

## About the presenter:

**Javier Ramirez, MA, MA**

**Javier Nahum Ramirez Elias is a Lenka from his mother's side, Nawat from his father side and adopted by the Gabrielino-Shoshonie. He has earned two master degrees in Latin American Studies with focus in History and Political Science of the region and 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

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# Acculturation and Migration Trauma Among Latino Children, Youths, and Families From The Northern Triangle

Javier Ramirez, M.A., M.A.

National Hispanic and Latino MHTTC

July 24, 2020



National Hispanic and Latino

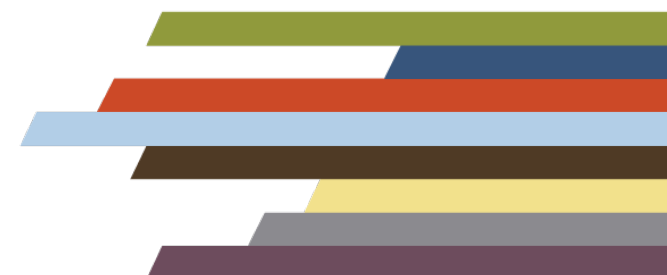
MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

**UCC**  
UNIVERSIDAD CENTRAL DEL CARIBE

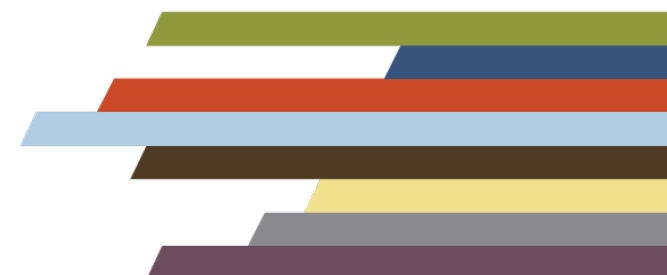
**IRESA**  
INSTITUTE OF RESEARCH, EDUCATION  
AND SERVICES IN ADDICTION



# Goal: Provide a description of Northern Triangle Indigenous population and their specific clinical needs

## Learning objectives:

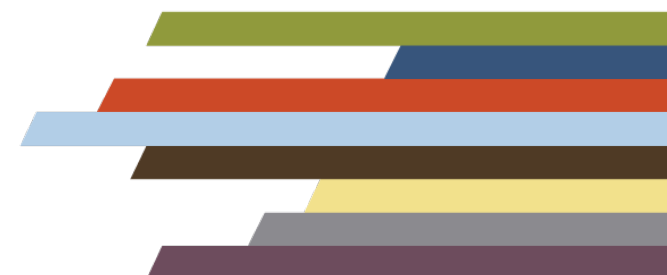
- Describe cultural elements that make up Northern Triangle Indigenous populations.
- Identify views that individuals within Northern Triangle Indigenous population have regarding clinical services.
- List the strengths and challenges of the cultural norms of the Northern Triangle Indigenous population.



