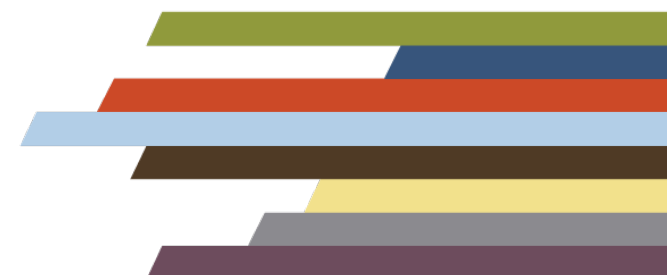


About the presenter:

Mrs. Thelma Garcia



Mrs. Thelma Garcia is the Director of the HIV Prevention Services for the East Los Angeles Women's Center. Mrs. Garcia has worked for over twenty years addressing sexual, reproductive health, HIV/AIDS prevention needs, and violence against women issues in the Latino community. Mrs. Garcia established the *Promotoras en Acción* Program to improve access for Latino women at risk of HIV/AIDS. Mrs. Garcia has become a steadfast community activist promoting HIV/AIDS programs and policies that address women's issues. She serves on various community advisory boards, planning task forces and committees where she builds strong professional relationships with local and statewide organizations.



About the presenter:

Javier Ramirez, MA, MA

Javier Nahum Ramirez Elias is a Nawat from his father's side and Lenka from his mother's side, born in El Salvador. He has earned two master degrees: one in Latin American Studies with the focus in History and Political Science of the region, and the second one in Cultural Anthropology with an emphasis in the diaspora and immigration process of Central Americans. He had worked with various community organizations providing health and social services to diverse communities in the Greater Los Angeles Area. Currently, he is the Program Director of Teen Family Services at El Nido Family Centers and a Lecturer on Latin American Studies and Chicano Studies at California State University Los Angeles.





National Hispanic and Latino

MHTTC

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Cultural Aspects And Mental Health Disorders Among Mexican American Children, Youths, And Families

Javier Ramirez, M.A., M.A. & Thelma García

National Hispanic and Latino MHTTC

July 10, 2020



National Hispanic and Latino

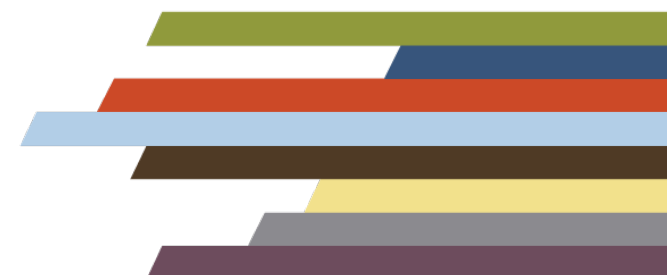
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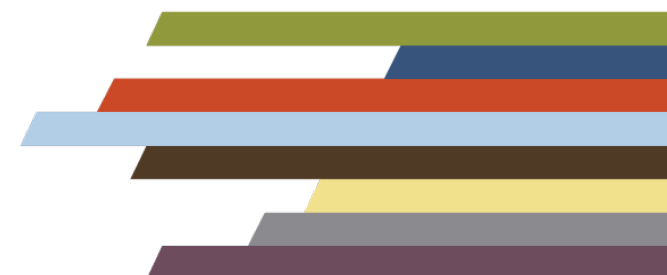
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Goal: Provide a description of Indigenous Mexican population and their specific clinical needs

Learning objectives:

- Describe cultural elements that make up Mexican and Indigenous populations.
- Identify views that individuals within Mexican Indigenous population have regarding clinical services.
- List the strengths and challenges of the cultural norms of the Mexican Indigenous population.

