



HISPANIC/LATINO
BEHAVIORAL HEALTH
CENTER OF EXCELLENCE

CAMINO:
A Culturally Responsive Assessment Tool for
Latine Immigrants

Michelle Silva, PsyD & Luis Añez, PsyD

December 20, 2024

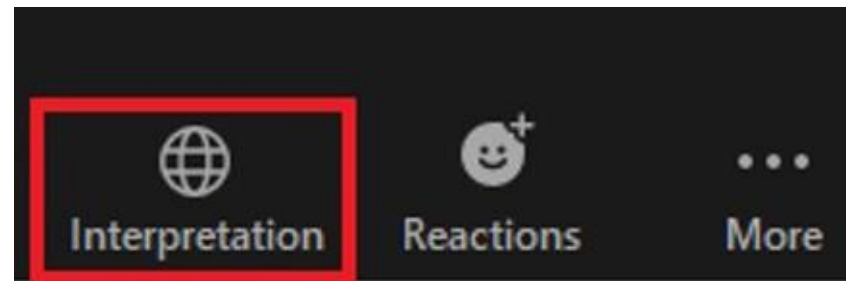


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luego
presionar Español



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Mission

To advance and support the sustainability of behavioral health equity by promoting community driven, culturally grounded and person-centered prevention, intervention, multiple pathways of recovery, and recovery supports for diverse Hispanic and Latine communities.

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 a 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.

Today's Speaker



Michelle Silva, Psy.D.



Luis M. Añez, Ed.S., Psy.D.

Immigration-related trauma & grief in the Latine community:

***Clinical implications for behavioral health
providers***

Transition



1. Passage from one state, stage, or place to another:
CHANGE
2. A movement, development, or evolution from one form, stage, or style to another

Source: Merriam-Webster Online Dictionary: <https://www.merriam-webster.com/dictionary/transition>

Expectations



Reality



Social/Community

Individual/Family

IMMIGRATION

Political
Mental Health
Social Justice

Economic
Health
Legal

Shared Understanding

1. There is not one experience or story - context matters.
2. It is unrealistic and impractical to “teach” every aspect of a particular culture or cultural group.
3. Today is about increasing awareness and developing curiosity.
4. You may leave here with more questions.
5. Expect some information you already know.
6. Please pay attention to your reactions.

Objectives

Recognize

Recognize ***sources of vulnerability and strength*** for Latine-origin immigrant communities.

Identify

Identify specific ***areas of inquiry*** when working with Latine-origin immigrant communities.

Consider

Consider the ***intersection of social justice and clinical practice*** when delivering services to the immigrant community.

How does the culture of our healthcare systems understand the immigrant experience?

How well do we assess, conceptualize, and integrate the immigrant experience of our clients and their family members?

How much do we consider grief and loss in our overall approach to care?

How do we explore the immigrant client's expectations for the healthcare system?

Things to think about...

Historical trauma and a culture of violence

“Collective trauma experienced over time and across generations by a group of people who share an identity, affiliation, or circumstance”

(Mohattt et al., 2018)

- Colonization/Subjugation
- Civil wars (e.g., death squads)
- Kidnappings and disappearances
- Gender-based violence (e.g., femicide)
- Gang violence
- Persecution (e.g., religious beliefs, political affiliation)
- Witnessing violence



Migration Flows

117.3 M people forcibly displaced worldwide (UNHCR, 2023)

- 69% hosted in neighboring countries
- Colombia hosts 2.9 M

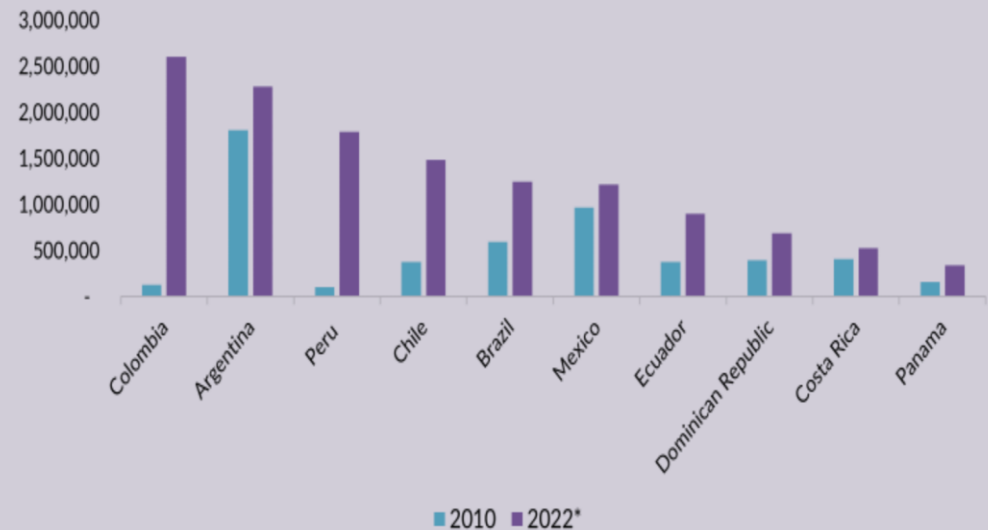
Puerto Rico: decline from 3.7 → 3.2 M (2010-2022)

Venezuela: Over 20% of population displaced; Largest recorded in history of the Americas