# Northern Triangle People



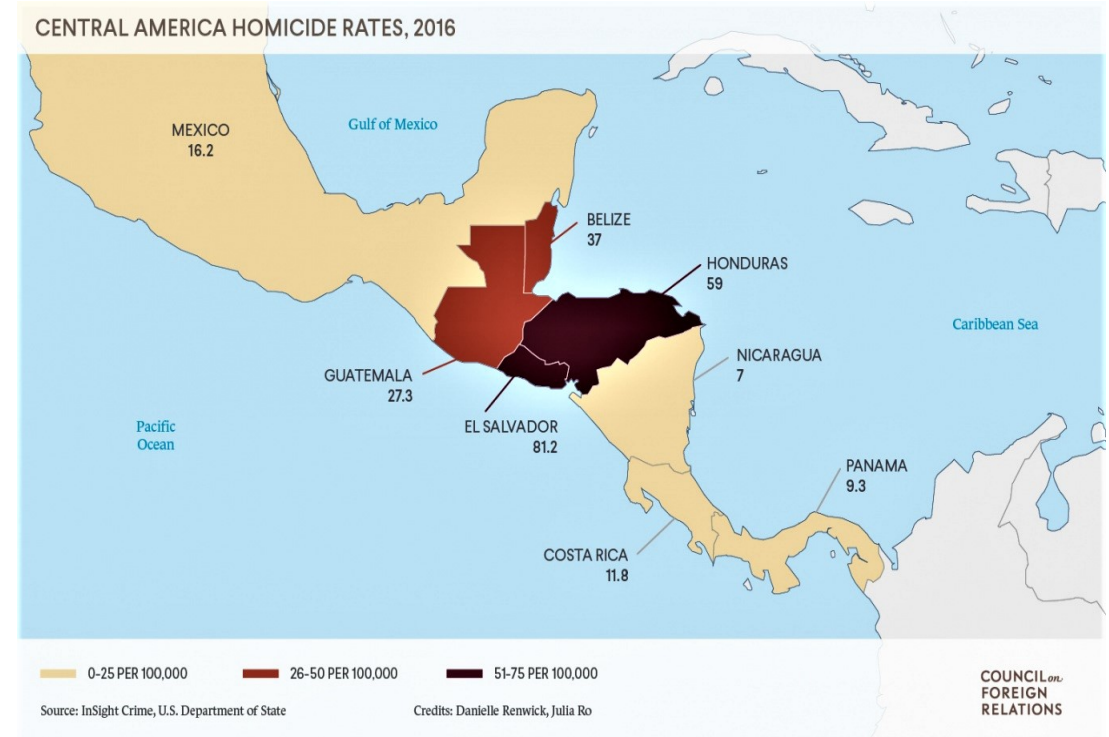
- The Northern Triangle (NT) is the region in Central America integrated by Guatemala, Honduras, and El Salvador.
- According to the CDC, the NT has a population of roughly 30 million. Roman Catholics are predominant in these countries, Guatemala 65%, Honduras 80%, and El Salvador 57%.



# Northern Triangle

According to the Council of Foreign Relations,

- Approximately, 265,000 left the region annually in recent years.
- In 2018, USA granted Asylum to roughly 13% of Northern Triangle applicants.
- Currently, Guatemalans represent the largest numbers on migrant flow followed by Hondurans, and Salvadorans.



## Salvadorans

Third-largest population of Hispanic origin living in the United States.

4% of the U.S. Hispanic population

33% are foreign born

About 44% of foreign-born Salvadorans have been in the U.S. for over 20 years.

## Guatemalans

Sixth-largest population of Hispanic origin living in the United States.

2% of the U.S. Hispanic population

33% are foreign born

About 33% of foreign-born Guatemalans have been in the U.S. for over 20 years.

## Hondurans

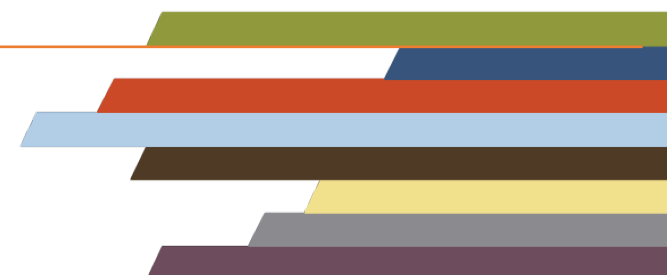
Eighth-largest population of Hispanic origin living in the United States.

2% of the U.S. Hispanic population

33% are foreign born

About 29% of foreign-born Hondurans have been in the U.S. for over 20 years.

