



National Hispanic and Latino

MHTTC

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

HISPANIC AND LATINX CULTURAL VALUES



Familismo – Familism

Hispanic and Latinx individuals are known for having strong family ties because they value family and community as sources of identity and support. Latinx reference to familia (family) may often expand beyond nuclear and extended family to include not only parents and siblings, but also grandparents, aunts, uncles, cousins, close friends, and *comadres/compadres*.



National Hispanic and Latino

MHTTC

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

HISPANIC AND LATINX CULTURAL VALUES



Personalismo – Formal Friendliness

For Hispanic and Latinx individuals, *personalismo* is described as formal friendliness. Latinos may expect mental health providers to demonstrate *simpatía*, or friendliness, and *personalismo*. If these values are not expressed, they could feel slighted. This reduces the likelihood of adherence to treatment and to the mental health care providers' recommendations.



National Hispanic and Latino

MHTTC

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

HISPANIC AND LATINX CULTURAL VALUES



Respeto – Respect

There is a high value placed on demonstrating *respeto* (respect) in interactions with others. Mental health providers are viewed as authority figures and Hispanic and Latinx individuals may hesitate to ask questions or express concerns about recommendations to avoid being disrespectful.



National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

HISPANIC AND LATINX CULTURAL VALUES



Religion, Spirituality and Traditional Healing Practices

Many Hispanic and Latinx individuals are very spiritual, and many are very religious. Religious practices among Hispanic and Latinx individuals are diverse. Religion and spirituality may play an important role in Latinx individuals' understanding of physical health and mental health, causes, treatment, and help-seeking efforts. Traditional healing practices like *curanderismo*, *yerberos*, and *soberos* are used as part of daily life and impact the view of healing for some Hispanic and Latinx communities.

REFERENCES

Religion, Spirituality and Traditional Healing Practices

Pew Research Center (2016). 10 facts for National Hispanic Heritage Month. Obtained from: <https://www.pewresearch.org/fact-tank/2016/09/15/facts-for-national-hispanic-heritage-month/>

Arrendo, P., Gallardo-Cooper, M., Delgado-Romero, E., & Zapata, A. (2014). Cultural responsive counseling with Latinas/os. Alexandria, VA: American Counseling Association.

Familismo – Familism

Campos, B., Ullman, J., Aguilera, A., & Dunkel Schetter, C. (2014). Familism and psychological health: the intervening role of closeness and social support. *Cultural Diversity & Ethnic Minority Psychology*, 20(2), 191-201. doi: 10.1037/a0034094

DISCLAIMER

The National Hispanic and Latino MHTTC recognize the complexities associated with gender and ethnic identification. With the intention of both facilitating a fluent reading of the text and supporting an inclusive and respectful language, this document uses gender-neutral language and terms that reflect diverse identities. In this document, Latinx is used for people of Latin American origin or descent as a gender-neutral or non-binary alternative.

This product was developed under the auspices of the National Hispanic and Latino Mental Health Technology Transfer Center (MHTTC) in collaboration with Universidad Central del Caribe (UCC), School of Medicine. This project was supported by Grant No. SM081788 awarded by SAMHSA. Points of view or opinions in this document are those of author, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA.





National Hispanic & Latino

MHTTC

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

FOLLOW US



@hिलamhttc

HISPANIC AND LATINX CULTURAL VALUES Series



Let's collaborate!
Read about our center's services



hispaniclatino@mhttcnetwork.org
mhttcnetwork.org/hispaniclatino



SAMHSA
Substance Abuse and Mental Health
Services Administration