

### SPANISH INTERPRETATION AVAILABLE! INTERPRETACIÓN AL ESPAÑOL DISPONIBLE! Today's training will be in both English and Spanish. La capacitación de hoy será en español y ingles Click the "Interpretation" icon in your toolbar, select "Spanish"

select "Spanish" Seleccione el ícono "Interpretation" de las opciones al

debajo de su pantalla. Elige la opción "Spanish"

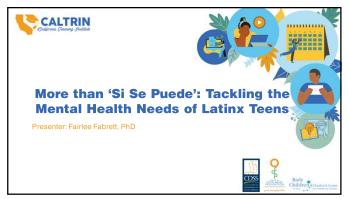










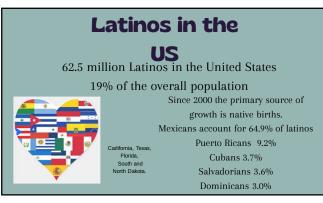


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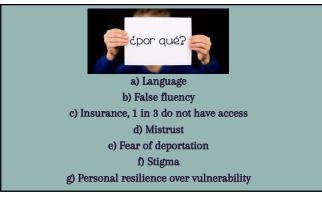






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About 10 million of Latinos in the US. 16% have a mental health condition Less than half seek treatment. This % is less compared to other ethnic groups. For the 18-25 yo group, less than half seek care.



# iSí, Se Puede!

Providing culturally sensitive and affirming care.

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# **Cultural Humility**

# **Culturally affirming**

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**Cultural humility:** understanding where the patient comes from, listening, being curious about patient's values, religion, beliefs.

**Culturally sensitive, responsive, affirming (competency):** Some things would be understood contextually. The therapist adjusts their interventions, taking into account what they have learned about the culture.

Not discussing systemic oppression, racism, discrimination, cultural background can lead to prescribing treatment that is just not made for folks of color.

#### What do we know about engaging Latinos in treatment? "NO HAY MAL DIME CON QUE POR Bien no Venga". QUIÉN ANDAS Y TE DIRÉ • Formalism • Respeto QUIÉN 1 Árbol que nace torcido ERES. • Self-disclosure jamás su rama endereza! **Perro Que Ladra** • Uso de dichos/sayings Calladita **No Muerde** • Warmth **B2NITA**

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## Value-based culture

- Personalismo
- Simpatía
- Formalismo
- Respeto
- Modestia
- Familism
- Fatalismo
- Patriarchy
- Collectivism

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## **Other considerations**

- Sitgma needs to be discussed.
  Understand what's behind it.
- Directly talk about accessibility issues
  - What other obstacles might get in the way
  - Money is a hard topic to talk about, and yet important.
- You're building a collaborative relationship.
- Combination of top-bottom vs bottom-up approaches

#### In depth assessment. Bio-psycho-social-cultural formulation.

STRANGES CONSTRAINTS

**Cultural formulation:** Immigration history, home structure, family connection, acculturation process, community, education

#### Immigration history:

Who lives in the US? Who is still back home? What were the reasons for immigrating? Status and years in the US

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**Home Structure:** multigenerational homes. Who lives in the home? What are the secrets that are being kept? Who is the family protecting? Who makes the important decisions?



**Family connection:** Intergenerational advice and how is that understood and felt in the different generations.

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Home Culture : What words are they using to describe what they are feeling? a. Ataque de nervios. b. PTSD c. Colera d.Mal de ojo e. Susto/espanto f. Wind or cold illness g. Spiritual domains h. Indirect communication

#### **Religion:**

And its connection to mental illness, wiliness to ask for help, role in every day life.

**Racial trauma:** Race-based traumatic stress, mental/emotional injury caused by bias, and discrimination, racism, hate crimes.

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#### Acculturation

Process that individuals go through when in contact with a new culture. Understanding of it has evolved. It's bidirectional.

Developmental process, and bidirectional interaction with surrounding culture, social context, political forces.

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**"Ni de aquí ni de allá"..** It's something new. Acculturation as a coping strategy when faced with an unfamiliar situation and learning ways to thrive. Maintenance, adoption and creation.

#### **Acculturative Stress**

Immigrant paradox- as teenagers aculturate they lose protective aspects of the culture. Bilingualism and not linguistic aspects of bicultural competence play a protective role in children.

## Turning theory into practice

If treating the family system.

- Respeto
- Warmth
- Addressing dad first, then mom, but always giving the opportunity for mom to speak
- Curiosity and kindness



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## Working with older generations

a) Coming to terms with a new culture
b) Personal resilience can exist WITH vulnerability
c) Communication skills
d) Learning how to manage their own emotions
e) Importance of modeling wanted behaviors
f) Protecting their culture and traditions
g) Empathy

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## And younger generations...

a) Understanding their emotions
b) Learn to tolerate distress
c) Learn to validate their experience AND their parents'
d) Learn to use words to describe their experience
e) Practice mentalizing
f) Cultural pride

## Therapeutic skills worth teaching to Latinx teens and families

Validation: listening with curiosity, not trying to change things, working on not judging, understanding things from the other person's perspective. This is useful for all members of the family. Benefits include improving communication, feeling understood and heard.

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#### What do I validate?

- Feelings
- Thoughts
- Behavior

#### How do I validate?

- Ask clarifying questions
- $\bullet\,$  Reflect back what you hear
- Summarize and fact-check
- Show tolerance and empathy
- Use AND statements
- Make observations that show you're trying to understand

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 Anytime in a conversation but for sure before: problem solving, reassuring, relating or changing the topic, offering another perspective or giving advice.

#### Validation Is NOT:

- General optimism
- Agreement
- Like or dislike



Acceptance: Seeing things for what they are, without trying to change them.

What do you have control over? what don't you?

It does not mean you like what is happening... After acceptance you can focus on being who you need to be and doing what you need to do.

## **CASE EXAMPLE**

## What do we do as a system?



#### a) Hire Latinx staff

b) Embrace cultural diversity and incorporate culturally responsive practices into approach.
c) Allow extra time, not only to show up but also to answer, to fill paperwork
d) Have all material available in Spanish
e) Evening hours
f) Ability to sign in if possible
g) Collaborate with PCP and family care physicians

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