(Noe-Bustamante, Flores, & Shah, 2019 a,b,c)



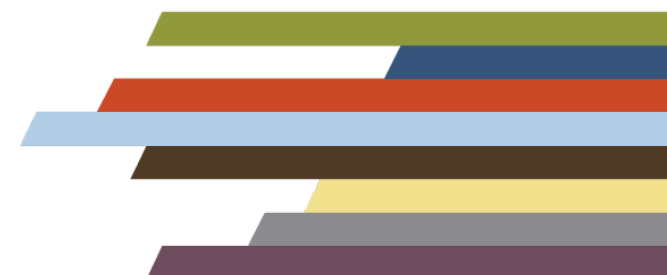


# Northern Triangle



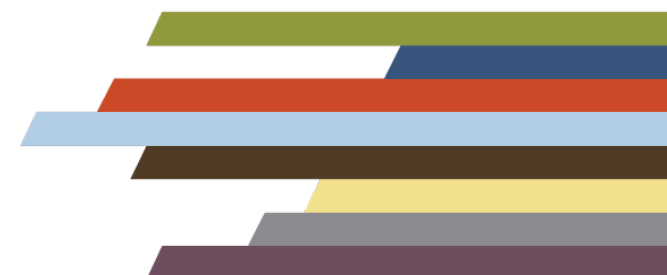
- The region is the poorest in the Western Hemisphere.
- Violence, government corruption, and food insecurity are some of the leading reasons for migration.
- InSight Crime report in 2018 pointed out that the region still tops the list of the deadliest world's region outside a war zone.

Dalby & Carranza, 2019)



# Northern Triangle

- Gangs maintain control of towns and areas restricting the free pass of residents and non-residents as well.
- Extortions, force entry to the gangs, retaliations, etc.
- High impunity and an increase loss of faith in authorities and institutions.
- Highest femicide rates in Latin America.



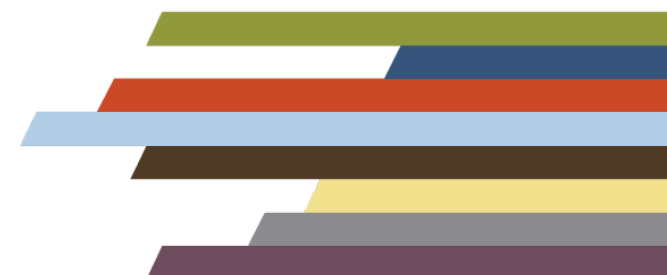


# Northern Triangle and USA



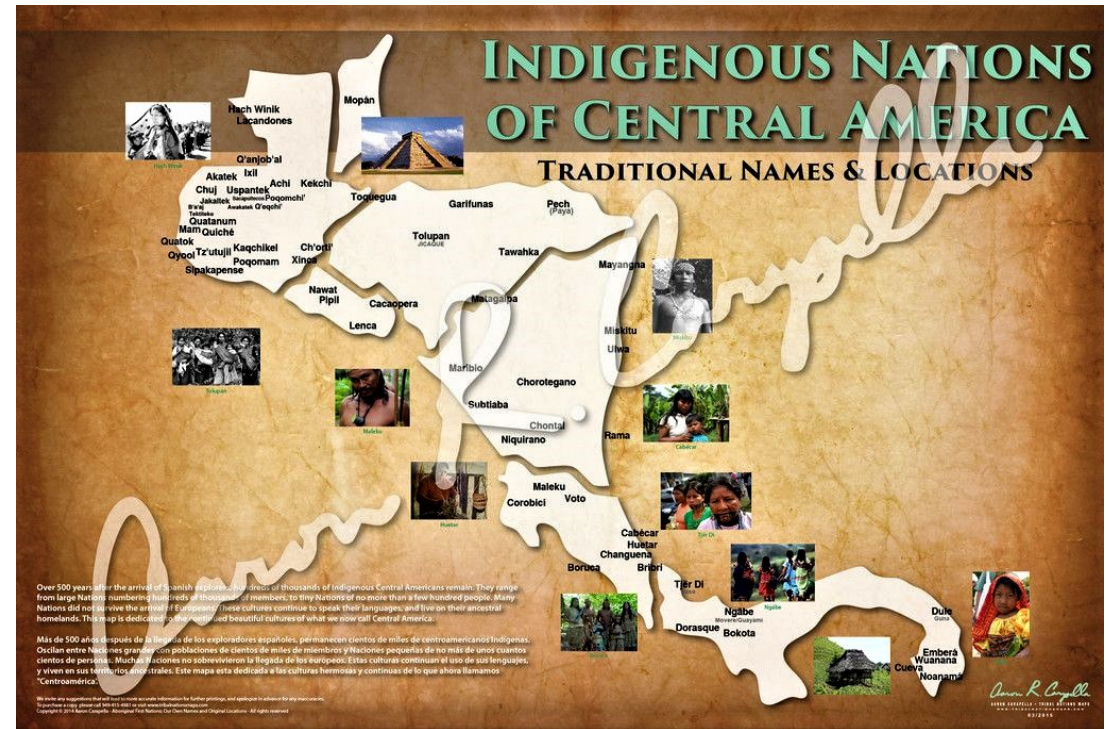
## USA Policies for the region:

