



National Hispanic and Latino

MHTTC

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

Pew Research Center



The Evolution of Latino Identities in the United States and Mental Health

Mark Hugo Pérez, PhD

Pew Research Center

Darice Orobitg, PhD

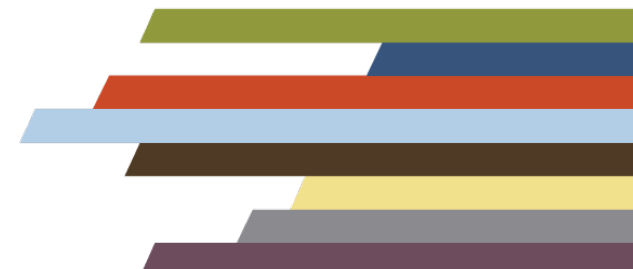
National Hispanic and Latino MHTTC

October 2, 2020

SAMHSA
Substance Abuse and Mental Health
Services Administration

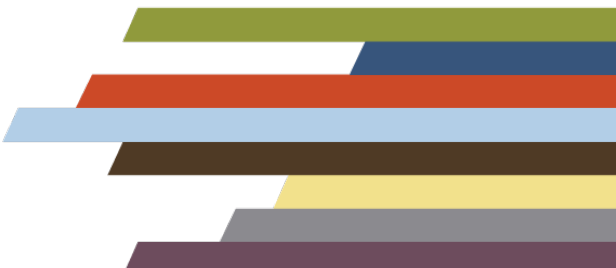
UCC
UNIVERSIDAD CENTRAL DEL CARIBE

IRESA
INSTITUTE OF RESEARCH,
EDUCATION
AND SERVICES IN ADDICTION



Collaborators

Pew Research Center



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

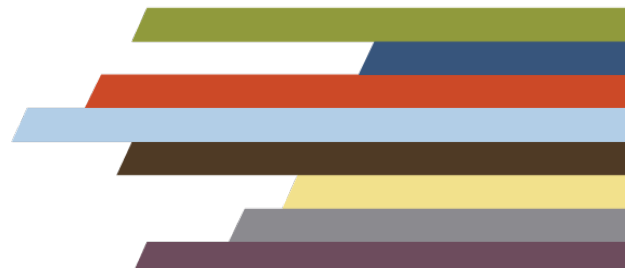
PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

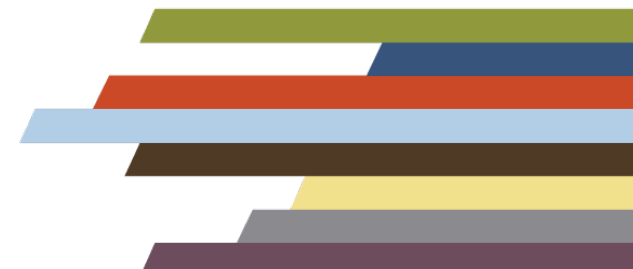
Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf



Disclaimer

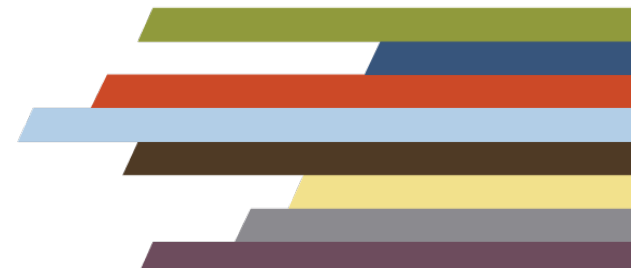
This presentation was prepared for the MHTTC Network under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the MHTTC Network Coordinating Office. This presentation will be recorded and posted on our website.

At the time of this presentation, Elinore F. McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.



Authors Disclose Conflicts of Interest

No Conflicts of Interests from presenters





Promoting culturally responsive
mental health services for
Latino agricultural workers who
bring food to our table.

