



Cultural Considerations In Serving Latinos

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The ATTC Network



Ten Regional Centers

Four National Focus Area Centers

- SBIRT
- Hispanic and Latino
- Native American-Alaska Native
- Rural and Frontier



(MAP NOT TO SCALE)



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- Upcoming trainings
- The range of training and technical assistance services we offer
- Resources and links on key topics

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JANESE // DANIEL





- **Increase service providers' cultural understanding**
- **Develop personal and professional clinical skills in working effectively with Latino clients**
- **Consider approaches to providing services that are Latino sensitive**



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“Latinoamerica” video by Calle 13



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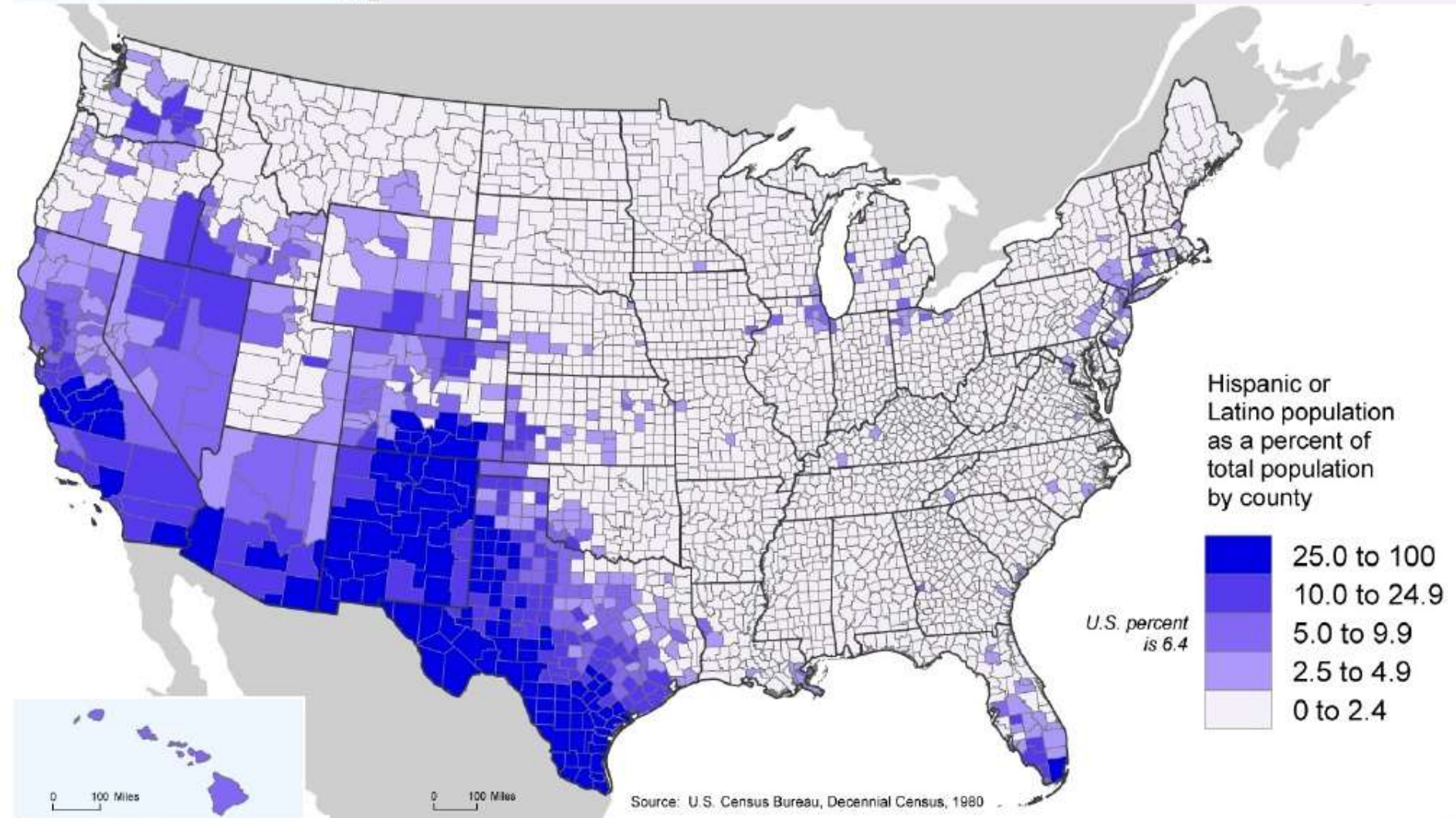
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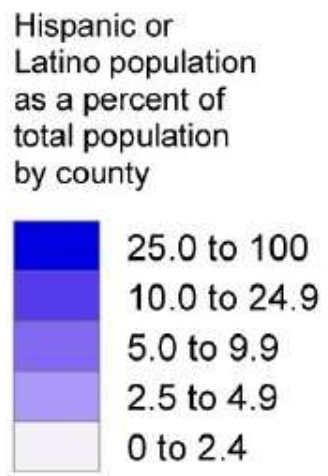
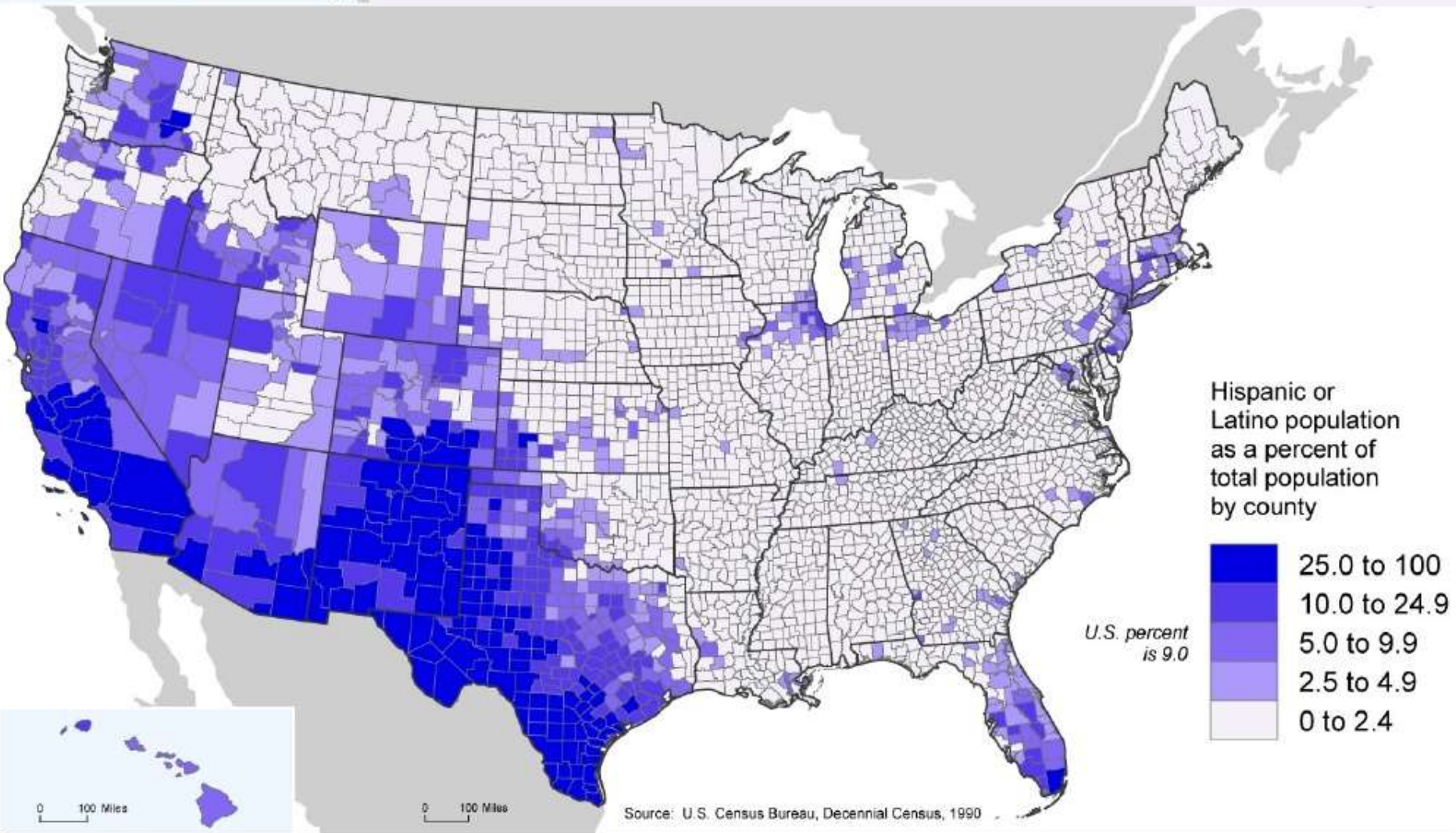
**ETHNIC MINORITY WILL BE
THE MAJORITY**

