

HISPANIC HERITAGE MONTH

Three MHTTCs partnering to Facilitate a Culture of Behavioral Health Recovery in Hispanic and Latino/a/x/é Communities



Fostering a Culture of Mental Health Recovery with Hispanic and Latino/é Communities: A Multisystem Approach

Oscar F. Rojas Perez, Darice Orobitg, Ann Murphy, Katty Rivera,
Graziela Reis, Kristine Irizarry, and Maria E. Restrepo-Toro

Wednesday October 12, 2022

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If you have questions after this session, please e-mail maria.restrepo-toro@yale.edu

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La Red de los Centros de
Transferencia de Tecnología sobre
Salud Mental (MHTTC, por sus
siglas en inglés) utiliza un lenguaje
afirmativo, respetuoso y orientado
a la recuperación de las personas,
en todas sus actividades.

Este lenguaje es:

BASADO EN LAS
FORTALEZAS Y EN LA
ESPERANZA

INCLUSIVO Y DE
ACEPTACIÓN A
DIVERSAS CULTURAS,
GÉNEROS,
PERSPECTIVAS Y
EXPERIENCIAS

CENTRADO EN LA
SANACIÓN Y SENSIBLE
AL TRAUMA

MOTIVA A QUE LAS
PERSONAS DECIDAN
SU CAMINO

CENTRADO EN LA
PERSONA Y LIBRE DE
ETIQUETAS

LIBRE DE
SUPOSICIONES Y
JUICIOS

RESPECTUOSO, CLARO
Y COMPRENSIBLE

CONSISTENTE CON
NUESTRAS ACCIONES,
POLÍTICAS Y
PRODUCTOS

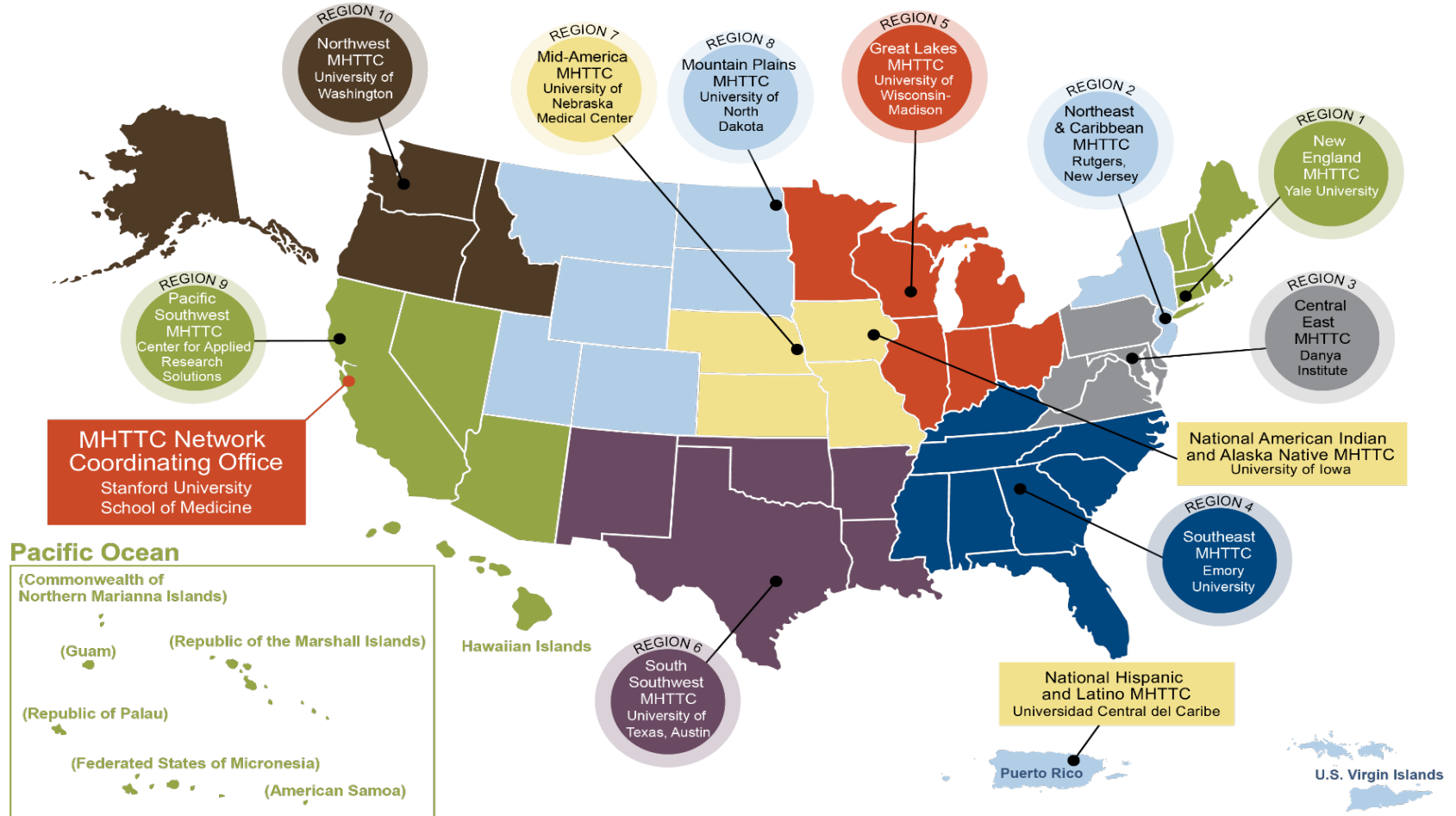
Adaptado de: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf



