La Familia:
The Hispanic Family and Mental Health

Breaking the Stigma

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Learning Objectives
Participants will be able to:

▶ Identify some of the contributing factors to stigmas associated with mental illness in the Latino Families/Community

▶ Gain knowledge and understanding of the statistics about mental health in Latino Population.

▶ Apply the information provided to correct myths and misconceptions about mental health in Latino families

▶ Gain knowledge of the various treatments and resources to help Latino families.

▶ Discuss and identify the role of the church in helping Latino families correct the stigmas associated to mental illness.

Changing Demographics

▶ More than 17.6% of the U.S. population (56.6 million) self-identify as Hispanic or Latino, making people of Hispanic origin the nation's largest racial/ethnic minority.

▶ From 2015 to 2016, Hispanic population grew by 2% (up to 57.5 million) in the U.S. By 2060, Hispanics are expected to make up 30% of the total population (129 million)

(APA, 2017)

Mental Illness Prevalence

▶ Depression – one of the leading causes of disability

▶ 1 in 10 Hispanics use PCP for mental health services

▶ US Born Hispanics report higher rates for most psychiatric disorders than Hispanic Immigrants

▶ Latinos with serious mental illness show significant health problems compared to the European American population in general

▶ Latinos with serious mental illness get sick and die much younger than other adults., when not treated.

(APA, 2017; (Corrigan, Torres, Lara, Sheehan, & Larson, 2017)

Is mental health culture/ethnic specific?

No, but culture has a role in the interpretation of mental health and how is managed in the family

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Culture Influence

▶ Familismo
▶ Machismo
▶ Compadrazgo
▶ Dignidad y Respeto

(Mascayano, 2016)

Stigmas

Stigma refers to attitudes and beliefs that lead people to reject, avoid, or fear those they perceive as being different. ... "Public Stigma" refers to the attitudes and beliefs of the general public towards persons with mental health challenges or their family members.

(Mascayano et al., 2016)

Live Poll

	Socrative.com
	Student Login
	Davila3495
	Answer question: Describe in one phrase or word any stigmas you learned about Mental Health in Your Family

4 types of Stigma

- Public - The process in which the general public stigmatizes individuals with mental illness, consisting of processes of stereotyping, prejudice, and discrimination.
- Institutional - Institutional practices that work to the disadvantage of the stigmatized group or person.
- Self - When an individual takes publically acknowledged stereotypes held by society and applies them to him or herself.
- Family - When stigma is experienced among those who are related by kinship to labeled individuals

(Mascayano et al., 2016)

Mental illness stigma is a considerable threat to health by hindering treatment seeking and exacerbating the suffering of those with a mental illness

(Casados, 2017)

Stigmas

- Mental illness stigma currently constitutes one of the most substantial barriers to using mental health services
- Additional research is needed to determine how best to reduce mental illness stigma; a widening of research questions and refocusing of constructs may be necessary as well.
- Public Stigma – "they are dangerous; violent, lazy.."
- Consumer Stigma – "Special, Different, "malita," sick."
- Family Stigma

Myths: What Latinos think about Mental Health	Truths: A Wake-up Call
▶ "I'm not crazy" So, I'm not going to Counseling or the Psychiatrist	▶ You are not crazy, "The head is part of the body"
▶ "Medications make you an addict"	▶ Medications, when taken as prescribed do not cause addiction.
▶ Don't tell anyone	▶ Counseling is confidential. But in order to get help, we need to talk to a professional.
▶ If you have depression you don't have enough faith	▶ Faith is not Depression related to depression.
▶ I'm not going to a "Crazy-House" (Manicomio)	▶ Inpatient Facilities are only for higher level of care
▶ Mental Illness is the result of sin	▶ Mental illness is not sin, it is an illness.

Psychoeducational Information

IS THE KEY

(Casados, 2017)

The Reality of Mental Illness

► Conditions maybe comorbid - People with disabling psychiatric disorders show high rates of co-occurring physical illnesses that are often further disabling or may lead to death (Druss et al. 2011;
► Some medical conditions cause mental illness:
  ► Parkinson's Disease
  ► Thyroid
  ► Cancer
► Substance Abuse Effects

The patient is suffering and needs help

"I'm nervous and worried all the time"

"I need help, my daughter has schizophrenia"