Darien Gap: in 2023, 84% from Haiti, Venezuela and Ecuador



Figure 2. Number of Immigrants in Select Latin American and Caribbean Countries, 2010-22*



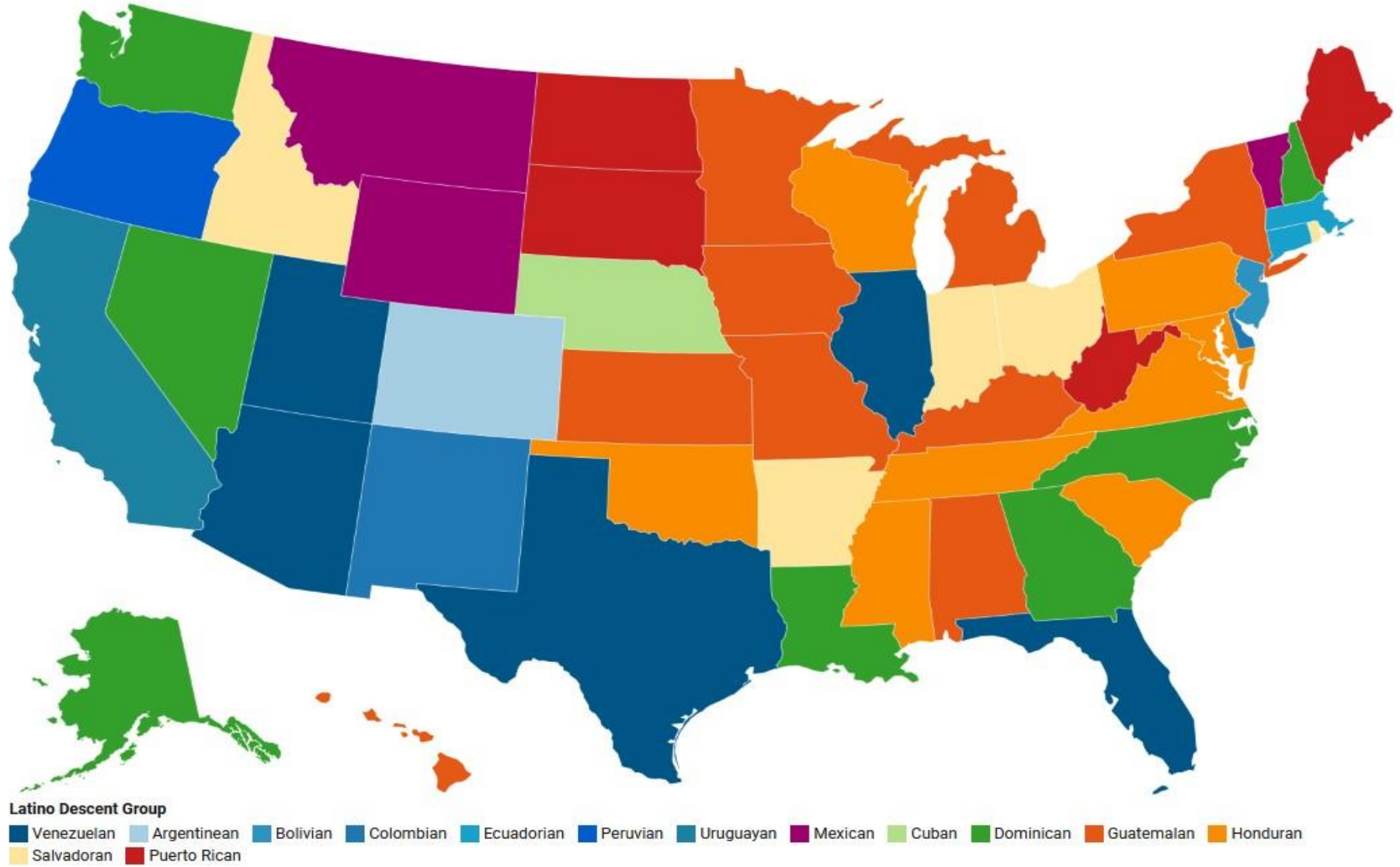
* The 2022 figures rely on a combination of data from 2020, 2021, and 2022 to represent the situation as accurately as possible, given the increase in

Latines in the United States

Latines comprise approximately 65.2 million people, or 19.5% of the U.S. population.

- Between 2010-2022 increased % growth:
 - Venezuela (236%)
 - Honduras (67%)
 - Guatemala (62%)
- The U.S. ranks 2nd in size of Latine population worldwide. Only Mexico with 130 million people has a larger Latine population than the U.S.

Figure 5. Fastest Growing Latino Descent Group by State, 2000-2020



Common Sources of Vulnerability

- Loss of social support/loneliness
- Fear
- Unemployment/poor working conditions
- Limited English proficiency
- Low health literacy
- Experiences of discrimination
- Separation from family
- Geographic isolation
- **Trauma**

How does each factor relate to mental health?