MHTTC

Mental Health Technology Transfer Center Network
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MHTTC Network





Today's agenda

- **Welcoming, Introductions**
Maria E. Restrepo-Toro
- **Why is it important to facilitate a culture of recovery?**
Ann Murphy
- **Latinx Lived Experience**
Kristine Irizarry
- **Understand Structural Challenges to Supporting Mental Health Recovery**
Oscar F. Rojas Perez and Darice Orobity
- **Recovering Promoting Competencies**
Maria E. Restrepo-Toro and Graziela Reis
- **Integrating Hispanic and Latino/é cultural elements and values with principles of recovery**
Katty Rivera
- **Q&A**

LETS TALK
ABOUT SHARING
LIVED EXPRIENCE
AS A LATINX



WHY IS THIS iMPORTANT?

Self-disclosure is a powerful tool for overcoming shame and empowering people. Positive attitudes about mental health problems can be improved as a result of the experiential experience gained from interpersonal interaction. The contact of an individual with a known mental illness. Sharing experiences supports and engages individual with a health problem who might be opposed to engaging. When opposed to strategies, it tends to be the most promising method for eliminating stigma. Members of the general public people who are more familiar with people who have gone through mental health problems have a less prejudiced mindset.





MY STORY

With understanding what Mental Health means to you comes resiliency. I have a dad who struggles with SUD and a mom who has been dealing with mental health as long as I could remember, this all brought very traumatic experience. For many years, I dealt with own experiences in very unproductive ways. Thoughts of leaving this world and other dark thoughts when through my mind. In 2013, I started working at my agency. In 2014, I started supporting and helping young adults, I learned how to share my experience and how those experiences were able to support others. I started therapy and medication.

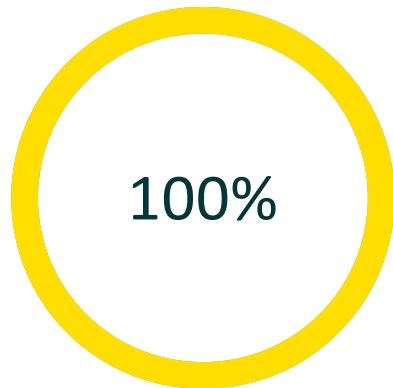
Using my lived experiences helped me over come my own obstacles.

