

Community-Defined Solutions for Latino Student's Mental Health Care Disparities: Strengthening School-Based Mental Health Programs

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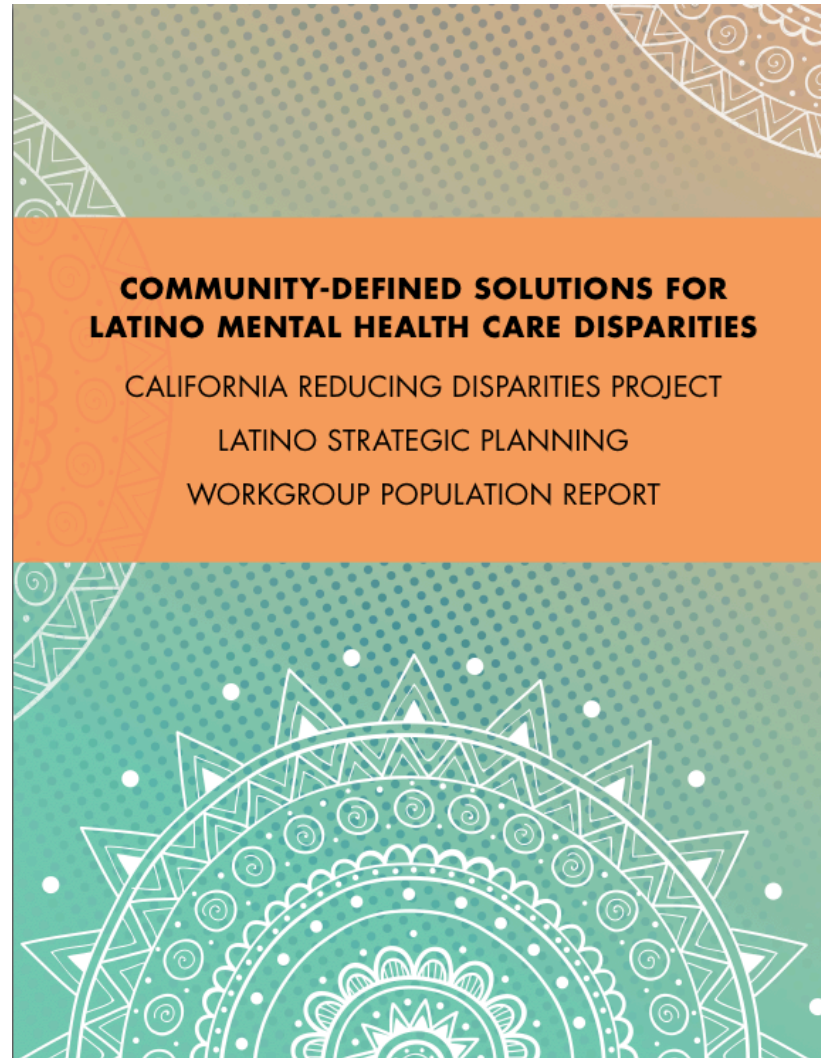
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**COMMUNITY-DEFINED SOLUTIONS FOR
LATINO MENTAL HEALTH CARE DISPARITIES**