Hispanic Heritage Month

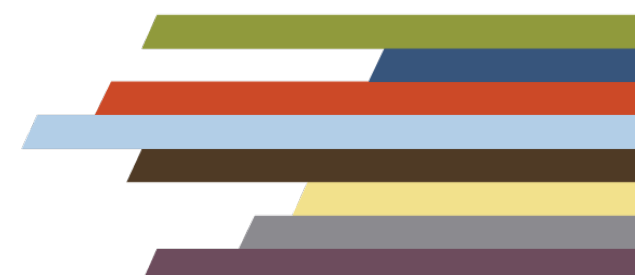
September 15 - October 15, 2020



Promoviendo servicios de salud
mental culturalmente sensitivos
dirigidos a trabajadores
agrícolas latinos que llevan la
comida a nuestra mesa.

Hispanic Heritage Month

septiembre 15 - octubre 15 de 2020



Goal

Increase awareness among mental health providers about the complexities of identity development in Latinos and its relation to mental health.

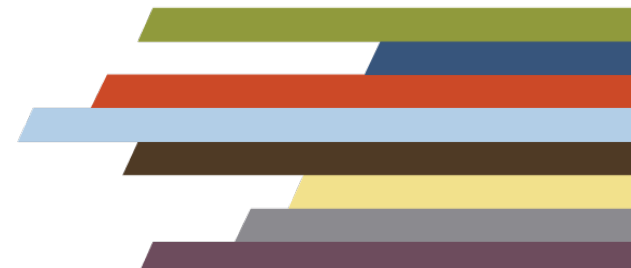


National Hispanic and Latino

MHTTC

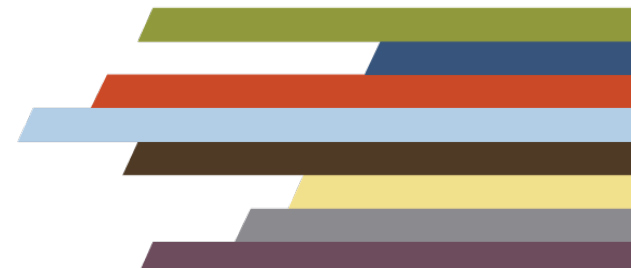
Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



Objectives

- Describe basic concepts related to psychosocial identity development according to Erickson
- Define concepts related to ethnicity and identity
- Identify elements that influence identity development in Latinos
- Address identity as a protective factor for mental health disorders
- Discuss implications for mental health services for Latinos



Rationale

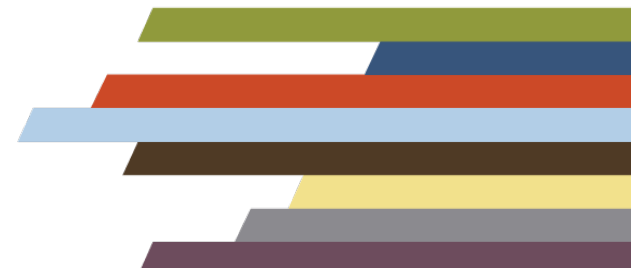
The number of Latinos in the US, and the heterogeneity of Latinos call for an understanding of Latino identities.



National Hispanic and Latino

MHTTC

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



Erikson's Psychosocial Development Theory

Approximate Age	Psycho Social Crisis
Infant - 18 months	Trust vs. Mistrust
18 months - 3 years	Autonomy vs. Shame & Doubt
3 - 5 years	Initiative vs. Guilt
5 - 13 years	Industry vs. Inferiority
13 - 21 years	Identity vs. Role Confusion

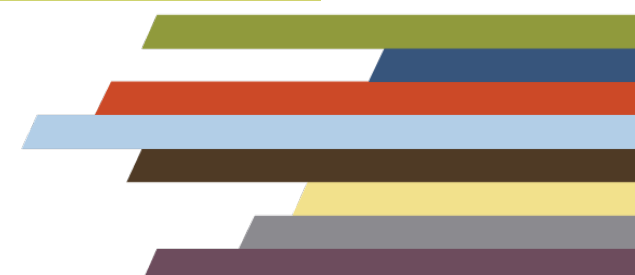
Source: Erickson, 1968



National Hispanic and Latino

MHTTC

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



Identity Development

The concept of identity has been defined as an internalized psychic system that integrates an individual's inner self and the outer social world into a congruent whole.