Research

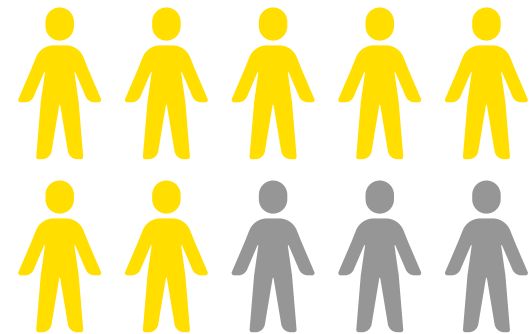
Have you ever heard the expression "recovery does not happen overnight"? This is especially true in the case of mental health wellbeing. The phases of mental health recovery are all critical milestones toward lasting healing, even if they don't happen immediately. Recovery can be really hard, especially if culturally mental health is not accepted or understood. I did some research and I ask a group of people, What does Mental Health Recovery mean to you and the results were incredible.



Visualize information with charts



10/10 People said they felt comfortable sharing their live experience



7/10 Felt like they have experience barriers when sharing

Latinx feel...

Sharing lived experience comes with a lot of responsibility....

To have valuable information, I sent out a survey to some of my colleagues. This groups was a mix of mental health providers but all where latinx.

Here are some of my findings



Point 1: Advantages

Advantages is sharing the lived experience with a consumer/client are the following;

- Ability to connect
- Empower
- Life changing



Point 2: Disadvantages

Disadvantages are:

- Fear of judgement
- Over sharing
- Discrimination
- Low boundaries



Point 3: Outcomes

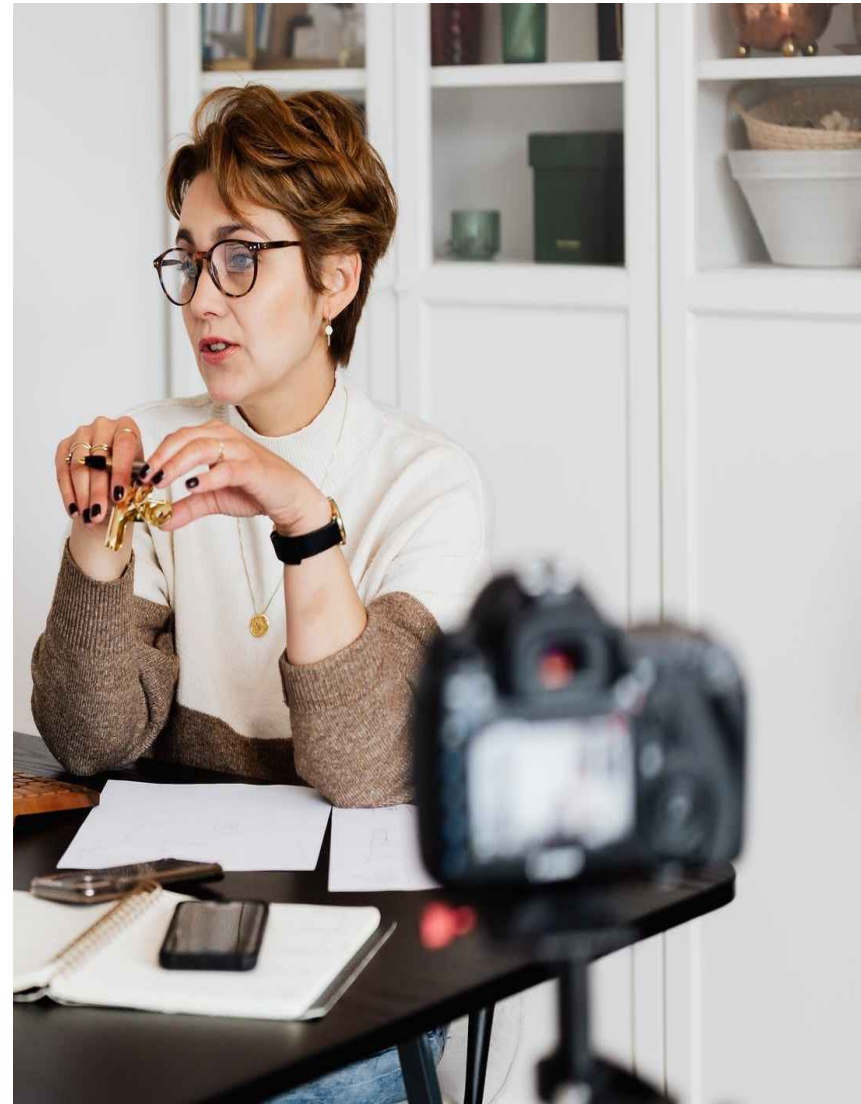
Most have been able to overcome the fear and have been able to positively impact others.