CALIFORNIA REDUCING DISPARITIES PROJECT
LATINO STRATEGIC PLANNING
WORKGROUP POPULATION REPORT

Full report (PDF) available at:
<http://www.latinomentalhealthconcilio.org>

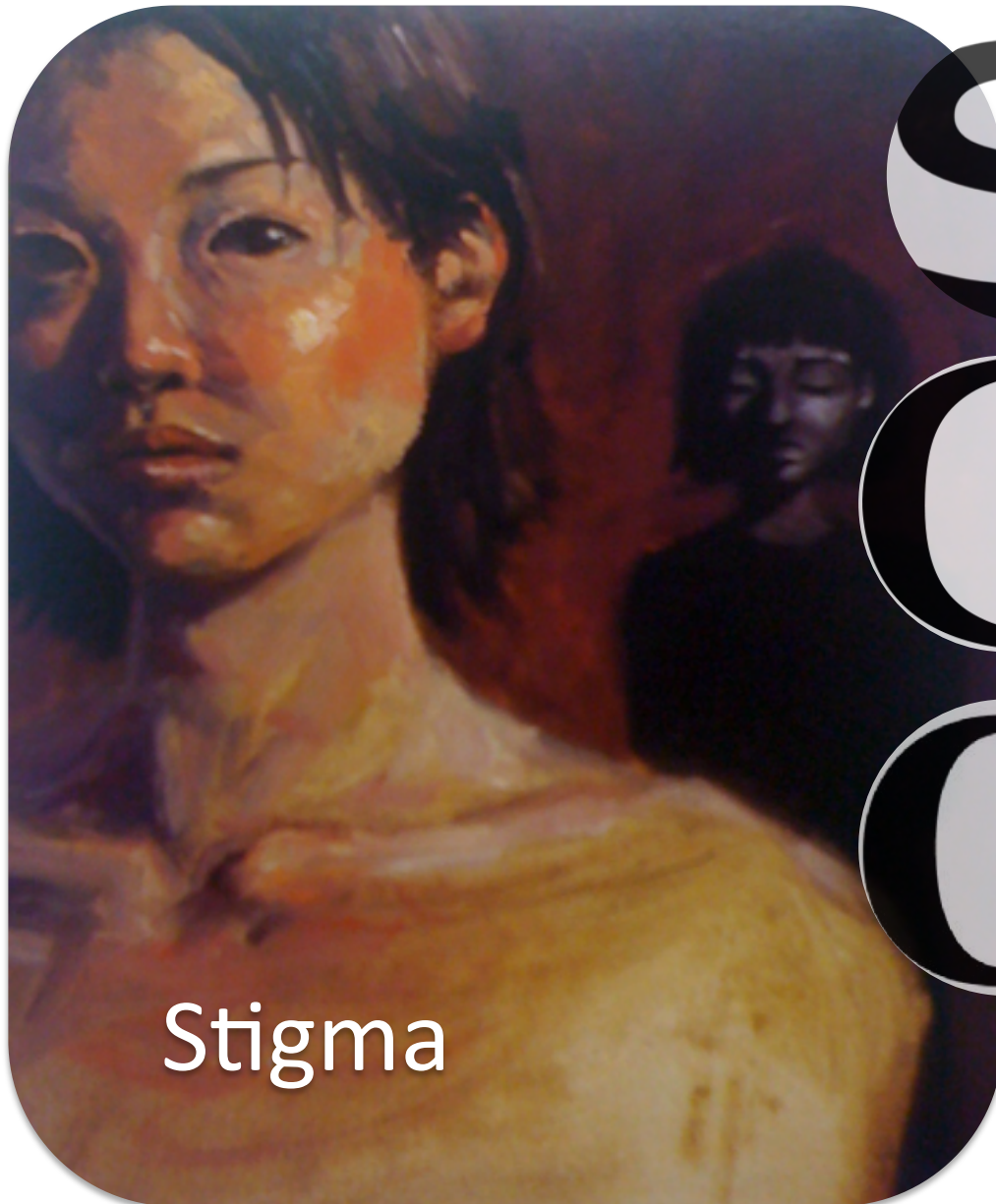
Mental Health Status of Latinos

- While immigrating to the U.S., many Latinos endure a range of adverse experiences
- Latino youth face numerous stressors that may increase the risk of mental health problems
- Stress among Latino youth manifests in mental health problems that include anxiety and depression

Latino's Mental Health Condition After Entering the U.S.



