



National Hispanic and Latino

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# CATALOG

Technical Assistance for  
Mental Health Providers  
that Offer Services to  
Hispanic and Latino  
Populations

# DISCLAIMER

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## MEET YOUR NEW CLIENTS

Hispanics and Latinos have become the largest minority population in the United States with 62.1 million individuals, comprising 18.7% of the current US population (US Census Bureau, 2020). In terms of distribution, the states with the higher Hispanic and Latino populations include New Mexico, Texas, California, Arizona and Nevada. Estimates are that by the year 2060, nearly one-quarter of the United States population, or 111.2 million individuals, will self-identify as Latinos. This data means that by the year 2060, Hispanics and Latinos will comprise 28% of the total US population (US Census Bureau, 2020).

## OPPORTUNITIES AND CHALLENGES

The increasing diversity of the population of the country brings opportunities and challenges to service providers to create and deliver culturally responsive services. Providers are crucial in promoting effective access for treatment, and recovery support services to our communities. A culturally responsive behavioral health care provider influences the system and serves as an agent of help to improve health outcomes as well as health equity.

## JOINED FORCES

It is not possible to parallel the number of treatment and recovery service providers who are Hispanic and Latino, with the number of Hispanic and Latino people who need those services. Fortunately, providers do not have to share ethnicity with the people they serve to be culturally responsive and skilled. Providers can increase their knowledge and awareness, and incorporate their knowledge into practice in daily interactions.

Aware of this reality, the ***National Hispanic and Latino Mental Health Technology Transfer Center*** has a catalog of products, trainings and technical assistance that enhances the education of the workforce with topics that contribute to the enrichment, knowledge and competence in relevant topics for Hispanic and Latino populations.

*“You don’t have to be Hispanic to be a culturally sensitive service provider”*

## TARGET POPULATION

Our services are for all mental health providers that serve Hispanic and Latino populations around the US and the Caribbean. Mental Health providers include:

- ▶ Psychologists
- ▶ Social workers
- ▶ Counselors
- ▶ Nurses
- ▶ Psychiatrists
- ▶ Administrators

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# **CULTURE:** **An Integral Part of Mental Health Services for Hispanic and Latino Populations**

## **DESCRIPTION**

Culture defines whether behavior is acceptable or not, under what circumstances, and how others whose opinions each person value will think about it. Cultures also provide explanations about why behaviors occur and supply appropriate responses. In order to be culturally competent, agencies and service providers need to be familiar with the normative cultural values affecting the population they serve. This curriculum is written as an aid for behavioral health service providers to improve their skills in response to treatment challenges presented by clients from Hispanic and Latino cultures.

The approach taken by these training and related products is to intended to highlight key similarities and differences in cultural values, beliefs, attitudes, and practices commonly seen among Hispanic and Latino clients with mental health disorders that potentially influence their acculturation process, engagement, responsiveness to treatment and healing.

### **Participants will be able to:**

- ▶ Understand the current distribution of Hispanic and Latino populations throughout the US, characteristics, and possible barriers to services including disparities in mental health treatment.
- ▶ Describe cultural risk and protective factors that impact the provision of mental health services for Hispanic and Latino populations.
- ▶ Learn how to integrate cultural values and idioms of distress in the mental health treatment.
- ▶ Provide practical resources to mental health providers working with Hispanic and Latino populations.
- ▶ Use the Cultural Formulation Interview as an assessment tool when working with Hispanic and Latino populations.

## KEY TOPICS



# Clinical Application of Cultural Elements for Hispanic and Latino Populations

## DESCRIPTION

Culturally responsive work is a complex set of processes that requires an understanding of our culture and its impact on individuals and families, a foundational knowledge base of the client's cultural norms, and a willingness to hear and understand the nuanced cultural dynamics that impact the client's problem. In the process of becoming culturally responsive, providers must be open to having their own beliefs and norms challenged, and they must convey acceptance of the client's norms.

One purpose of this material is to introduce providers to a basic understanding of culture and its possible relation to the provision of treatment that is competent and responsive to the Hispanic and Latino populations. At the same time, this educational product presents norms and values that might influence the therapy process, engagement and outcomes of the client. This product is designed to teach cultural responsiveness concepts, values, and strategies for engagement and treatment, and to apply those concepts when working with Hispanics and Latinos with mental health disorders.

## Participants will be able to:

- ▶ Describe Hispanic and Latino populations and their specific clinical needs.
- ▶ Demonstrate the use of the Cultural Formulation Interview (CFI) and define the five elements of the cultural formulation of the DSM 5.
- ▶ Define and identify major concepts of distress within ataque de nervios, nervios, susto, post-traumatic stress disorder, depression and anxiety diagnosis with Hispanic and Latino clients.

