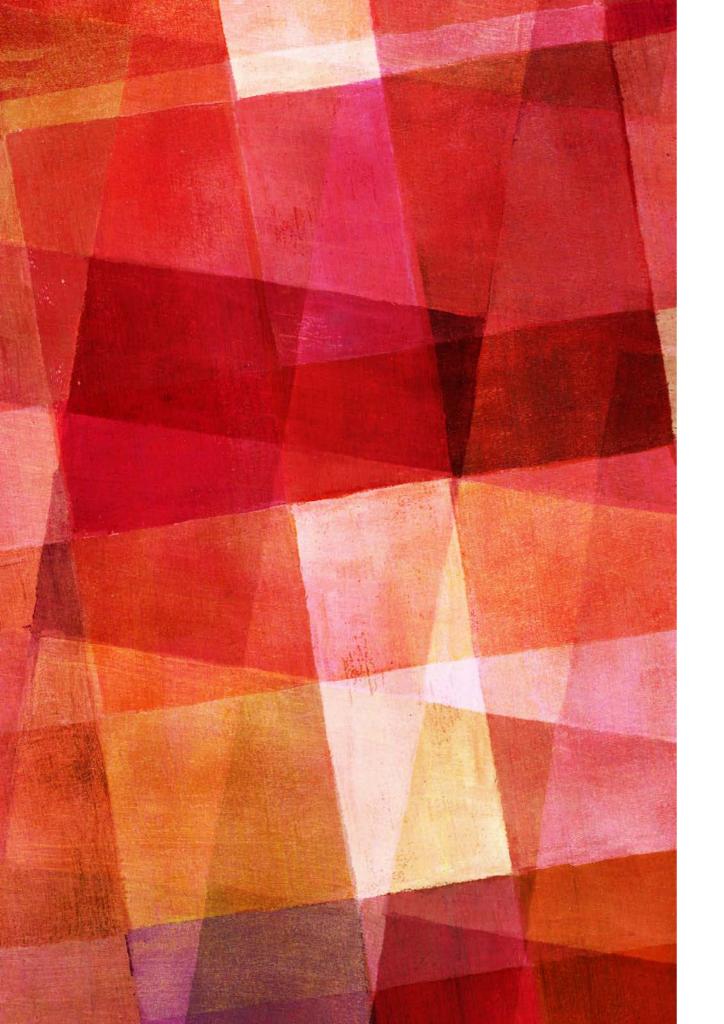


Sept-2017



BACKGROUND

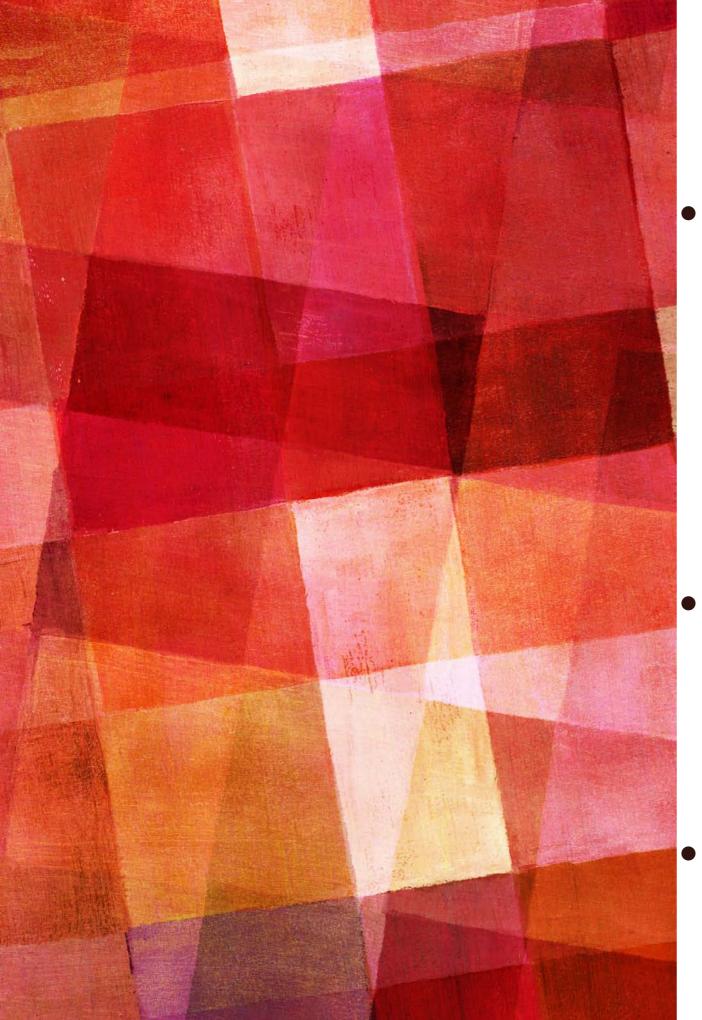
- Access Community Health Centers.
- Primary Care doctors (yearly check-up)
- ➤ Behavioral Health Consultant.
- ➤ 8 cases in a school year (2015)
- ➤ Ages Between 13-18
- ➤ One case of a 23 year old.
- ➤ Depression, self cutting behaviors, eating disorders and anxiety.

