



SECTION #6

Hispanic/Latinx Culture and Community

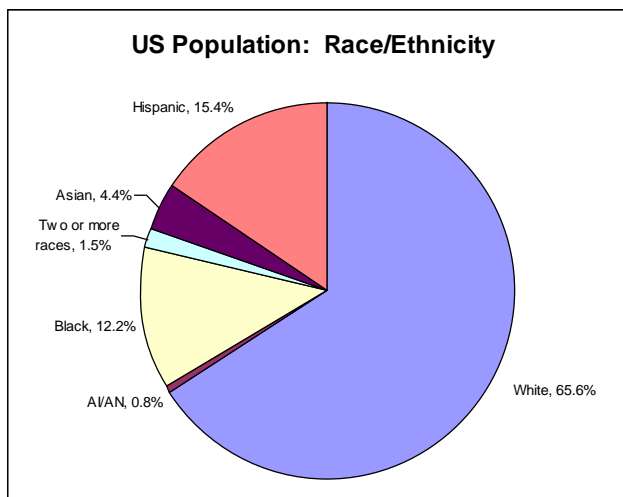
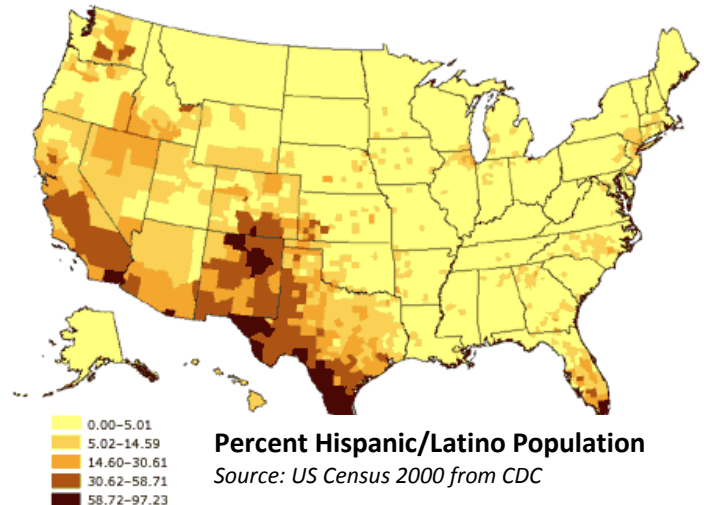
- American Psychiatric Association Mental Health Disparities: Hispanics/Latinos
- Ohio Latino Affairs Commission: Hispanic & Latino Culture and Community Presentation
- Ohio Latino Affairs Commission: Mental Health Needs in Ohio's Latino Community

Mental Health Disparities: Hispanics/Latinos

Population: Hispanics/Latinos

The U.S. Hispanic/Latino community is made up of people from many different nations and races and while many have lived in the U.S. for many generations, others are recent immigrants. Many face inequities in socioeconomic status, education, and access to health and human services.

- Latinos make up about 15% of the U.S. population and are the fastest growing minority – expected to make up nearly one-fourth of the population by 2050. (1)
- Almost 2/3 of U.S. Hispanics are Mexican Americans.
- Nationally, 33% of Hispanics are uninsured, compared to 16% percent of all Americans. (2)
- Among Spanish-speaking people in the U.S., more than 13 million speak English “not well” or “not at all” (3)

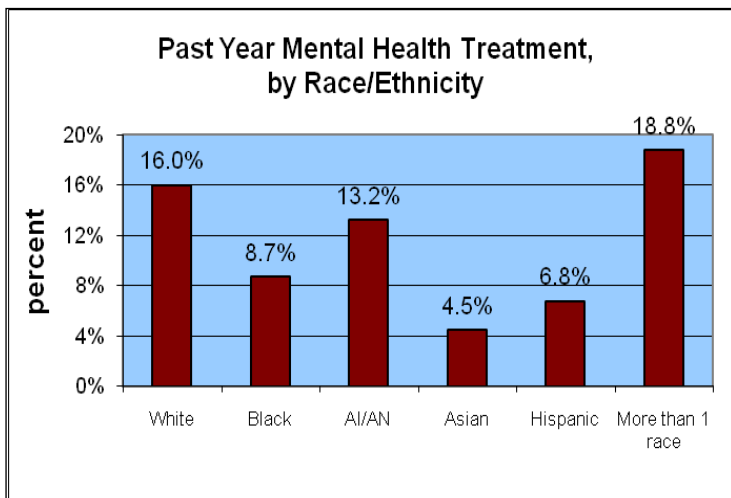


- Studies have shown that older Hispanic adults and Hispanic youth are especially vulnerable to the stresses of immigration and acculturation. (5)
- More Latino youth have pervasive feelings of sadness and hopelessness than whites (36% versus 26%) and more attempt suicide (10% versus 6% of whites). (6) Hispanic youth are less likely than non-Hispanic youth to use alcohol or illicit drugs. (7)
- Attitudes about mental illness and mental health services can affect the use of services. For example, among some Latinos, depression may be mistaken for nervousness, tiredness or a physical ailment, and may be viewed as something temporary.

