

National Hispanic Heritage Month September 15-October 15, 2021



NATIONAL HISPANIC HERITAGE MONTH 2021
**CELEBRATING SCHOOL MENTAL HEALTH PERSONNEL AS
THEY ARE THE LINK BETWEEN LATINX COMMUNITIES,
FAMILIES, AND CHILDREN**
#SMHPLINKINGTHEGAP



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



UNIVERSIDAD CENTRAL DEL CARIBE



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INSTITUTE OF RESEARCH, EDUCATION
AND SERVICES IN ADDICTION

Our speaker

Diane Arms, MA- Diane Arms currently serves as the Director for The Center for Co-occurring Disorders at The Council on Recovery. She has dedicated her career to serving the Latino population in the Health Field, including Mental Health and Substance Use. She received both her Bachelor of Arts and Master of Arts Degree in Clinical Psychology from the University of Texas at El Paso. Diane has served as Director of Health Integration at Avenue 360 Health and Wellness, Director of Prevention and Counseling at the Association for the Advancement of Mexican Americans and with the Harris County Health Care Alliance as Program Manager facilitating leadership meetings amongst local FQHCs to proactively identify, address, and resolve systemic issues. Ms. Arms has also served as an Operations Administrator for the children's division unit at Emergence Health Network, El Paso's Local Mental Health Authority. She has successfully implemented programs such as Multisystemic Therapy in a Mental Health Setting and Transition Age Youth, assisting transitioning clients from children's services to adult services in the mental health system. She spearheaded the transition of in person clinical and behavioral health services of the agency to telehealth services to accommodate social distancing and stay at home orders due to COVID 19. Previously funded projects consist of identifying relationships between stress, depression and anxiety to substance use and parenting styles in young adult Latinos, investigating the effects of chronic illnesses on children's health-related quality of life in the Colonias, an underserved and impoverished neighborhood along the Texas-Mexico border, and exploring effective decision-making aids on colorectal cancer for the aging Latino population. She sits on the Houston BARC Foundation's board, the City of Houston's Animal Shelter and Adoption Facility. She is also a fellow of the American Leadership Forum, Class 44.



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 AND
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



National Hispanic and Latino

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At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use and Administrator of SAMHSA. 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.

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Back to School...

Promoting Resiliency and Mental Health Wellness in Latino Children

Strategies for School Mental Health Providers

Diane Arms

September 24th, 2021



Authors Disclose Conflicts of Interest

- No conflicts of interest to disclose.

Objectives

- Understand impact of the pandemic on mental health providers and increase strategies to boost resiliency and improve mental health wellness
- Understand impact of the pandemic on children and adolescents and increase strategies and boost resiliency and improve mental health wellness
- Creating a plan to deal with future unprecedented situations like the pandemic

Word Cloud

- One word that describes your state of being over the last 18 months

One word that describes your state of being over the last 18 months.



“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.” – Licensed Professional Counselor

Mental Health

- 40% of adults in the US had been struggling with MH and SUD compared to 10%
- ~190 million ER visits for MH, suicide attempts, drug overdoses and child abuse and neglect were higher in mid-March through October 2020, than the same period in 2019
- 74% more patients with anxiety disorders
- 60% said they were seeing more patients with depressive disorders
- 30% said they were seeing more patients overall.
- Screenings for Anxiety and Depression were up 634% and 873%