THE OTHER "CULTURE"

- Impact of Acculturation on the Family Inter-generational conflicts
 - Youth rapidly adapt to new language and cultural norms
 - Develop less traditional views of family roles and limits
 - Parents have greater difficulty adapting to linguistic and cultural differences, threatened by changes in youth
 - Differences lead to inter-generational conflicts- which in turn increase risk for youth substance abuse and conduct problems more recently associated with depression and even suicidality.

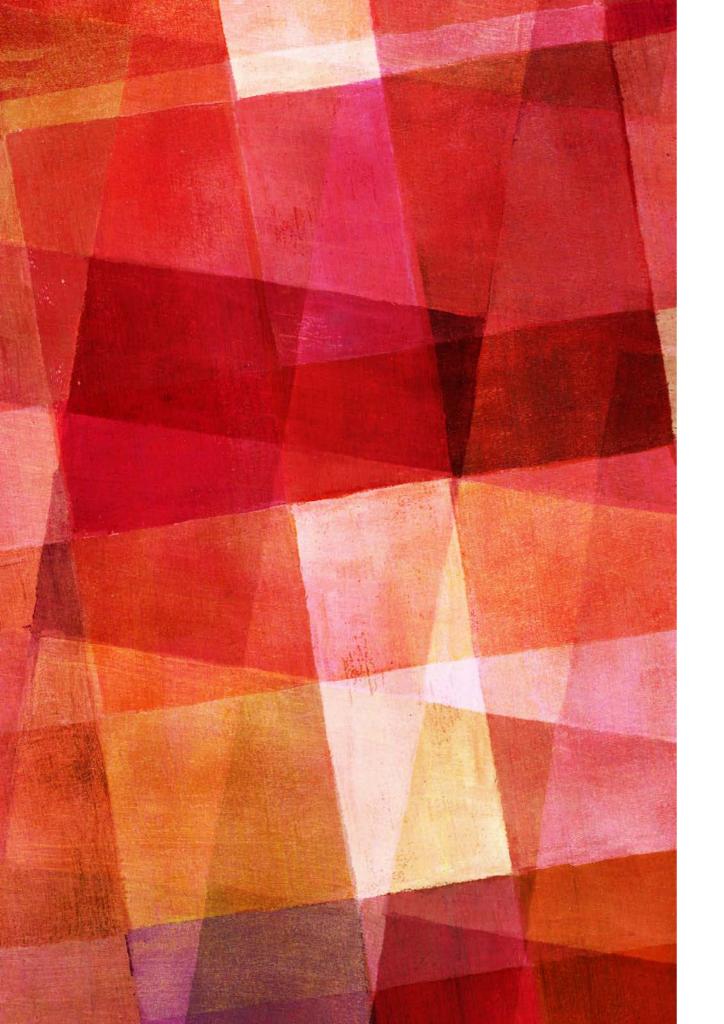
Increased youth isolation contributes to these outcomes

