

Welcome to **THE TRAINING WILL BEGIN SHORTLY**

MORE THAN 'SI SE PUEDE': TACKLING THE MENTAL HEALTH NEEDS OF LATINX TEENS

While you're waiting...

CONNECT WITH US!

Icebreaker Question (answer in the chat)
What is one thing you are grateful for today, no matter how big or small?

Survey & Certificate of Completion
Available following the training.

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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 inglés

Click the "Interpretation" icon in your toolbar, select "Spanish"
Seleccione el icono "Interpretation" de las opciones al debajo de su pantalla. Elige la opción "Spanish"

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Hi, We're CalTrin!

Who we are

- The California Training Institute
- Funded by the State of California, Dept. of Social Services, Office of Child Abuse Prevention (OCAP) to support child abuse prevention through professional development and extended learning opportunities.
- Designed for staff of family strengthening and child abuse prevention organizations in California, including Family Resource Centers, Child Abuse Prevention Councils, community-based organizations, and other child and family serving systems.

What we offer

- Live webinars & small group training
- Virtual, self-paced courses
- Job aids & other resources

This training was made possible with funding from the California Department of Social Services, Office of Child Abuse Prevention. Any opinions, findings, conclusions, and/or recommendations expressed are those of the CEBC-CalTrin and do not necessarily reflect the views of the California Department of Social Services.

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UPCOMING TRAININGS







mark your calendars!

Visit caltrin.org to view and register for upcoming webinars or workshops



 8/17 Trauma-Informed Leadership: Balancing Compassion & Accountability	 09/07 Protective Factor: Knowledge of Parenting & Child Development
 8/22 Leadership Coffee Chat – Leading with Heart: The Power of Empathy	 09/19 Families Affected by Substance Use Disorder: A Protective Factors Approach
 8/22 Intervening with Youth with IDD Who have Experienced Trauma	 9/27 Direction, Alignment, Commitment

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Before We Begin...




DURING	DURING	AFTER
		
Access the presentation slides now! The link can be found in the chat.	Review interactive features for today's session. Locate the controls on the toolbar at the bottom of your screen.	Complete the survey at the end of this webinar to receive your Certificate of Attendance.
		
This presentation is being recorded.	<ul style="list-style-type: none"> - Chat - Raise hand & Mute/Unmute - Small group work - If you need to step away... 	A follow-up email will be sent to all participants within two days.

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More than 'Si Se Puede': Tackling the Mental Health Needs of Latinx Teens

Presenter: Fairlee Fabrett, PhD

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Speaker SPOTLIGHT



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More than "sí se puede".

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Tackling the mental health needs of Latinx teens

(And sometimes their families!)

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Latinos in the US

62.5 million Latinos in the United States
19% of the overall population



Since 2000 the primary source of growth is native births.
Mexicans account for 64.9% of Latinos


- Puerto Ricans 9.2%
- Cubans 3.7%
- Salvadorians 3.6%
- Dominicans 3.0%

California, Texas, Florida, South and North Dakota.

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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.**

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- a) Language
- b) False fluency
- c) Insurance, 1 in 3 do not have access
- d) Mistrust
- e) Fear of deportation
- f) Stigma
- g) Personal resilience over vulnerability

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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.

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What do we know about engaging Latinos in treatment?

- Formalism
- Respeto
- Self-disclosure
- Uso de dichos/sayings
- Warmth



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Value-based culture

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




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Other considerations

- Stigma 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

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




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

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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.

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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

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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

When do I validate?

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

How do I validate?

- Ask clarifying questions
- 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

Validation Is NOT:

- General optimism
- Agreement
- Like or dislike

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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.




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CASE EXAMPLE

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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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GRACIAS!




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Thanks for joining us!

WHAT'S NEXT?

- Survey and certificate in the chat now
- Follow-up email with resources within two days
- Watch your inbox for the next issue of CalTrin Connect

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