

ENTRE NOS...

NEWSLETTER

OCTOBER 2024



HISPANIC/LATINO
BEHAVIORAL HEALTH
CENTER OF EXCELLENCE



Celebrating **HISPANIC** HERITAGE MONTH



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September 15 – October 15 is
HISPANIC HERITAGE MONTH

CENTER SPOTLIGHT



Celebrating **HISPANIC** HERITAGE MONTH



by Erick Senior Rogés, PhD, H/LBH CoE Training and Technical Assistance Manager

In celebration of Hispanic Heritage Month, the Hispanic Latino Behavioral Health Center of Excellence is honored to be part of the national Hispanic Heritage Month campaign. This year's theme, "Pioneers of Change: Shaping the Future Together," highlights the spirit of resilience, innovation and unity that embodies the Hispanic experience. Our initiative seeks to recognize the diversity within our communities, highlighting the stories, experiences and voices that continue to shape the behavioral health of Latine people across the country.

Throughout the month, our center is committed to Hispanic Heritage Month to promote equity and well-being in the behavioral health of Hispanic and Latine populations. We partner with community behavioral health organizations in states like Utah, Texas, and Wisconsin. These celebrations elevate local efforts to support culturally-based behavioral health services, particularly for those affected by mental health disorders, including substance use. From the Latino Behavioral Health Services (LBHS) of Utah, which offers peer-led recovery services, to the Council on Recovery of Texas, which combats the stigma of substance use, and the Latino Children and Family Council of Wisconsin, which advocates for the safety and well-being of Latine children and families. These organizations are crucial pillars in advancing community-driven recovery paths.

Our campaign also focuses on sharing success stories of Latine individuals and communities, highlighting their contributions to behavioral health. We encourage the community to participate in workshops, events, and advocacy efforts that support behavioral health equity, while emphasizing the importance of culturally competent practices. Together, we can shape a future where behavioral health services are inclusive, accessible, and affirm the cultural strengths of our communities.

COMMUNITY PARTNERSHIPS

Latino Children and Families Council



Mission

Our mission is to promote and support the safety, well-being, and success of Latino children and families through networking, advocacy, outreach, and education in a culturally and linguistically competent manner. We are committed to ensuring that every Latino family has access to the resources and support they need to thrive in a nurturing and inclusive environment.

Goals

Build awareness of services and increase community engagement and awareness of available services by collaborating with organizations that serve Latino families and children.

Forge partnerships with local and national organizations to amplify service visibility and accessibility. This includes joint outreach initiatives, community events, and informational campaigns that highlight available resources.

Strengthen Partnerships

Enhance the relationship between community organizations and Latino families to foster mutual support and understanding. Develop and maintain strong, collaborative relationships with community organizations. Facilitate regular meetings and workshops that encourage dialogue and shared problem-solving between families and service providers.

Promote Access to Quality and Affordable Childcare and Education

Ensure that Latino families have access to culturally and linguistically appropriate childcare and educational resources. Advocate for and support programs that offer high-quality, affordable childcare and school readiness programs. Work to remove barriers that prevent access to these essential services, support Latino cultural values and leadership, and promote educational success through targeted support initiatives.

Committees

1. Familias Unidas Con Niños Con Cuidados Especiales (FUNNE):

Empower Latino families with children needing special care by providing education and support to overcome barriers in accessing necessary resources.

2. Formando Lazos Familiares (FLF):

Raise awareness and provide education on domestic violence and its impact on Latino families through various engagement methods.

3. Media/Awareness:

Enhance community awareness and engagement through strategic media outreach and communications.

Conclusion

Our comprehensive approach aims to create a supportive, inclusive environment for Latino children and families by addressing their unique needs and challenges. Through strategic goals and dedicated committees, we strive to build awareness, foster partnerships, and advocate for culturally and linguistically appropriate resources. By celebrating Latino cultural values and ensuring effective representation, we are committed to empowering families and enhancing their overall well-being.


[Click Here to visit the Latino Children and Families Council website](#)

FEATURED PRODUCTS

PRODUCTS

FACT SHEET

Depression and Suicide Among Latine Youth: Addressing Cultural Stressors and Nurturing Cultural Strengths



By Erick Senior- Rogés Ph.D., HLBH CoE - Training and Technical Assistance Manager
Darice Orobitg, HLBH CoE - Training and Technical Assistance Consultant

Overview

Suicide is the second leading cause of death among Hispanic and Latine youth aged 15 to 19¹. In 2021, 28.7% of Hispanic and Latine high school students reported having serious thoughts of suicide, and 22% seriously considered attempting suicide². Findings also show that Latine LGBTQ+ youth are 3.7 times more likely to attempt suicide and in 2023 an alarming 44% of Latine LGBTQ young people seriously considered suicide in the past year^{3,4}.