- Dominican Republic-Central American Free Trade Agreement (CAFTA DR).
- Merida Initiative.
- Central American Regional Security Initiative (CARSI), Court Mandated Removals.
- Zero Tolerance Policy & National Emergency: Family separation, detention, asylum denials, deployment of troops, new border barriers.



# Northern Triangle Indigenous People

- Central American is a multiethnic, multicultural, and multilingual region.
- Many Central American societies are in general patriarchal where men are the bread winners and women are caregivers and responsible for the maintenance of family life and tradition.

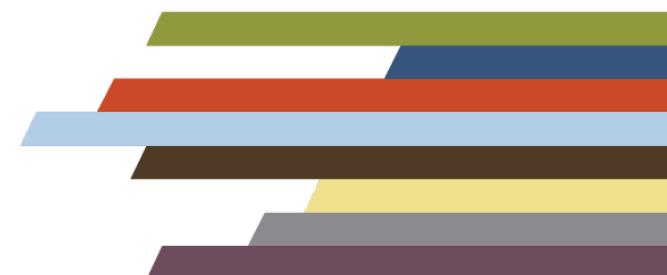


# Northern Triangle Indigenous People



## Guatemala:

- Roughly 60% of Guatemalan are Maya descendants.
- Many Indigenous people are Maya. K'iche (11%), Kaqchikel (8%), Mam (5%), Q'eqchi (8%), other Mayan (8.6%).
- According to a 2002 Guatemalan Demographic report, of the estimated Guatemalan population, 5,040 were Garifuna.





# Northern Triangle Indigenous People

## Honduras:

- 90% are mestiza/o, 7% of the population is considered Indigenous, and 3% either Black or European White descendants.
- Major indigenous groups are: Lenca, Misquitos, Garifunas, Chorti, Tolupan, Pech and Tawahka.



# Northern Triangle Indigenous People



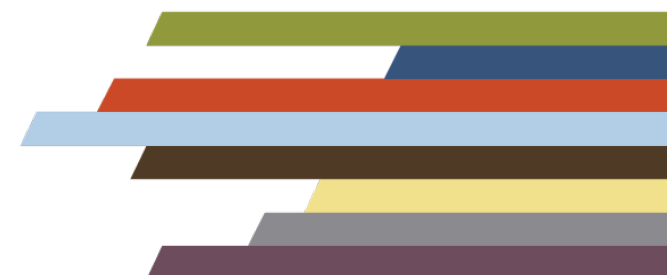
## El Salvador:

- 86% of the population is considered Mestiza/o.
- Indigenous (Nahua, Lenca, Kakawira), Blacks and other are considered a small minority. (12.7%)
- For decades Indigenous population has been invisible by State reports.



# NT Indigenous People

- Indigenous people suffered widespread discrimination.
- A disproportionate number of Indigenous people lives in extreme poverty compared to the general population.
- Greater numbers of Indigenous people migrate from Guatemala and Honduras.