... some statistics

Percent of Population 1980 Hispanic or Latino

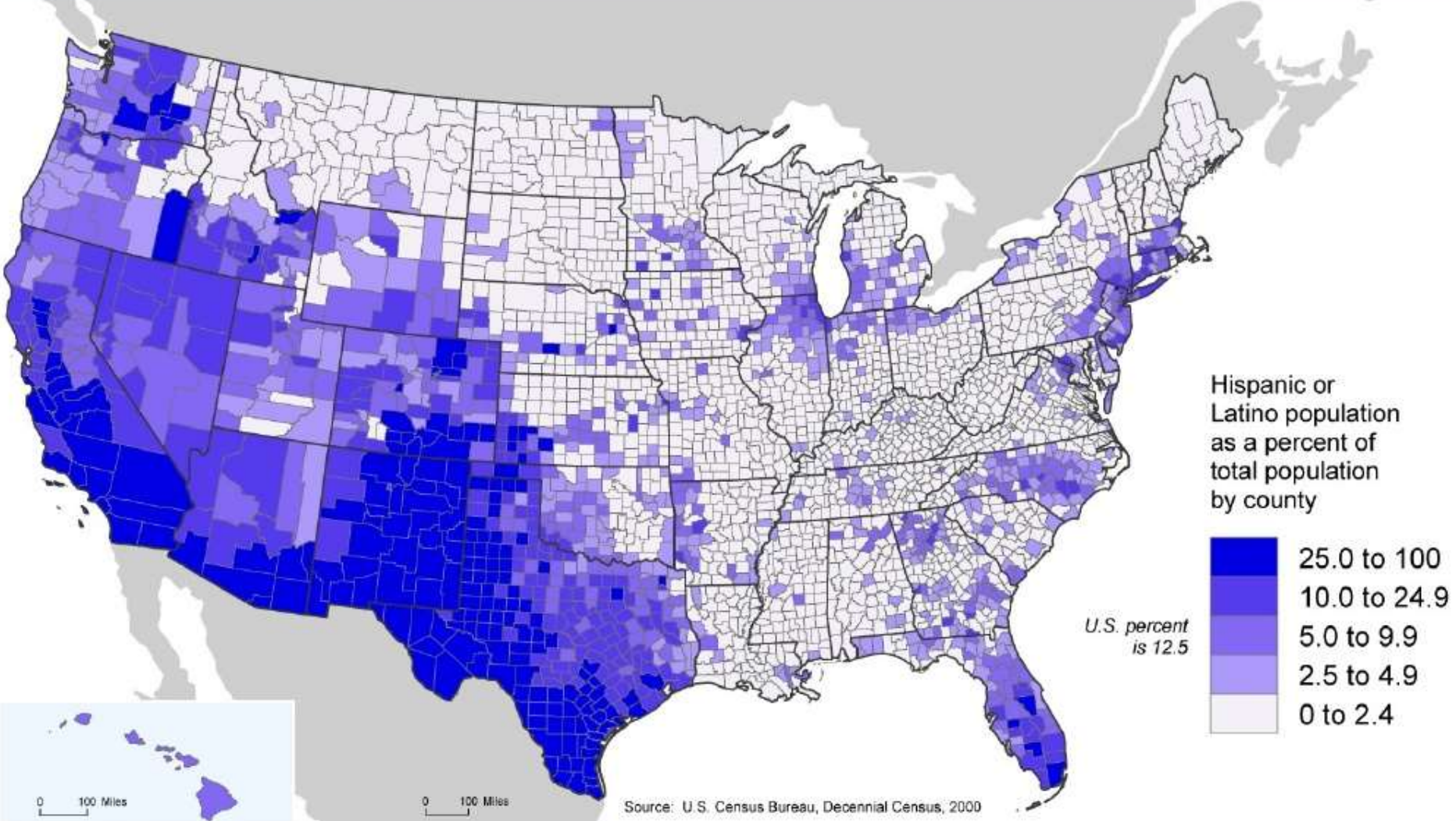


Percent of Population 1990 Hispanic or Latino

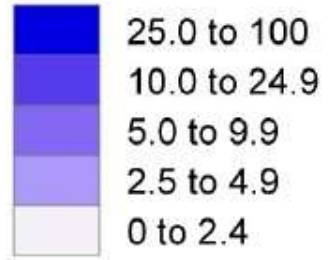