Individual-Level Barriers

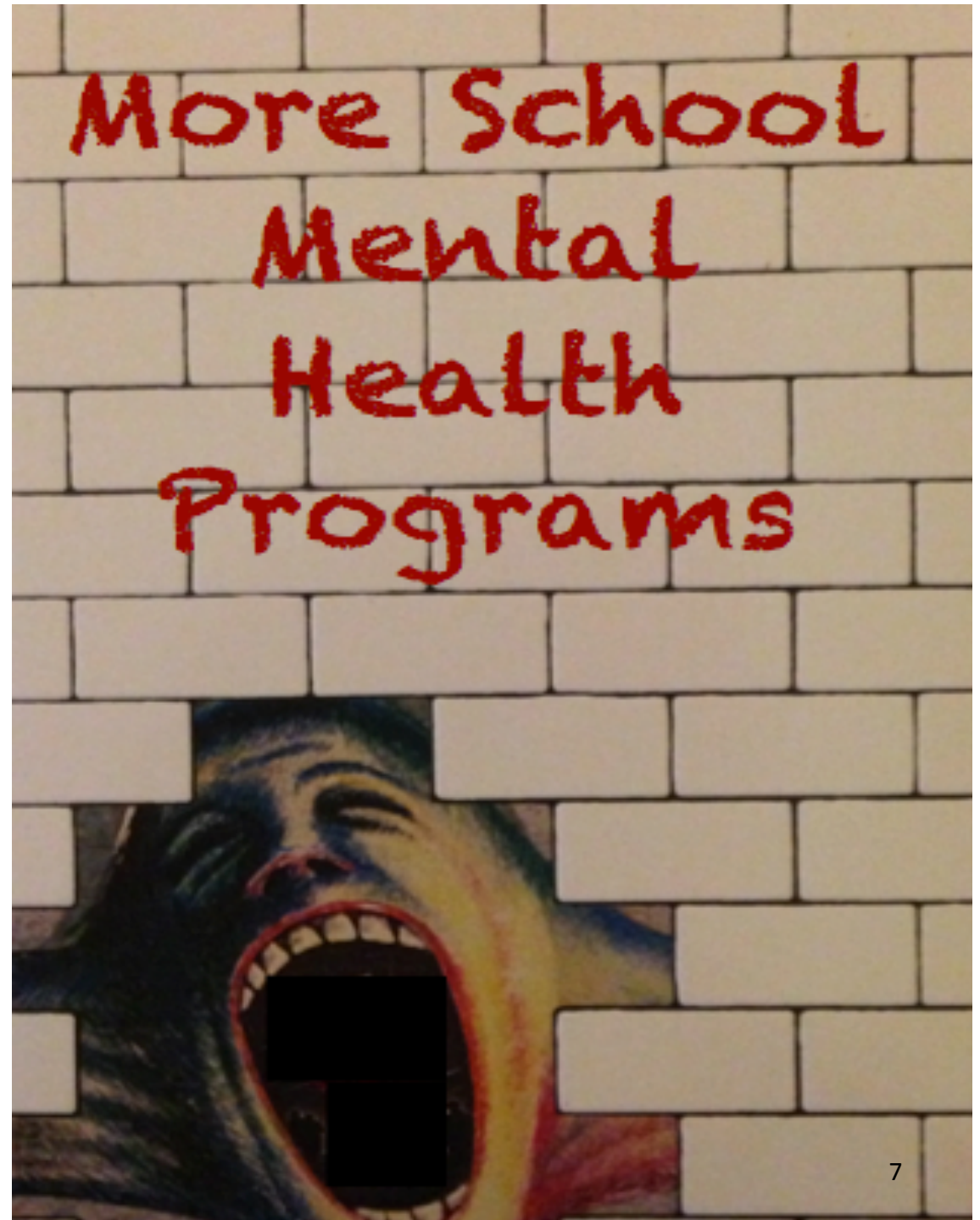


Social
Cultural
Gender

Program-Level Barriers

Trauma and Violence

Lack of School-Based
Mental Health
Programs



practice

level

barriers

shortage of

lack of

inadequate

culturally

linguistically

bicultural

bilingual

services

professionals

staff

systemic

gaps

mental health

Policy-Level Barriers

- Social Determinants
 - Income (poverty)
 - Housing
 - Physical environment
 - Education
 - Access to resources
 - Stress
 - Institutionalization
 - Social exclusion
- What do we mean by social exclusion?
 - Institutional bias, prejudice, racism and discrimination that contributes to disproportionality in access to care