Opportunity

As a person with lived experience and in the Hispanic/Latinx population I had to work extra hard to find opportunities, and that meant not giving up.

Which meant finding someone who;

- To promote growth
- Equal ground
- Engaged
- Build Trusts
- Vulnerability



Reflecting on my Identity and sharing experiences

Identity is how we are known to others. But did you know that we are often also identified based on things such as our race or ethnicity? This often creates biases or stereotypes, which are exaggerated generalized beliefs about a person or group. Think of the following questions and answer them as best as you can.

- How would you identify your race or ethnicity? Do others identify you that way as well?
- Have you had any missed opportunities because of your racial identity?



Reflection



NOW.....

What do you most want for yourself, your children, and those you love? You might say Happiness... so how do we do this? Look into those experiences (trauma, race, ethnicity, belief and negative thoughts) and see the meaning that has given your life, now I use those experiences to promote hope and encouragement in others.




Understanding Structural Challenges to Supporting Mental Health Recovery

Oscar F. Rojas Perez and Darice Orobity

Recovery

“The right of people with behavioral health conditions to “live, work, learn, and participate fully in the community.”

As defined by the 2004 National Consensus Statement on Mental Health Recovery, “Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.”



Recovery is “a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

Dimensions



HEALTH



HOME



PURPOSE

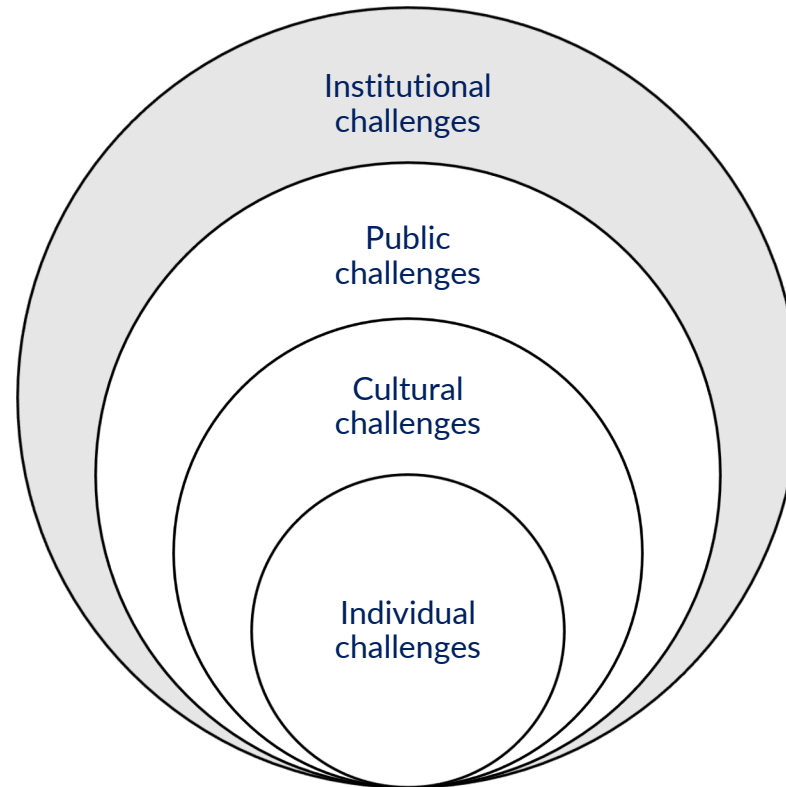


COMMUNITY



Recovery and Communities of Color

- ❖ Broader perspective on development of behavioral health challenges (including historical trauma)
- ❖ A focus on building vibrant cultures of recovery
- ❖ A proactive hope-based approach
- ❖ An expanded menu of recovery support services
- ❖ The inclusion of traditional healing practices and healers
- ❖ Culturally grounded catalytic metaphors and rituals
- ❖ Culturally nuanced approach to research and evaluation





Recovery-Promoting Competences

Maria E. Restrepo-Toro and Graziela Reis

<https://medicine.yale.edu/psychiatry/prch/latino/mission/>

RECOVERY *FROM* VS RECOVERY *IN*



RECOVERY FROM

Recovery *from* refers to eradicating the symptoms and ameliorating the deficits caused by serious mental illnesses.



BEING IN

Being *in* recovery refers to learning how to live a safe, dignified, full, and self-determined life in the face of the enduring disability which may, at times, be associated with serious mental illnesses.




Healing the Divide

- People with mental health and addictions issues want what over people want.
- People want to thrive, not just survive... They have aspirations.
- Recovery-oriented practices can be used to help people and their families in this process.

Challenging Our Assumptions





People in recovery work along side agency staff on the development and provision of new programs and services.

People in recovery are regular members of agency advisory boards and management meetings.

Persons in recovery are involved with facilitating staff trainings and education programs.

