



National Hispanic and Latino

MHTTC

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

School-Based Mental Health Services for Hispanic and Latino Children and Youth

Training, technical assistance and capacity building assistance for school personnel on effective service provision

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<https://mhttcnetwork.org/hispaniclatino>

For more information contact us

(787) 785-5220



CHALLENGING FACTS

Children are more vulnerable to the effects of stress originated from multiple adverse childhood experiences, including the family and school environment. These factors are deepened for Hispanic and Latino youth who may also experience:

ISOLATION | DISCRIMINATION | ACCULTURATION STRESS

EFFECTS OF HEALTH CARE DISPARITIES IN ACCESS TO CARE

26%

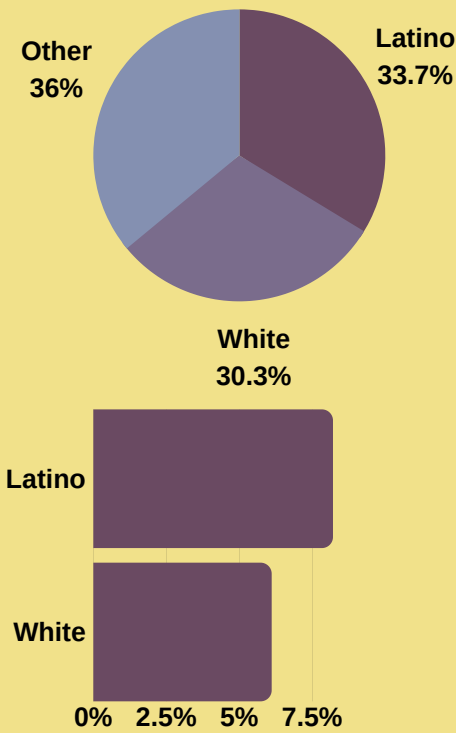
of children currently in the US are Latino. Will grow to 33.3% by 2050.

88%

Hispanic and Latino children’s mental health needs, are not being met due to limited access to quality care.

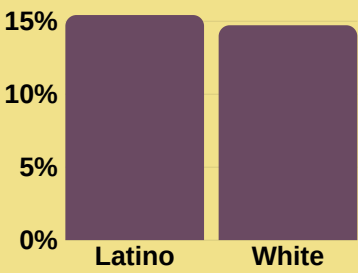
44%

Hispanic and Latino children are threatened by deportation policies.



Hispanic and Latino youth reported feeling sad and hopeless in greater proportion than Whites

Hispanic and Latino adolescents reported suicidal ideation and suicide attempt in greater proportion than Whites



Prevalence of depressive symptoms among Hispanic and Latino adolescents is higher than for any minority group besides Native American youth

REASONS DOCUMENTED BY ADOLESCENT TO SEEK SCHOOL MENTAL HEALTH SERVICES INCLUDE: DEPRESSION, BEING BULLIED, SUICIDAL IDEATION OR ATTEMPT, FAMILY AND SCHOOL PROBLEMS, TRUST ISSUES, ANGER MANAGEMENT, AND ENGAGING IN RISKY BEHAVIOR.

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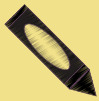
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Prevention and Awareness

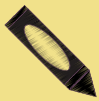
Schools are ideal venues to provide innovative mental health services for children and youth. Many students identified by school-based mental health services, receive follow up care. Hispanic and Latino students are more likely to seek services within a school-based setting, making this an essential approach to care for those at risk of serious mental disturbance (SME).

Core and fundamental family values present in most Hispanic and Latino cultural backgrounds, serve as a foundational approach to educate on prevention

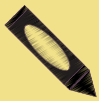
Integrative Approach



Schools serve as a safe community-based setting for Hispanic and Latino children and youth to receive a range of mental health services, including prevention, early identification, and referral.



Raise awareness of the mental health needs of Hispanic and Latino children and youth in school settings and provide needed training and education for school personnel.



Promote engagement and follow through a culturally competent care that incorporates traditional family values, and the family preferred language.

EVIDENCE BASED PRACTICES

Hispanic and Latino tailored school-based interventions have demonstrated a reduction in trauma-related mental health disorders. Investing in culturally competent and evidence-based practices helps address the emotional health and academic success of all Hispanic and Latinos.



PROMISING CULTURALLY-BASED PRACTICES IN SCHOOL SETTINGS

Cuídate

Improvements in family integration and positive youth development.

Familia Adelante

Reduction of alcohol and substance use, behavioral problems and stress.

Familias Unidas

Development of positive social and coping skills, reduction of teen pregnancy and sexual risky behavior.