

Latino Mental Health Program

**I. Needs Assessment Plan & Review of
Culturally Competent Service Models.**

II. Services Provided.

III. Evaluation.

Latino Mental Health

Tulare & Kings County

- ◆ Tulare County to become the second-leading producer of agricultural commodities in the United States.
- ◆ Tulare County has a growing population of 360,000.
- ◆ 51% of the population is Latino, primarily Mexican and Mexican American.

Mexican-American Prevalence and Service Survey, 1995.

Adapted for Tulare and Kings Counties: MAPSS

- 👍 **Mexican-American:** 33.8 % had a life time psychiatric disorder and 18.9 % had a 12 month disorder.





MAPSS

☞ Mexican Immigrants:

One half the prevalence rates of major psychiatric disorders of either U.S. born Mexican-Americans or other Americans.

☞ Mexican Immigrants have similar levels of mental disorders (24.9%) than residents of Mexico City (23.4%).

MAPSS

➡ **The risk of having a Mental health disorder increased dramatically when Mexican immigrants with less than 13 years in the U.S. were compared with those with 13 years or more, specially so for alcohol abuse or dependence problems.**



IMMIGRATION



IMMIGRATION

- The risk for developing mental health symptoms is high for immigrants.
- As a result of unfamiliar events that are stressful and traumatic.
- Separation of family, friends, neighbors and familiar place of origin.
- Migrate to a new country.
- Difficulties in adaptation to a new life and place.



IMMIGRATION

- Language and cultural differences.
- Unstable work:
 - Hard work.
 - Long hours.
 - Poor pay.
 - Limited rest.
 - Exploitation.
 - Discrimination.
 - Insecure conditions.



Stress



Stress

- **Economical problems.**
- **Family concerns.**
- **Social / Emotional isolation.**
- **Health concerns.**
- **Post-traumatic Stress Syndrome.**



Post-Traumatic Stress Disorder

- 🔴 Migrants present higher levels PTSD.
- 🔴 Racial discrimination.
- 🔴 Unemployment.
- 🔴 Contact with immigration officials.
- 🔴 Traumatic events that occur in the immigration process.



Recommendations for Policy and Practice

- ö **A Public Education Campaign, to create awareness of mental health issues associated to American society.**
- ö **Dissemination of information on availability on mental health providers and how to access them.**
- ö **Insurance availability for mental health care.**
- ö **In service for primary health care practitioners regarding screening and referral for Latinos with mental health problems.**
- ö **Implementation and evaluation of Cultural and Linguistic competency guidelines.**



MAPSS

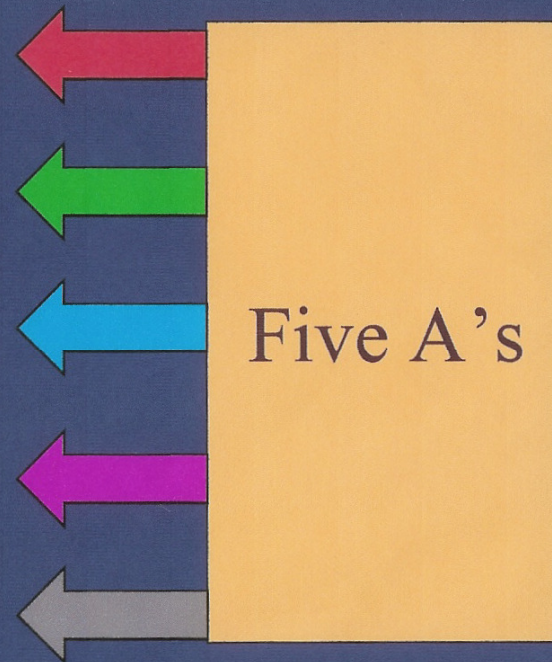
Summary Barriers to Care:

