

# ENTRE NOS ...

NEWSLETTER

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HISPANIC/LATINO  
BEHAVIORAL HEALTH  
CENTER OF EXCELLENCE



CENTER SPOTLIGHT.....	2
COMMUNITY PARTNERSHIPS.....	3
TRENDING TOPICS.....	4
FEATURED PRODUCTS.....	5
WHAT ARE WE DOING?.....	6
SAVE THE DATE.....	8

**Delving into  
Back to School:  
Kid Problems are Problems Too**

## Back to School: Kid Problems are Problems Too

by Sarah K Howell, MSW, LCSW-S

For teachers and students, summers rarely seem long enough. Many parents and caregivers fall, and the start of a new school year can't come soon enough. No matter which role you fill, a new school year ushers in the opportunity to set new routines as well as a new set of challenges.

Even with the return to routine and access to stability and resources, shifting into school mode can be a difficult adjustment. Latine students may experience:

- A “summer slide,” with potentially less access to academic or mental health services leading students to fall behind academically in comparison to their peers.
- Shift between languages: many Latine students come from households where Spanish is the primary language. After a summer spent speaking primarily Spanish, returning to an English-dominated environment can be daunting, impacting both students' confidence and academics.
- Financial strain: Without school-provided meals and resources, household expenses increase. Some students might also work to help their families, making the shift back to a student role difficult.
- Discrimination, racism: The current political climate, especially with the 2024 presidential election approaching, has introduced heightened polarization and anti-immigrant rhetoric, potentially increasing stress and uncertainty among Latine students.
- Trauma: Immigration-related issues or exposure to violence can also resurface as students return to school, making them feel unsafe or unsupported.
- Unmet mental health needs due to stigma, lack of culturally competent services or accessibility.

Mental health is crucial for healthy development, and schools often provide access to care that might not be available otherwise. According to the CDC, 41% of Latine high school students have felt sad or hopeless, compared to 36% of their white peers, and Latine students have a higher suicide attempt rate (10.5% versus 7.3% for white peers). Increased anxiety and depression among Latine adolescents contribute to higher dropout rates.

Often, adults dismiss concerns raised by children as mere “kid problems,” failing to recognize that these issues are significant and parallel adult concerns. Romantic relationships, social pressures, academic performance, financial stress, linguistic isolation, and discrimination are all substantial stressors for young people who have less opportunity and agency to manage their experiences.

Schools have the potential to serve as safe havens and protective factors in child and adolescent development, as well as an access point to many essential services to meet families' basic needs. To fully leverage schools as safe havens and a protective factor, “kid problems” need to be listened to and treated as real issues that can impact mental health. While we teach young people that words matter and encourage them to seek help, adults often struggle to provide the necessary support and encouragement. Schools need to actively engage with children and adolescents, by genuinely listening to their needs and offering them options. By acknowledging their experiences and consistently modeling supportive behavior, schools can foster a safe and welcoming environment in an often-uncertain world.

[REFERENCES HERE](#)

# COMMUNITY PARTNERSHIPS



Bayview Foundation, Inc. is a nonprofit organization that provides affordable housing and supportive services to low-income residents of La Mariposa Lane at Madison, Wisconsin. Bayview comprises Bayview Townhouses, a Section 8 development that currently includes 86 two- and three-bedroom townhouses and apartment units, and a comprehensive community center located in the middle of the housing development.

## Mission

The Bayview Foundation supports its culturally diverse, low-income families in realizing their aspirations by providing affordable housing, fostering cultural pride, and building community through the arts, education, and recreation.

## Bayview's Values

### Reciprocity

We work for one another's mutual benefit and understand that what's good for one is good for all. We know that connection and interdependence among all people strengthens the fabric.

### Voice

We listen, engage and respond to each other in an intentionally unbiased and inclusive manner. The health of the Bayview community is served when everyone is heard, understood and included.

### Diversity

We respect and value differences as we co-create welcoming spaces for people of all backgrounds, identities, and cultures. Bayview is richer for our differences.

### Creativity

We believe in the transformative power of self-expression through the arts. Imagination helps Bayview develop innovative solutions, inspire others, and advance social justice.

### Belonging

We ensure that everyone at Bayview has agency and is valued and celebrated as an essential part of the community.

### Stewardship

We strive to be honest, responsible, and trustworthy as demonstrated through our responsiveness and commitment to caring for the community and the resources entrusted to us.

### Anti-racism & equity

We create an inclusive community to address unjust and inequitable systems. We recognize the needs of BIPOC and work in good faith to achieve fairness, and denounce white supremacy and other forms of prejudice.