Source: U.S. Census Bureau, Decennial Census, 1990

Percent of Population 2000 Hispanic or Latino

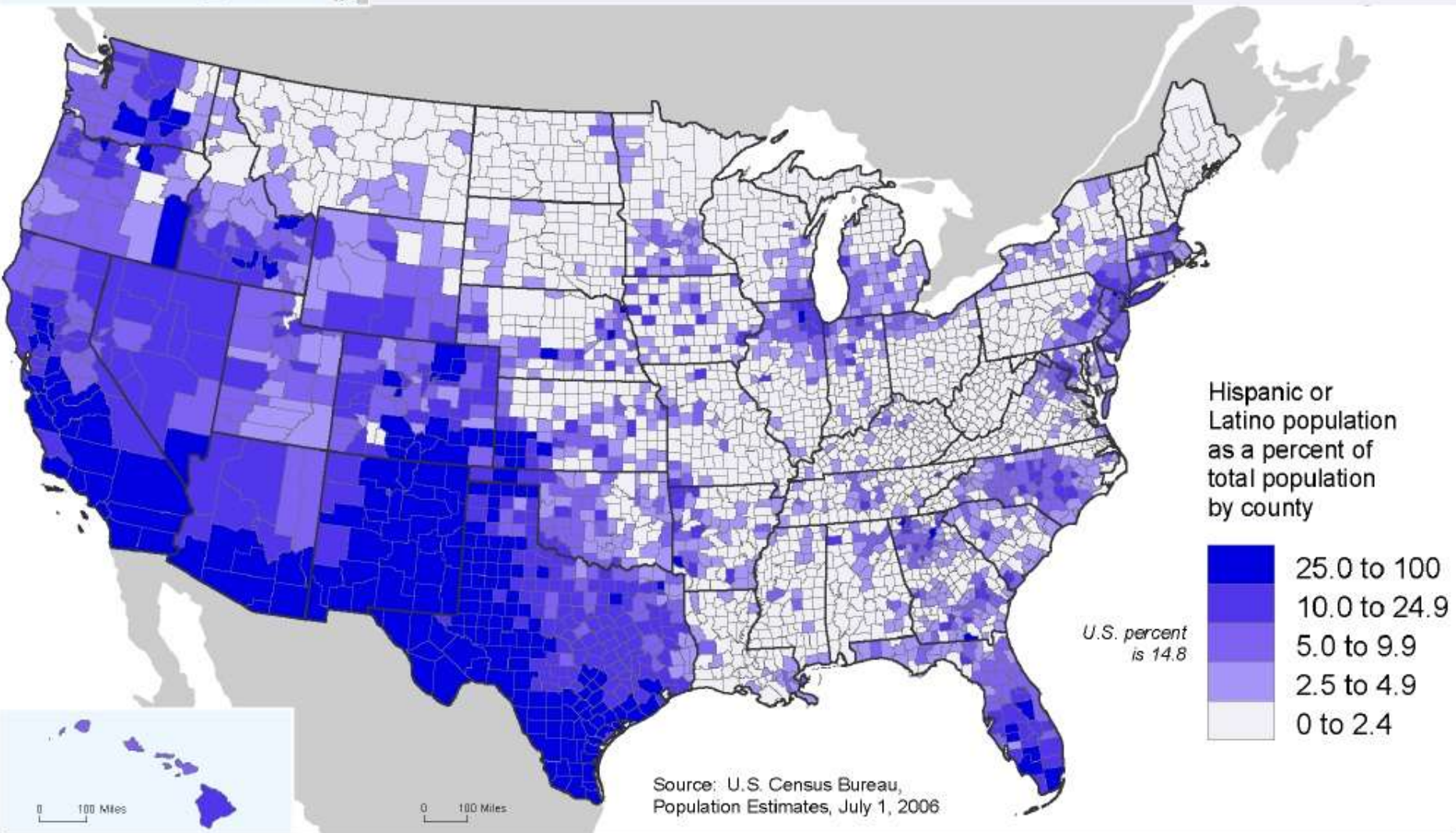


Hispanic or Latino population as a percent of total population by county

