

The Latino Journey: Culture, Resiliency, & Values



Life is a Journey of Discovery



Roberta Marie Leal

Robert Gonzalez Leal	Maria Mata Leal
Corpus Christi, TX	San Luis Potosi
Apache Tribe	Mexico
Mexico	Native American
Spain	







Risk Factors and Stressor

- Language Barriers
- Literacy Levels
- Family Isolation
- Discrimination
- Racial Tensions
- No Economic Mobility
- Poor Mental Health
- Chronic Medical Conditions
- Formal Systems
- Immigration Status
- Violence
- Substance Use

Environment Matters



My brother, sisters,
and I all graduated
from Pasadena
High School





Family and Cultural Values

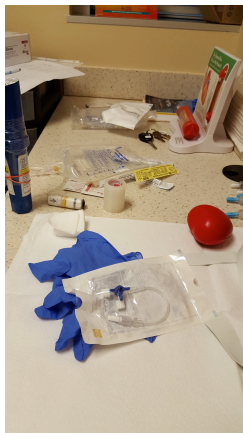
1. Family & Community
2. Work Ethic & Perseverance
3. Education & Understanding
4. Equity & Social Justice

...I did not apply to college,
I applied to McDonald's!



The middle lane...will take you
to a college education...





Chronic Medical Conditions

Asthma/Allergies
Benign Tumors
Cardio Vascular (CHF)
Diabetes
Early Stage Kidney Disease
High Blood Pressure
Respiratory Difficulties
Thyroid
Osteoarthritis
Early Onset Osteoporosis

Tumor # 8

3 Brain Tumors
2 Breast Tumors
1 General Tumor
1 Thyroid Tumor
1 Uterine Tumor

Bachelor's of Science-Psychology
University of Houston



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“You can only become truly accomplished at something you love. Don’t make money your goal. Instead pursue the things you love doing and then do them so well that people can’t take their eyes off of you.”

— [Maya Angelou](#)

Journey of Discovery



What are you preparing for?

I was preparing for
a life that would never happen...

Looking Around...



Awakening

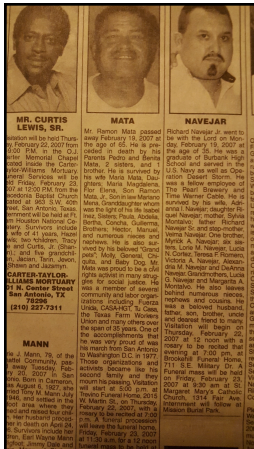
I began to view MYSELF as worthy...
I began to view my FAMILY as worthy...
I began to view my CULTURE as worthy...

Going through Life Blindfolded



Opened My Eyes to My Values

1. Family & Community (Familismo)
2. Work Ethic & Perseverance (Personalismo & Resiliency)
3. Education & Understanding (Fatalismo)
4. Equity & Social Justice (Respecto)



Hope, Equity, and Justice

"Mr. Mata was proud to be a civil rights activist in many struggles for social justice. He was a member of several community and labor organization including Fuerza Unida, CASA-HGT, Tu Casa, the Texas Farm Workers Union and many others over the span of 35 years. One of the accomplishments that he was very proud of was his march from San Antonio to Washington D.C. in 1977."

Master's of Social Work University of Houston





Hope & Resiliency

I began to prepare to LIVE a longer life...

Daily Medical Routine

Classically Trained Musician

Home Baker



PhD Social Work UHGCSW





Co-Founder of the Latino Social Workers of Greater Houston Network



Academic Achievements

- AA Accounting*
- AA Engineering
- AA Psychology
- BS Psychology
- BS Psychology
- BS Nursing
- BS Electrical Power Distribution
- MS Nursing
- Master Social Work
- PhD Social Work
- Nurse Anesthetist

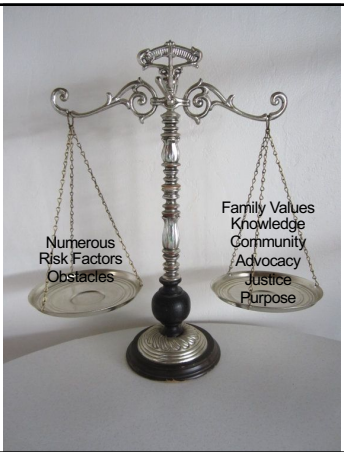




Facing Adversity

Experiencing Success

For me and my family, the protective factors far outweighed the risk factors or stressors.

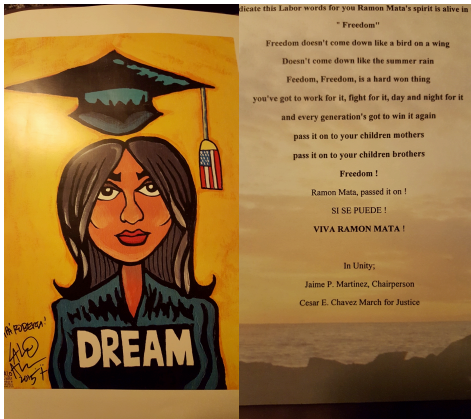


Before



After





Thank You

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