Community and family supports

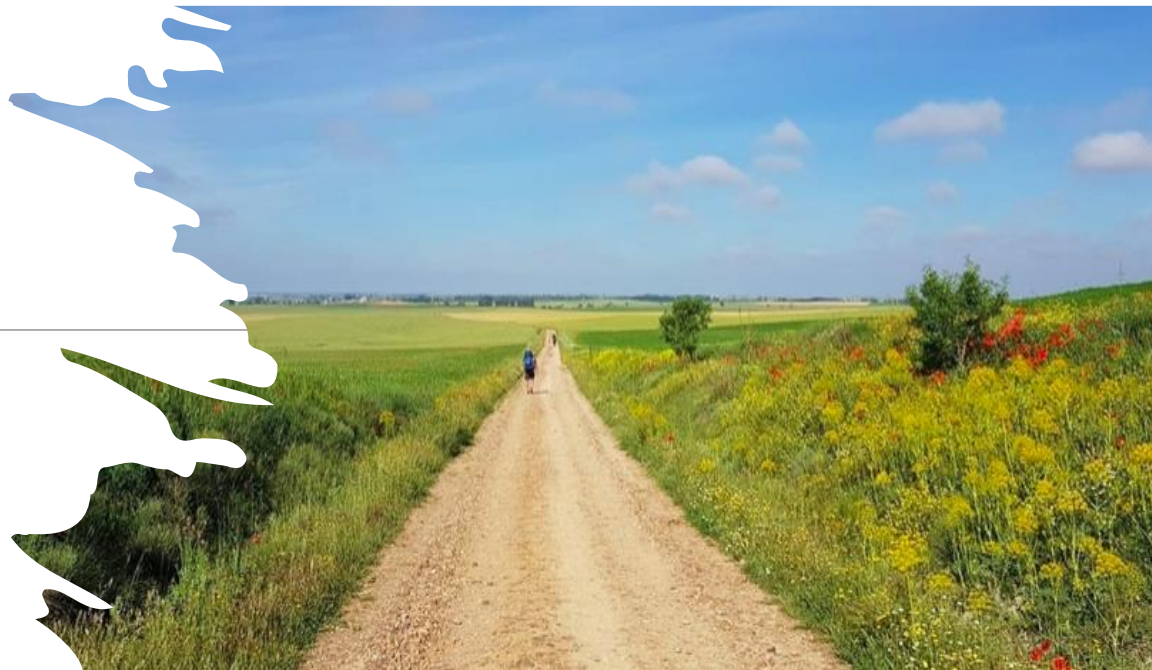
Acculturative stress

Migration history

Idioms of distress and resilience

Native language and preferences

Origin



Psychology: Research and Practice
18, No. 6, 453–460

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0735-7028/17/\$12.00 <http://dx.doi.org/10.1037/pr0000170>

CAMINO: Integrating Context in the Mental Health Assessment of Immigrant Latinos

Michelle A. Silva, Manuel Paris, and Luis M. Añez

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People from Central and South America; Mexico; and the islands of Cuba, Dominican Republic, and Puerto Rico represent a growing number of consumers accessing public sector behavioral health services in the United States. Despite perceived commonalities such as a shared language and cultural values, it is essential to recognize the rich diversity inherent to Latino communities and the complexities associated with each individual's migration narrative. The authors propose CAMINO, a mnemonic tool designed to facilitate the inquiry of contextual data significant to pre- and postmigration experiences. The task of gathering relevant information regarding community and family supports (C), acculturative stress (A), migration history (M), idioms of distress and resilience (I), and preferences (O) and beliefs (O) is essential to providing culturally appropriate

Community and Family Supports

- Foundation of identity and belonging and resource for problem solving and social support
- *Familismo*
 - Collective > Individual
- Source of strength or vulnerability or BOTH?



Stories of Loss: Use Grief as an Organizing Framework

- Ambiguous losses
- Identity and status:
 - Economic
 - Occupational
- Social support networks
- Future potential
- Family separation



The Complexity of Reunification

- Ambivalence surrounding the reunion
- Mixed narratives:
 - Possible emotional withdrawal and feelings of resentment
 - Difficulties asserting authority
 - Loss of known caregivers – second wave of disrupted attachments
- Unknown trauma exposure
- Unfulfilled expectations
- Ongoing psychological distress and vulnerability

COMMUNITY AND FAMILY SUPPORTS

How do you define the word support?

¿Cómo define usted la palabra apoyo?

What does family mean to you?

¿Qué significa para usted la familia?

What kind of support does family provide?

¿Qué tipo de apoyo provee la familia?