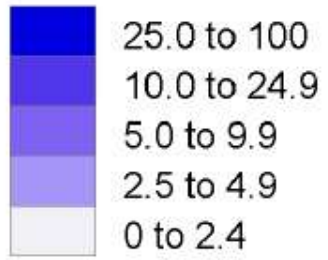


U.S. percent is 12.5

Percent of Population 2006 Hispanic or Latino



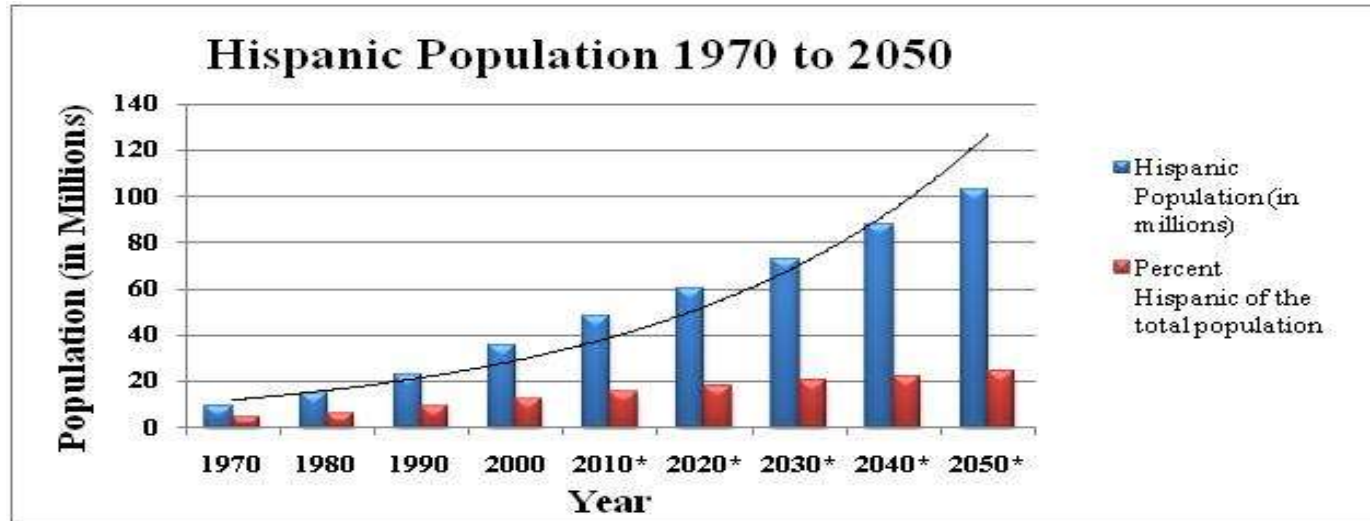
Hispanic or Latino population as a percent of total population by county