Mental Health Status, Use of Services, and Disparities

- Rates for most mental disorders among Latinos are similar to that of the overall population. However rates vary among Latino sub-groups, and rates for most mental disorders are higher for US-born Latinos than for Latino immigrants. For example, one study found that Puerto Ricans had the highest overall prevalence rate of mental illness among the Latino ethnic groups assessed. (4)

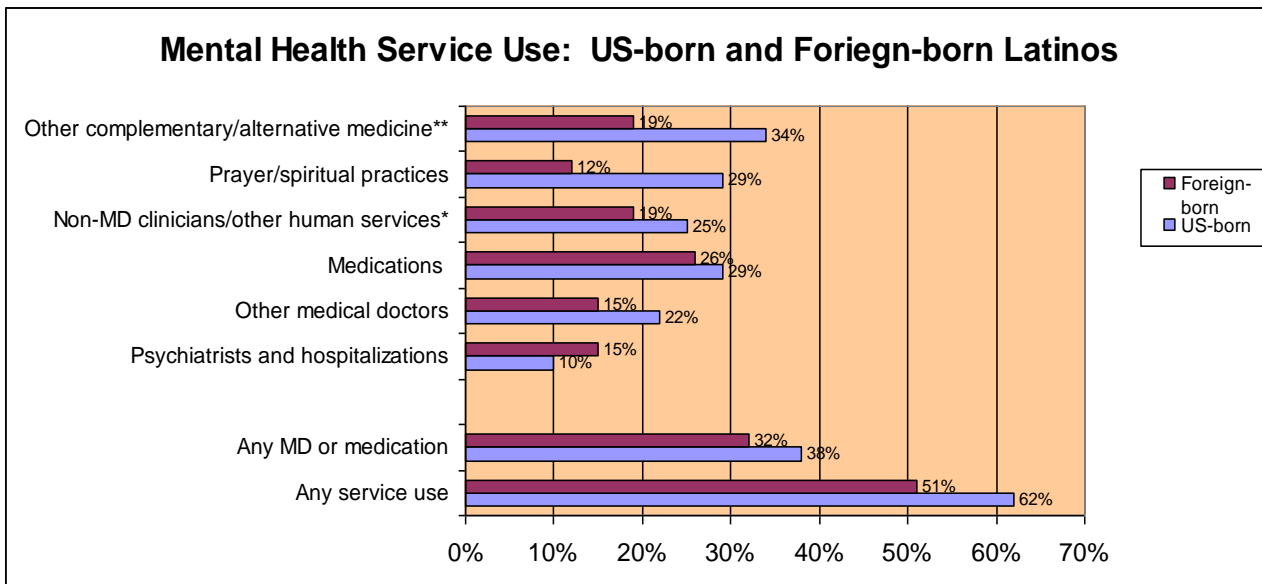
Group	Percent uninsured
Hispanic	33%
AI/ANs	33%
African Americans	20%
Native Hawaiian/PI	20%
Asian American	16%
White (not-Hispanic)	11%
Source: US Census, 2008	



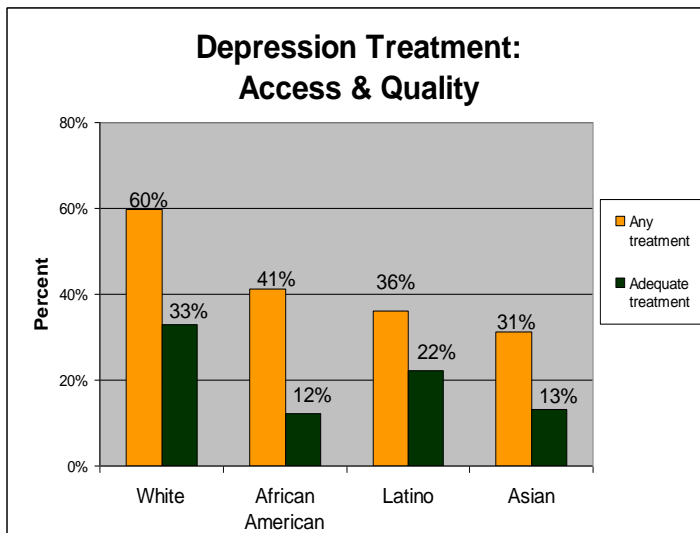
Source: SAMHSA, National Survey on Drug Use and Health, 2008

- Among Hispanics with a mental disorder, fewer than 1 in 11 contact a mental health specialist, while fewer than 1 in 5 contact general health care providers. Even fewer Hispanic immigrants seek these mental health services. (8)
- While Latinos use mental health services less than the general population, rates of mental health service use among Latinos have increased
- Many Hispanics/ Latinos rely on their extended family, community, traditional healers, and/or churches for help during a mental health crisis.