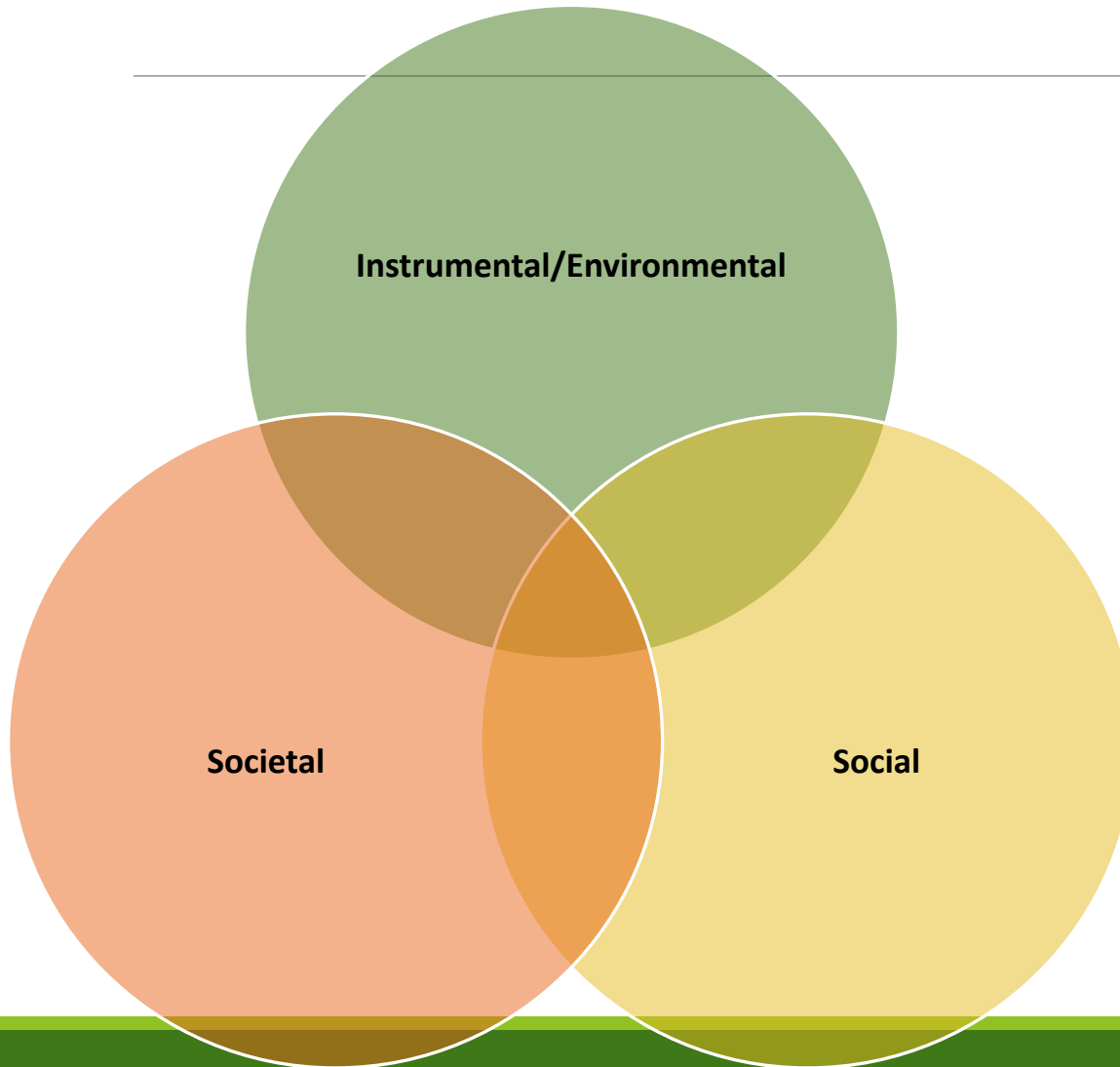
How does your support system in this country compare to the one in your country of origin?

¿Cómo se compara el apoyo que tiene en este país con el que tenía en su país de origen?

Is there anyone in particular that you would like to invite to be part of your treatment?

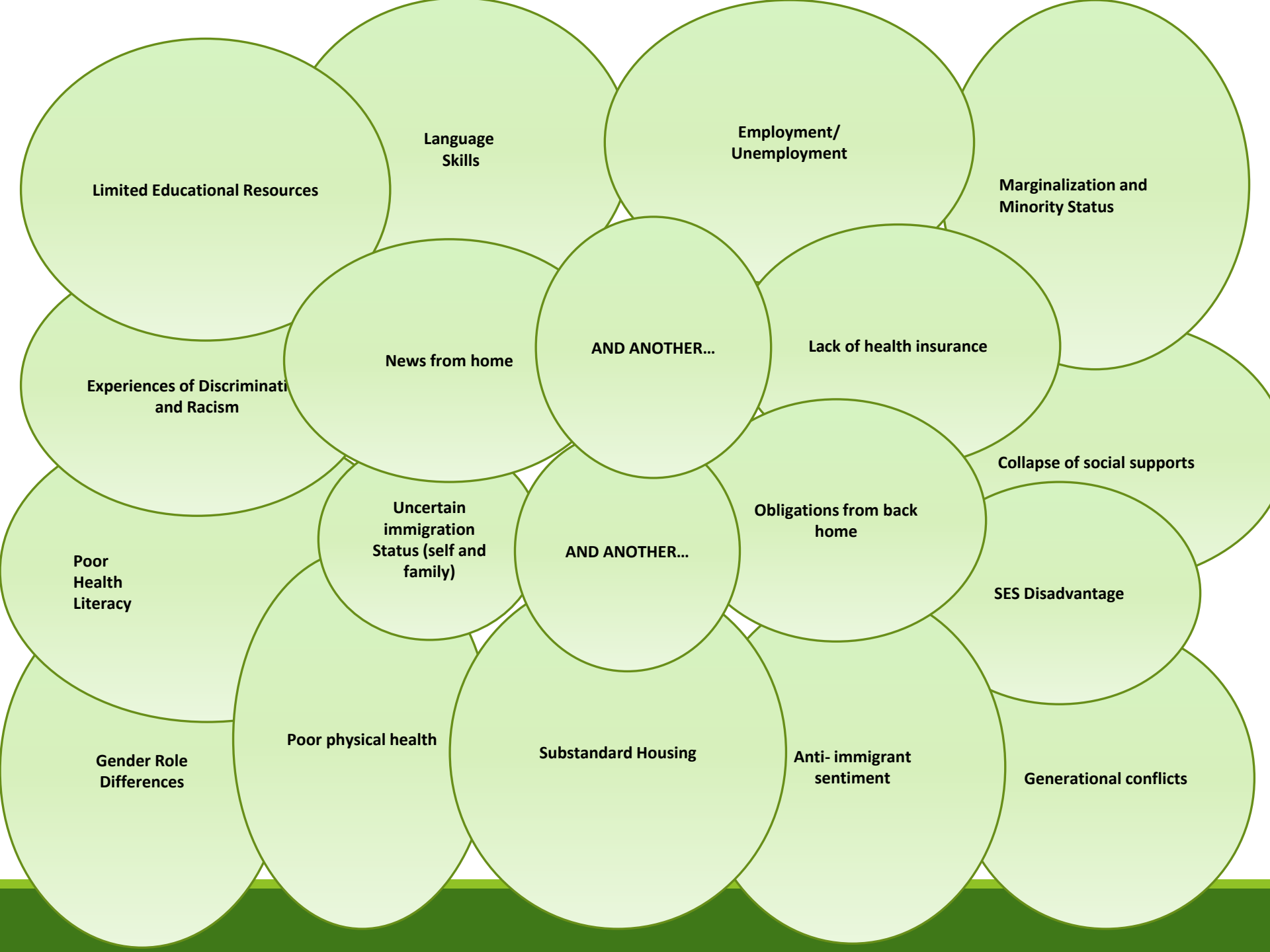
¿Hay alguien en particular que usted quisiera invitar a ser parte de su tratamiento?