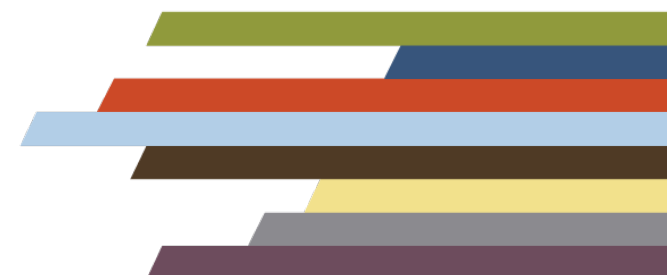


# NT Indigenous People



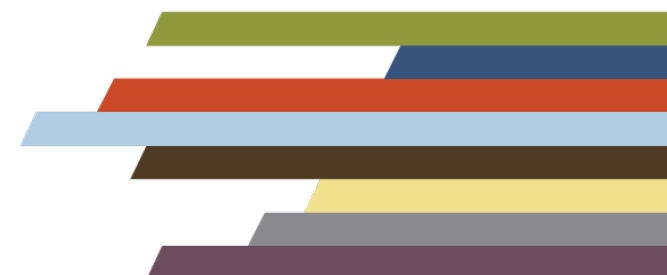
- Due to high rates of femicides and sexual and gender-based violence, Indigenous women migrate in higher numbers.
- In 2010 an estimated of 80% of migrant women suffered rape during their journey through Mexico.
- Increase risk of kidnapping and human trafficking (Lopez and Hastings 2010).

(Fleury, 2016)



# NT Indigenous People

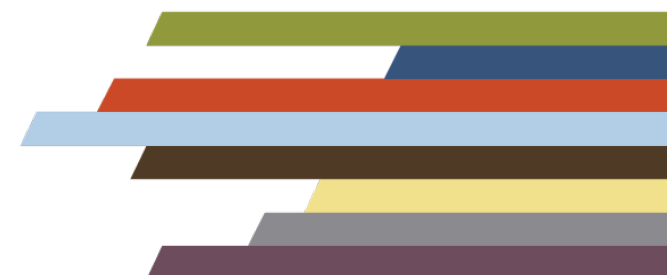
- Language barriers and illiteracy increase the likelihood for Indigenous women to be victims and reduce the ability to seek protection and report crimes against them.
- A lot of Indigenous women hide their ethnicity by giving up their traditional cloth for regular ones and learn more Spanish to reduce these risks.





# Working with NT Indigenous People

- Distinguish Indigenous People from other migrants
- Understand Language and cultural barriers
- Understand the deep trauma Indigenous migrants experience.
- In general, Indigenous people do not trust “occidental medical, mental and social services providers.



# Working with NT Indigenous People

- Indigenous migrants have a high risk of re-trauma, depression, domestic violence and substance use.
- Many Indigenous people come from extreme poverty living conditions, lack or poor public and social services.
- Indigenous people will look for traditional healers to resolve medical and mental concerns.



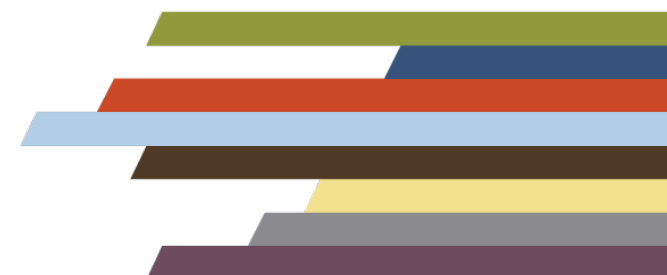


# Working with NT Indigenous People



- Train providers in cultural competence and understanding diversity of the region.
- Identify and collaborate with local community organizations, traditional healers, churches and hometown networks.
- Create safe spaces for Indigenous people.
- Develop Intercultural projects

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



# Resources Contact Information

**Javier Ramirez, M.A.**

**Consultant**

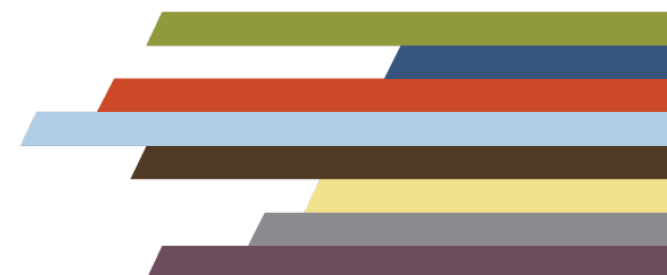
Email: [javierramirez311@gmail.com](mailto:javierramirez311@gmail.com)