- ◆ **Primary indicators of service underutilization.**
- ◆ **Lack of knowledge about where to receive treatment.**
- ◆ **Location of treatment centers near one's place of residence.**
- ◆ **Having transportation, to obtain health or treatment.**
- ◆ **Availability of bilingual - bicultural staff.**

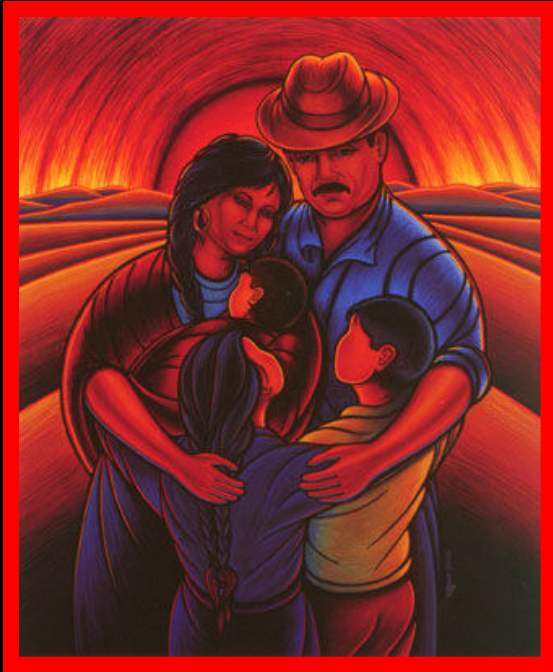
MAPPS

Underutilization raises questions of

- Availability
- Accessibility
- Appropriateness
- advocacy
- affordability



of mental health care for the Latino population



Mission Statement

Develop, implement and evaluate the highest quality outpatient adult and family mental health access and culturally competent services to the Latino community.

Program Development: evidence based.

- ☞ Recruit Promotoras from communities served.
- ☞ Develop working Collaborative.
- ☞ Develop referral process.
- ☞ Assist Collaborative with cultural competence development.
- ☞ Evaluate program.

Promotoras de Familia



Bilingual and Bicultural

Promotoras de Familia

X Knowledge, experience and training in health.

X Real interest in helping people.

X Can relate with the community.

X Helps individuals with respect and dignity.

X Protects confidentiality.

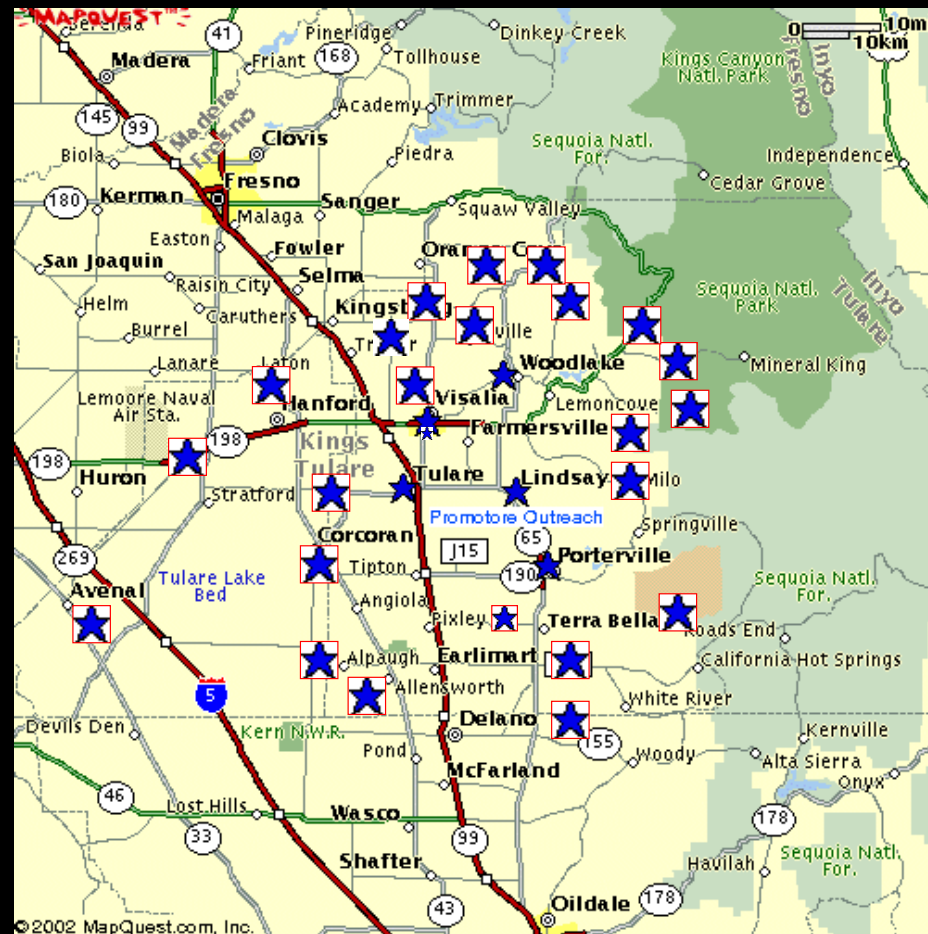
X Uses a language that is common to the community.