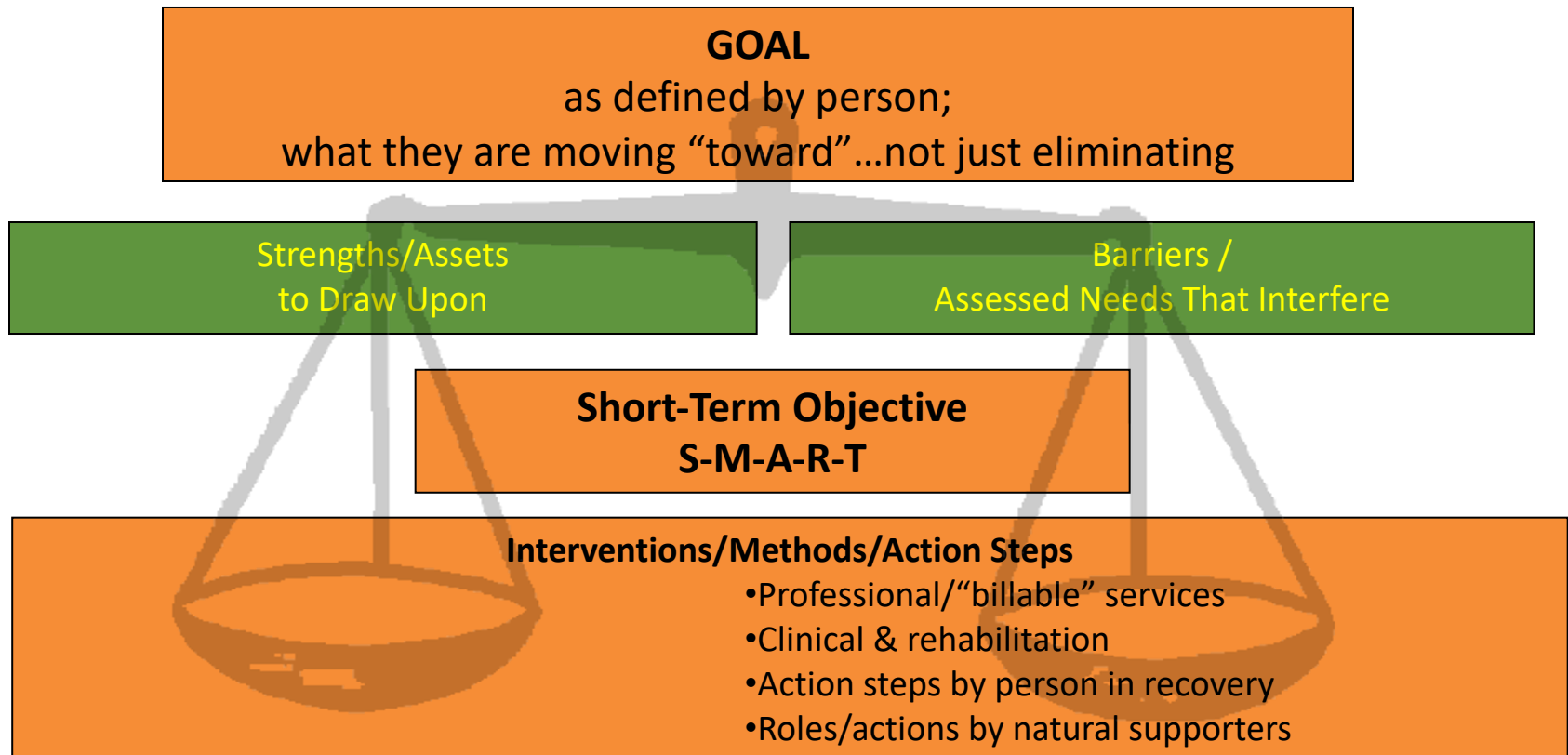
Life Goals

- ☐ Programs actively assist people in recovery with the development of career and life goals that go beyond symptom management and stabilization.
- ☐ The role of agency staff is to assist a person with fulfilling their individually-defined goals and aspirations.



Overview Person Centered Recovery Planning (PCRP)

Elements <https://mhttcnetwork.org/centers/new-england-mhttc/product/person-centered-recovery-planning-live-webinar>



Portuguese- Speaking Latino/Latinx

GRAZIELA REIS, MPH

A minha família pode me apoiar e participar da minha trajetória de recovery



Para quem vive com um transtorno de saúde mental, envolver a família no processo de recovery pode trazer muitos benefícios. O apoio espontâneo da família pode ajudar a fortalecer a sua trajetória de recovery. Conversar com a sua família também pode ser uma oportunidade para você compartilhar informações, bem como solicitar apoio e ajuda.

Trajectoria de Recovery

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**Recovery
emerges from
solidarity**

Portuguese-
Brazilian
Speaking
Latina/Latinx



GRAZIELA REIS, MPH
Yale Program for
Recovery and
Community Health

Friendship



Job Security



School/Education



Family



Housing



Access to Health Care



Community Engagement



Food



Culture and Enjoyment



Faith and Spirituality



Relationship and Love



What
happens
when the
sense of
belonging
break down?



You don't
recognize
yourself in
your own
body, soul,
and feelings.