Acculturative Stress



“the level of psychosocial strain experienced by immigrants and their descendants in response to the immigration-related challenges (stressors) that they encounter as they adapt to life in a new country”

(Caplan, 2007; Cervantes, Padilla & Salgado de Snyder, 1991; Hovey, 2000; Mena, Padilla, & Maldonado, 1987; Mercado et al., 2021)



Limited Educational Resources

Language Skills

Employment/
Unemployment

Marginalization and
Minority Status

Experiences of Discriminati
and Racism

News from home

AND ANOTHER...

Lack of health insurance

Poor
Health
Literacy

Uncertain
immigration
Status (self and
family)

AND ANOTHER...

Obligations from back
home

Collapse of social supports

SES Disadvantage

Gender Role
Differences

Poor physical health

Substandard Housing

Anti- immigrant
sentiment

Generational conflicts

ACCULTURATIVE STRESS

How different has life been in the United States from what you expected?

¿Qué tan diferente ha sido la vida en los Estados Unidos comparado con lo que usted esperaba?

How do you think that being an immigrant has affected the way others treat you?

¿Cómo cree que ser migrante a afectado el trato que recibe de otras personas?

What do you consider your immediate needs? Meaning, the things you need to make your life easier now?

¿Qué considera son sus necesidades inmediatas? ¿O sea, las cosas que harían su vida más fácil en este momento?

How informed are you about the services available in your local community?

¿Qué tan informado esta sobre los servicios disponibles en su comunidad?

Migration History

- Premigration and migration
- Stage of readiness to migrate:
 - *Voluntary vs. Forced*
 - *Degree of preparation and control*
- Exposure to traumatic events



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Phases of Migration



Premigration

- Abuse and neglect
- Poverty
- Gender-based violence
- Crime/gangs
- Climate change
- War
- Persecution



Migration

- Trafficking risk
- Harsh living conditions
- Gang violence/territory
- Dangers on journey
- Family separations
- Detention



Post-migration

- Limited access to healthcare
- Discrimination and racism
- Unemployment
- Limited English proficiency
- Fear of deportation
- Unsafe housing
- Isolation
- Anti-immigrant policies/restrictions

Ambivalence is common

What should I do?

It's as if I have my heart in two places.

I'm not from here, but not from there.

What if I made a mistake?



MIGRATION HISTORY

Tell me about the decision to leave your country.

Cuénteme sobre la decisión de dejar su país.

Who was left behind?

¿Quién quedo en su país de origen?

How ready did you feel to leave your country?

¿Qué tan listo o preparado se sentía para dejar su país?

People have different ways of describing the immigration experience. Based on your comfort level, please tell me about your experience.

Las personas describen su experiencia migratoria de diferentes maneras. Basado en su nivel de comodidad, por favor cuénteme sobre su experiencia.

Idioms of Distress and Resilience

Idioms of distress: socially and culturally acceptable or sanctioned means of expressing suffering

- *Nervios* (Nerves)
- *Susto* (Fright)

Idioms of resilience: socially and culturally acceptable or sanctioned means of expressing strength, courage and perseverance

- *Si se puede* (Yes, you/we can)
- *En la lucha* (In the struggle)
- *Echándole ganas* (Making an effort)
- *En la unión esta la fuerza* (Strength in numbers)
- *Querer es poder* (Where there is a will, there is a way)

Common Sources of Resilience

- “Survivor” mentality
- Religious coping and affiliation with faith-based community - *“la Fe”*
- Spirituality
- Strong work ethic
- Educational background
- Family support, cohesion, adaptability
- Family responsibilities
- Sense of mastery, purpose and identity

IDIOMS OF DISTRESS AND RESILIENCE

How do you understand what is happening to you?

¿Cómo entiende lo que le sucede?

How do others describe what is happening to you?

¿Cómo describen otras personas lo que le está pasando a usted?

What do you consider to be the cause?

¿Cuál considera ser la causa?