National Hispanic and Latino

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network

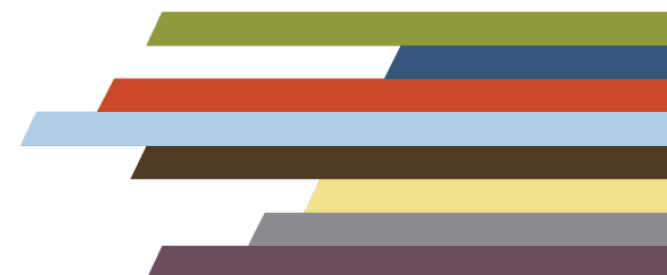
Funded by Substance Abuse and Mental Health Services Administration

# Join us in our next training:

## Trauma-Focused Cognitive Behavioral Therapy: A Culturally Adapted Therapy to Work with Latino Families: *Case Study of Salvadoran Young Female*

1:00pm - July 30, 2020 Eastern

<https://register.gotowebinar.com/register/655779928974660623>





National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**Ibis Carrión, Psy.D.  
Director**

[ibis.carrion@uccaribe.edu](mailto:ibis.carrion@uccaribe.edu)

**Angel Casillas, B.A.  
Project Manager**

[angel.casillas@uccaribe.edu](mailto:angel.casillas@uccaribe.edu)

**Follow Us**



@hilaamhttc

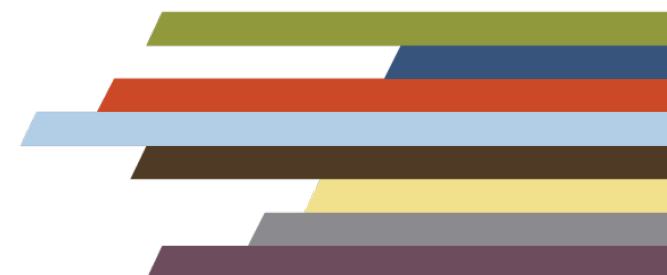
Your opinion is important to us! Fill out your evaluation form, it only takes a couple of minutes! Just scan this code with your smartphone or click the link below it. If you can't do it right away an email will be sent to you with the link. Thank you!



<https://www.surveymonkey.com/r/RRS3YCP>

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

**Email: [hispaniclatino@mhttcnetwork.org](mailto:hispaniclatino@mhttcnetwork.org)**





# Bibliography

- Centers for Disease Control and Prevention (2017). Central American Refugee Health Profile, <https://www.cdc.gov/immigrantrefugeehealth/profiles/central-american/background/index.html>
- Dalby, C., & Carranza, C. (2019). InSight Crime's 2018 Homicide Round-Up, <https://www.insightcrime.org/news/analysis/insight-crime-2018-homicide-roundup/>
- Fleury, A. (2016). Women migrating to Mexico for safety: the need for improved protections and rights, Policy Report No. 03/08. Barcelona: United Nations University Institute on Globalization, Culture and Mobility (UNU-GCM), <https://i.unu.edu/media/gcm.unu.edu/publication/2957/Report8.pdf>
- Noe-Bustamante, L., Flores, A., & Shah, S. (2019a). Facts on Hispanics of Honduran origin in the United States, 2017, <https://www.pewresearch.org/hispanic/fact-sheet/u-s-hispanics-facts-on-honduran-origin-latinos/>
- Noe-Bustamante, L., Flores, A., & Shah, S. (2019b). Facts on Hispanics of Salvadoran origin in the United States, 2017, <https://www.pewresearch.org/hispanic/fact-sheet/u-s-hispanics-facts-on-salvadoran-origin-latinos/>
- Noe-Bustamante, L., Flores, A., & Shah, S. (2019c). Facts on Hispanics of Guatemalan origin in the United States, 2017, <https://www.pewresearch.org/hispanic/fact-sheet/u-s-hispanics-facts-on-guatemalan-origin-latinos/>