U.S. percent is 14.8

Source: U.S. Census Bureau, Population Estimates, July 1, 2006

Latinos (census)



- 2000-2010 → Grew 43% between
- 2010 → 50.5 million lived in U.S.
 - 16.3% of total population
- **2050 → up to 30%**

Youth – on the rise



93% born in US

- Increase by birth rather than immigrations
 - 174,000 Latino adults have and raise children
- $\frac{1}{4}$ of children of Latino heritage
 - K-12 age – 121,000

PROTECTIVE FACTORS IN THE LATINO COMMUNITY



- ❖ *Familia*
- ❖ *Personalismo*
- ❖ *Respeto*



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Familismo

- Enmeshment is a stereotype ascribed to Latino families for being close and concerned about one another.
- For some, *familismo* may be smothering, controlling, leading to feelings of guilt.



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Hispanic family



- Emphasizes interdependence
- Cooperation
- More likely to be involved in care and
- Decision-making

Manifestations of familismo

Compadrazgo

Extended family relations

Family Response

More tolerant of mentally ill:

- * Sick role
- * Lowered expectations
- * People to be protected
- * Remain in home
- * May even marry and have children



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Addictions and Mentally Ill



NEED:

- High family participation
- Strong education about both
- Management of meds
- Belief meds lead to addiction
- Coordination of care critical



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Personalismo

- Importance of personal relationships
- Expect providers to be warm, friendly, personal and take interest in personal life
- Rely on community-based organizations



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Enacting personalismo

Through...

- Simpatía (sympathy)
 - Caridad (caring)
 - Confianza (trust)
-
- Interpersonal breeches in counseling situations might drive Latinos away:
 - i.e., a goodwill not reciprocated or a gesture is diminished.



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Get personal

- Closer to each other in space
- Too far away, may be seen as uninterested
- Sit closer, lean forward, give pat on shoulder, other gestures to show interest



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Show Respect

- Explain without condescending
- Take seriously the responsibility and respect conferred on you by Hispanic clients
- Don't misinterpret avoiding eye contact as sign of disinterest
- Address elders in traditional ways
- Be mindful of parents and elders if child or other is spokesperson
- Older Hispanic may terminate treatment if feels respect is not being shown



Encourage asking of questions

Out of respect...

- Latinos will avoid disagreeing or expressing doubts
- May be reluctant to ask questions or admit are confused



“Benefits of Being Bilingual” Video



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RISK FACTORS IN THE LATINO COMMUNITY





❖ *Acculturation*

❖ *Gender*



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MISCONCEPTIONS

“All Latino immigrants are from Mexico.”



- Where else?
- 66% from Mexico
- 70% of Latinos living in U.S. are born here



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The Immigration Paradox

- Mexico
- Puerto Rico
- Cuba



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MISCONCEPTIONS

“Second and third generations are assimilated.”



- Embracing Latino heritage more than parents
- 52% Prefer to describe selves with country of origin
- 24% Identified as American
- 20% Identified as Latino



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Gender roles: Protective or Risk Factor?