What do you think could help you?

¿Qué piensa que le puede ayudar?

How have your nerves been affected by the migration experience?

¿De qué manera su experiencia migratoria ha afectado sus nervios?

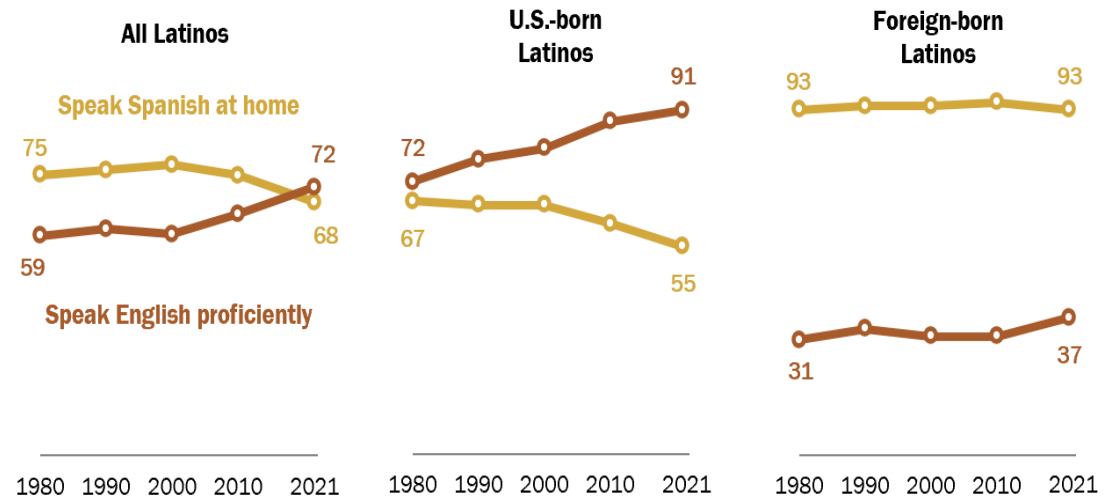
How do you understand your ability to adapt to difficult circumstances?

¿Cómo entiende su capacidad para adaptarse a situaciones difíciles?

Native Language and Preferences

For Latinos, English proficiency has increased and Spanish use at home has decreased, especially among those born in the U.S.

% of Latinos ages 5 and older who ...



Note: Latinos who speak English proficiently are those who speak only English at home or, if they speak a non-English language at home, indicate that they speak English “very well.” For 2021, shares of those who speak Spanish at home represent all languages other than English spoken at home; Spanish speakers represent 99.2% of Latinos who speak a language other than English at home.

Source: Pew Research Center tabulations of 1980, 1990, 2000 censuses (all 5% IPUMS) and the 2010 American Community Survey (IPUMS); additional data from the 2021 American Community Survey (U.S. Census Bureau).

PEW RESEARCH CENTER

- Language as means of communicating our internal world (Oliva, 2017)

- Meaning associated with language acquisition

NATIVE LANGUAGE AND PREFERENCES

What language do you prefer to communicate in?

¿En qué idioma prefiere comunicarse?

What language do you think in?

¿En qué idioma piensa?

What language do you feel in?

¿En qué idioma siente?

What is your first language?

¿Cuál es su primer idioma?

How well understood do you feel when you are communicating with people in the community?

¿Qué tan entendido se siente cuando se comunica con gente en la comunidad?

Origin





“Ni de Aquí, Ni de Allá”

(Not from here, not from there)

- Hispanic
- Latina/o
- Latinoamericana/o
- Afro-Latino
- Boricua
- Caribeña/o
- Chicana/o
- Marielito
- Nuyoricán
- Quisqueyana/o
- Sudamericana/o
- Tejana/o
- Latinx/e
- And so on...

Hispanic origin groups in the U.S., 2021

Origin group	Population	% among all U.S. Hispanics	% change 2010-2021
U.S. total	62,530,000	100%	23%
Mexican	37,235,000	59.5	13
Puerto Rican	5,800,000	9.3	24
Salvadoran	2,475,000	4.0	35
Cuban	2,400,000	3.8	28
Dominican	2,395,000	3.8	59
Guatemalan	1,770,000	2.8	53
Colombian	1,400,000	2.2	46
Honduran	1,150,000	1.8	57
Spaniard	995,000	1.6	43
Ecuadorian	815,000	1.3	25
Peruvian	720,000	1.2	20
Venezuelan	660,000	1.1	172
Nicaraguan	455,000	0.7	19
Argentinean	295,000	0.5	26
Panamanian	240,000	0.4	37
Costa Rican	190,000	0.3	44
Chilean	190,000	0.3	35
Bolivian	130,000	0.2	15
Uruguayan	65,000	0.1	9
Paraguayan	30,000	0.0	42
Other South American	40,000	0.1	62
Other Central American	30,000	0.0	1
All other Latinos	3,050,000	4.9	96

ORIGIN

What is your country of origin?

¿Cuál es su país de origen?

Some people in this country describe themselves as Hispanic or Latino. Others prefer to identify themselves by their country of origin. Do you use any specific term to describe yourself?

Algunas personas en este país se describen como Hispanos o Latinos. Otros prefieren identificarse por su país de origen. ¿Usted usa algún término específico para describirse?

(If a term is identified) For you, what does it mean to be _____?