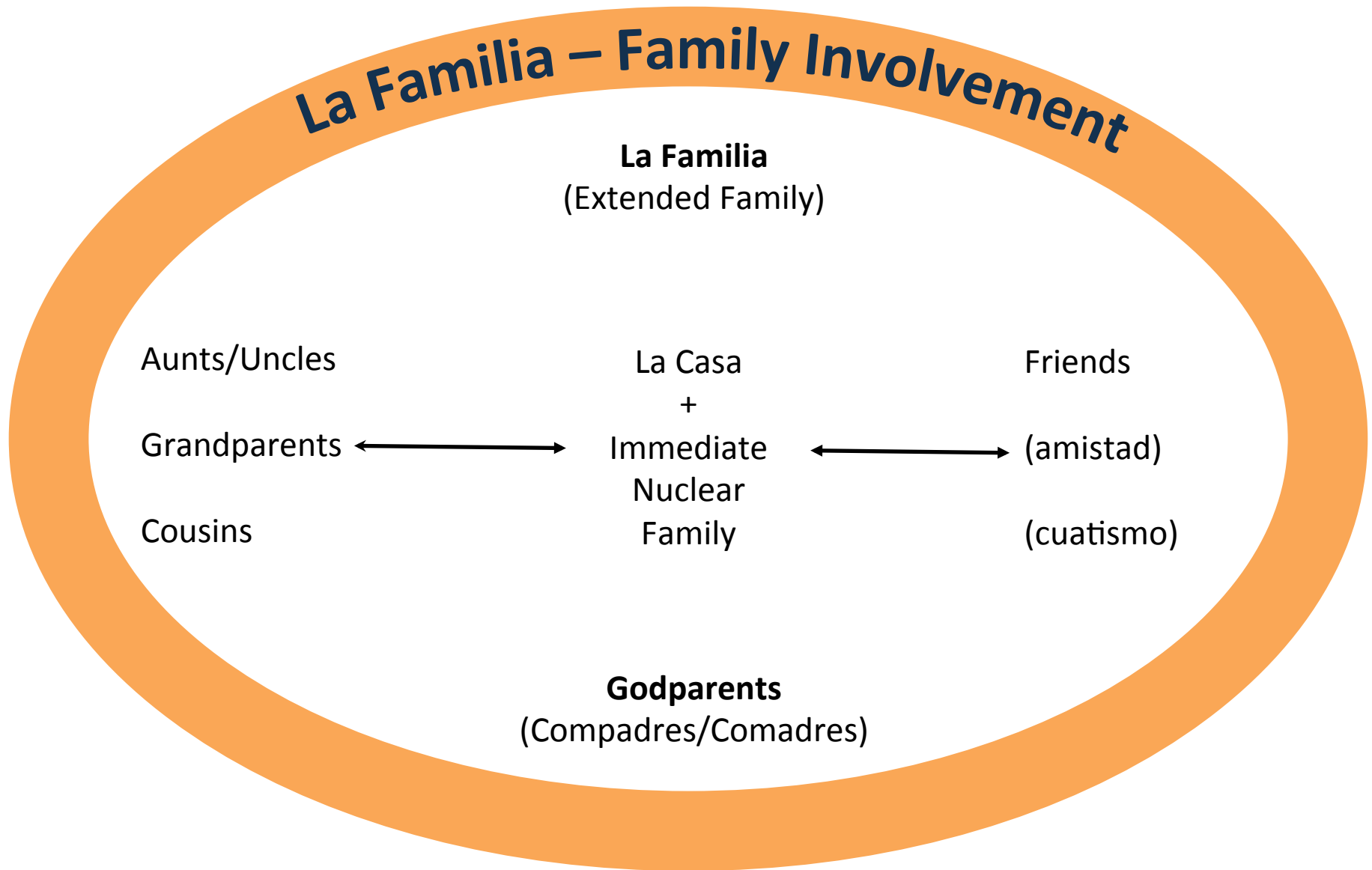
Framing the Solutions/Strategies

Program-Level Factors:	Prevention and Early Intervention/School-Based
Practice-Level Factors:	Values/Roles/Responsibilities/Norms/Ethics
Policy-Level Factors:	Systemic Change/Access/Availability/Advocacy/ Appropriateness/Affordability
Protective-Level Factors:	Resiliency/Personalismo/Familismo/Respeto/ Confianza

