



Mental Health Needs of the Latinx Community in Montgomery County, MD

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Hispanics/Latinos/Latinx

What is the difference?

- **Hispanics** describe those citizens of Spanish descent
 - **Latinos** describe those citizens with roots in Latin American countries who spoke Spanish and Portuguese.
 - **Latinx** was first seen in 2004 and became more popular in 2014 in academia to be inclusive of all regardless of their gender identity.
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Who are Latinos?

- **Mexican/ Mexican Americans**
- **Puerto Ricans (US Citizens)**
- **Cubans**
- **Central Americans**
 - El Salvador
 - Guatemala
 - Honduras
 - Nicaragua
 - Panama
- **Caribbean**
- **South Americans**

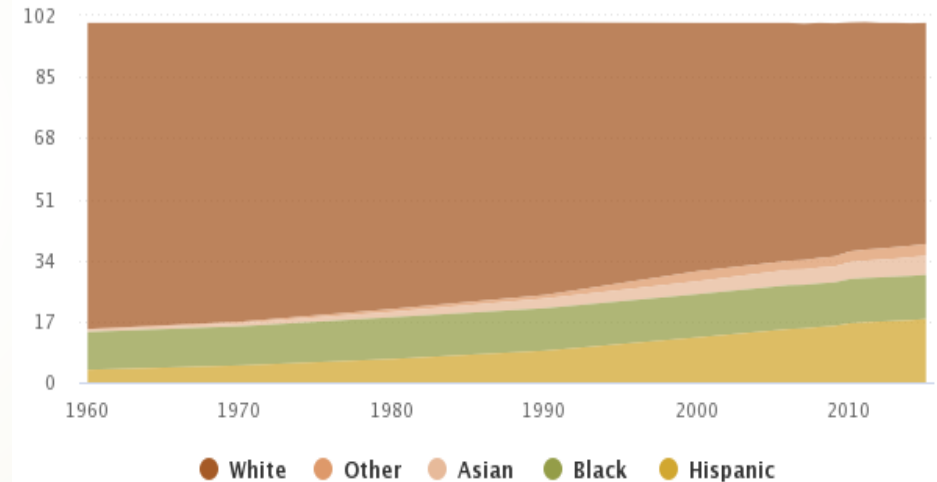
Latino Population Overview

- ▶ 1980 – 14.8 million – 6.5% of the total US population
- ▶ 1990 – 8.8 %
- ▶ 2000 – 12.5 %
- ▶ 2010 – 50.5 million – 16.3 %
- ▶ 2017 – 56.5 million – 17.6 %

- ▶ Other facts 2010:
 - ▶ Mexican origin - 63%
 - ▶ Puerto Rican – 9.2%
 - ▶ Cuban – 3.5%
 - ▶ El Salvador - 3.3% (Grew by 152% since 2000)
 - ▶ Guatemala - 2.1%
 - ▶ Honduras – 1.3 %

Hispanics are a rising share of the U.S. population

% of total population



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Maryland

US Census Bureau	2005		2010		2017	
		Percentage		Percentage	Estimate	Percentage
Total Population	5,461,318		5,696,423		5,996,079	
Not Hispanic or Latino:	5,145,061		5,266,477		5,422,776	
Hispanic or Latino:	316,257	5.79%	429,946	7.55%	573,303	9.50%
White alone	128,088		247,519		285,937	
Black or African American alone	15,472		22,184		28,113	
American Indian and Alaska Native alone	4,056		7,186		4,647	
Asian alone	1,076		2,113		2,405	
Native Hawaiian and Other Pacific Islander alone	731		0		389	
Some other race alone	153,257		165,169		219,555	
Two or more races:	13,577		29,550		32,257	
Two races including Some other race	9,776		15,354		15,619	
Two races excluding Some other race, and three or more races	3,801		14,196		16,638	



Montgomery County, MD

- ▶ **2010** – 971,777 people
 - ▶ 165,398 Hispanic/Latino
17% of MC population
- ▶ **2017** – 1.04 Million people (estimate)
 - ▶ 197,396 Hispanic/Latino (35% of Latinx in MD)
19% of MC population
- ▶ Other facts 2017:
 - ▶ Largest group from El Salvador
 - ▶ 14% of the households speak Spanish

US Census Bureau




Recent trends

- ▶ Violence in El Salvador, Guatemala, Honduras
- ▶ Political turmoil in Venezuela
- ▶ Children escaping violence
- ▶ The cost of crossing the border
- ▶ Immigration status in the US
 - ▶ Immigration
 - ▶ Deportations
- ▶ Increased stress after US elections and political polarization
- ▶ Increased racism and nationalism
- ▶ Families continuing to immigrate despite the added danger of being separated at the border



Immigration Status

- ▶ U.S. Citizens
 - ▶ Legal Permanent Residents
 - ▶ Political Refugees
 - ▶ Undocumented
 - ▶ Non-immigrant status: students, diplomats
- 




Reasons for immigration

- ▶ War
- ▶ Political persecution
- ▶ Economic oppression
- ▶ to follow the “American Dream”
- ▶ to be reunited with other family members
- ▶ in search of a better life
- ▶ Domestic violence
- ▶ Community violence




Clinical implications of Migration and Minority Status

- ▶ Academic problems in children and youth
 - ▶ Child Abuse
 - ▶ Marital Problems
 - ▶ Somatic symptoms
 - ▶ Substance abuse
 - ▶ Increase in depression, anxiety and other psychological disorders such as PTSD
 - ▶ Increase in family violence
 - ▶ Effects of discrimination, racism
 - ▶ Decrease in self-esteem
 - ▶ Decrease in sense of mastery
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Barriers to Services

- ▶ Language
 - ▶ Immigration Status
 - ▶ Transportation
 - ▶ Cost (even with insurance some people cannot afford the deductibles or co-pays)
 - ▶ Lack of Information about available services
 - ▶ Fear
 - ▶ Stigma associated with mental health
- <https://www.youtube.com/watch?v=gGBOhQJ9qvY>



What happens when someone in the family is experiencing a mental health issue?

