



CULTURAL PERSPECTIVE
ON MENTAL HEALTH WHILE
WORKING WITH LATINX
TEENS

by Martha Saucedo, LCSW
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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

CS

- 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 understanding



COMMUNITY

STRENGTHS

□ Resilience

□ “Traditional” health habits

□ Strong family/social networks

□ Religion/Spirituality

□ Willingness to adapt

□ Grassroots community organizations

TREATMENTS

Behavior Programs



Education and Learning Programs



Medications



Other Treatments and Therapies





8 CASES OF LATINX TEENS

▶ Ages between 13-23

- ▶ 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 ...

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- ▶ 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...



recreation
recreation
recreation



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.



In a world of diversity, and
cultural differences... there's no
such thing as 'common' sense.
~Carla VanKoughnett



MUCHAS
GRACIAS!

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.”

Lawrence Hernandez