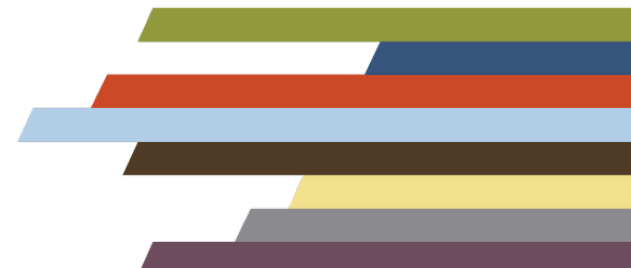
Source: Rivera Santiago, A., 1996



National Hispanic and Latino

MHTTC

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



Social and Group Identity

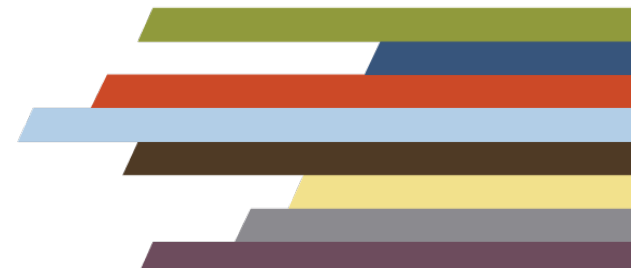
- Is an integration of psychological and social theories that includes the way individuals identify with social groups.
- Latinos: Categorize themselves and ARE categorized by others in terms of social groups.



National Hispanic and Latino

MHTTC

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



Ethnic Identities

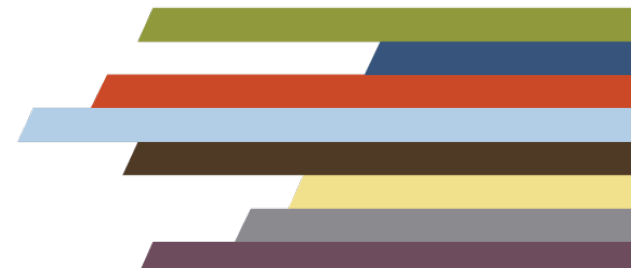
Ethnic identity, broadly defined, is a dynamic and multidimensional construct that represents the part of one's self-concept that is derived from a sense of belonging and commitment to a particular ethnic group.



National Hispanic and Latino

MHTTC

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



Ethnic identity

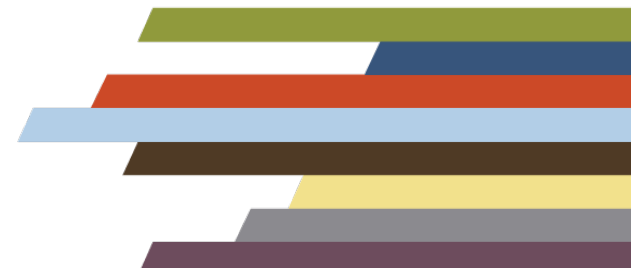
- Includes self-identification as well as group affiliation.
- Influenced by acculturation and oppression.



National Hispanic and Latino

MHTTC

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



Latino identities

“It is important to conceptualize Latino ethnic identity and its development as complex and dynamic, involving many factors. Specifically, a variety of socioeconomic and political factors that may have an impact on the development of ethnic identity are often overlooked in the psychological literature...Also, within this socioeconomic and political context, there are inequities in education and employment (and health) opportunities that play a significant role in the identity development of Latino youth.”