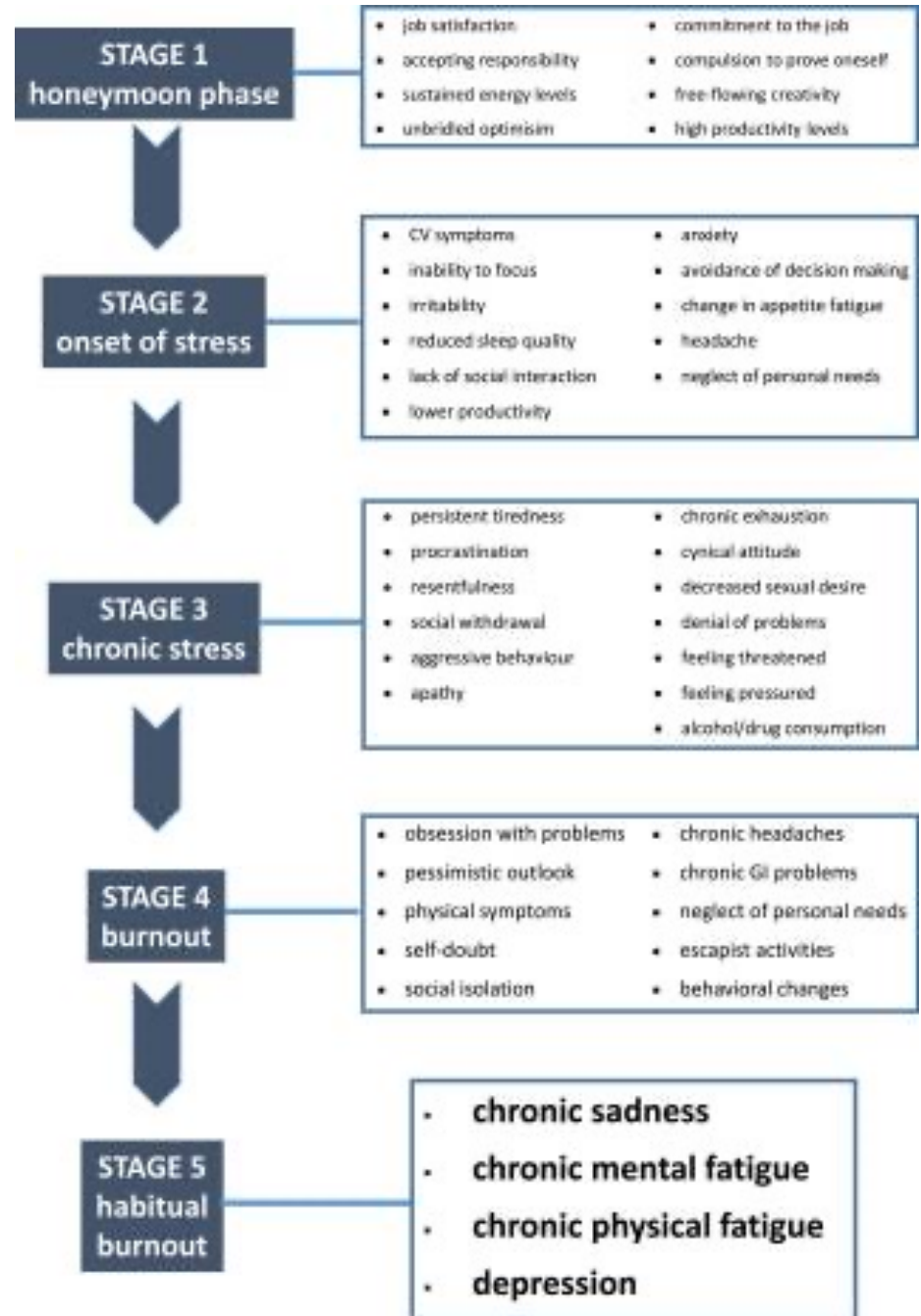
MH Provider Burnout

- 78% self reported burnout in psychiatrists
- 90% self reported burnout in college counseling center practitioners
- 16.1% screened + for Major Depression





Impact of Burnout



Strategies - Word Cloud

What do you do for self care?

What do you
do for self
care?



Strategies

- Know and Respect your limitations
- Personal Restoration
- Social Support

- Box Breathing

QUIZ TIME



POLL TIME

- What ages do you work with?
 - 0 to 10 (Pre K-5)
 - 11-14 (Middle/Junior High 6-8)
 - 15-18 (High School 9-12)
 - Other (18+)
 - None

- Do you provide services:
 - Virtual
 - In Person
 - Hybrid

Poll

- Which of the following have your students/clients exhibited during the pandemic?
 - Verbally saying they have negative feelings
 - Acting Out
 - Regressive Behaviors
 - Somatic Complaints (e.g. stomach ache/headache)
 - All of the above

“Understanding that, you know, I’m not okay right now.”

Impact on Children

- MH issues in CAD have been on the rise for decades
- 3- 6 yrs – Clinginess
- 6-18 yrs – Inattention and Irritability
- > 1/4 reported increase in sleep due to worry
- ER visits increased 31% for MH 12-17 during pandemic
- 25% young adults from 10% seriously considered suicide

How it impacts Latino children differently

- Higher levels of under resourced
- Latinos (and Blacks) are dying at a disproportionately high rate
- Economic Challenges
 - Under or unemployed
 - Food insecurity
 - Housing instability
 - Caregiver MH



Impact on Latino Children

- Acute deprivation of nutrition
- Protection
- Exploitation



How to help?

