

National Hispanic Heritage Month September 15-October 15, 2021



NATIONAL HISPANIC HERITAGE MONTH 2021
**CELEBRATING SCHOOL MENTAL HEALTH PERSONNEL AS
THEY ARE THE LINK BETWEEN LATINX COMMUNITIES,
FAMILIES, AND CHILDREN**
#SMHPLINKINGTHEGAP



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



UNIVERSIDAD CENTRAL DEL CARIBE



INSTITUTE OF RESEARCH, EDUCATION
AND SERVICES IN ADDICTION

Our speaker

Diane Arms, MA- Diane Arms currently serves as the Director for The Center for Co-occurring Disorders at The Council on Recovery. She has dedicated her career to serving the Latino population in the Health Field, including Mental Health and Substance Use. She received both her Bachelor of Arts and Master of Arts Degree in Clinical Psychology from the University of Texas at El Paso. Diane has served as Director of Health Integration at Avenue 360 Health and Wellness, Director of Prevention and Counseling at the Association for the Advancement of Mexican Americans and with the Harris County Health Care Alliance as Program Manager facilitating leadership meetings amongst local FQHCs to proactively identify, address, and resolve systemic issues. Ms. Arms has also served as an Operations Administrator for the children's division unit at Emergence Health Network, El Paso's Local Mental Health Authority. She has successfully implemented programs such as Multisystemic Therapy in a Mental Health Setting and Transition Age Youth, assisting transitioning clients from children's services to adult services in the mental health system. She spearheaded the transition of in person clinical and behavioral health services of the agency to telehealth services to accommodate social distancing and stay at home orders due to COVID 19. Previously funded projects consist of identifying relationships between stress, depression and anxiety to substance use and parenting styles in young adult Latinos, investigating the effects of chronic illnesses on children's health-related quality of life in the Colonias, an underserved and impoverished neighborhood along the Texas-Mexico border, and exploring effective decision-making aids on colorectal cancer for the aging Latino population. She sits on the Houston BARC Foundation's board, the City of Houston's Animal Shelter and Adoption Facility. She is also a fellow of the American Leadership Forum, Class 44.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

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



National Hispanic and Latino

MHTTC

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At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use and Administrator of SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

This work is supported by grant No. 6H79SM081788 from the DHHS, SAMHSA.

Back to School... Promoting Resiliency and Mental Health Wellness in Latino Children

Strategies to Engage Parents

Diane Arms

October 8th, 2021



Authors Disclose Conflicts of Interest

- No conflicts of interest to disclose.

Objectives

- Understand challenges Latinos in the US face that disproportionately effect their educational attainment
- Understand protective factors that will help facilitate parental engagement
- Acquire at least 3 solutions to improve parental engagement amongst Latinos

Current Landscape

Hispanics made up more than half of total U.S. population growth from 2010 to 2020

U.S. population change by race and ethnicity, 2010-2020

	2020 population	Change, 2010-20	Share of total increase
Hispanic	62,080,000	11,602,000	51%
Asian	19,619,000	5,154,000	23%
Black	39,940,000	2,254,000	10%
White	191,698,000	-5,120,000	<0%
Total	331,449,000	22,704,000	