- Family monitoring
 Economic and emotional pressures reduce parental availability and monitoring
- Increased risk for conduct disturbance/ impulsivity



CHARACTERISTI

- Distrust in institutions
 - History of abuse at own countries' institutions
 - Immigration status
 - Lack of knowledge about system
- Concept of health=no pain, able to work and perform responsibilities
 - Maintenance of language-cultural identity. Miss



COMMUNITY STRESILLAGETHS

"Traditional" health habits

Strong family/social networks

Religion/Spirituality

Willingness to adapt

Grassrootscommunityorganizations

TREATMENTS

Behavior Programs





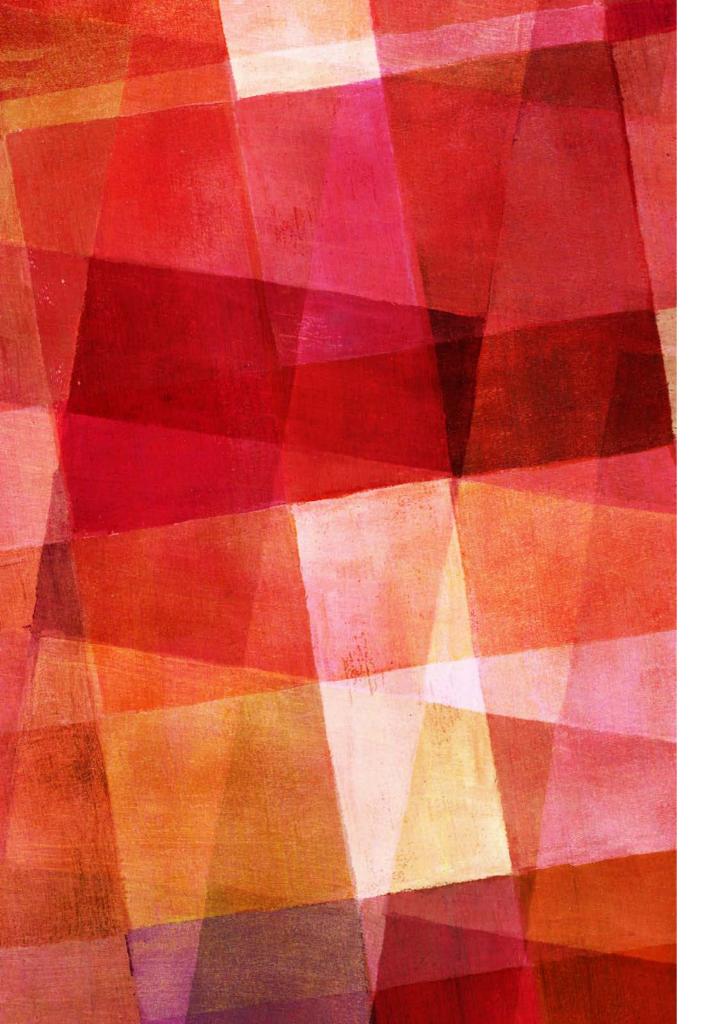
Education and Learning Programs

Medications





Other Treatments and Therapies



8 CASES OF LAGENTEENS

- ➤ 6 first generation
- ➤ 2 second generation
- Mental health struggle:
 Depression (self cutting behaviors -eating disorders), anxiety.
- ➤ Family conflict between cases were different.
 - ➤ Parents divorce, deportation of older brother, step-father, both parents present but with long work schedules, first, middle and last.