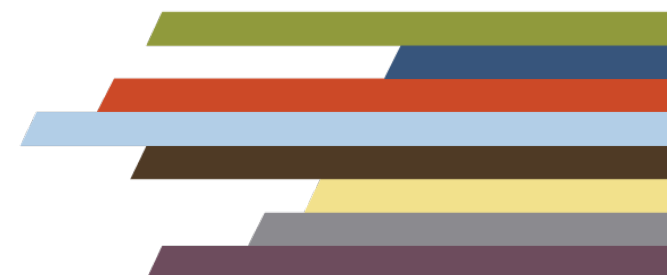


The USA Latina/o Population

What does the Latina/o population in North America looks like?

- **U.S. Population: 328,239,523 (2019 population estimate);**
- **60.6 million or 18% of the U.S. population consider themselves as Hispanics and Latina/os in 2019.**
- **62% of U.S. Hispanics have a Mexican background in 2017.**
- **About 50% of foreign-born Mexican have been in the USA for over 20 years, and 31% of foreign-born Mexicans are U.S. citizen.**

(Noe-Bustamante, Hugo Lopez, & Krogstad, 2017)
(Noe-Bustamante, Flores, & Shah, 2019)



Mexico



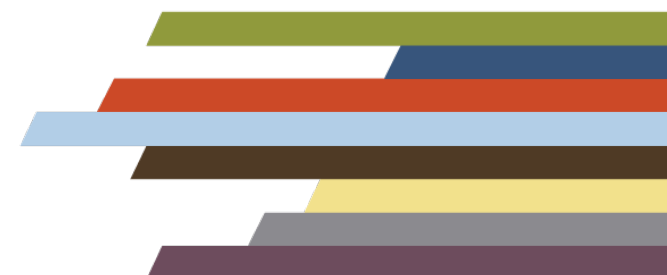
According to the National Institute of Statistics, Geography and informatics (INEGI) by 2015:

- Mexico Population reached 119, 938, 473
- 83.9 % considered themselves as Catholics, and 8% any other than catholic, and 2.5% no religion.
- About 25.7 millions Mexicans or 21.5% self-identified as Indigenous.
- About 6.6% of the population are Indigenous language speakers.

Mexican Indigenous People in the USA

- Many indigenous people become seasonal and migrant agricultural workers in the U.S.
- Indigenous people from Southeastern Mexico, mostly Mixtec, Zapotec and Triqui lived in California.
- Other states with significant Indigenous populations include New York, Florida, and U.S.-Mexico border cities, such as San Diego and Tucson.
- Recently, communities are becoming established in other states, such as North Carolina and Tennessee.

(National Center on Cultural and Linguistic Responsiveness,
U.S. Department of Health and Human Services 2018)