Community and Cultural Assets

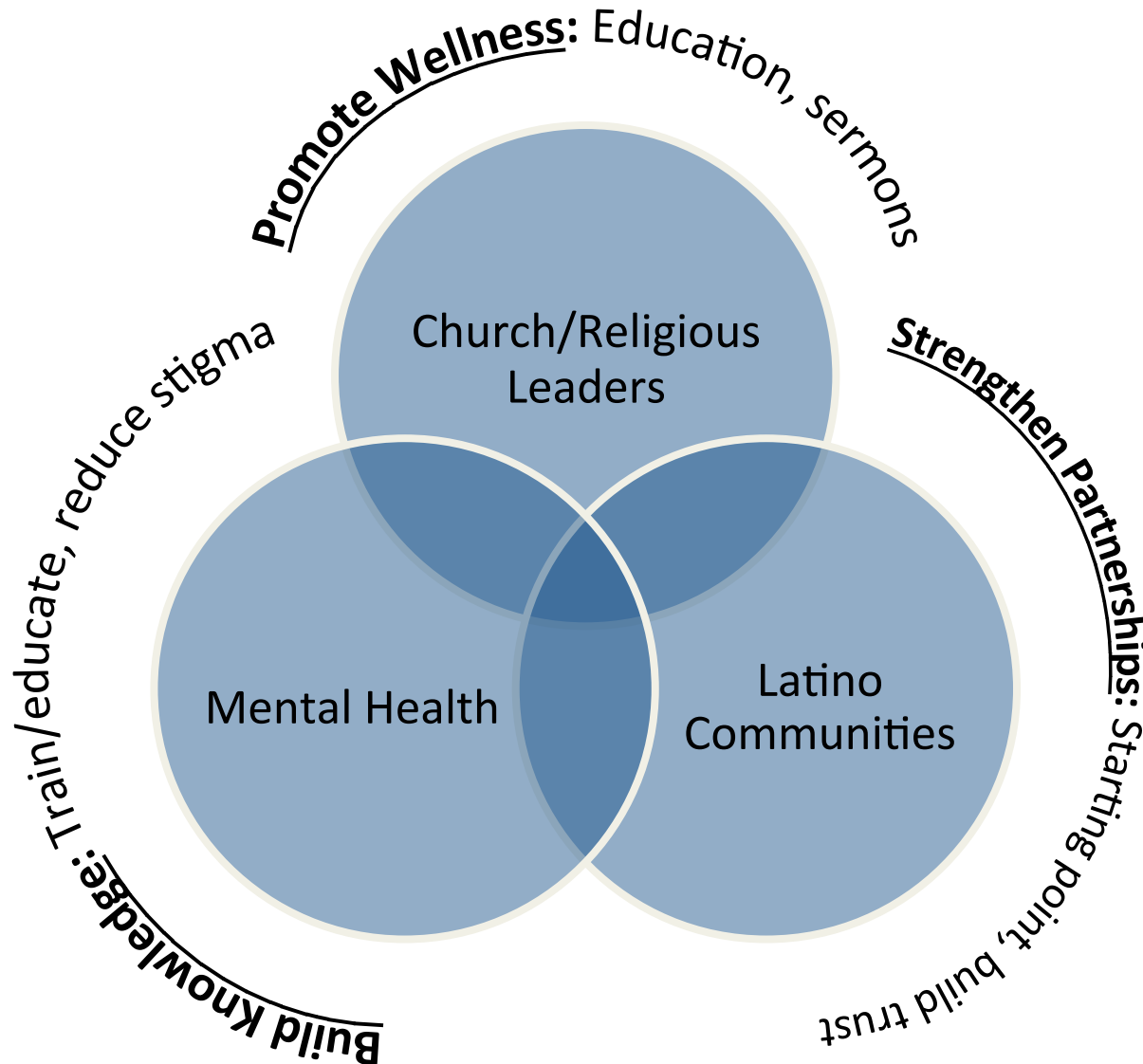


Community and Cultural Assets (cont.)