X Uses symbols, values and cultural beliefs.

X Understands the importance of roles such as family, community and religion.

X Understands issues on immigration, socioeconomic, social discrimination, barriers to health care access and Latino struggles.

Tulare County Promotoras Outreach Areas



Pssst, Pssst, Pssst, Oiga, oiga!
Si usted o alguien que conoce anda.....

de capa caída

Triste y
sin
ilusiones



Desesperada



Como hilacho

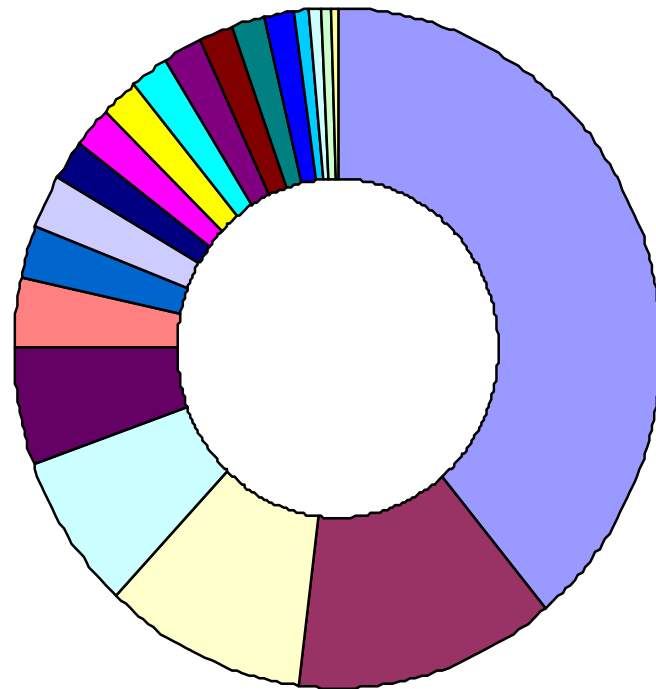


La vida no
vale
nadaaaa....
....

Irritable o violento

Llame y haga una cita con Las Promotoras(es) de Familia
Este servicio es gratuito para toda la comunidad

CLIENT ANALYSIS



- Depression 38.79%
- Anxiety 13.2
- Health related problems 9.75
- Drugs 7.6
- Anger 5.6
- Schizophrenia 3.3
- Behavioral 2.48
- Sexual Abuse 2.28
- Homeless 2.07
- Panic attacks 2.07
- ADD / Bipolar 1.86
- Alcohol 1.86
- Suicidal 1.86
- Domestic violence 1.86

Círculo de Hombres



Círculo de Hombres



Círculo de Mujeres



Joven Noble Training

A Chicano / Latino Male & Female Rites of Passage Process. Values of the indigenous teachings:

- **Word - Palabra.**
- **Knowledge - Conocimiento.**
- **Understanding - Entendimiento.**
- **Integration - Integración.**
- **Movement - Movimiento.**



Joven Noble Training



Joven Noble Training



Joven Noble Training



Joven Noble Training



**Promotora de Familia Program
Evaluation Report
BAI, Inc.**

Consumer Satisfaction Survey

Promotora Program

- [94.3%] of consumers reported some level of satisfaction for respecting their wishes of privacy.
- [91.9%] reported some level of satisfaction by the culturally sensitive and dignified mannerism of behalf of the promotores.
- [89.2%] reported some level of satisfaction with the promotores choice of words (made it easy for them to understand)

Consumer Satisfaction Survey

Promotora Program

- [27%] of consumers were not at all satisfied because they were unable to see a mental health care professional.
- [21.6%] were not at all satisfied because the promotores could not provide them with enough choices for their needed services.
- [16.7%] in time of crisis, were not at all satisfied because they would like to have more access to promotores and/or mental health care professional.

Summary of Things most liked about the Promotora Program from the Consumer Satisfaction Survey

- Accessibility and availability.
- Good communication skills (spoke with a level of understanding, were bilingual, and listened).
- Treated with care and love.
- Returned phone calls on a timely manner.
- Recommendations, referrals, and appointments.
- Consumers privacy was secured due to the Home visits and follow-ups.

Special mental health needs that Latinos have

- To become more informed of the services that are available to them in particular those that are free of charge.
- Spanish speaking mental health staff.
- Understand conditions like depression should not be ignored but addressed and treated.

Needed help for mental health issues:

- Many expressed a certain degree of depression and stress, related to economic issues, financial limitations and poverty.
- Family violence.
- Nerves “nervios”
- Low self-esteem.
- Drug use.
- Sexual abuse in children.

Demographic Information: N=338

- Gender
 - Male: 101 - 32%
 - Female: 211 - 67.6%
- Ethnicity identification
 - Hispanic/Latino: 266 - 82.9%
 - Mexican/Mexican American: 38 - 11.8%
 - Central American: 2 - .6%
 - White: 14 - 4.4%
 - Other: Armenian 1 - .3%
- Total of Hispanic/Latino Decent: 306 - 95.3%

Most reported identifying problems: N=338

	First Prob.		Second Prob.			Third Prob.
Depression	146	45.50%	16	8.20%	5	9.10%
Substance abuse	26	8.2	11	5.70%	3	5.40%
Health Related Problems	25	7.70%	19	9.80%	8	14.50%
Anger	23	7.20%	9	4.60%	4	7.30%
Homeless	11	3.40%	6	3.10%	2	3.60%
Mental Health Disorders						
Hearing voices,	10	3.10%	9	4.60%	0	
Domestic Violence	10	3.10%	4	2.10%	1	1.80%
Anxiety	8	2.50%	47	24.10%	8	14.50%
Sexual abuse	6	1.90%	3	1.50%	0	
Bipolar	3	0.90%	1	0.50%	2	3.60%
Suicidal	2	0.60%	2	1.00%	3	5.50%

Case 1.

Able

- 25 y/o.
- Deaf - Mute.
- R/O Drugs: Meth / EOTH.
- Epilepsy.
- Bone Marrow - DX Lesion in left Temporal Lobe.
- Interpreter - AA.
- Medical appointment.

Case 2.

Eugenio.

- 34 y/o.
- 7 years addiction to Ultram.
- Medical and ER referral.
- Detox & hospitalized.
- TX - outpatient treatment.

Case 3.

Juan.

- 22 years old.
- Disorganized Schizophrenic.
- Sexually preoccupied.
- Undocumented.
- Several admissions.
- 5300 W and IC.

Gracias

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The National Latino Fatherhood and Family
Institute

www.nlffi.org

National Latino Alliance for the Elimination
of Domestic Violence

www.dvalianza.org