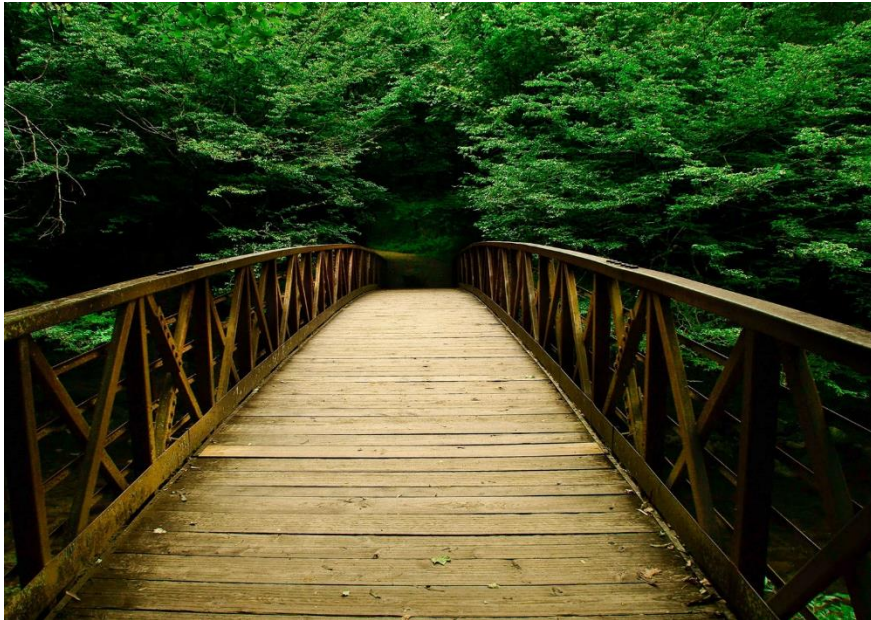
(Si identifican un término) ¿Para usted, que significa ser _____?

How do you maintain communication with your country of origin?

¿Cómo mantiene la comunicación con su país de origen?

What can I do?

A call to action



- Find ways to engage with the immigrant community
- Be informed about what is happening locally/nationally/internationally
- Stay curious about the person in front of you (reflect)
- Ask questions
- Know your local community and seek consultation
- Listen for what remains unspoken
- Remain empathic & humble

In closing, Why Context Matters for Mental Health Professionals?

- ✓ How we define a “problem”
- ✓ How we communicate about the individual and the presenting concerns
- ✓ What we choose to address
- ✓ What we recommend as “treatment”
- ✓ How we understand the response, behavior, choices, and decision-making
- ✓ **Avoids a “one size fits all” mentality**

“awareness of context in every stage of planning and implementing assessment and intervention is essential for ethical and effective practice with immigrant clients”

(American Psychological Association, Presidential Taskforce on Immigration, 2012)

If you want to know more...a few *podcast* suggestions

Cultural Humility:

<https://podcasts.apple.com/us/podcast/cultural-humility-podcast/id1445255753>

Latino USA:

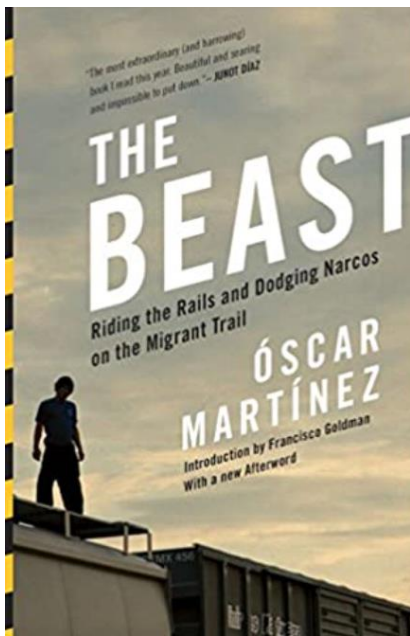
<https://www.latinousa.org/>

Latin America Today:

<https://podcasts.apple.com/us/podcast/latin-america-today/id427663720>



A FUTURO MEDIA
PROPERTY

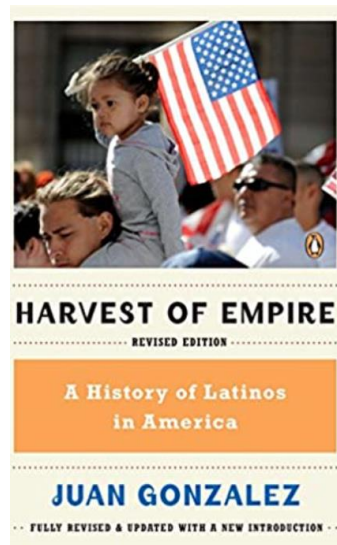
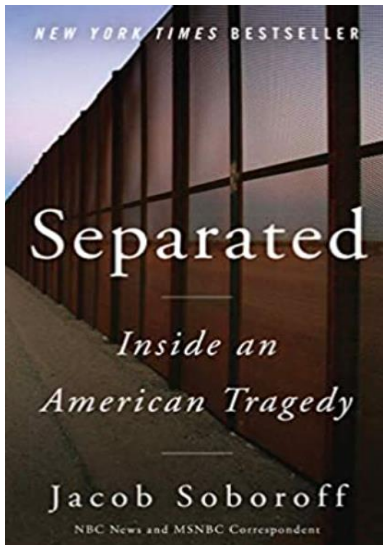
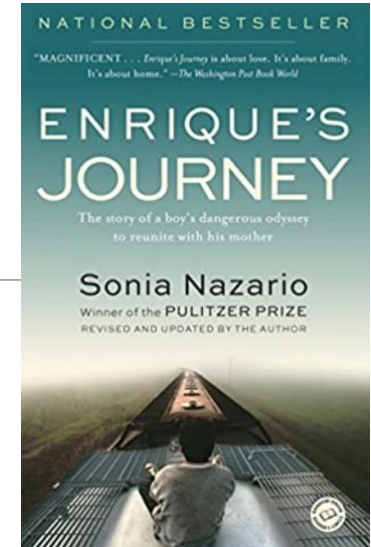
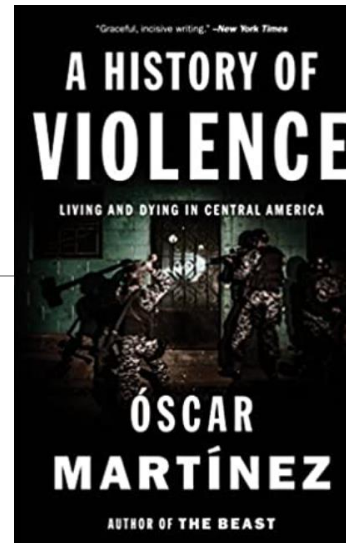