## Our Model

**Community Center** with multigenerational connection to education, recreation, employment, and community building.

**Affordable housing** that grounds residents in stability and security.

**Art & placemaking** that lifts voices, honors differences, and fortifies neighborhood ties.

**Click Here to visit Bayview Foundation Website**



# TRENDING TOPICS

## Interpersonal Risk and Resilience in Latine Immigrants

by Amanda Venta, Ph.D



## INTERPERSONAL RISK AND RESILIENCE IN LATINE IMMIGRANTS

The aim of this presentation is to outline interpersonal factors that exacerbate and mitigate risk for mental health problems among Latine immigrants, particularly asylum seekers from Central America. Data from across the lifespan, including children, adolescents, young adults, and adults, will be presented centered on how interpersonal processes shape risk and resilience for immigrants. At the conclusion of the webinar participants will be able to:

- Identify major sources of trauma exposure in Latine asylum seekers
- Understand significant health disparity in the area of posttraumatic stress facing Latine asylum seekers of all ages
- Elaborate several interpersonal factors including attachment, familismo, and belonging that shape mental health risk
- Leverage interpersonal factors in clinical practice with trauma exposed asylum seekers

[WATCH HERE](#)

# FEATURED PRODUCTS

## WEBINARS



### **CLAS Matters!**

#### **Helping People Achieve Their Full Health Potential**

CLAS (Culturally and Linguistically Appropriate Services)

Session 2 | April 25, 2024

Haner Hernandez, PhD, CPS, CADCI, LADCI

[WATCH HERE](#)



### **CLAS Matters!**

#### **Introduction to the National Enhanced CLAS Standards: Understanding Disparities and Building Health Equity**

CLAS (Culturally and Linguistically Appropriate Services)

Session 3 | June 25, 2024

Haner Hernandez, PhD, CPS, CADCI, LADCI

[WATCH HERE](#)

# WHAT ARE WE DOING?

por Paola Díaz, MS, H/LBH CoE Outreach and Engagement Manager  
Ibis S. Carrión González, PsyD, H/LBH CoE Program Director  
Jessenia D. Zayas-Ríos, DBH, MPHE, CHES® - H/LBH CoE Program Manager

July was an interesting month for the Center. We were in Maryland, Georgia and Puerto Rico. We enjoyed the summer working on initiatives to support workforce expansion and equity among the Latine populations. The Vamos por Más: Hispanic/Latine Behavioral Health Empowerment and Leadership Academy continued their progress. The participants began conceptualizing their projects to enhance the behavioral health system for our communities. In addition, our activities for embedding the workforce to reduce health disparities continue to grow.

During days 9 and 10 of July 2024, we participated in a technical expert's panel meeting focused on "Embedding Equity and Building the Suicide Prevention Workforce for Underserved Communities" as part of an invitation from the Office of Behavioral Health Equity at SAMHSA. This meeting was held in Maryland. The objectives of this panel of experts were:



- to analyze gaps and opportunities for embedding equity in suicide prevention and building the suicide prevention workforce;
- identify priority strategies and potential products that promote equity and support the expansion of the suicide prevention workforce to serve underserved communities;
- and develop recommendations for organizational, community, and practitioner resources that address equity and workforce priorities for underserved communities.

Our invited panelist, Dr. Enedina Enriquez joined the activity with Dr. Jessenia D. Zayas Ríos, our Program Manager, to present the need to inclusion of Latine families in suicide prevention. It is crucial to understand how Latine cultural values mediate in the dynamics that occur in the Latine families when experiencing a suicide attempt of one of their members. In our culture, suicide is a taboo topic that can shame family members. The family could keep the event secret. This dynamic needs to be approached by a provider with linguistic and Hispanic/Latine cultural competency.

The panel of experts is foundational to support future SAMHSA initiatives to advance equity and workforce expansion efforts. We expect the next steps.

On July 10th, the H/LBH CoE team was providing the training Understanding Historical Contexts and Cultural Elements to Inform Services for Latine Populations to Georgia Department of Behavioral Health and Development Disabilities Division of Behavioral Health, Office of Addictive Diseases. This training for behavioral health providers focused on comprehending the interplay between culture and mental health illness among Hispanic and Latine communities.