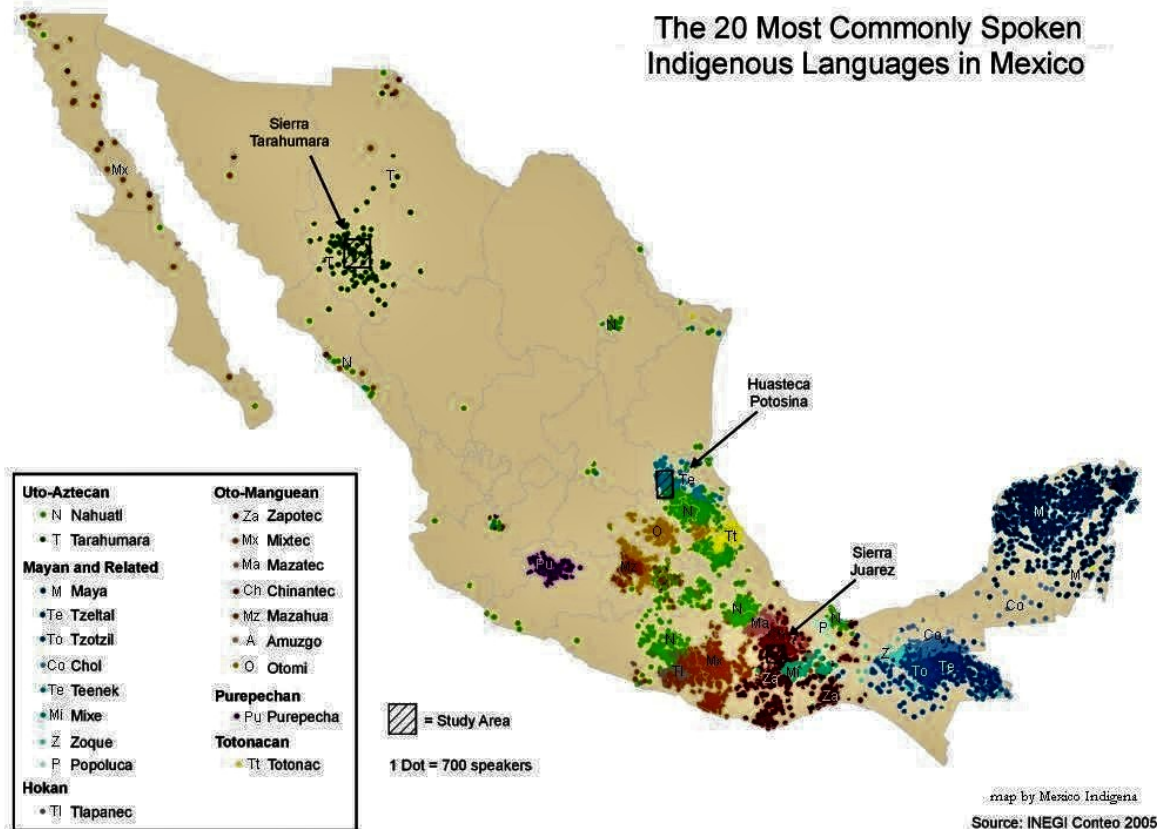
Mexican Indigenous People in the USA

According to the Indigenous Farmworkers Study 2010 in California:

- Farmworkers and indigenous people are undercounted by official census takers.
- Language barriers and unique cultural traits of the population is critical to customize programs to accommodate the significant differences with other Mexican immigrants.



Mexican Indigenous People in the USA



- Linguistics document over 350 pre-Iberian invasion indigenous languages are still spoken in Mexico today.
- This rich cultural and linguistic heritage is now present in California.
- Major Native Languages include: Nahuatl (24%), Maya (13%), Mixteco (8%), Zapoteco (7%), Tzotzil (5%), Tzeltal (5%), Otomi (5%), and other Native Languages (34%).

Mexican Indigenous People in the USA

- In California there are 23 different Indigenous languages spoken, representing 13 different Mexican states.
- In the study most young people speak their Native Language with parents and siblings.
- After living in the USA longer 2 in 5 continue to speak their native language to their children.



Mexican Indigenous People

- Indigenous adult living in USA are fluent in their Native language and speak limited Spanish.
- Most likely they speak with their children in their Native language and Spanish.
- Children born in USA or come here in an early age are more comfortable with English.



Mexican Indigenous People

- In California Mixtec, Zapotec and Triqui languages predominate among Indigenous adults.
- Language barriers may explain communication challenges experience by clinicians, social workers and educators who wants to communicate with Indigenous parents through their English speakers children.

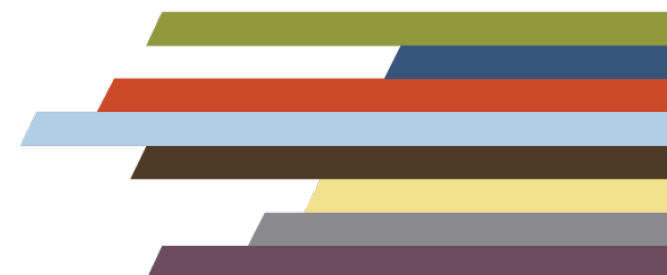


(National Center for Farmworker Health, 2018)