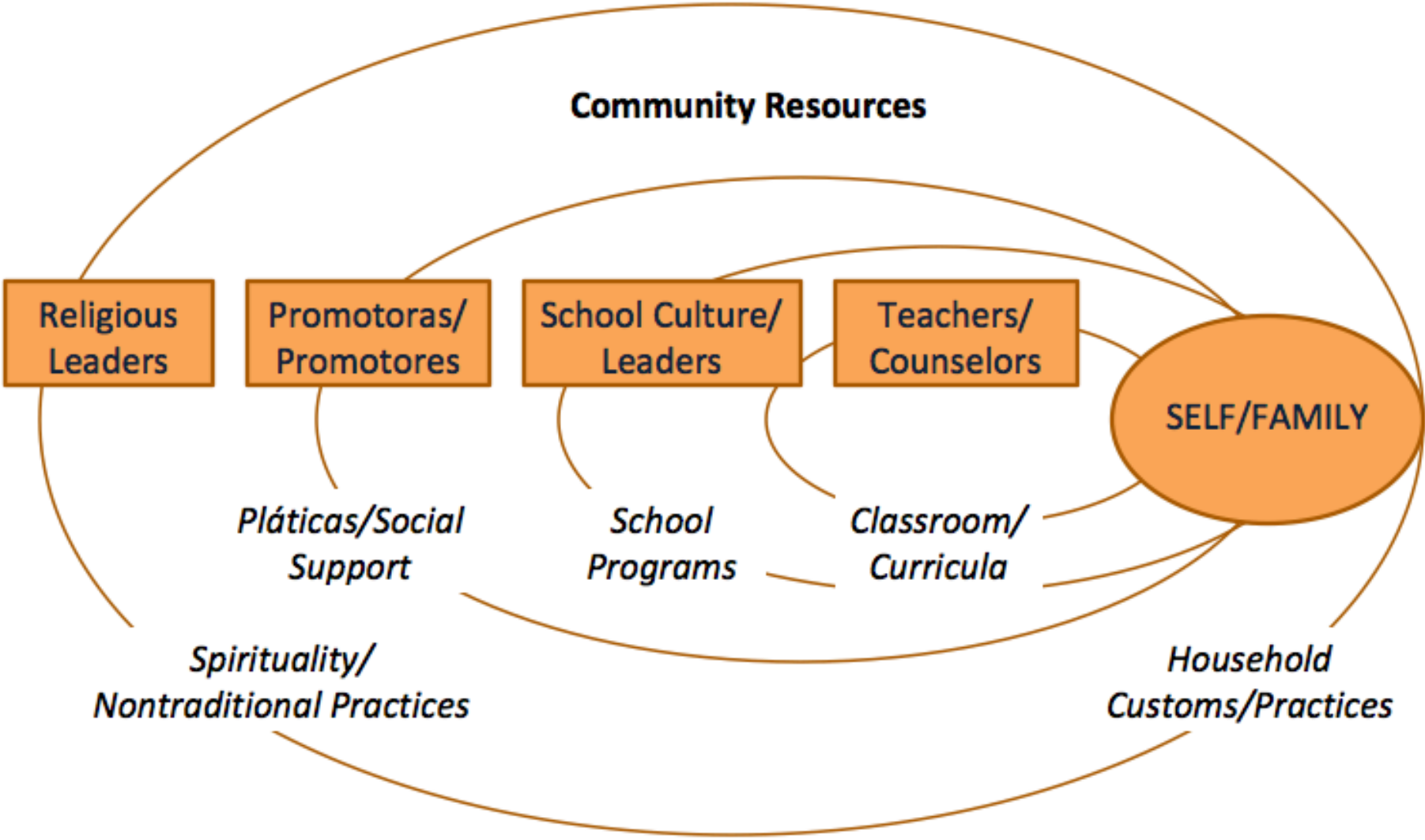


Community and Cultural Assets (cont.)

Church and Religious Leaders



Community and Cultural Assets (cont.)



Community and Cultural Assets (cont.)

Community *Pláticas*

- Community *Pláticas* are used in support groups
 - Spanish-speaking people with similar experiences and community leaders (e.g., promotoras/es)
- *Pláticas* with testimonials
 - Latino consumers with successful recovery stories as an inspiration and sign of hope

Community-Identified PEI* Strategy

School-Based Mental Health Programs

- Early identification of adolescents with mental health problems
 - Early detection
 - Proper diagnosis
 - Early intervention
- Establish partnerships with schools
- Family support and community involvement in schools context

Prevention and Latino Adolescents: Changing the Course of a Mental Disorder



Co-Location of Services v. Integrated Healthcare

Co-Located:

- Model provides for a department/center inside a clinic
- Minimal interaction between mental health and medical providers
- Consumers may still need to make more than one trip for services

Integrated:

- Most effective approach to treat mental health in primary care settings
- Comprehensive
- Multidisciplinary approach
- Fully integrated with information available to all providers
- Cost-effective

Community-Identified PEI* Strategy (cont.)

Community Media

- Communication media to educate Latinos about mental health services
 - Remove barriers to care
 - A mechanism to reach out to more Latinos
- Media sources
 - Newspaper
 - Radio
 - Television
 - Social media
 - *Fotonovelas* (media booklet)

Fotonovela - An Education Tool



- Key components to an effective fotonovela
 - Photos/text should be representative of community
 - Appropriate education level and language
 - Role models that people can relate to