While suicide and suicidal behaviors are complex and influenced by multiple factors, depression is a leading risk factor for youth⁵. According to data from the Centers for Disease Control and Prevention (CDC), 46% of Hispanic and Latine youth experienced persistent feelings of sadness or hopelessness in 2021⁶. Additionally, in 2022, nearly 1 in 5 (19.5%) of youth aged 12 to 17 had a major depressive episode in the previous year⁷. As for Latine LGBTQ+ youth, in 2023 nearly three in five (59%) reported symptoms of depression in the past two weeks⁴.

Culturally Related Stressors

Even though many factors may contribute to depression among Latine youth, it is important to consider cultural and historical variables to gain a deeper understanding of underlying causes and meanings attached to depressive symptoms. Latine youth in the U.S. often face unique cultural stressors not shared by their non-Hispanic white peers. These stressors can significantly affect their mental health, leading to higher rates of depression and suicide risk. If left unaddressed, cultural stressors can create a cycle that reinforces both depression and suicidal behavior.

Additionally, cultural factors play a significant role in how Hispanic and Latine youth, families, and communities discuss—or remain silent about—depression and suicide. This highlights the urgent need for equitable care systems that promote open and supportive conversations around mental health and well-being. Thus, it is crucial to consider culturally related stressors when examining suicide risks in minoritized and vulnerable youth populations including:

- **Acculturation and Acculturative stress:** For Latine youth who migrate or are children of immigrant families, the acculturation process can be stressful. They often have to confront cultural barriers, face social stigma due to their minoritized status, and endure pressures to assimilate and adjust rapidly to a new and different sociocultural context.
- **Identity formation and family conflict:** Latine youth may struggle to balance their cultural heritage with U.S. culture, leading to identity conflicts and feelings of being caught between two worlds. For some, navigating the complexities of identity formation including around values and practices associated with ethnic identification, gender norms, autonomy and sexual orientation—can heighten psychological distress. Among Latine youth, clashing of values and practices with those of parents and caregivers, may lead to feelings of rejection and loss of family support, a challenge often experienced by Latine LGBTQ+ youth⁸.
- **Language barriers:** Difficulty in speaking or understanding English can lead to communication challenges and feelings of isolation, especially in educational or social settings.
- **Poverty:** Latine youth may face economic hardships and limited access to resources, which can be compounded by cultural barriers in accessing attainable mental health services.

[DOWNLOAD](#)

WHAT ARE WE DOING?

by Paola Díaz, MHS, 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

The Hispanic Latino Behavioral Health Center of Excellence has been celebrating Hispanic Heritage Month by engaging with communities. This series of events has promoted the value of culture as a protective factor for mental health and recovery within Hispanic and Latine populations.

Celebrating Hispanic Heritage Month



Dra. Christine Miranda, Dra. Jessenia D. Zayas-Ríos, Teresa Tellez, Fabiola Hamdan, Lilliam Post, Rosario Angulo, Grisel Rodríguez, Rissel Sanderson, Verónica Vega, and Karen Menéndez. El Centro also received a visit from Joe Parisi, Dane County Executive (center).

As part of our collaborations with community-based organizations that belong to the Latino Health Council of Dane County, Wisconsin, we were celebrating Hispanic Heritage Month on September 24, 2024. This activity gave us the opportunity to promote the behavioral health services that El Centro offers to the Hispanic and Latino populations in the area. The Center is an organization founded in 1983 by Ilda Thomas and other members of the community to provide assistance to refugee populations. Currently, they provide support to families to achieve their personal and professional goals.



The H/LBH CoE celebration extended to Houston, Texas with The Council on Recovery. There we began with a press conference with management representatives, Mary Beck (CEO) and Diane Arms (Director of Community Behavioral Health), exalting the importance of commemorating Hispanic Heritage Month. The recognition of the efforts, achievements and challenges of our communities makes visible the importance of having behavioral health services available on equal terms with other cultures. So, we were emissaries of the services that The County on Recovery offers to our populations, mainly for problematic substance use.



