives and also living with the incredible stress and uncertainty around the future of DACA.” – InformedImmigrant.com
Deportation and Raids play a role in constant stress faced by Latinx families.

Undocumented parents have potentially discussed the risks they face with their children as well as created safety plan of who to contact in case they do not arrive home.

Children may feel the stress of carrying the secret of their immigration status out of the shared fear that they or their parents may be taken away.

Workplace raids have the potential in resulting in a separation of the family unit. In extreme cases this may result in the children of those workers remaining unaccompanied.
The Public Charge Rule

- The public charge rule is a mess and navigating it is difficult for legal scholars and professionals, let alone the immigrant population it affects.
- Certain services count towards the “public charge” while others do not. Misinformation about this which is widely spread through the media and within the community further complicate this.
- Many Latinx immigrant families may choose to abstain in accessing resources for themselves or their children (despite the child’s U.S. born status) out of fear of it affecting their chances of proceeding through the naturalization process.
COVID-19: The Impact In The Latinx Community

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

California public health officials found that in every age group over 17, Latinos were dying at significantly higher rates than whites — as were African-Americans.

Public health experts say Latinos may be more vulnerable to the virus as a result of the same factors that have put minorities at risk across the country. Many have low-paying service jobs that require them to work through the pandemic, interacting with the public. A large number also lack access to health care, which contributes to higher rates of diabetes and other conditions that can worsen infections.
Interventions

How do we approach these issues?
Language Barriers- Dos & Don’ts

- Undocumented not illegal. Illegal should be seen as offensive and insensitive term to be used when referring to another human being.

- There is a potential that recent immigrant parents may have had no or minimal education and as a result may not know how to read or write. Be selective about handouts given to be completed independently and ensure that your client can do so. Review all materials given with the client to ensure comprehension.

- List of resources are rarely useful as pride and shame may keep the individual using the resources. In addition, language barriers or fear of communicating may keep them from contacting those resources. Taking time to make phone calls with them (Warm Hand Offs) or following up with clients to ensure that resources were used is ideal.
Avoid engaging in any language related to insanity or crazy. MH stigma within the Latinx community and a general misunderstanding of MH issues lead the Latinx community to associate normal reactions to trauma and stressors as being a sign of SMI.

The label of “Crazy” carry significant weight and can push away individuals seeking services. Their family members may contribute to this.

Avoid labeling yourself as a “Psicologo” or “Therapista.” While these terms may accurately your level of education or title, they may contribute to MH Stigma mentioned above. It is best to present yourself as a “consejero” (Counselor or advice giver) as this is more culturally acceptable.
Trauma Neurology and Misdiagnosis and Misevaluations

- The key component of helping our client is knowing what happened to them not what is wrong with them.
Brain Stem - Survival State

Am I Safe?
Limbic System - Emotional State

Am I Loved?
Prefrontal Lobes - Executive State

What can I learn?
Brain States

- Executive
- Emotional
- Survival
Misdiagnosis

- Recent arrival vs. Established immigrant
- Age of migration
- Trauma
- Family nucleus and family separation
- Cultural and social norm differences
- Parenting styles
- Religious Differences
- Stage of acculturation
- Educational level
- Differences of education in the US vs Latino America
- Intellectual function vs lack of exposure
- Poverty
English-language learners (ELL) are more likely to receive special education services in school districts with relatively small ELL populations than in districts with large populations.

Research support that the misevaluation, and misidentification of students into special education placements have the following long term effects: Once students are receiving special education services, they tend to remain in special education classes.

- Students are likely to encounter a limited, less rigorous curriculum.
- Lower expectations can lead to diminished academic and post-secondary opportunities.
- Students in special education programs can have less access to academically able peers.
- Disabled students are often stigmatized socially.
- Disproportionality can contribute to significant racial separation.
A Few Best Practices For Working With Latinos

- Use a bio-psycho-social-cultural model of evaluation and treatment.
- Take the time to develop a cultural formulation, which includes a consideration for acculturation, community and family connection, immigration status/history, education.
- Supporting collaborative care with Latinos is important for retention and success of care. Although this is a culture that respects authority, feeling misunderstood and not connected to a therapist often results in dropping out from treatment.
Rapport building is key to engagement and family buy in.

Latinx families are likely to be averse to engaging in services or expect “quick-fixes” to the issues they face. Psychoeducation combined with an openness to discuss treatment plans can aid in family engagement.