- Estimates of the use of alternative and complementary therapies by Hispanic Americans have ranged from 7 to 44%. (8)
- Several studies have found that bilingual patients are evaluated differently when interviewed in English as opposed to Spanish and that Hispanics are more frequently undertreated.
- One national study found that only 36% of Hispanics with depression received care, compared to 60% of whites. (10)



* Including psychologists, counselors, other health professionals, religious/spiritual advisors, self-help groups, Internet support groups
 ** Including herbal therapy, homeopathy, high-dose vitamins, acupuncture, biofeedback, chiropractic exercise, massage, hypnosis, relation or meditation, etc.
 Source: Sribney et al. The Role of Nonmedical Human Services and Alternative Medicine. Chapter in Disparities in Psychiatric Care. Ruiz and Primm editors. Lipincott Willimas & Wilkins, Baltimore, MD, 2010.



Source: Alegria et al, 2008

Barriers to Care

Key barriers to mental health treatment for Hispanics/Latinos, as for most people:

- economic barriers (cost, lack of insurance)
- lack of awareness about mental health issues and services
- stigma associated with mental illness

Additional access to care issues include:

- lack of education and pervasive poverty
- language barriers
- lack of culturally appropriate services
- Lack of appropriate intervention strategies
- mental health professional shortages

Responses/Strategies

- Increase awareness of mental health and chronic disease connection
- Conduct stigma awareness training with gatekeepers
- Improve provider cultural competence
- Improve language accessibility
- Advocate for policies that promote social justice, equity, and equality
- Comprehensive (including mental health and substance use disorders) affordable health coverage for all
- Focus on prevention, early intervention

Resources and References

Resources

National Council of LaRosa (NCLR) www.nclr.org

National Hispanic Medical Association www.nhmamd.org

American Society of Hispanic Psychiatry (ASHP)
www.ashp.us.com

Hispanic Medical Professionals (on Facebook)
www.facebook.com/group.php?gid=201417725110

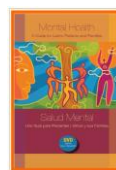
National Alliance for Hispanic Health (NAHH)
www.hispanichealth.org

National Alliance on Mental Illness (NAMI) www.nami.org

League of United Latin American Citizens (LULAC) www.LULAC.org

References

- (1) US Census. (2007) Facts for Features: Hispanic Heritage Month. www.census.gov/Press-Release/www/releases/archives/facts_for_features_special_editions/010327.html
- (2) US Census. (2008) Income, Poverty, and Health Insurance Coverage in the United States: 2007. www.census.gov/prod/2008pubs/p60-235.pdf
- (3) US Census. (2003) Summary Tables on Language Use and English Ability: 2000. www.census.gov/population/www/cen2000/briefs/phc-t20/index.html
- (4) Alegria M, et al. (2007) Prevalence of psychiatric disorders across Latino subgroups I the United States. *American Journal of Public Health*, 97(1), 68-75.
- (5) National Council of La Raza. (2005) Critical Disparities in Latino Mental Health: Transforming Research into Action. www.napolitano.house.gov/mhcaucus/reports/Critical_Disparities_in_Latino_Mental_Health.pdf
- (6) CDC. (2007) Youth Risk Behavior Surveillance System. Youth Online. <http://apps.nccd.cdc.gov/yrbss>
- (7) SAMHSA, HHS. (2005). The NSDUH Report: Substance use among Hispanic Youths. www.oas.samhsa.gov/2k5/HispanicYouth/HispanicYouth.cfm
- (8) Surgeon General, HHS. (2001) Mental Health: Culture, Race and Ethnicity 2001. www.surgeongeneral.gov/library/mentalhealth/cre/
- (9) Alegria M, Mulvaney-Day N, Woo M, Torres M, Gao S, Oddo V. (2007) Correlates of past-year mental health service use among Latinos: results from the National Latino and Asian American Study. *Am J Public Health*. 97(1), 76-83.
- (10) Alegria, et al. (2008) Disparity in Depression Treatment Among Racial and Ethnic Minority Populations in the United States. *Psychiatric Services*, 59(11).



Mental Health: A Guide for Latinos and their Families is a 30-minute video on mental health for Latinos produced by APA. Both the video and a companion guidebook are in English and Spanish.

The DVD features discussions with Latino individuals and families talking about their experiences with mental illness, and with Latino psychiatrists discussing common mental illnesses, treatments, and special issues among Latinos. See www.psychiatry.org/diversity



Hispanic & Latino Culture and Community

Latinos: Who Are We?

- There are 54 million Latinos living in the U.S. and more than 411,000 Latinos living in Ohio.
- The U.S. Census considers Hispanic/Latino to be an ethnic background, not a race. Most Latinos are of mixed races.



