

National Hispanic and Latino
MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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



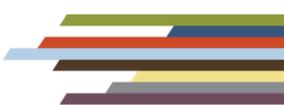
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1

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Cultural Values, Idioms of Distress, and the Role of Acculturation in School-Based Mental Health Services

SECTION 3:



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2

Goals

The goals of this section are to identify traditional Hispanic and Latino values, discuss the meaning of Cultural Bound Syndromes, and discover the role of the acculturation process in seeking mental health services.



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3

Mental Health Protective Factors:
Religion and Spirituality

- Usually religious leaders tend to be community leaders.
- Connection with other Hispanic and Latino communities.
- Sometimes Spirituality inspires hope to the client/patient.
- Respect traditional healing approaches.
- Fatalism is the value of destiny or in some cases divine intervention.



4

Mental Health Protective Factors:
Involve family

- Clear roles and expectations.
- Interpersonal relationships are significant during the interview process.
- Family view mental health conditions.



5

Mental Health Protective Factors:
Show respect

- Respect is important in all cultures.
- Hispanic and Latino individuals tend to expect status differences between professionals and non-professionals.
- Warm and personal interest can increase engagement in the therapeutic process.



6

Mental Health Protective Factors:
Get personal

- Personalism towards health care providers.
- If health care providers demonstrate simpatia, kindness and are friendly increase the likelihood of compliance with treatment and recommendations.



7

Mental Health Protective Factors:
Collectivism

- The emphasis on group activity rather than individual task
- Responsibility for achievement is a shared concept
- Sense of balance or harmony within collectivism and interdependence



8

Mental Health Protective Factors:
Traditional Gender Roles

- *Machismo* is the expectation that men will take the role of protector or provider for the family demonstrating strength, self-reliance, and control
- *Marianismo* is the expectation that females will take on a Virgin Mary-Like demeanor or the role of caretaker for the family demonstrating purity, care, family privacy, and morality



9

Facing Risk and Protective Factors

- Promotion of protective factors
 - Increase of protective factors in the community will reduce mental health conditions and substance abuse disorders.
- Reduction of risk factors
 - Studies have shown that people that present risk factors have a chance to experience more risk factors and lower protective factors.



10

Cultural Idioms of Distress

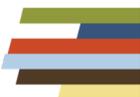
- *Ataque de Nervios* / Attack of Nerves
- *Nervios* / Nervousness
- *Mal de Ojo* / Evil Eye
- *Locura* / Madness or Hasty Behavior
- *Susto* / Fright



11

Acculturation

- The process in which members of one cultural group adopt the beliefs and behaviors of another group.
- Acculturation can be reciprocal—that is, the dominant group also adopts patterns typical of the minority group.



12

Assimilation

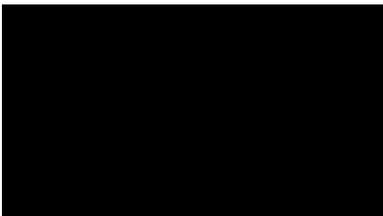
- Changes in language preference, adoption of common attitudes and values, membership in common social groups and institutions, and loss of separate political or ethnic identification of one group as they come in contact with their host society.



13

Biculturalism

- Is defined as the integration of two or more cultural identities.



[Being Mexican American is Exhausting](#)

14

Ambiculturalism

- Modern Americans live and function in an environment that is characterized by high levels of cultural fluidity, driven by a high frequency of intercultural interactions.



15

The Role of Acculturation

Acculturation has the opportunity to a protective and/or a risk factor in mental health services. Practitioners need to consider intersection of multiple factors related to the acculturation process and adolescent life experiences.

Acculturation Strategies

- Integration
- Assimilation
- Separation
- Marginalization
- Biculturalism
- Ambiculturalism



16

Role of the Family

- Some Latino families in the US will have a negative stigma towards mental health treatments
- Latino families will often turn to community-based care before assessing a formal network
- Family members may share medication with other family members while integrating alternative medicine
- The cultural value of *Familismo* puts the families well being at the forefront of care

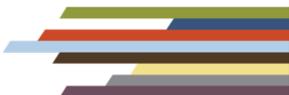


17



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Case Discussion



18

Let's think...

- Is this intervention culturally responsive?
- Which of the risk and protective factors have you incorporate in your practice?
- Which strategies will you implement?
- How could you increase client's protective factors?




19

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20

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21

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