Mexican Indigenous People

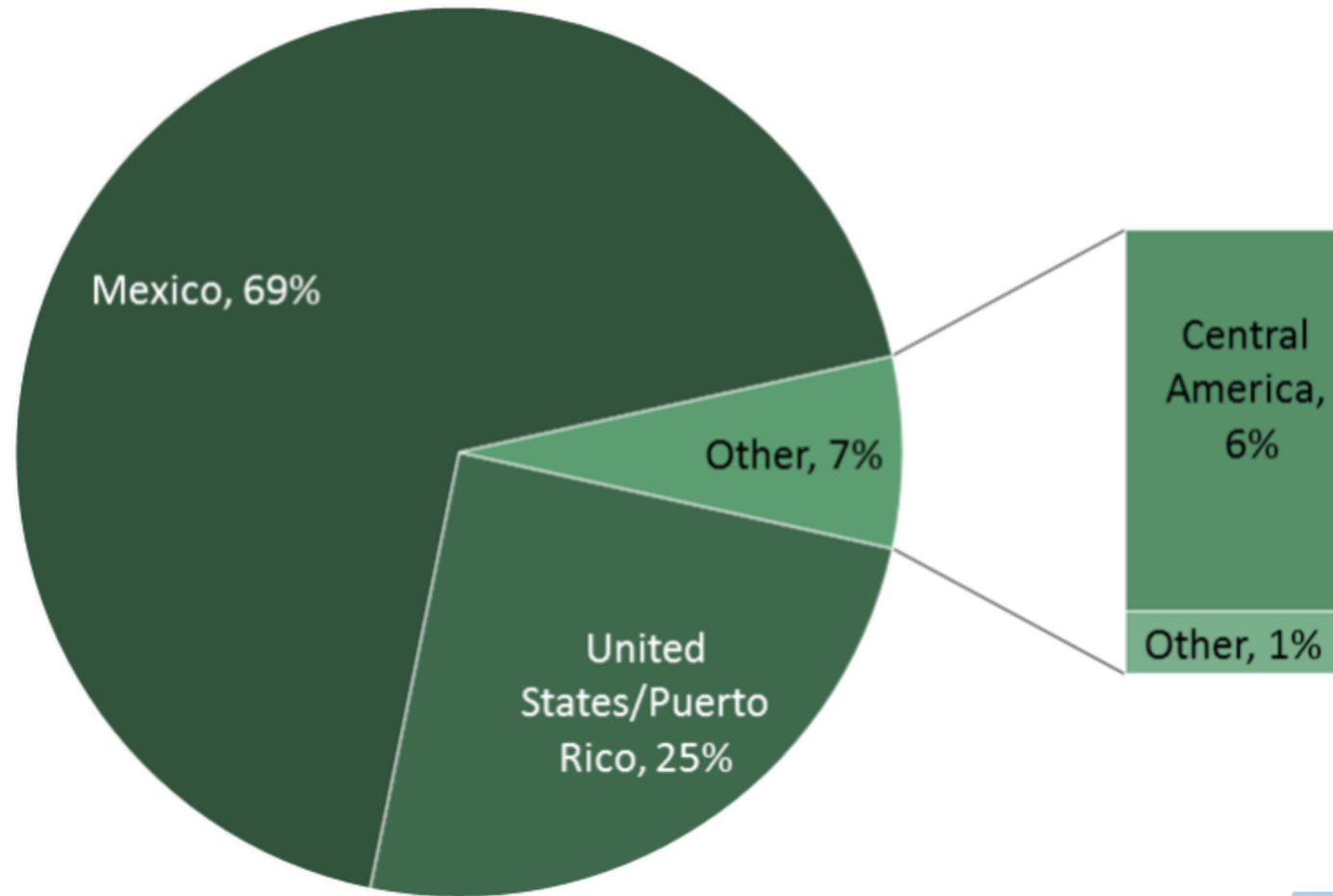


- There are approximately 165,000 indigenous farmworkers and families in California.
- Indigenous farmworkers usually live in crowded places with people who speak their own languages and come from the same region in Mexico, but they are not necessarily relatives.