(Azara Rivera-Santiago, 1996)

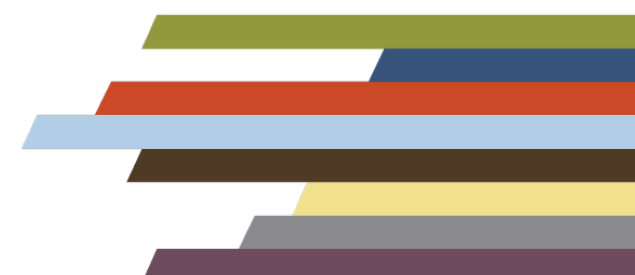


National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



Considerations in Latino identity development

- Acculturation
- Biculturalism
- Generation

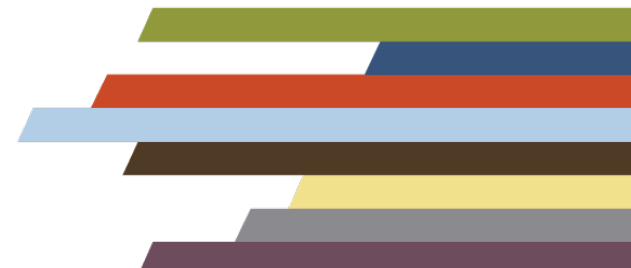
Source: Malika, 2005; Spiegler, O. and Leyendecker, B. 2017



National Hispanic and Latino

MHTTC

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



Acculturation

- The process of acculturation affects not only behaviors and practices but also self-identity.
- Research has evidenced the intersection between acculturation processes and mental health in Latinos

Source: Berry, 2003; Huq, N., Stein, G. and González, L., 2016

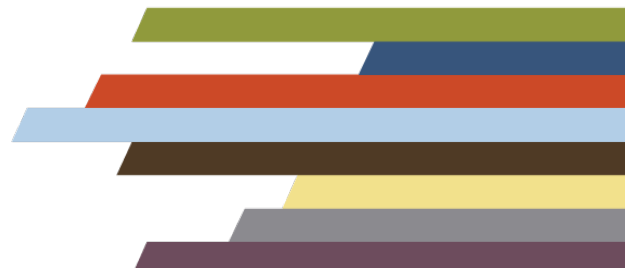


National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network

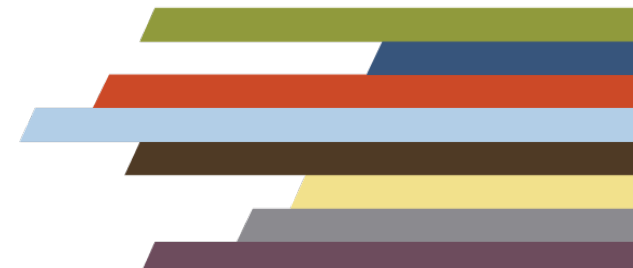
Funded by Substance Abuse and Mental Health Services Administration



Acculturation and mental health

- Acculturation gaps
- Acculturative stress

Source: Huq, N., Stein, G and González, L., 2016



Acculturation conflicts

In Latino youths, has been associated with:

- Greater depressive symptoms
- Lower self-esteem
- Greater conduct problems
- Poor academic performance

Source: Huq, N, Stein, G. and González, L., 2016

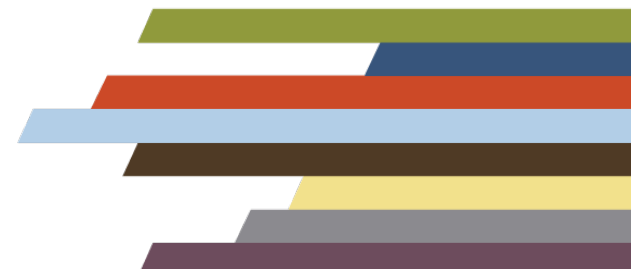


National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



Discrimination

Along with parent-adolescent acculturation conflict may lead to greater internalizing distress