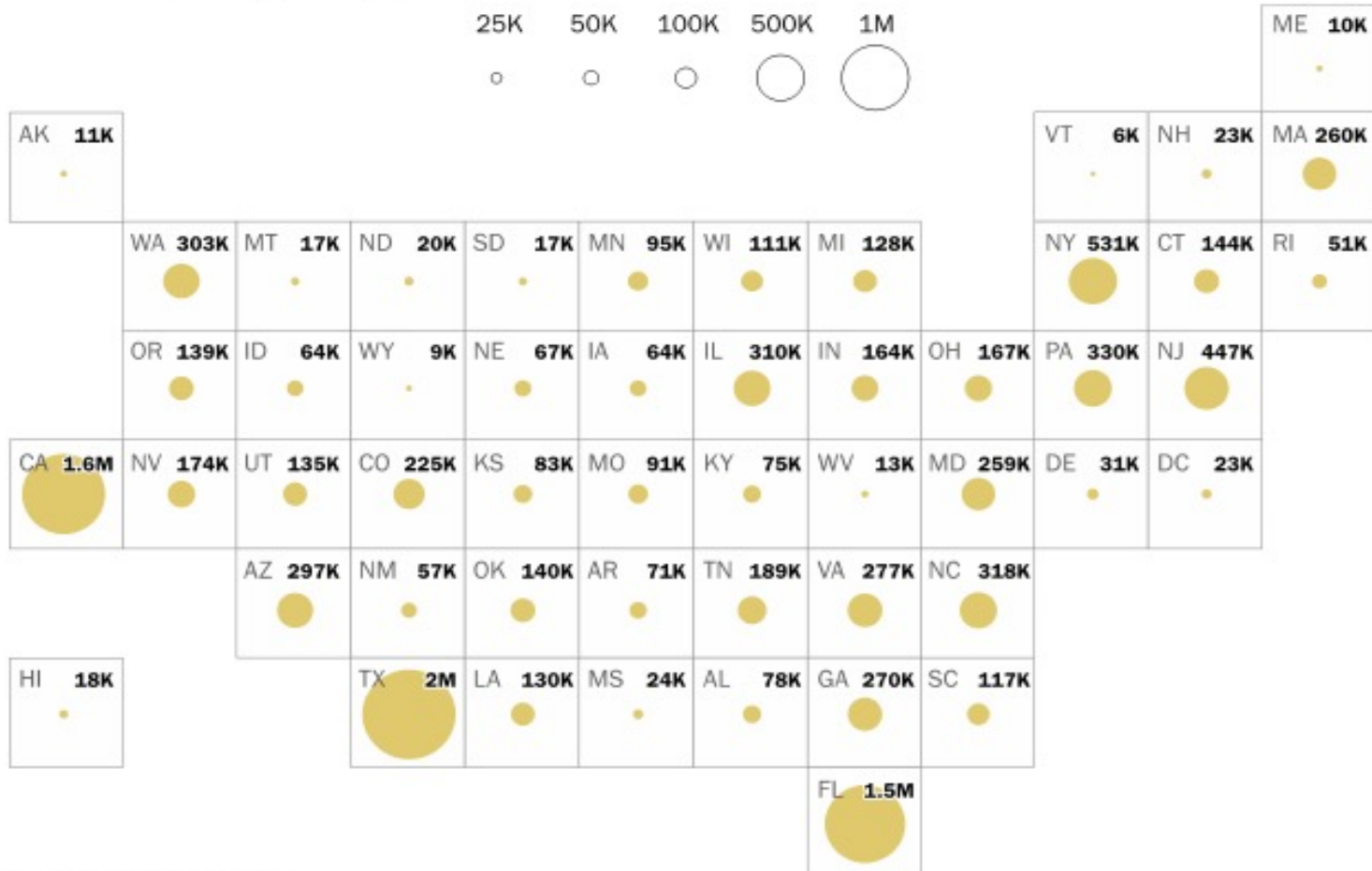
Note: White, Black and Asian individuals include those who report being only one race and are not Hispanic. Hispanics are of any race. Total includes all racial and ethnic groups; some not shown separately. Population figures rounded to nearest 1,000. Shares of total increase calculated from unrounded numbers and may not add to 100%.

Source: Pew Research Center tabulations of PL94-171 census data for 2010 and 2020.

PEW RESEARCH CENTER

Texas, California and Florida have seen biggest increases in Hispanic population since 2010

Increase in Hispanic population, by state, 2010-2020



Note: Hispanics are of any race.

Source: Pew Research Center analysis of PL94-171 census data for 2010 and 2020.

PEW RESEARCH CENTER

Projection of Latinos by 2050

99.8 Million

Hispanic origin groups in the U.S., 2019

Origin	U.S. population	% among all U.S. Hispanics	% change, 2010-19
Mexican	37,185,000	61.5	13
Puerto Rican	5,845,000	9.7	25
Cuban	2,380,000	3.9	26
Salvadoran	2,345,000	3.9	28
Dominican	2,085,000	3.4	38
Guatemalan	1,655,000	2.7	49
Colombian	1,240,000	2	27
Honduran	1,075,000	1.8	47
Spaniard	845,000	1.4	20
Ecuadorian	710,000	1.2	6
Peruvian	650,000	1.1	7
Venezuelan	540,000	0.9	126
Nicaraguan	435,000	0.7	15
Argentinean	310,000	0.5	29
Panamanian	195,000	0.3	11
Costa Rican	170,000	0.3	33
Chilean	160,000	0.3	14
Bolivian	135,000	0.2	21
Uruguayan	75,000	0.1	15
Paraguayan	30,000	0.05	41
Other Central American	60,000	0.1	90
Other South American	25,000	0.04	-9
All other Latinos	2,345,000	3.9	50
Total	60,485,000	100%	19%

Challenges

Word Cloud

In a few words, list out some of the challenges that disproportionately effect Latino students

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Challenges for students

- Belonging to low socio-economic group
- English as a second language
- Perception of being academically inferior
- Lacking guidance/mentorship
- Constrained by Family Pressures
- First Generation College Student

Challenges for parents

- Juggling Multiple jobs
- Not used to level of engagement that US Schools expect from them
- Undocumented, fear of ICE