Diversity

Sum of ways PEOPLE ARE ALIKE AND DIFFERENT

- Race
- Ethnic or National Origin
- Language
- Sexual Orientation
- Culture
- Religion
- Mental and Physical Ability



Latinos: The Big Melting Pot

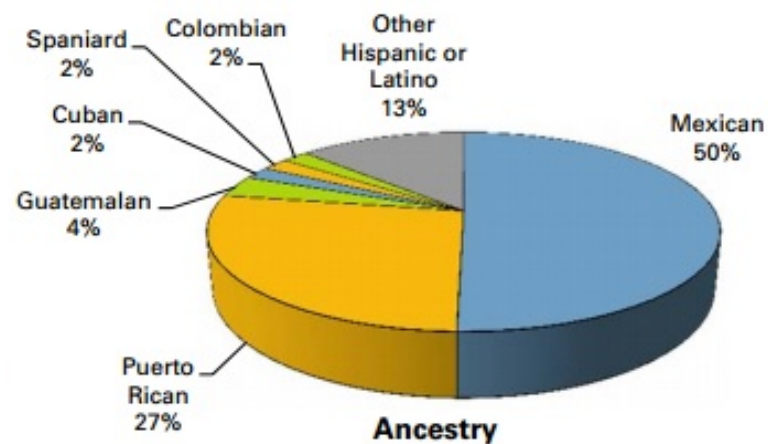
- Native American
- European
- African
- Middle Eastern
- Far Eastern

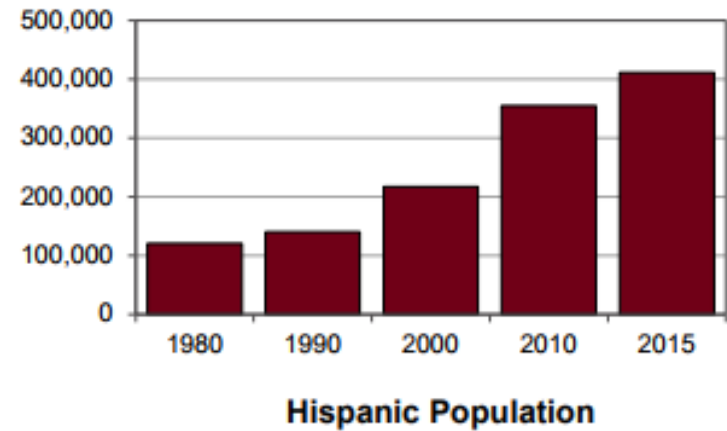
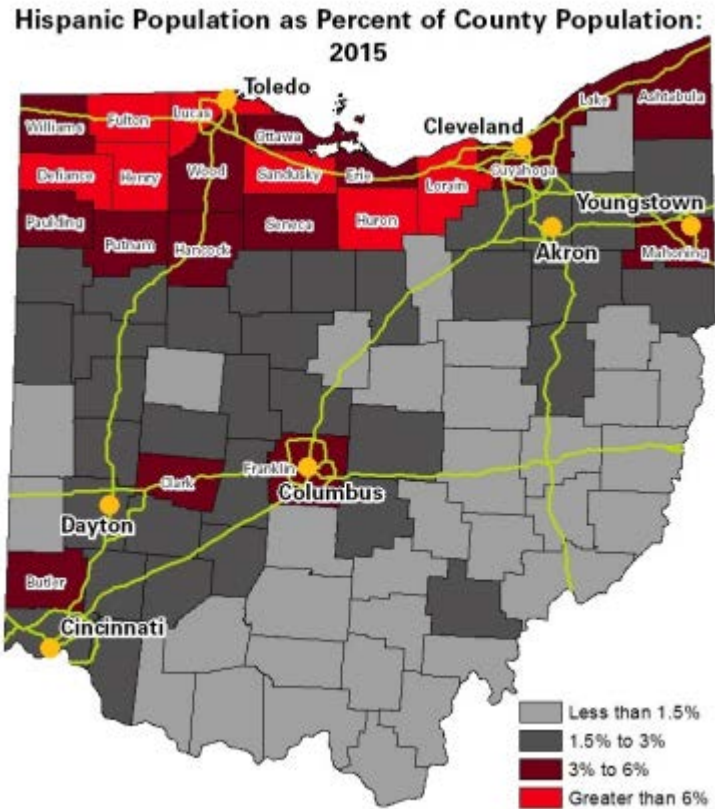
*Many Races & Nations
One Ethnic Category*



Hispanic Ohioans

- 3.5 percent of Ohio's population, and growing faster than non-Hispanics:
 - 89% growth since 2000 and has more than tripled since 1980.
- In all but one of Ohio's 88 counties, population growth is driven by people who identify as Hispanic