My husband is Bipolar

My son has ADHD

I'm Sad all the time

I'm in Panic

Prevalence

ANXIETY

DEPRESSION

PTSD

BIPOLAR DISORDER

SCHIZOPHRENIA
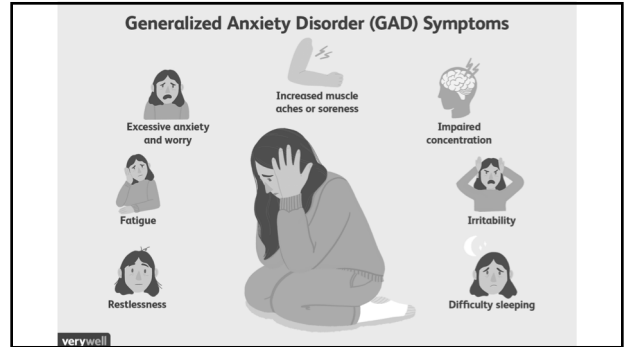

Depression

Symptoms of Depression

knowmedge

Mnemonic: "A SAD FACES"

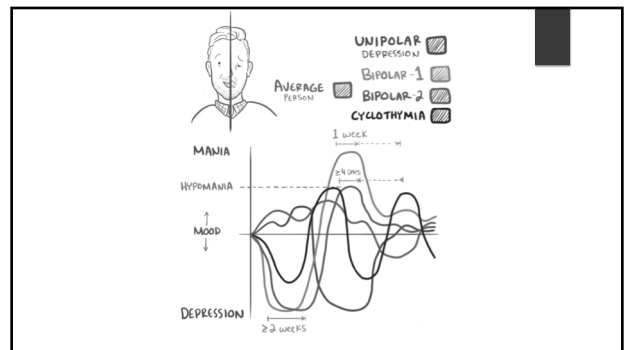| A	SAD	FACES
Appetite (Weight Change)	**S**leep (Insomnia / Hypersomnia)	**F**atigue
	Anhedonia	**A**gitation / Retardation
	Dysophria	**C**oncentration Diminished
		Esteem (Low) / Guilt
		Suicide / Thoughts of Death

Intellectual Property of Knowmedge.com

Anxiety

Generalized Anxiety Disorder (GAD) Symptoms

Bipolar Disorder
CORRECTING MISCONCEPTIONS

Schizophrenia

Intellectual Disability

Formerly Mental Retardation

INTELLECTUAL DISABILITY

Empirically Supported Treatments

- ▶ Counseling & Psychotherapy
- ▶ Cognitive Behavior Therapy
- ▶ Spiritual Support
- ▶ Positive Social Support
- ▶ Medication Management
- ▶ And more…

The Role of the Family

🗫	Talk
👥	Get Information from the "Professionals" NOT Google!!
😟	WELLNESS -Exercise, Water, Diet
👤	Support
🤝	Seek professional help

The Role of the Church

OLGA RODRIGUEZ

Barriers to Accessing Mental Health Care

Barriers to Accessing Mental Health Care

- · Lack of insurance or inadequate insurance
- · Lack of knowledge/awareness about mental
- · health problems and services available
- · Cultural stigma associated with mental illness
- · Language
- · Lack of culturally tailored services and culturally competent mental health professionals
- · Shortage of bilingual or linguistically trained mental health professionals
- · Difficulties recognizing incipient signs of mental illness
- · Problems identifying psychiatric symptoms when chief complaint is somatic symptom

(APA, 2017)

Available Resources

- Bexar County Resource Directory
- Urban Strategies
- **STCH Ministries Family Counseling**
- **National Suicide Phone Line -** 1-800-273-8255
- **Spanish National Suicide Line -** 1-888-628-9454
- **Crisis Text Line**: Text HOME to 741741
- **LGBTQ -** Text START to 678678

Reducing Mental Illness Stigma in the Latino Family

Psychoeducational Information

- Education is god, but not enough
  - Education does appear to positively affect self-reported knowledge and attitudes about mental illness
  - Reduce Social Distancing
  - Improve attitude about medications, but not about therapy
- Support system
- Promote Wellness
- The church
- Reframe the information.
- Going to Counseling/Therapy

(Caplan, 2016)

Questions

THANK YOU!

Handouts and Resources

WWW.BILINGUALCOUNSELING.COM
WWW.CONSEJERIABILINGUE.COM

Contact information:

- Zoricelis Davila, Ph.D., LPC-S
- 888-537-4621
- WWW.BILINGUALCOUNSELING.COM

- OLGA RODRIGUEZ
- URBAN STRATEGIES

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