Cultural Considerations for Providing School-Based Mental Health Services to Hispanic and Latino Children and Youth

The Landscape of Hispanic and Latino Students in Schools

SECTION 1

Goal

- Provide general statistical information of the current distribution of Hispanic and Latino populations throughout the US, focusing on children and youth, including demographic characteristics, possible barriers to services including disparities in mental health and concepts that may be useful in the provision of school-based mental health services.
Learning Objectives

• Provide an overview of selected characteristics of Hispanic and Latino children and youth populations in the U.S.

• Define terms that are useful in the treatment of culturally diverse populations.

Trainer’s Note

• The intent of this training is to provide a description and understanding of Hispanics and Latinos who may be in need of or using mental health services, not malign the Hispanic and Latino communities or promote the stereotyping and profiling of Hispanics and Latinos.

Hispanic and Latino populations

• 18.1% of current US population

• 57 million

• 33.5% foreign born

Source: US Census Bureau, 2017
Hispanic or Latino by country of origin


A More Diverse Nation


Trends and projections

Source: US Census Bureau. 2012 National population projections
By 2016, Hispanics numbered 57.5 million (17.9 percent), making them the largest ethnic or racial minority in the United States.


From 1996 to 2016, the number of Hispanic students enrolled in schools, colleges and universities in the United States doubled from 8.8 million to 17.9 million.

Hispanic students now make up 22.7 percent of all people enrolled in school.

In 1996, 34.5 percent of Hispanics between the ages of 18 and 24 had not completed high school and were not attending school (Figure 3).

By 2016, this rate had fallen by two-thirds to 9.9 percent.
The proportion of Hispanics between 18 and 24 years' old who have not completed high school and are not enrolled in school is still higher than that of non-Hispanics.

Obtained from https://www.census.gov/newsroom/blogs/random-samplings/2017/08/school_enrollment.html
About 25% of high school freshmen fail to graduate from high school on time.

The percentage of graduating Latino students has significantly increased. In 2010, 71.4% received their diploma vs. 61.4% in 2006.

However, Asian-American and white students are still far more likely to graduate than Latino & African-American students.

The official poverty rate in 2017 was 12.3 percent, down 0.4 percentage points from 12.7 percent in 2016.

This is the third consecutive annual decline in poverty. Since 2014, the poverty rate has fallen 2.5 percentage points, from 14.8 percent to 12.3 percent.
Health Insured

• 14.9% Hispanics and Latinos with no health insurance (18-64yrs.)

Source: US Census Bureau, 2017

Mental Health

15.7% prevalence of mental health disorders among Hispanics and Latinos

Mental Health Disorders

• Common mental health disorders among Latinos are generalized anxiety disorder, depressive disorders, posttraumatic stress disorder, and substance use disorders. Also, Latina high school girls have high rates of suicide attempts.

• While Latino communities show similar susceptibility to mental illness as the general population, unfortunately, Latinos experience disparities in access to treatment and in the quality of treatment we receive. This inequality puts us at a higher risk for more severe and persistent forms of mental health conditions.

Source: NAMI, 2019
Mental Health Among Children and Youth

- An estimated 20% of children ages 9-17 have a mental health diagnosis in Texas
- According to the CDC, 1 in 6 US children age 2-8 years had a diagnosed mental, behavioral, or developmental disorder
- Nearly 60% of Latino Youth experiencing mental health concerns did not actually access appropriate services
- Hispanic and Latino families have less help-seeking behaviors

Source: NAMI, 2019 and California Healthcare Foundation

Hispanics in Texas

- 39.4% of the population identify as Hispanic or Latino
- In Houston, 44.5% identify as Hispanic or Latino

In Texas

19.1% uninsured
Other data in Texas

- $33,552 mean household income
- 22.3% poverty level

Source: US Census Bureau, 2017

Key Cultural Definitions and Barriers to Services
What is the difference between Hispanic, Latino, and Spanish?

The Federal Standard

- The Census Bureau defines "Hispanic or Latino" as a person of Cuban, Mexican, Puerto Rican, South or Central American or other Spanish culture or origin regardless of race.

Source: US Census Bureau, 2010
Immigrant Paradox

- Being born in the US and longer periods of living in the US are associated with increased physical and mental health disorders

Health Equity

Individuals from diverse cultural backgrounds are unable to attain their highest level of health.

Source: ONPH, 2011
Healthy People 2020 defines a health disparity as "a particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage."

Source: www.healthypeople.gov

Hispanics and Latinos are underrepresented in professions related to behavioral health.

Access is hindered by the fact that a significant number of Hispanics and Latinos are uninsured.

Source: Chapa & Acosta, 2010; Clemens-Cape, Kenney, Ruggles, Carroll & Bakshe, 2014
Mismatch between Needs and Available Service Models

- Reduced access
- Low retention rates
- Absence of effective community strategies

Disparities in workforce

- A congressional report found that HLs comprise only 11% of the behavioral health workforce, even though a much higher proportion of this population needs and receives services (SAMHSA, 2013)

Culturally and Linguistically Appropriate Services

- The enhanced National Standards for Culturally and Linguistically Appropriate Services in Health Care are issued by the USDHHS’ Office of Minority Health to advance health equity, improve quality and eliminate health care disparities by establishing a blueprint to implement culturally and linguistically appropriate services.

Source: OMH, 2013
Standards

- Currently 15 standards:
  - Principal Standard: Provide effective, equitable, understandable and respectful quality care and services that are responsive to diverse cultural health beliefs and practices, preferred languages, health literacy and other communication needs.

Three broader themes:

- Theme 1: Governance, Leadership and Workforce (Standards 2-4).
- Theme 2: Communication and Language Assistance (Standards 5-8).
- Theme 3: Engagement, Continuous improvement and Accountability (Standards 9-15).

References


