



HISPANIC/LATINO  
BEHAVIORAL HEALTH  
CENTER OF EXCELLENCE

POCKET GUIDE

# **CLINICAL GUIDE TO ADDRESS THE IMPACT OF DEPRESSION IN HISPANIC & LATINO YOUTH**



## OVERVIEW



Depression significantly impacts the daily lives of Hispanic and Latino youth, influencing their academic performance, social relationships, family dynamics, and overall well-being. It can also shape the way these young individuals experience and respond to mental health challenges, making it essential to understand the unique aspects of how depression affects them.

# Areas Most Impacted by Depression in Youth



## 1. ACADEMIC PERFORMANCE

- Decreased concentration and focus
- Lower grades and motivation
- Increased absenteeism

## 2. SOCIAL RELATIONSHIPS

- Isolation and withdrawal
- Feelings of loneliness
- Conflict with peers

## 3. FAMILY DYNAMICS

- Communication challenges
- Changes in family roles
- Not adhering to family norms and cultural expectations

## 4. OVERALL MENTAL HEALTH AND WELL-BEING

- Emotional distress (hopeless, emptiness, reactivity)
- Increased risk of self-harm or suicidal thoughts
- Struggles with self-identity and self-esteem

# CLINICAL STEPS TO ADDRESS DEPRESSION IN HISPANIC AND LATINO YOUTH



## 1. CULTURALLY-SENSITIVE ASSESSMENT

### BUILD RAPPORT

Establish a trusting and respectful relationship, acknowledging cultural values such as family dynamics, respect for elders, and community ties.

### LANGUAGE CONSIDERATIONS

Conduct assessments in the youth's preferred language to ensure accurate communication.

### HOLISTIC APPROACH

Explore cultural beliefs that might influence the youth's perception of mental health, such as stigma about depression or fear of being labeled as "crazy".

### USE VALIDATED TOOLS

Utilize culturally appropriate screening tools.

## 2. INDIVIDUALIZED TREATMENT PLANNING

### CONSIDER CULTURAL CONTEXT

Incorporate the youth's cultural background into the treatment plan.

### FAMILY ENGAGEMENT

Involve family members in the treatment process. Educate parents about depression to help them understand and support their child's mental health journey.

### ADDRESS ADJUSTMENT STRESS

Discuss the pressures of balancing their Hispanic/Latine cultural values.

### 3. EVIDENCE-BASED INTERVENTIONS

#### **COGNITIVE-BEHAVIORAL THERAPY (CBT)**

Help the youth identify and challenge negative thought patterns and develop healthier coping strategies.

#### **INTERPERSONAL THERAPY (IPT)**

Address interpersonal issues such as family conflicts, peer relationships, and social skills.

#### **MINDFULNESS TECHNIQUES**

Teach relaxation and mindfulness techniques to help manage stress and anxiety.

#### **MEDICATION MANAGEMENT**

If appropriate, collaborate with a psychiatrist for medication management. Consider cultural attitudes toward medication and the family's preferences.

## 4. ADDRESS BARRIERS TO TREATMENT

### REDUCE STIGMA

Provide psychoeducation to the youth and their family about depression to reduce the stigma associated with seeking mental health support.

### ACCESS TO CARE

Identify barriers to accessing mental health services and address them to facilitate the youth's access to treatment.

### COMMUNITY RESOURCES

Connect the youth with community resources, such as support groups, mentoring programs, or after-school activities that are culturally relevant to them.

## 5. LONG-TERM SUPPORT AND FOLLOW-UP

### **MONITOR PROGRESS**

Regularly assess the youth's progress and make adjustments to the treatment plan as needed.

### **RECURRENCE PREVENTION**

Teach coping strategies to handle stress and prevent future depressive episodes. Develop a plan for recognizing early signs of recurrence of symptoms.

### **EMPOWERMENT AND ADVOCACY**

Encourage the youth to express their cultural values and advocate for their own mental health needs within their school and community environments.



# KEY CONSIDERATIONS

## CULTURAL COMPETENCE AND HUMILITY

Being culturally sensitive and competent is crucial in understanding the unique experiences of Hispanic and Latino youth.

## FAMILY INVOLVEMENT

Family plays a significant role in the lives of Hispanic and Latino youth; including and collaborative with them in treatment and recovery can enhance outcomes.

## ACCESS

Facilitate access to mental health services for all Hispanic and Latine youth.



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