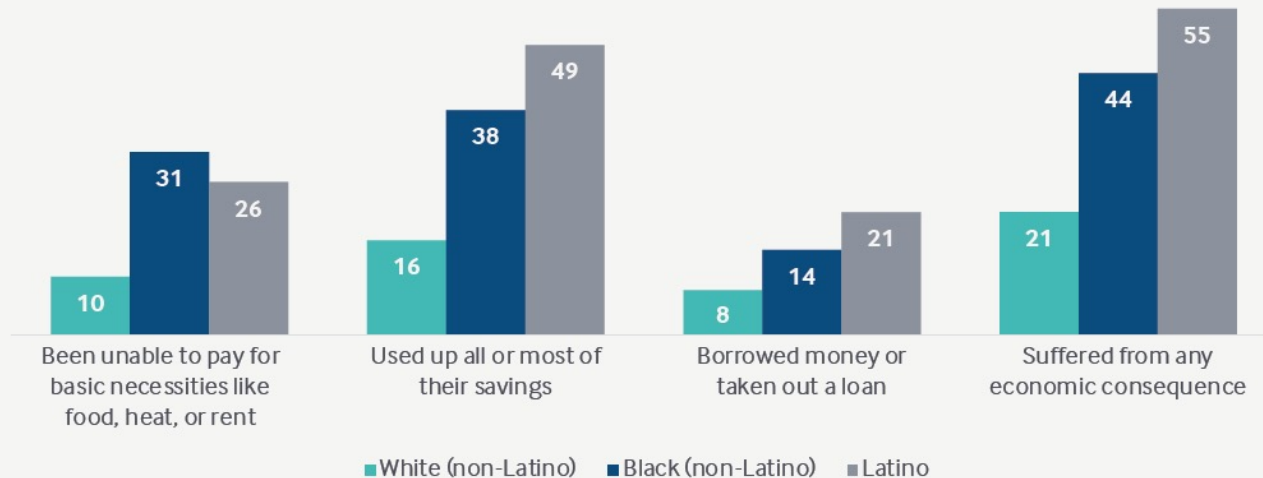
MH Challenges

- > ½ half of Hispanic young adults ages 18-25 with serious mental illness may not receive treatment
- ~ 34% of Latino adults with mental illness receive treatment each year compared to the U.S. average of 45%
- In 2019, suicide was the second leading cause of death for Hispanics, ages 15 to 34.
- Suicide attempts for Hispanic girls, grades 9-12, were 30 percent higher than for non-Hispanic white girls in the same age group, in 2019.
- In 2018, Hispanics were 50 percent less likely to have received mental health treatment as compared to non-Hispanic whites.

And then...COVID

Many Americans are facing substantial economic hardship during the pandemic. Latino and Black people experience these hardships at significantly higher rates than white people.

Percent of respondents who reported the following had happened because of the COVID-19 pandemic



Data: Commonwealth Fund International Health Policy COVID-19 Supplement Survey, 2020.

- Poorer environmental conditions
- Higher levels of under resourced
- Latinos (and Blacks) are dying at a disproportionately high rate
- = EDUCATIONAL

DEBT



Strengths

Word Cloud

In a few words, list strengths of the Latino community.

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list strengths of
the Latino
community.



Strengths

- Social-emotional skills
 - Majority of Latino children live with two parents
- Education
 - Gains on national assessments in key subject areas
 - Latinos more than ever before have a high school diploma,
 - Record numbers are enrolling in post-secondary education.
- Self Care
 - Falling rates of cigarette smoking and teen pregnancy.
- Family
 - More likely than children in other racial/ethnic groups to eat dinner with their families six or seven nights a week.
- Technology
 - Match or even exceed their peers in other racial and ethnic groups in their avid use of technology.

Strategies

“I think some of the teachers that are from this area understand it, because, of course, they grew up here, and then some of the teachers who have recently come here, they’re slowly getting used to it. But I think there are still others that don’t really understand. How can I put it? I think some of the teachers don’t understand where these kids are coming from, and even though they try to figure it out, it’s just not clicking. A lot of the teachers are from, you know, nice families with good money and they don’t have to worry about the same things these kids are worrying about, so they don’t think about it when they are here.”