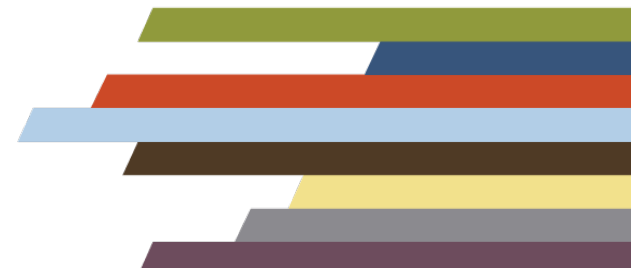
Sources: Huq, N, Stein, G. and González, L., 2016; Garcia-Coll, C., 1996



National Hispanic and Latino

MHTTC

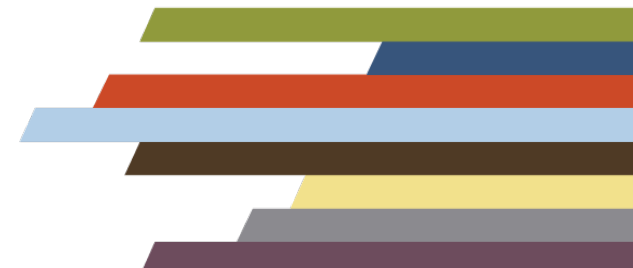
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Biculturalism

- Is one of the results of the acculturation process
- Bicultural Individuals exhibit characteristics that distinguish them from others and are associated with better mental health

Sources: Gerson, M. and Neilson, L., 2014; Spiegler, O. and Leyendecker, B., 2017



Generation

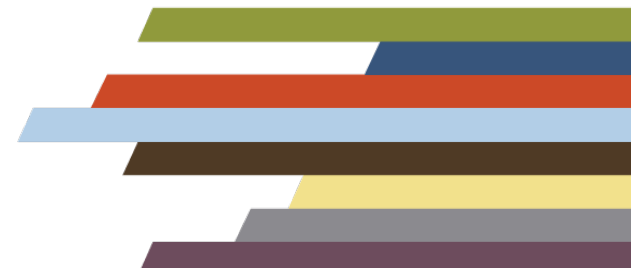
Is also related to acculturation processes and associated with identity development where years of residency are associated with identification with culture of origin.



National Hispanic and Latino

MHTTC

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



Identity and mental health

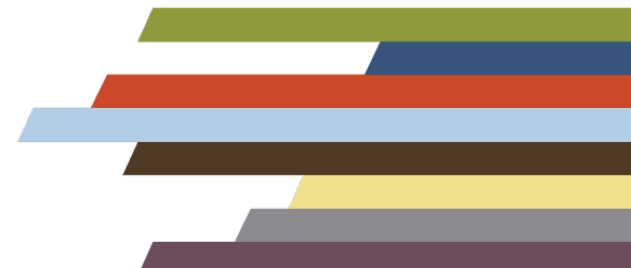
- A consistent, congruent identity has been associated with better mental health outcomes.
- The ability and flexibility required to adapt and adjust to different cultures has also been associated with improved mental health.



National Hispanic and Latino

MHTTC

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



Implications for mental health services

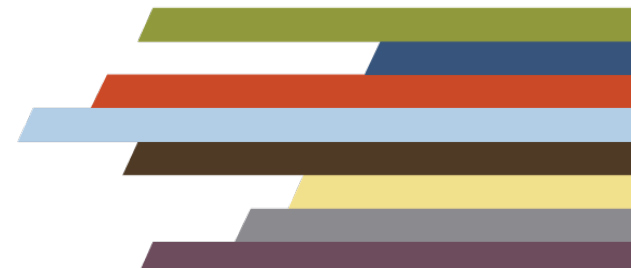
- Consider identity and its development in multicultural individuals
- Explore meanings attached to identity in Latinos
- Balance fundamental issues
- Recognize diversity



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

Pew Research Center



Your opinion is important to us!

We encourage you to complete the evaluation of this training . You will receive a link to complete our evaluation form, it will take about 2 minutes, and you will be supporting our work. The certificate of attendance will be sent in two weeks after completing your evaluation.