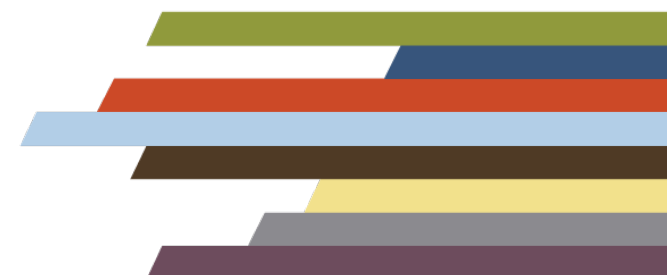


Two-thirds of Farmworkers are from Mexico

National Agricultural Workers Survey (NAWS)
2015-2016



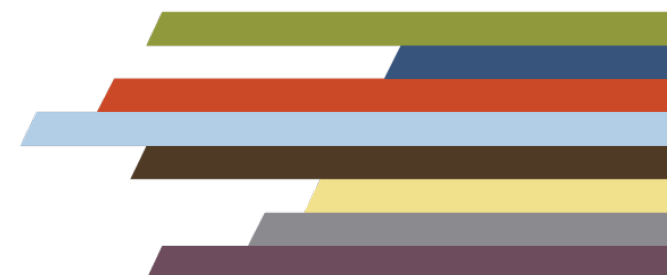
(Hernandez & Gabbard, 2018)



Mexican Indigenous People



- Most Indigenous farmworkers are males, few children.
- In one house could be multiple households because married couples and/or siblings live together.
- Indigenous women will speak with visitors only in presence of other adults living with them.



Mexican Indigenous People

- It is common to find divided families between Mexico and USA, several Indigenous male living in US have their wives and younger children in Mexico.
- In several towns in Mexico most of working age males work in US and the elderly, women and young children remain living in those towns.

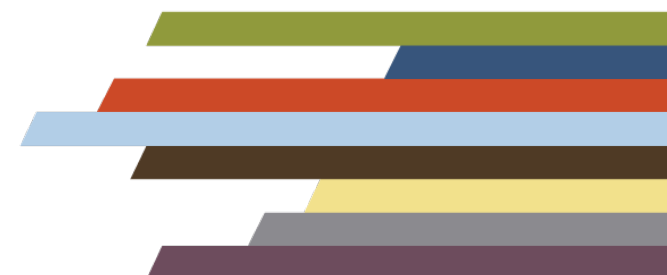


Mexican Indigenous People



- As soon male children reach adolescence, they come to live and work in the USA with their parents, females come later.
- The separation process can be extremely painful and their reunification after several years can be both joyful and stressful for families.

(National Center on Cultural and Linguistic Responsiveness,
U.S. Department of Health and Human Services 2018)

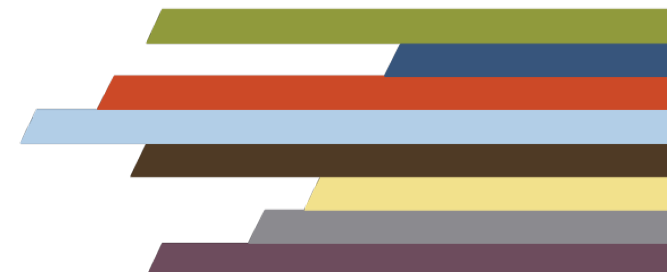


Mexican Indigenous People

- Indigenous farmworkers have lower access rates to health services compare to other Mexican Mestizo farmworkers in California.
- Indigenous women go to the doctor less than Mexican Mestizo women in California.