"Indispensable reading at a time when anti-immigrant demagoguery has again found its way onto the main stage of political discourse."
—COLIN WOODARD, *The Washington Post*

A NATION OF NATIONS

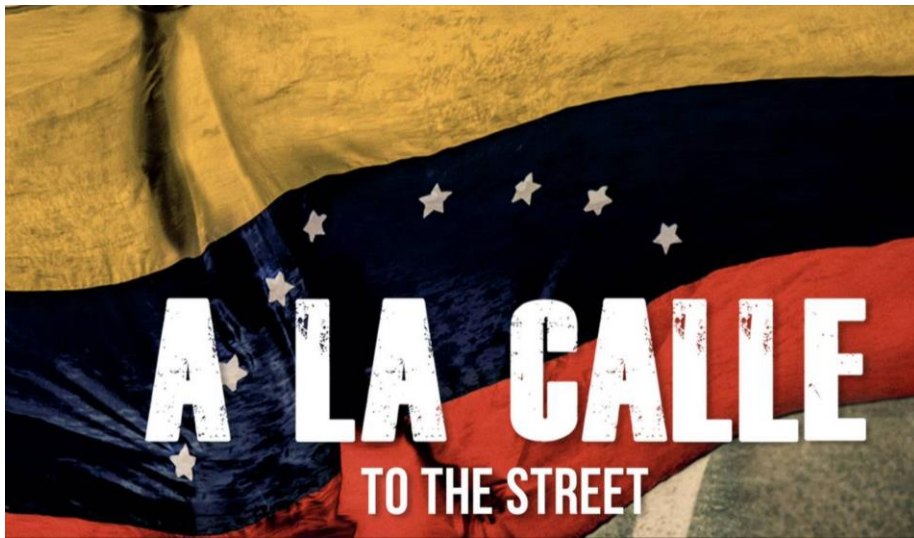
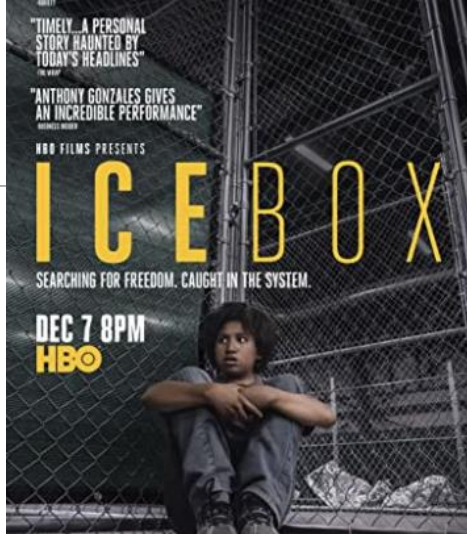
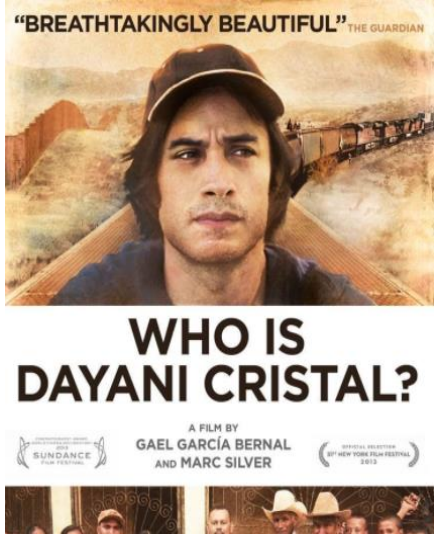


TOM GJELTEN



If you want to know more...a few *book* suggestions

- The Beast
- A Nation of Nations
- A History of Violence
- Enrique's Journey
- Separated
- Harvest of Empire



If you want to know more...a few *movie/documentary* suggestions

- Who is Dayani Cristal?
- Sin Nombre
- Icebox
- A la Calle
- Which Way Home

Gracias!

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Questions?



Digital Presence

Search for us as: @hlbhcoe





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¡Gracias! Thank You!

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Evaluation



Evaluación



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