This center with each collaboration and effort reaches more than 1,000 participants every year to provide substance use prevention services, address stigma, and share success stories on the road to recovery. The mission remains to continue working diligently to expand services for Hispanic and Latino communities.

The activities to make our communities visible continued:

September 12: DICHOS – Understanding Common Beliefs about Mental Health Conditions in Hispanic/Latine Culture

In collaboration with the New England Mental Health Technology Transfer Center and the Northeast and Caribbean Mental Health Technology Transfer Center; We released three videos that explore cultural beliefs within Hispanic and Latine communities about mental health. These videos focus on promoting recovery by dispelling myths, educating viewers about mental health conditions, and providing guidance on how to support loved ones on their recovery journey. The videos are culturally resonant and speak to shared values and experiences to help close gaps in the understanding of mental health.

September 24: The Role of Peer Support in Hispanic and Latine Recovery Communities

This panel brought together Hispanic and Latine individuals from the peer recovery community to discuss the role of peer support in the treatment of substance use disorders. The panel addressed common misconceptions about these disorders, shedding light on how peer support can significantly impact recovery. Experts emphasized culturally relevant and person-centered care, offering strategies to dismantle stigma and improve access to recovery services for Hispanic and Latine people. The session highlighted the transformative power of shared experiences and the need for culturally sensitive and inclusive treatment approaches.

September 25: Entre colegas – The Role of Emotions in Latine Mental Health

At this event, Dr. Aida Jiménez led a discussion on the importance of emotions in Latine mental health. The conversation delved into the community's unique emotional landscape and how it shapes experiences of mental health and well-being. The session encouraged an open dialogue on emotional well-being, promoting understanding of the emotional factors that influence mental health in the Latine community.

September 27: Recovery-Oriented Approaches and Mental Health in Latine Communities

This panel conversation focused on SAMHSA's definition of recovery, which emphasizes the importance of health, home, purpose, and community. Panelists explored how these dimensions of recovery naturally align with core Latine values, such as family, resilience, and community support. The discussion highlighted personal stories of recovery, demonstrating the harmony between recovery-oriented approaches and Latine cultural values, while offering ways to integrate these approaches when working with the community.

September 30: Cultural Considerations and Clinical Needs of Guatemalan and South Mexican Indigenous Populations Living in the United States

To close out the month, this session focused on the specific cultural and clinical needs of indigenous populations from Guatemala and southern Mexico living in the U.S. The event explored the complexities of providing culturally competent care to these groups, emphasizing the importance of understanding their unique cultural contexts and health needs. This discussion was a call to ensure more inclusive mental health care for often overlooked populations within the Hispanic and Latine community.

[The recording of these events will soon be available on our website.](#)

Each of these events reflects our ongoing commitment to fostering a deeper understanding of mental health and recovery in our populations. Through our initiatives we seek to create more inclusive and culturally sensitive behavioral health care pathways that achieve the equity we deserve.

SAVE THE DATE

Orgullo Latine: Embracing Change and Well-being of LGBTQ+ Communities 2024 NLPA Pre-Conference

[REGISTER HERE](#)



Join Us at the 2024 NLPA Pre - Conference

Orgullo Latine: Embracing Change and Well-being of LGBTQ+ Communities

About the Event

The Latine LGBTQ+ community experiences behavioral health inequities due to factors like minority stress and intersectional discrimination. These disparities are influenced by cultural identities, lived experiences, and minority status within both Latine and LGBTQ+ populations. The pre-conference will focus on addressing these inequities by integrating research, best practices, and advocacy to promote holistic well-being.

Date & Time

Thursday, October 17, 2024
8:30 AM - 5:00 PM

The Event will be Held on:

Sheraton Puerto Rico Resort & Casino
200 Convention Boulevard
San Juan, PR 00907

Simultaneous Translation

We will offer simultaneous interpretation to Spanish/English

[REGISTER NOW](#) >

Our Sponsored Speakers



Myeshia Price, PhD



David G. Zelaya, Ph.D.



Yovanska Duarte, Ph.D.



Alixida Ramos-Pibernus, PhD



Maribel Acevedo, MD



Cristina Herrera, A, CASAC-T



Carlos A. O. Pavão, DrPH, MPA



Fred Millán, PhD



Miguel Vázquez, PsyD





“At the end of the day, we can endure much more than we think we can.

- Frida Kahlo

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

You can also contact the center directly by email at:

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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