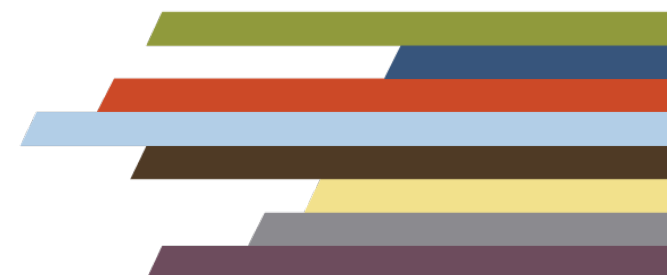


(National Center for Farmworker Health, 2018)



Mexican Indigenous People

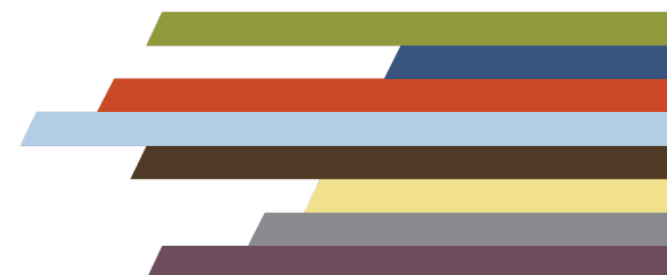
- Indigenous males if they get ill, self-medicate, seek care from a traditional healer or go back to Mexico. As a last resource they may go to an emergency room.



Mexican Indigenous People

- Besides high cost of services and lack of health insurance, Indigenous farmworkers usually faced lack of transportation, inconvenient clinic hours, long waits, rude treatment by staff, fear related to immigration status, linguistic and cultural barriers.
- Providers rely on friends or children of patients to translate creating conflict to consult delicate matters.

(National Center for Farmworker Health, 2018)



Mexican Indigenous People

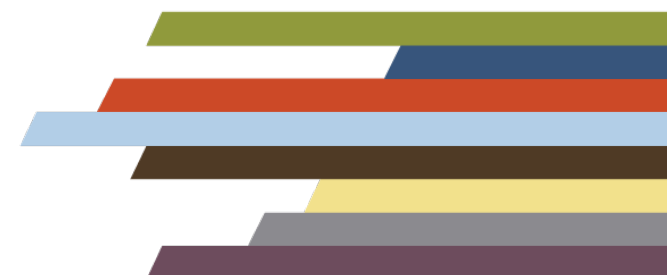
- Some provides use telephone-based translation which contribute to distrust, avoidance of seeking care and non-compliance with treatments.
- Indigenous women are extremely unwilling to discuss sexuality and reproductive issues with male providers.



Mexican Indigenous People



- Many Indigenous women come from remote areas with non-existing or poor medical services, and they are unfamiliar to concepts and procedures.
- Indigenous farmworkers will use alternatives traditional healer such as *Yerberos* (herbalists), *Sobador* (massage specialists) *Huesero* (similar to chiropractor), *Curandera/o* (spiritual healer) and people with a combination of those practices.



Mexican Indigenous People

- Many people believe in *mal de ojo* (evil eye), which can intentionally or inadvertently cause illness. A person with evil intentions can also cause illness through evil eye.
- Indigenous people may also believe that they can get sick through *susto* (a strong fright) or may suffer from *tiricia* (sadness of the soul), among other illnesses.



(National Center on Cultural and Linguistic Responsiveness,
U.S. Department of Health and Human Services 2018)

Mexican Indigenous People

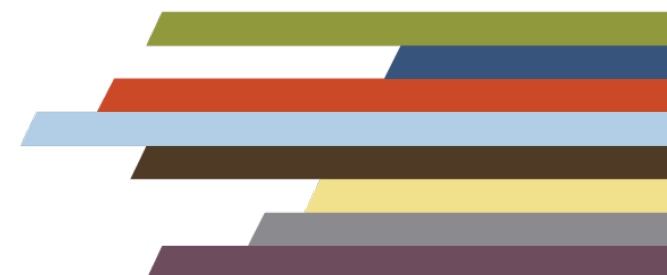
- Indigenous persons, especially women, experience poorer mental health and higher stress levels than non-indigenous Latinos.
- Depression affect both women and man because of cultural and linguistic isolation and far from home and their families.
- PTSD and substance use are common among Indigenous farmworkers.
- Indigenous farmworkers in general do not trust mental health providers.