Strategies

- **Environment**
- **Child care and food**
- **Spanish resources**
- **Recognize parents**

Strategies

- **Student events**
- **Empower parents and caregivers**
- **Celebrate Latino culture**
- **Actively recruit for workgroups**

Teacher Effectiveness - The single most powerful factor in student achievement

Consistent effective teaching resulted in a gain of more than 35 percentile points in reading test scores

A difference of a full 50 percentile points in math test scores to teacher effectiveness

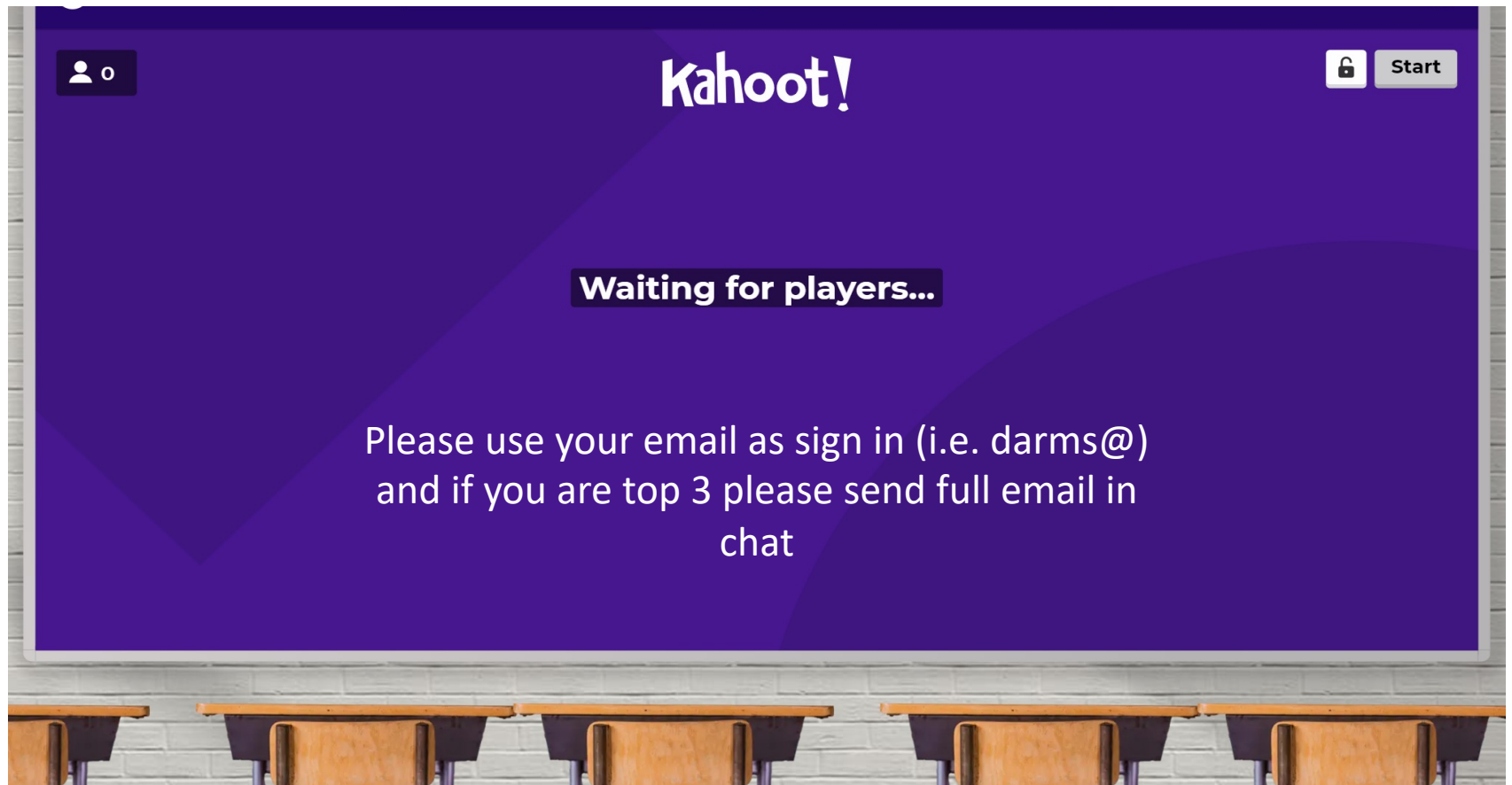
“A successful family engagement program is the result of a school where educators, employees, and administrators adopt the culture of the families and work together to support the students at home and in the classroom.”

Parents how can you help

- Commit as a family
- Helping your child study
- Understand how grades work
- Learn how schools are structured
- Learn what my child needs to graduate high school
- Support the learning of math, science, and English
- Encourage my child to take honors and advanced courses
- Help child prepare to be college and/or career ready
- College options are affordable
- Teach solution focused mentality



QUIZ TIME



Moving Forward – Word Cloud

- Few words to commit to helping our Latino Students

Few words to commit to helping our Latino Students



Thank you!!!



Diane Arms



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Back to School... Promoting Resiliency and Mental Health Wellness in Latino Children



<https://mhttcnetwork.org/centers/national-hispanic-and-latino-mhttc/event/back-school-promoting-resiliency-and-mental-health>





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