 - Realistic solutions to real problems

Community-Identified PEI* Strategy (cont.)

Culturally and Linguistically Appropriate Treatment

Organizational

1. Values diversity
2. Integrates cultural knowledge of the Latino experience
3. Adopts and adapts to Latinos' cultural values and practices
4. Assesses providers' abilities to deliver appropriate treatment
5. Provide cultural competence training program to providers

Individual (Provider)

1. Committed to diversity
2. Acknowledges culture and life experiences of Latinos
3. Possesses sense of purpose consistent with Latino culture
4. Self-assess cultural knowledge and the need to stay current with need and treatment
5. Demonstrates empathy, flexibility, humility, justice, and joy when serving Latinos

Community-Defined Strategies and Solutions



Community-Defined Evidence Based 7 - Item Criteria (NLBHA, 2011)	Criteria 1: Capacity building
	Criteria 2: Raising public awareness
	Criteria 3: Community outreach
	Criteria 4: Increasing service accessibility
	Criteria 5: Innovative engagement practices
	Criteria 6: Localization of services
	Criteria 7: Appropriate intervention and treatment
Community-Defined Evidence Programs and Practices	Key program and practice implications: <ol style="list-style-type: none"> 1. Developing leaders among Latinos entering the health system 2. Looking for leadership within the Latino family 3. Exploring community-organizing with a focus on wellbeing
	Key policy implications: <ol style="list-style-type: none"> 1. Shifting our thinking from illness to wellness 2. Focus on prevention and early intervention starting with adolescents 3. Connect to community; create community; and strengthen community
Organizational and Community Roles	

Conclusion and Session Evaluation

Contact Information

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