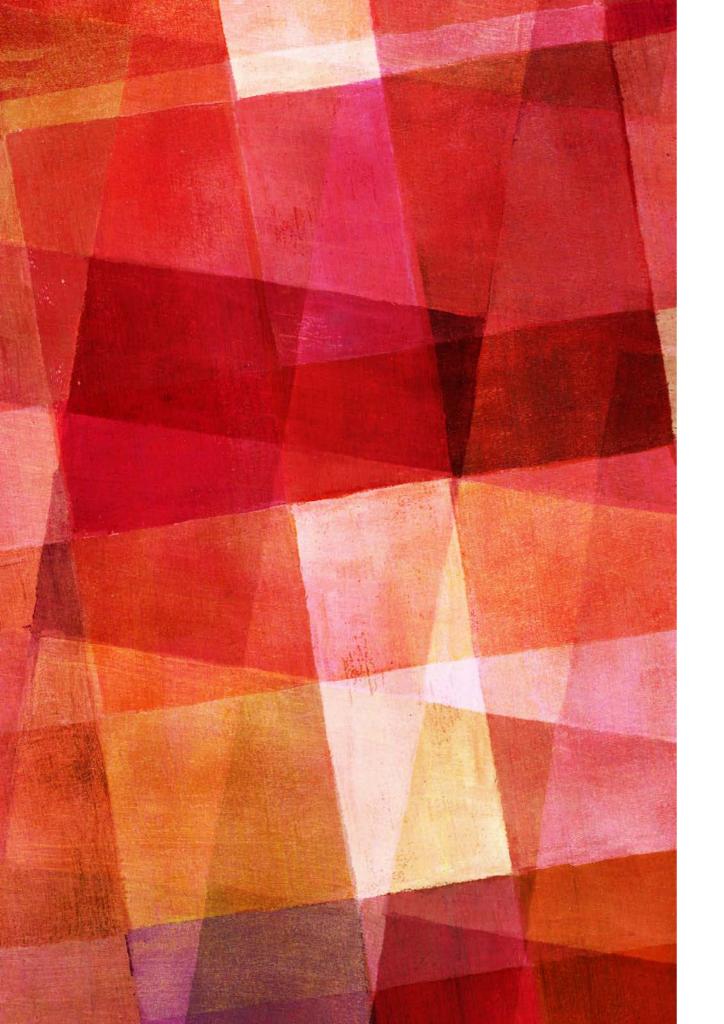
AFTER RECOGNIZING THEIR INDIVIDUAL FAMILY SITUATION ...

- ➤ A conflict between 2 cultures.
 - ➤ The culture the teens were perceiving and the culture that parents experienced in their Country of Origin.
 - ➤ Permissions.
 - ➤ Family responsibilities.
 - ➤ Expectations for the future.
 - ➤ Friendships
 - ➤ Romantic relationships.
 - ➤ Living with their parents.

IMPORTANT TO MAKE PARENTS AND TEENS AWARE OF...







EACH FAMILY HAD AN INDIVIDUAL CULTURE.....

- ➤ Listening to the fears of each side (Parents Vs Teens)
- ➤ Finding a medium point
- ➤ Empowering family members to take small risks of change.
- ➤ Walking the process near them.
- ➤ Honest and open communication a key factor. *Educating about a healthy communication.*

HOW DO I DO THIS...

- Develop your self awareness
- Identify one thing that will connect with PT
- Expand your social circles and never stop learning
- Be curious, ask, ask, ask.
- Take small risks (use the few Spanish words you know)
- If a plan is not working, change the strategy.
- Consult with others
- See the person a whole (past, experiences, traumas, fears)
- Place yourself in the other's shoes.
- Be aware of your assumptions/prejudices.



topfamousquotes.com



msaucedo2@wisc.edu

Words such as Hispanic or Latino are limiting.
We come in all shapes, sizes, colors, and dialects.
There's no one word that fits all."

LEATERCO Hostsandez