- Stricter control over daughters than sons
- Wife should not contradict husband in public
- Women have little respect for weak men
- Important for a man to be strong



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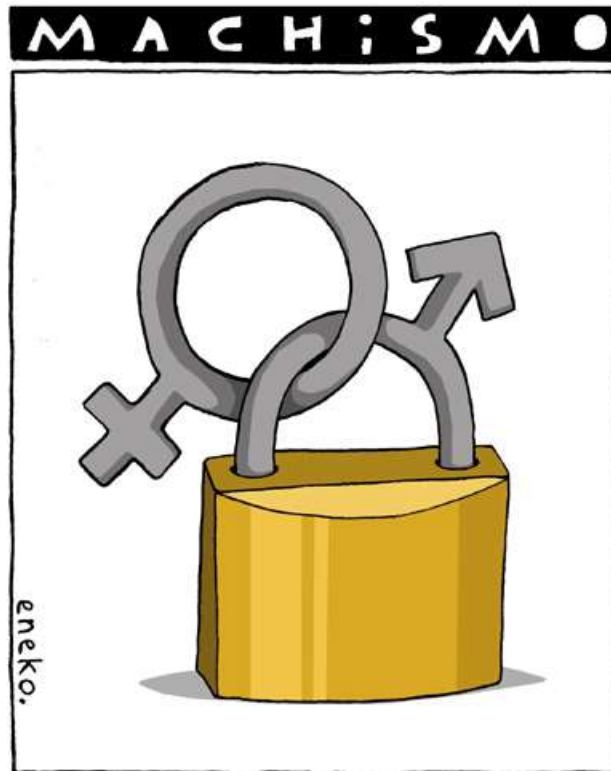
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Risk Factor or Protective?



Negative definition:

Womanizer, arrogant, domineering, sexist, superior

Positive definition:

Courageous, strong, independent, powerful, protector, manliness



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Barriers to access

- Fear and shame of revealing private matters to others or to own family
- Implication of male seeking help not in control of self

OR

- Not able to manage own problems



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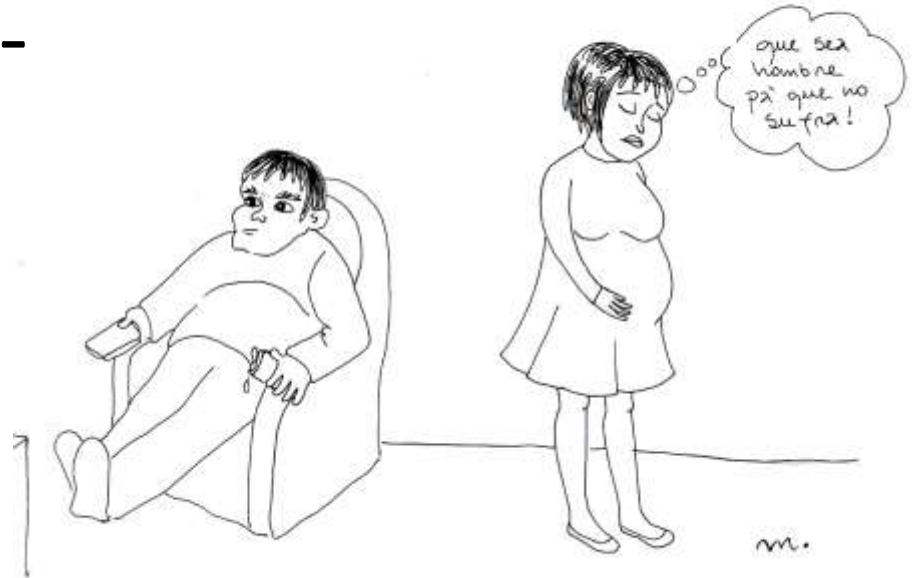
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Marianismo

- Expectations of self-sacrifice by culture and family
- Held to a higher standard
- Highly controlled
- Few alternatives for positive self-esteem



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Latina Motherhood



- Sacred status
- Expected to be nurturing, accepting and deny own desires
- Well-being of children sources of happiness
- Important to Latina's self-concept



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Perception

- Learned gender roles
– resistant to change
- Could influence interactions with host culture
- Focus on positive self-concept
- Impact on family



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Distinctions



Hispanic men more likely to be involved with multiple substances

Hispanic women more likely to have mental health problems



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Parking Lot & Questions



New American Reality: Video



Muchas
Gracias