Discuss ways in which the family or client has (or has not) begun engaging in social support and self-care. Focus on education and work may leave individuals reluctant to engage in self-care or social practices.

Beware of misunderstanding of mindfulness and yoga related practices within Latinx community which may be interpreted as spiritual practices. This may result in reluctance to begin meditative and mindfulness practices.
Keys to engagement (youth, family, extended family)

- Latinx youth will engage much like other youth but language barriers can stifle progress. Make use of art, music and play to build rapport. It's important to also ensure that the children are being properly engaged in school and are receiving ESOL services.

- Latinx families are typically collective in nature. Nuclear family are typically extended to include what would be considered extended family members in American culture (Uncles, Aunts, Grandparents, etc.). These family members can be integral at not only building rapport but providing important context and information on family dynamics and things that may be impacting the client.
# The Clinical Assessment

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
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<tbody>
<tr>
<td>Country of origin and specific region</td>
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<tr>
<td>Religion</td>
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<td>Exposure to</td>
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<td>Violence</td>
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<td>Political unrest</td>
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<td>Cartels</td>
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<td>Natural disaster</td>
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<td>War</td>
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<td>Terrorism</td>
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<td>Human Traffic</td>
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<td>Level of education</td>
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<td>Prenatal medical care</td>
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<td>Post-natal and pediatric medical care</td>
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<td>Abandonment</td>
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<td>Current family nucleus</td>
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<td>Extended family and non-family living in the household</td>
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<tr>
<td>Family reunification</td>
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<td>Relational dynamics related to new family system vs. former family system</td>
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<tr>
<td>Understanding of familial separation and or reunification</td>
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Safety Planning With Spanish Speaking Families

- MH stigma and religion plays a role in the reporting and addressing of suicidal ideation within the Latinx community.
- Adults may be less likely to report SI out of fear of judgement from others in the community and their family. Shame and religious ideologies may also hinder discussion on SI in the therapeutic setting.
- Children may struggle with many similar reservations about discussing SI with the resulting shame leading to lack of communication with parents and family.
- Revelations of SI should be handled with care to prevent adding to the shame felt by the individual.
- Caution should be had when presenting to parents a child’s communication of SI as there is a potential for them to react in shock and anger. Options should be given to the children as to how their parents will be presented with the necessary information. Parents should be reassured using psychoeducation on SI and by presenting ways to be supportive of their child.
Treatment Planning with Hispanics

- Build Confianza (Trust)
- Familism
- Machismo vs patriarchal vs matriarchal culture
- Inclusion of Spirituality
- Attitudes and Beliefs Regarding Mental Health
- Continued exploration of family Secret
- Education on alternative styles to parenting
- Education on alternative styles to discipline
- The Spanish Language (interpreters, first language providers)
- Somatization
- Inclusion of cultural activities
- Idioms of distress
- Perceived Cultural mismatch
The Family Teaming Model

- As a provider your first goal is that your client does not need you anymore

- Clinical Supports vs. Natural Supports: involve everyone that is interested in the safety and wellbeing of the child

- Be the positive force behind the client and the family

- Meet regularly with people that want to support your client

- Become the clinical facilitator and an expert on the needs of your client and the family

- Be an advocate for your client and the family

- Facilitate discussion but always leave the table with a plan

- Ensure everyone is working out of the same plan of care

- Start planning the discharge at the onset of treatment

- Before discharging ensure that your client's support that they need
Engagement in federally run financial assistance program is usually barred for undocumented immigrants and should be avoided by green card holders seeking to naturalize.

Housing for the undocumented population is difficult to meet due to many organizations' requirements of "legal immigration status." Church community groups will usually aid in meeting these needs.
Resources for Latinx families: Legal Issues & Rights

- Informed Immigrant
- Immigrant Legal Resource Center (ILRC.org)

- Information on VAWA, U, and T Visas: https://www.ilrc.org/u-visa-t-visa-vawa
- What to do if ICE arrives Red Card: https://www.ilrc.org/red-cards
Resources for Latinx families: Spanish Resource Explaining Help Options

- Latinx Therapy: Website and Podcast has various supplemental resources on MH topics. Podcast is recorded in English and Spanish
- Washburn.org: Translation and definition of various MH related terms to be used with and to aid in explain to a Latinx population
- Therapistaid.com: Many different worksheets on different modalities that have been translated into Spanish
- InformedImmigrants.com: resources for clients and providers on MH services and complexity of immigrant experience and MH issues
- Suicide Prevention Resource Center (SPRC.org): Information on suicide prevention within the Latinx community
References