- ▶ See primary care doctor
- ▶ Seek faith-based support
- ▶ Seek natural healers
- ▶ Ask for medicine in their countries of origin
- ▶ Seek outpatient mental health treatment (varies by level of acculturation, country of origin, education, and previous experience seeking treatment)



Montgomery County DHHS- Access to care Montgomery County Crisis Center (24hrs) 240-777-4000

Adults

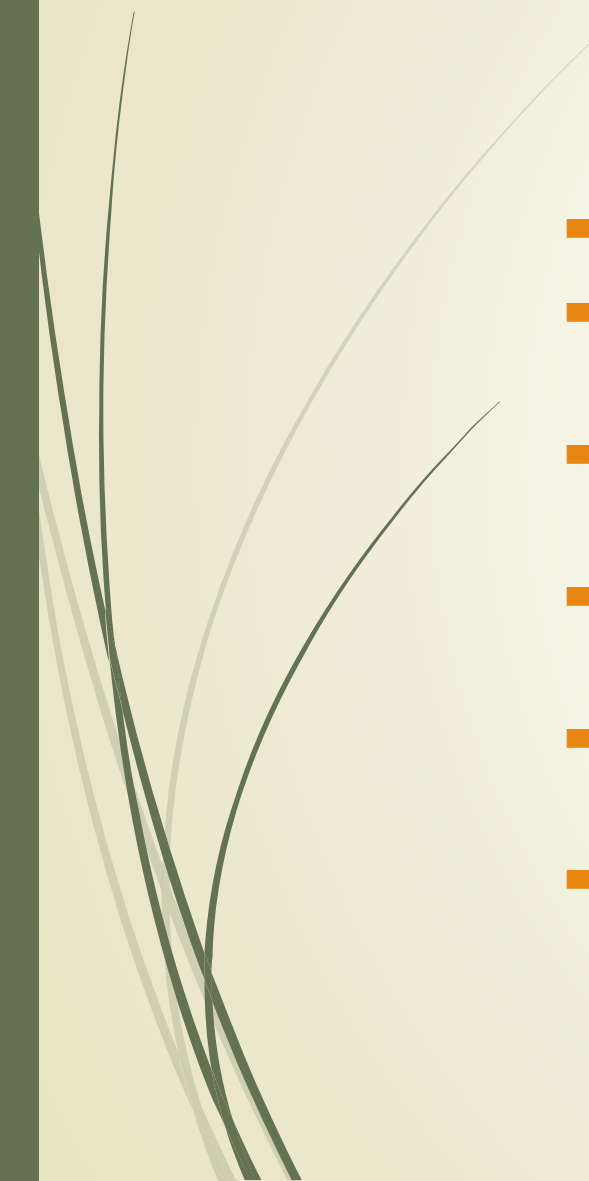
- ▶ ACCESS to Mental Health Services (adults)
240-777-1770
- ▶ Victims Assistance Program
240-777-1355
- ▶ Abused Persons Program
240-777-4195
- ▶ Primary Care Coalition (integrated care for uninsured)
301-608-2384

Children and Adolescents

- ▶ SASCA (Screening and Assessment Services for Children and Adolescents)
240-777-1430
- ▶ Child and Adolescent Behavioral Health Services
240-777-1432 or 240-777-1450




Seeking treatment and ensuring positive outcomes

- ▶ Establish relationship based on mutual respect and respect for their culture.
 - ▶ Express curiosity and genuine disposition towards our patients/clients experience
 - ▶ Psychoeducation regarding mental health diagnosis and what to expect from treatment
 - ▶ Inform clearly what the symptoms are and how therapy and medication can help
 - ▶ Spend time asking about their lives and families, what internal and external resources do they have?
 - ▶ Explore how they view mental health issues and if they see any stigma related to their diagnosis or their participation in treatment.
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Presenting Problems

- ▶ Depression
 - ▶ Anxiety
 - ▶ Somatic Concerns
 - ▶ Substance Use
 - ▶ School refusal
 - ▶ Behavioral Issues
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Assessment



- ▶ Presenting symptoms
- ▶ History of presenting symptoms
- ▶ Family history to include immigration story, losses, changes in the family, who lives in the household
- ▶ History of trauma
- ▶ Family history of behavioral health issues that will include mental health and substance use



Treatment

- ▶ Person Centered
 - ▶ Collaborative
 - ▶ Integrative Approach to treatment
 - ▶ Individual, Family Therapy and/or Group Therapy
 - ▶ Medication Management
 - ▶ Evidence Based Practice: CBT, TF-CBT, Motivational Interviewing
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Keys to successful outcome are:

The therapist's training, skills, **sensitivity, creativity and openness to the client**
(Briere)

“Clients are viewed as experts on their communities and cultures and therapy is a collaborative endeavor that stresses clients' strengths.” (Falicov)



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