Ibis Carrión, Psy.D.
Director ibis.carrion@uccaribe.edu

Angel Casillas, MHS
Project Manager
angel.casillas@uccaribe.edu

Follow Us



@hilaamhttc

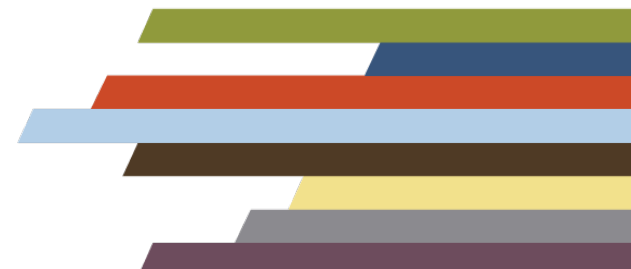


Website:

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

Email: hispaniclatino@mhttcnetwork.org

<https://www.pewresearch.org/hispanic/>



References

Berry, J. W. (2003). Conceptual approaches to acculturation. In K. M. Chun, P. Balls Organista, & G. Marín (Eds.), *Acculturation: Advances in theory, measurement, and applied research* (pp. 17–37). Washington, DC: American Psychological Association. A comprehensive and updated overview of Berry's acculturation model and his perspectives on the model's implications.

Carter, Malika (2005) "Latino/a Student Racial and Ethnic Identity Development," *The Vermont Connection: Vol. 26* , Article 5. Available at:<https://scholarworks.uvm.edu/tvc/vol26/iss1/5>

Coll, C., Lamberty, G., Jenkins, R., McAdoo, H., Crnic, K., Wasik, B., & García, H. (1996). An Integrative Model for the Study of Developmental Competencies in Minority Children. *Child Development*, 67(5), 1891-1914. doi:10.2307/1131600

Comas-Díaz, Lillian. (2001). Hispanics, Latinos, or Americanos: The evolution of identity.. *Cultural Diversity and Ethnic Minority Psychology*. 7. 10.1037//1099-9809.7.2.115.

Erikson, E.H. (1968). *Identity: Youth and Crisis*. New York: Norton.

References

Gerson, Marylie & Neilson, Leanne. (2014). The Importance of Identity Development, Principled Moral Reasoning, and Empathy as Predictors of Openness to Diversity in Emerging Adults. *SAGE Open*. 4. 10.1177/2158244014553584.

Huq, N., Stein, G. L., & Gonzalez, L. M. (2016). Acculturation conflict among Latino youth: Discrimination, ethnic identity, and depressive symptoms. *Cultural Diversity and Ethnic Minority Psychology*, 22(3), 377-385.

Meca, A., Eichas, K., Schwartz, S. J., & Davis, R. J. (2019). Biculturalism and bicultural identity development: A relational model of bicultural systems. In *Youth in Superdiverse Societies* (pp. 41-57). Routledge.

Ramos, Ben. (2015). Multiculturalism Among Hispanics and Latinos: The Importance of Culture Over Racial Identity. *The Rehabilitation Professional*. 23. 67-72

Rivera-Santiago, Azara (1996) "Understanding Latino Ethnic Identity Development: A Review of Relevant Issues," *New England Journal of Public Policy*: Vol. 11: Iss. 2, Article 4. Available at:<http://scholarworks.umb.edu/nejpp/vol11/iss2/4>

References

Spiegler O and Leyendecker B (2017) Balanced Cultural Identities Promote Cognitive Flexibility among Immigrant Children. *Front. Psychol.* 8:1579. doi: 10.3389/fpsyg.2017.01579

Zhang, Rui & Noels, Kimberly & Lalonde, Richard & Salas, S. (2017). Self-consistency in Bicultural Persons: Dialectical Self-beliefs Mediate the Relation between Identity Integration and Self-consistency. *Frontiers in Psychology.* 8. 10.3389/fpsyg.2017.00321.