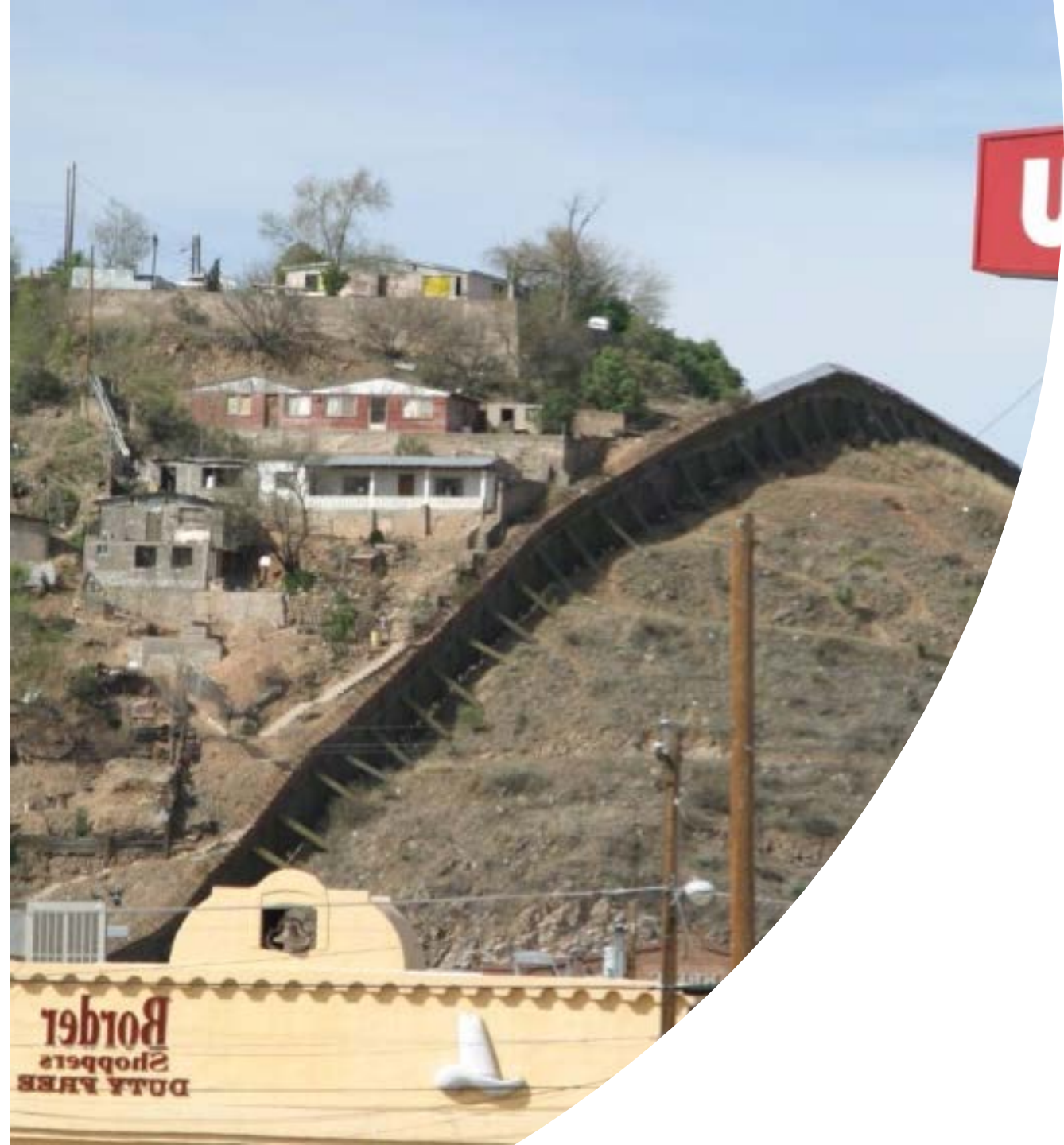
If all Hispanics were to be placed together, we would constitute the **third largest city in Ohio**, right behind Columbus and Cleveland.

Latin America: A Brief History and Overview of Immigration to the U.S.

- Most Latin American countries were once colonies of Spain/Portugal
- Political instability 1950-1980s

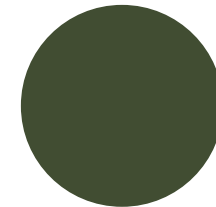
What's the reason for Latin American immigration to the U.S.? There are a number of reasons!

- Economic opportunities
- Educational opportunities
- Escape violence/drugs
- Family/Marriage



- According to the Migration Policy Institute, Ohio is home to approximately 83,000 undocumented immigrants.
 - 51% from Mexico and Central America, 24% from Asia, 12% from Africa
- 10% of undocumented immigrants in Ohio qualify for Deferred Action for Childhood Arrivals (DACA).
- Many undocumented adults have citizen children. (Mixed Status Families)
 - 94% of children in Latino families are U.S. citizens