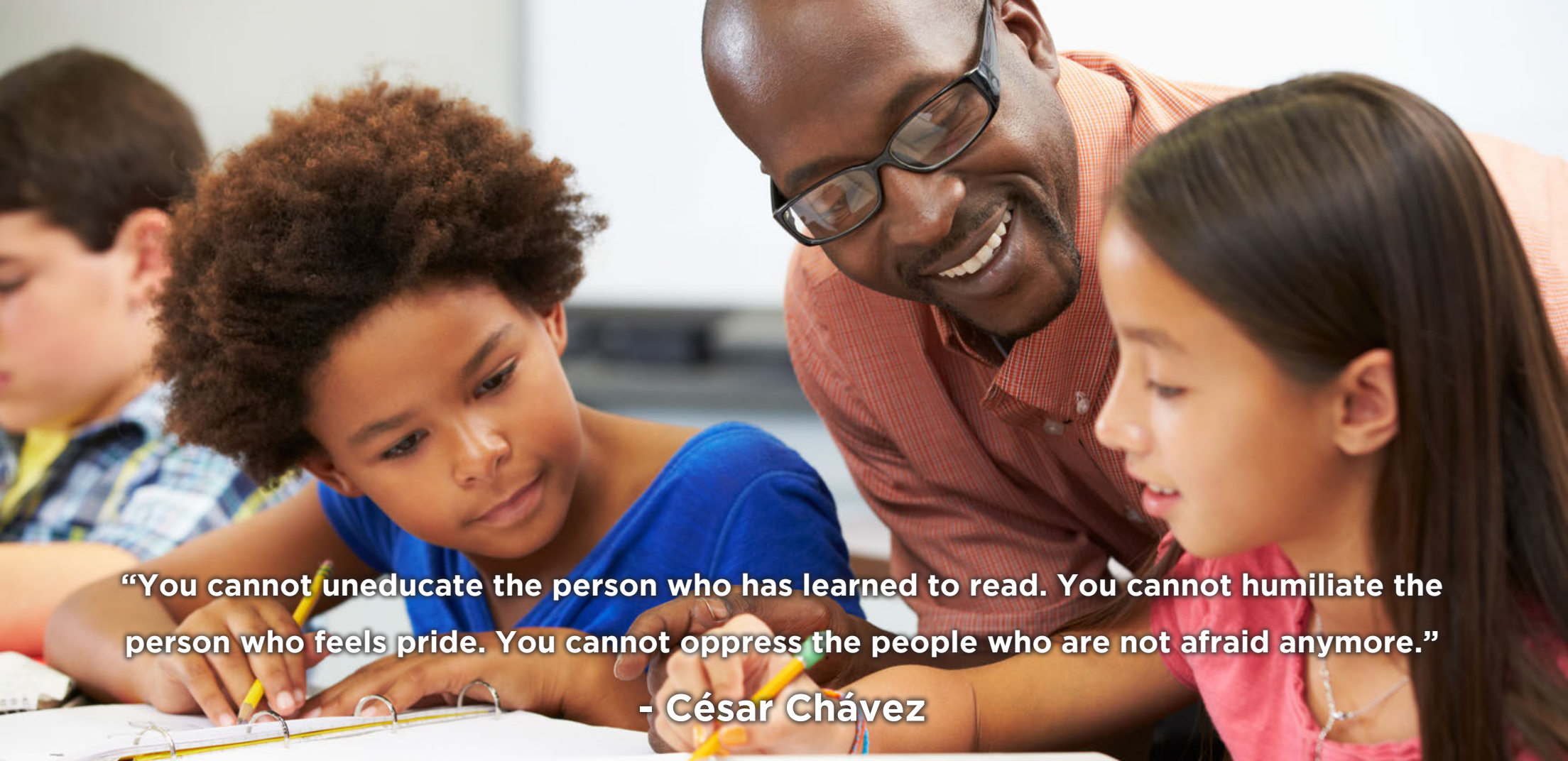
Attendees learned in a very interactive setting about the role of cultural factors in mental health assessment and treatment with Latine clients, and how to integrate culturally informed therapeutic strategies that foster effective engagement and therapeutic relationships. Ultimately the training was to equip providers with the necessary tools to capitalize on the strengths and resources inherent within Latine communities in Georgia.





In an exciting collaboration with the Hispanic /Latino Behavioral Health Center of Excellence, Boston University School of Social Work, Puerto Rico Learning and Service Course, and Pepperdine University, the Center for Latinx Communities to promote workforce expansion in the behavioral health field. A group of students participated in a 10-day cultural immersion study program that provided students with an overview of social work practice in Puerto Rico with implications for service provision to Latine communities in the United States. Students gained knowledge and engaged in analysis of social, economic, and cultural aspects that influence the Puerto Rican population. They can visit different community-based organizations and municipalities and exchange ideas for vulnerable populations. The H/LBH CoE team emphasized the importance of learning and applying the cultural values of Latine communities to provide more relevant services and facilitate access and retention.

See you in September...



“You cannot uneducate the person who has learned to read. You cannot humiliate the person who feels pride. You cannot oppress the people who are not afraid anymore.”

- César Chávez

## OUR TEAM

### Hispanic/Latino Behavioral Health Center of Excellence Team

**Ibis Carrión-González, PsyD, Director**

**Christine Miranda, PhD, Evaluator**

**Jessenia D. Zayas-Ríos, DBH, MPHE, CHES®, Program Manager**

**Erick Senior-Rogés, PhD, Training and Technical Assistance Manager**

**Darice Orobítg, PhD, Training and Technical Assistance Consultant**

**Carmen Andújar, BA, Logistics Specialist**

**Paola Díaz-Arce, MHS, Outreach and Engagement Manager**

**Briseida Navarro-Sierra, MBA, MS. Ed, Coordinator Assistant**

## CONTACT US

For more information on the H/LBH CoE, visit:

[www.hispaniclatinobehavioralhealth.org](http://www.hispaniclatinobehavioralhealth.org)

You can also contact the center directly by email at:

[info@hispaniclatinobehavioralhealth.org](mailto:info@hispaniclatinobehavioralhealth.org)



**REQUEST TA**

\*The Hispanic/Latino Behavioral Health Center of Excellence recognizes the complexities associated with gender and ethnic identification as well as the right of all individuals to self-identify. The Center uses the term Latine with the intention of both facilitating fluent reading and pronunciation and supporting an inclusive and respectful language. Latine is a gender-neutral form of the word Latino that uses the letter e at the end, an idea native to the Spanish language.

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