(National Center for Farmworker Health, 2018)

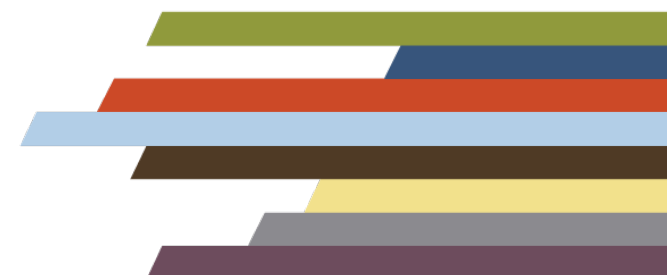
Working with Mexican Indigenous People

- Some recommendations to take into consideration are to:
- Distinguish Indigenous patients from other Mexican people.
- Provide cultural-appropriate care
- Train and hire Interpreters from their own communities
- Train staff on cultural sensitivity and understanding of Mexican diversity.

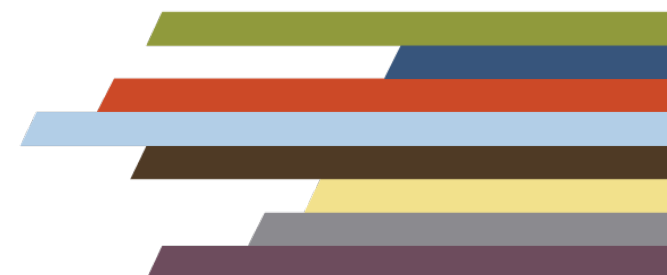


Working with Mexican Indigenous People

- Identify and collaborate with local community organizations, traditional healers, churches and hometown networks to provide sensitive services and develop trust with Indigenous communities.
- Create cultural-appropriate office spaces.



**Questions?
Please type them in the
question box.**



Resources Contact Information

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Consultant

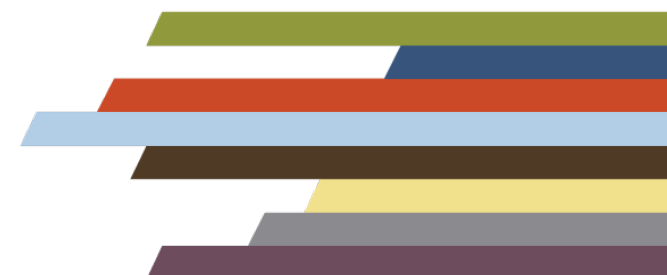
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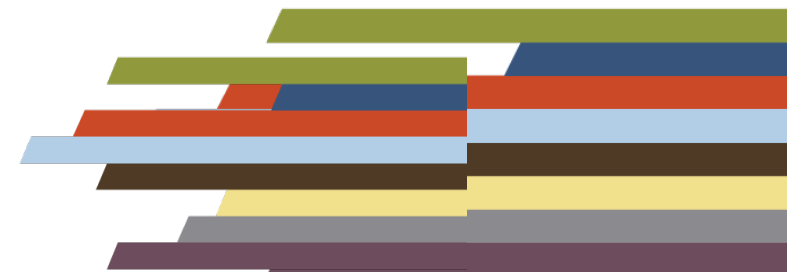
Your opinion is important to us! Fill out your evaluation form, it only takes a couple of minutes! Just scan this code with your smartphone or click the link below it. If you can't do it right away an email will be sent to you with the link. Thank you!



<https://www.surveymonkey.com/r/RT38HWC>

Website: <http://www.mhttcnetwork.org/hispaniclatino/>

Email: hispaniclatino@mhttcnetwork.org



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