For Teachers

- Connect
- Listen
- Reflect
- Reassure
- Teach Coping Techniques

For Students

- Be Present
- Breathing
- Kindness
- Grateful
- Reflect



Being Prepared for the (hopefully, non-existent) next time

- 2009-12 States cut mental health budgets by 4.3 BILLION
- 2016 HHS predicted demand for 250,000 MH workers by 2025

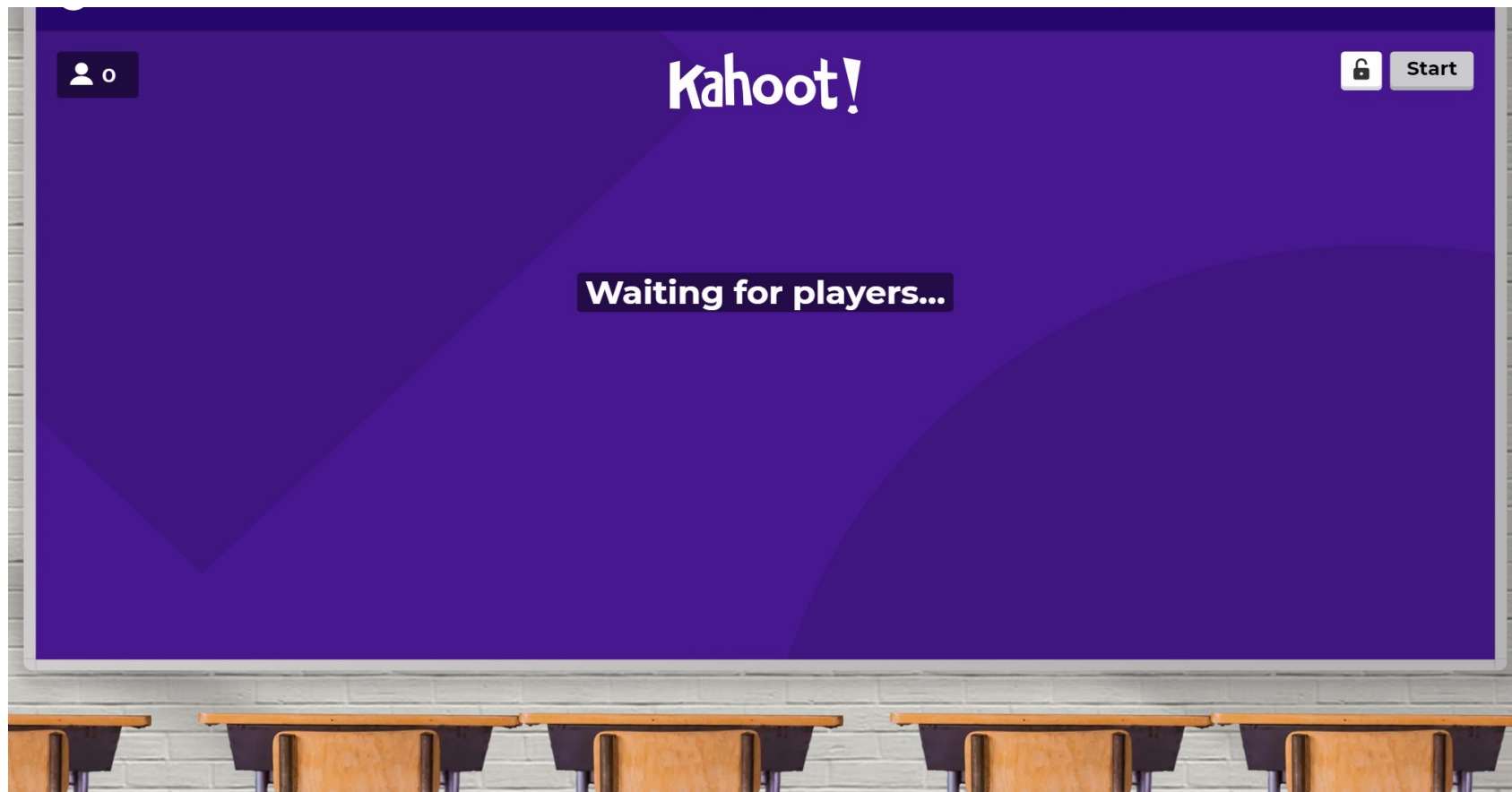


Being Prepared for the (hopefully non-existent) next time

- Push for Tele mental health compatibility
- Push for more staff to be trained in Psychological support and First Aid
- Orient Teachers
- Provide Material
- Help De-Stigmatize



QUIZ TIME



Moving Forward – Word Cloud

- How are you feeling about this next year?

How are you
feeling about
this next
year?



Thank you!!!



Diane Arms



Connect
with me on
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Back to School... Promoting Resiliency and Mental Health Wellness in Latino Children



October 1st, 2021

Part 2: Strategies for School Personnel

October 8th, 2021

Part 3: Strategies for Parents

<https://mhttcnetwork.org/centers/national-hispanic-and-latino-mhttc/event/back-school-promoting-resiliency-and-mental-health>





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