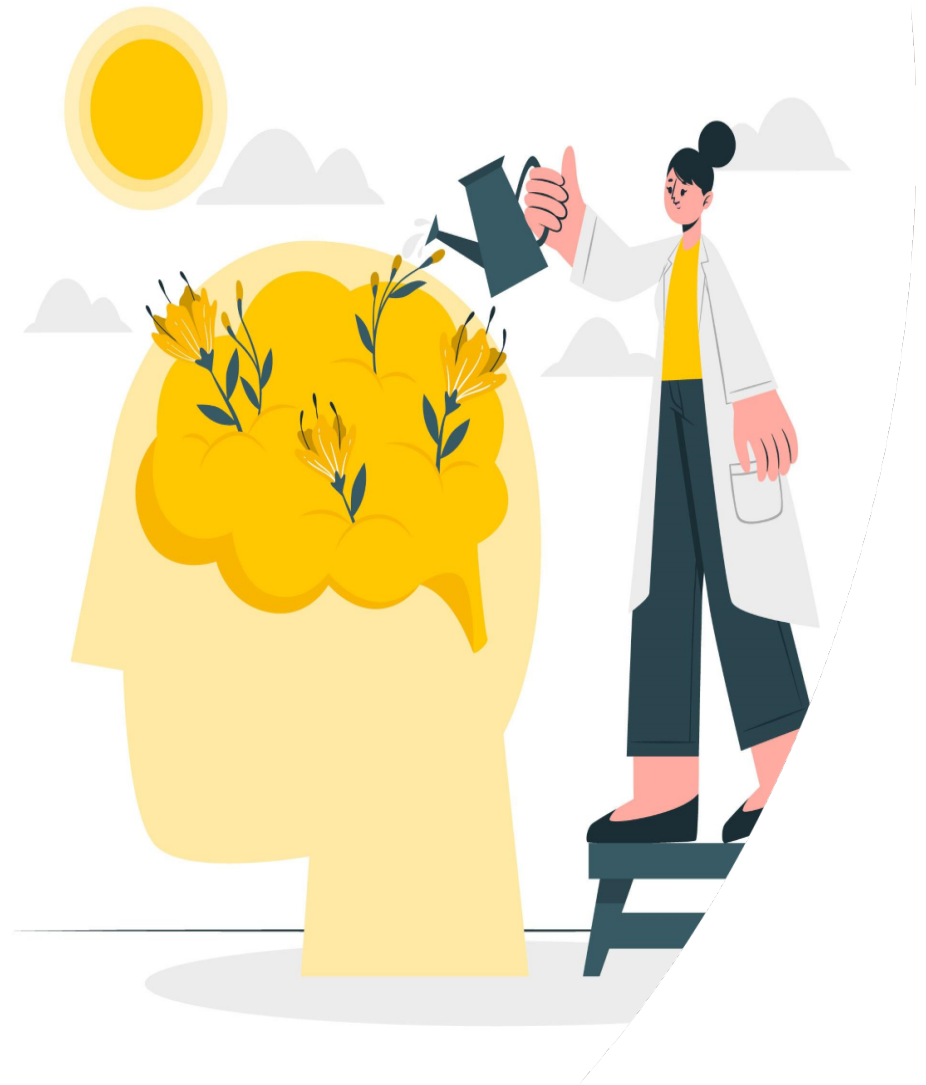


Depression
Anxiety
Psychosis
Bipolar
Disorders
Intense
Trauma
Schizophrenia
Substance use
Disorder

A large crowd of people, seen from above, has gathered on a white surface to form a large heart shape. The heart is composed of many small figures, each representing an individual. The text 'What is the assumption?' is centered within the heart shape.

What is the
assumption?

What is the question that mental health professionals should ask themselves?





Brazilian and Portuguese immigrants are welcome. They have identity.

Access is facilitated by services in Portuguese, and culturally sensitive development.

Sustained funding.

Develop collaboration with the Brazilian and Portuguese community.

Development of educational programs and research to address the scarcity of Brazilian and Portuguese mental health Professionals.

Cultural needs are addressed.

Psychosocial needs are addressed.

Assessing Recovery-Promoting Competencies of Providers Serving Latinos with Serious Mental Illnesses.