Ohio's Undocumented Population



SPECIAL ISSUE

TIME

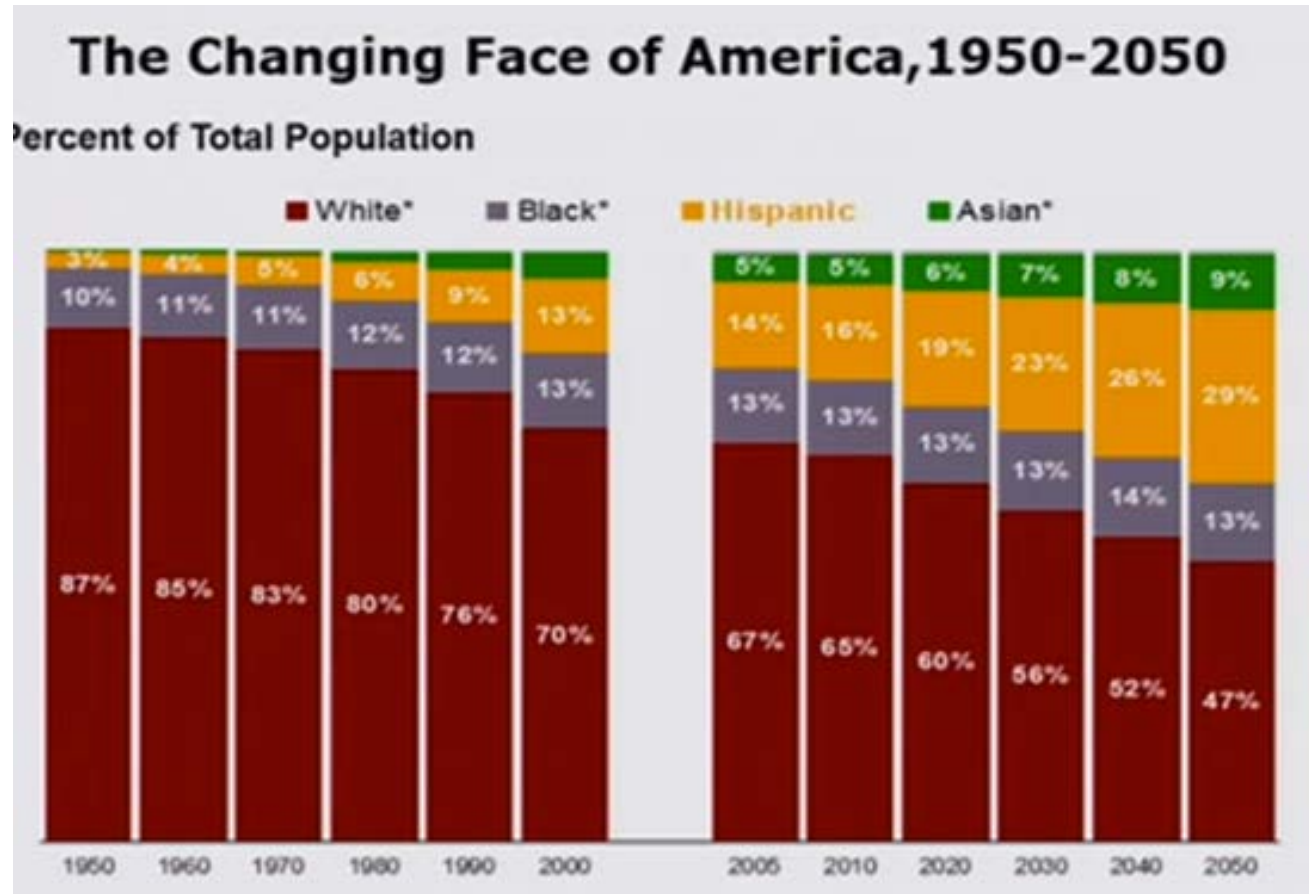
Take a good look
at this woman.
She was created by
a computer from a
mix of several
races. What you see
is a remarkable
preview of...

THE NEW FACE OF AMERICA

How Immigrants Are Shaping the World's
First Multicultural Society



Our Growth and Influence



- We are **growing because of births, not immigration** –More U.S.-born Hispanics are reaching adulthood; our median age is 24 yrs. old – a prime time to build new families.
- Nationally, **50,000 Latinos turn 18 every month**
- **90%** of Latinos under 29 years **consume information in English**

Why Does It Matter?

Cultural Identity

Sum total of individual's experiences, knowledge, skills, beliefs, values, sense of who they are.

- Age
- Ethnic or National Origin
- Language
- Geographical Region
- Family
- Religion
- Gender
- Sexual Orientation
- Educational background
- Job or profession
- Socio-economic level



Population Drastically Declines in Ohio Cities”

“Cleveland, Cincinnati, Toledo, Youngstown, Dayton and Akron all suffered huge population declines from 2000 to 2010.”

“Cleveland lost 17% of its population to fall to 396,815 — its fewest inhabitants since 1900. The city peaked in 1950 at 914,808. More residents abandoned the city from 2000 to 2010 than in the 1990s.”

“The state lost 600,000 private sector jobs from 2000 to 2010 — two-thirds of them well-paid manufacturing jobs. Overall, the percentage of Ohio residents that were working fell from 50% in 2000 to 44% in 2010.”