- ▶ Demonstrate an ability to identify unique concepts of distress and create a case formulation to integrate these concepts of distress into an appropriate treatment plan.
- ▶ Apply culturally-centered interventions when working with Hispanic and Latino individuals.
- ▶ Discuss the eight areas of culturally-centered interventions, and to identify specific elements of Hispanic and Latino populations, which may require special attention.

## KEY TOPICS



# Cultural Adaptations of Evidence Based Interventions for Latinx Populations

## DESCRIPTION

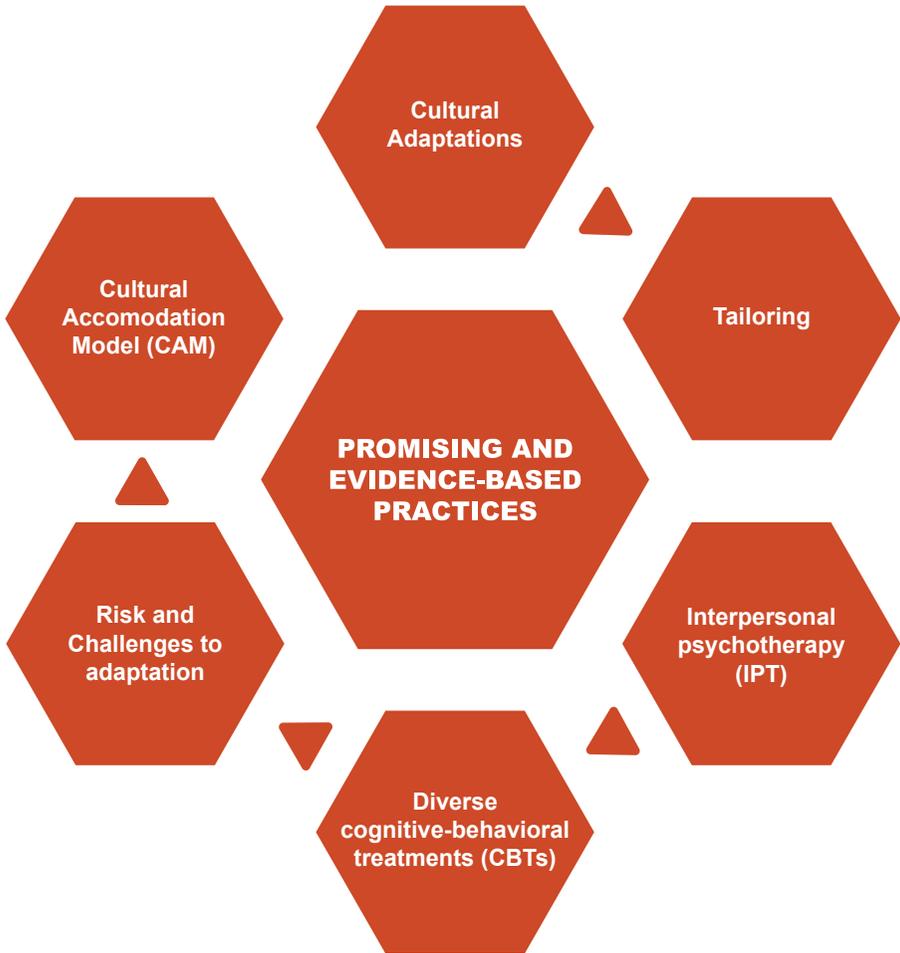
Implementing Evidence-Based Practices (EBP's) with Hispanic and Latino populations has been challenging. Some of the factors that may influence implementation are the dynamic of cultural contexts of clients and their communities, the need for significant resources, limited guidance adaptation, and the perception that the cultural adaptation will be less effective than the existing EBP. This training will provide an overview of Hispanic and Latino cultural concepts, adapting-adaptation-tailoring, recognition of the implications of culture in the adaptation process, and will describe adaptation models and frameworks to enhance mental health providers' knowledge and skills when treating Hispanic and Latino communities.

The purpose of this product is to accelerate the adoption and implementation of mental health related promising and evidence-based practices that may be effective for Hispanic and Latino populations.

## Participants will be able to:

- ▶ Define Promising and Evidence-Based Practices (P/EBP's).
- ▶ Describe adapting and tailoring of EBP's.
- ▶ List Promising and EBP's that have proven to be effective with Hispanic and Latino youth, adults, older adults and families with mental health and co-occurring disorders.
- ▶ Provide a description of the use of specific EBP's.
- ▶ Examine how EBP's can be appropriate inclusions to the participant's organizations.
- ▶ Identify resources to implement EBP's in agencies and organizations.

## KEY TOPICS







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