<https://scite.ai/reports/assessing-recovery-promoting-competencies-of-providers-nnja8V>

Kit de herramientas de recuperación

**Farkas, Hutchinson, Forbess, Restrepo -Toro,
Ruscinova, 2016**



National Institute on Disability, Independent Living and Rehabilitation Research 90IF0033-01-00

HOPE

endures



ESPERANZA

- EDUCAR EN ASPECTOS DE LA RECUPERACIÓN
- CREAR ESPACIOS ACOGEDORES
- COMPARTIR MENSAJES INSPIRADORES
- APOYAR OPORTUNIDADES PARA ALCANZAR NUEVOS ROLES
- COMPARTIR SU ESPERANZA
- COMPARTIR HISTORIAS DE RECUPERACIÓN

EMPODERAMIENTO



- APOYAR DECISIONES QUE PROMUEVEN UNA VIDA BALANCEADA
- PARTICIPAR JUNTOS EN EVENTOS COMUNITARIOS
- APOYAR LA RELACIÓN CON UNA MASCOTA
- APOYAR OPORTUNIDADES PARA ASUMIR RESPONSABILIDADES
- APOYAR OPORTUNIDADES PARA DEMOSTRAR SUS DESTREZAS
- APOYAR LA IMPLEMENTACIÓN

AUTOACEPTACIÓN

VALORACIÓN DE LAS
FORTALEZAS

RESPETAR LA
INDIVIDUALIDAD

DEMOSTRAR QUE LAS
PEQUEÑAS COSAS CUENTAN

NORMALIZAR EXPERIENCIAS
Y SENTIMIENTOS

EVALUAR DESTREZAS PARA
LA RECUPERACIÓN



Walking in Recovery | Caminando en Recuperación | Trajetória de Recovery

Katty Rivera M.Ed

POLL

Do Hispanic and Latino/a/x/é cultural values interfere with the Principles of Recovery?



*I am a person,
not my
diagnosis*



Having a mental illness does not define you.
You are a person first with unique and distinct
gifts, needs, and cultural preferences.

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My community can help build my resilience

Resilience is the ability to adapt to difficult situations such as stress, adversity, and/or trauma. Emotions like anger, grief, and pain is a normal response to trauma. A key part of building resilience is to reach out to others for support. Building resilience can also help protect you from various mental health conditions, such as depression and anxiety.

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*My mental illness
is nothing to be
ashamed of*

Shame is an intense emotion that can be deeply rooted in our sense of self-worth. A person who is experiencing shame over their mental illness can be a significant barrier to why many people don't seek treatment. They may not want to be judged for seeking treatment. Seeking treatment is an act of self-compassion and is vital in overcoming the shame and stigma of mental illness.

Walking in Recovery



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A close-up photograph of a man with a beard and glasses, wearing a black hat with a feather and a white shirt. He is playing a light-colored acoustic guitar. The background is a soft-focus green, suggesting an outdoor setting with foliage.

*Recovery is my
individual journey*

Recovery is about finding ways of coping and living with a mental health condition and leading a meaningful life that is defined by you. Although the recovery journey is personal, community, and family supports are beneficial.

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*My spirituality
can be
incorporated
into my recovery*



Connecting to a higher purpose can enhance your recovery and help you cope with challenges that may arise in the recovery journey.

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Culturally Sensitive Recovery Interventions



Additional Bilingual Resources

- ❑ **National Hispanic and Latino MHTTC** [National Hispanic and Latino MHTTC | Mental Health Technology Transfer Center \(MHTTC\) Network \(mhttcnetwork.org\)](https://mhttcnetwork.org/)

darice.orobitg@uccaribe.edu

- ❑ **Northeast & Caribbean MHTTC**

[Northeast & Caribbean MHTTC | Mental Health Technology Transfer Center \(MHTTC\) Network \(mhttcnetwork.org\)](https://mhttcnetwork.org/)

katty@shp.rutgers.edu

- ❑ **New England MHTTC** <https://mhttcnetwork.org/centers/new-england-mhttc/home>

maria.restrepo-toro@yale.edu and graziela.reis@yale.edu

Thank you!
¡Muchas gracias!
Muito obrigado!