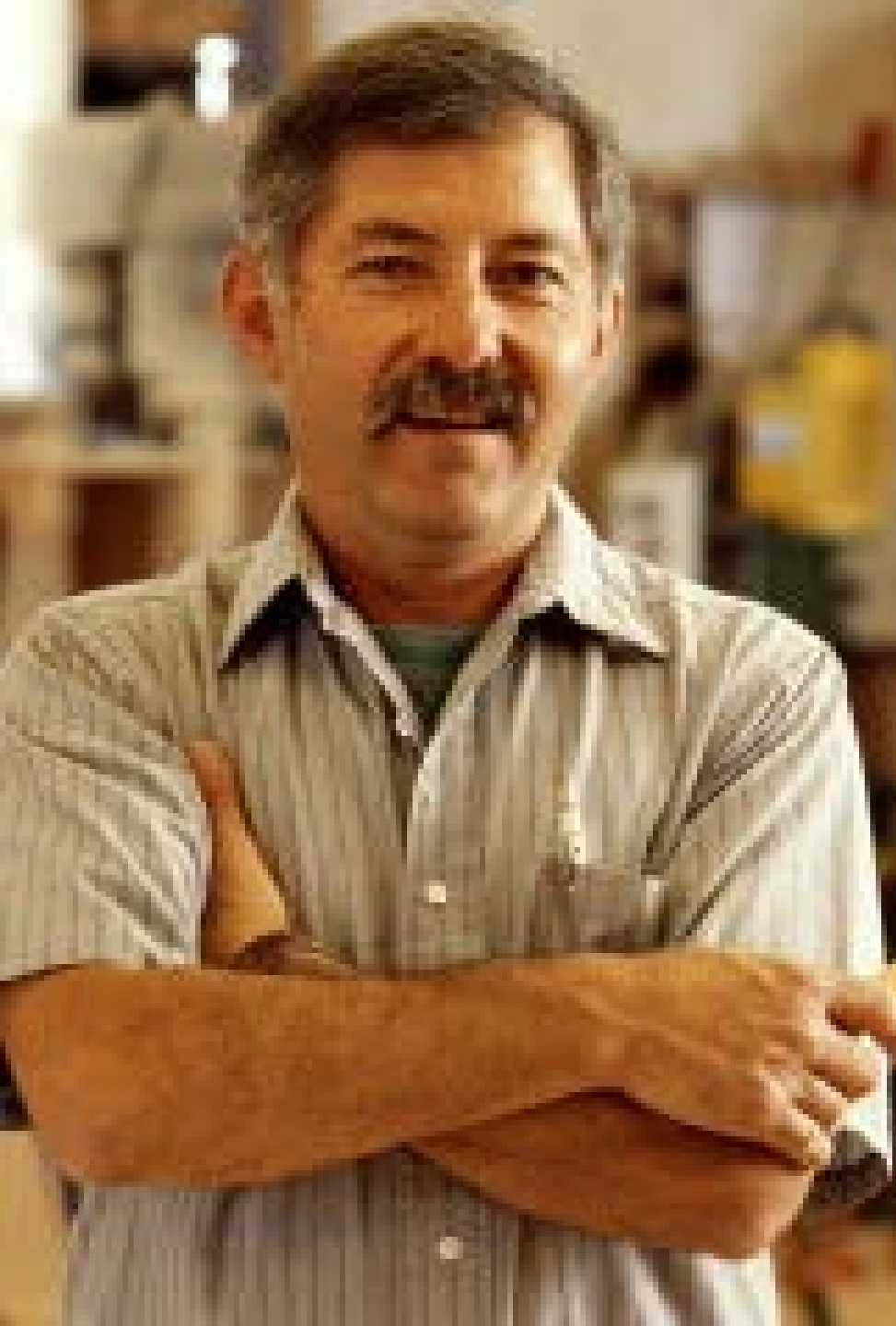
Se Habla Inglés!



- 71% of Latinos speak Spanish at home, and 43.8% speak English very well
- Less than 20% declare they do not speak English at all

Culture is the new currency for growth

- The accent is not a problem, it is an opportunity
- They are versatile and **ambicultural**
<English to Spanish> – <Latino or Hispanic to mainstream American>

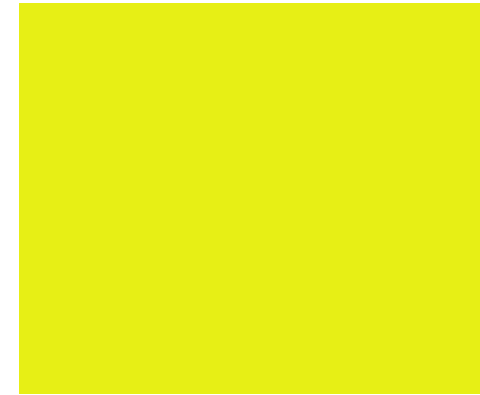


Latino-Owned Businesses

- U.S. - 3.16 million
- Ohio
 - Over 16,000 businesses with \$6.5B in receipts
 - 90% have no paid employees
 - 70% growth rate between 2007 and 2012
- Obstacles: access to credit/loans

Economic Contributions

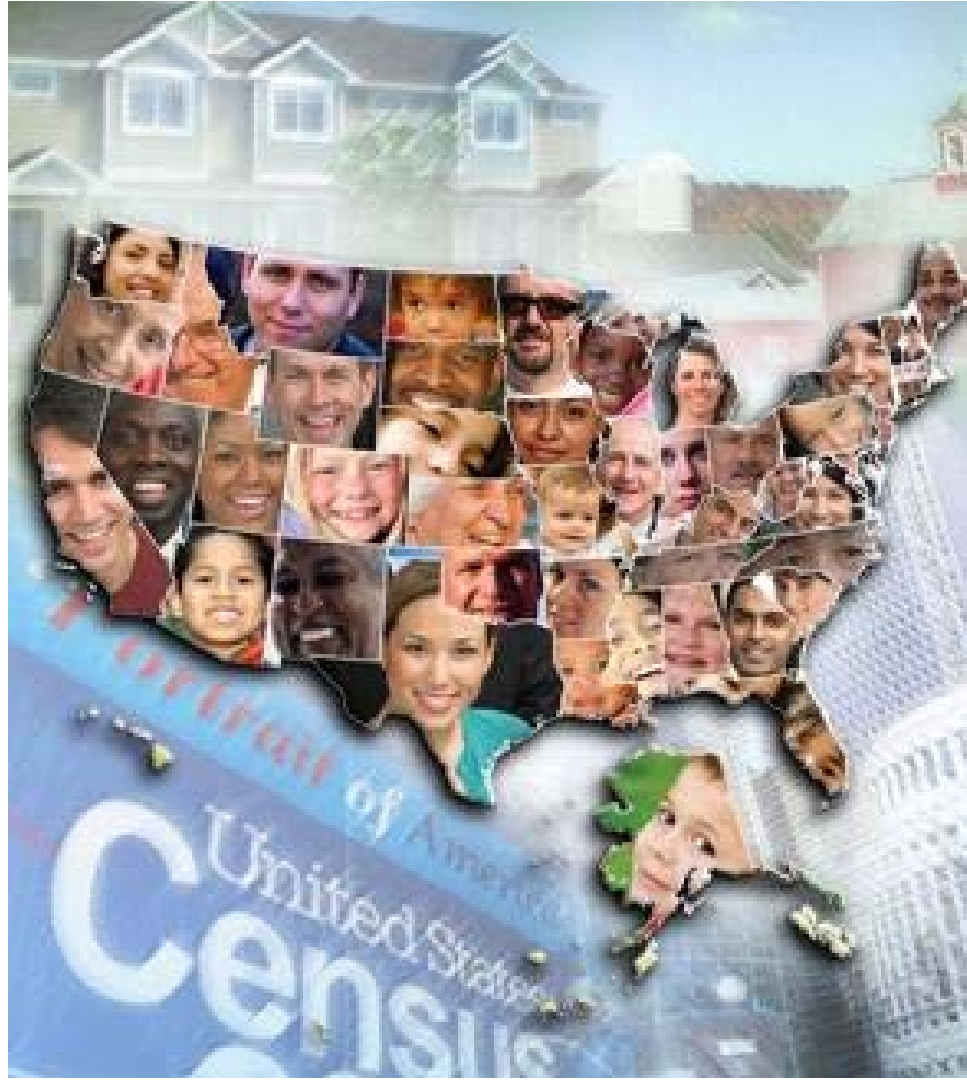
- Latinos have highest labor force participation rate in country.
- Growing buying power in Ohio
 - \$8.4 billion in 2013
 - 443% growth between 1990 and 2013



Education

- 2013-2014 school year: 75,200+ Latino students
- Educational attainment of Latino Ohioans
 - Post-secondary degree: 23%
 - Less than 9th-grade education: 16%





We dream of coming to America; but, who will teach us to become Americans?

Family & Collectivism

- Close-knit
- Extended family
- Decision-making as a family
- Family's needs before individual's
- Respect for elders
- The role of children
- Warmer culture than in the U.S.
 - eg: use of touch during informal interactions, less personal space



Machismo & Marianismo

Machismo

- extreme masculinity
- male as sole provider
- protect family honor
- dominance
- strength
- public sphere



Marianismo

- extreme femininity
- female as dependent
- pure/virtuous
- submissive
- devotion to being wife & mother
- private sphere



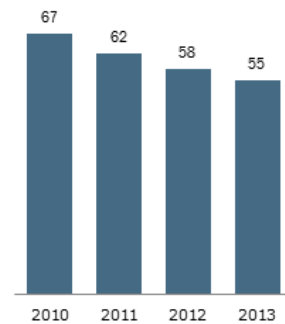
Religion

- Religious breakdown of Latinos in the U.S.
 - 55% Catholic
 - 22% Protestant
 - 18% Evangelical



Decline in Share of Catholics Among Hispanics, 2010-2013

Using Pew Research's standard survey question about religion, % of Hispanic adults who identify as Catholic



Source: Pew Research Center survey of Hispanic adults, May 24-July 28, 2013, FORM12 and FORM00, N=4,080. Trend figures from Pew Research Center surveys of Hispanic adults conducted Aug. 17-Sep. 19, 2010, Nov. 9-Dec. 7, 2011, and Sep. 7-Oct. 4, 2012.

PEW RESEARCH CENTER

Concept of Time



- **Considered a resource**
- **Tied to the clocks**
- **Little machines**
- **Is simply “there”, not something you “use”**
- **Enjoy human interaction**
- **Quality is better than quantity**

Navigating the Differences



Material goods

- Life is wealth
- Is not what you have, is who you are

Image – What identifies you? Job?

- What is said of “me”?

Friendships & Familiarity

- How are you doing? “Don’t tell me”
- Boundaries

Quality of Life: Mental Health Challenges for Latinos

