Immigrant Mental Health
A Call To Action

Teresa Chapa, PhD, MPA
May 23, 2017
INJUSTICE ANYWHERE IS A THREAT TO JUSTICE EVERYWHERE.

MARTIN LUTHER KING, JR.

Stand Up for Equity
The Elephant in the Room
U.S. Population Distribution by Race/Ethnicity 2015

61% White
12% Black
18% Hispanic
6% Asian
1% American Indian/Alaska Native
2% Multiracial

Source: http://factfinder.census.gov/bkmk/table/1.0/en/PEP/2015/PEPASR6H?slice=hisp~hisp~year~est7 2015
Latinos in the United States: Know the Numbers

- 56.6 million; close to 17.6% –the largest racial/ethnic minority population.
- 35% Foreign-Born
- 10.3 million noncitizens under the age of 35 who were born in Latin America and the Caribbean
- 12.7 million were undocumented residents
- 73% or 40 million Hispanics age 5 and older spoke Spanish at home
- $45,150 The median income
- 21.4% the poverty rate
- 16.2% The percentage of Hispanics who lacked health insurance
Latinos: Who Are We?

- 63.4% percent Mexican origin
- 9.5 percent Puerto Rican
- 3.8 percent Salvadoran
- 3.7 percent Cuban
- 3.3 percent Dominican
- 2.4 percent Guatemalan
- The remainder were from other Central American, South American or other Hispanic or Latino origin.
Mexican Migrants in the United States

• Approximately 12 million people born in Mexico are living in the U.S.

• These migrants constitute approximately 30 percent of the foreign-born U.S. population, and

• Nearly 25 percent of the total U.S. Hispanic population of close to 57 million.
Immigration Stressors

- Immigration may represent major sources of stress:
  - Family dislocation, loss, fragmentation and reconstruction
  - Culture change for individuals and across generations
  - News law, policies and actions in host country
  - Fear of deportation

- Immigration may include experiences of trauma, acculturation stress, and substance use and abuse

- Migrants are more likely to develop significant mental-health problems than individuals who remained in Mexico

- Migrants between 18 and 25 have the greatest risk of experiencing a depressive disorder — nearly four-and-one-half times greater than their same-age Mexican peers who do not immigrate
Migrants under attack: Immigration Arrests up 38 percent Under Trump

• Unshackled from the restrictions under the Obama administration, immigration agents and officers are making far more arrests — but are still keeping their chief focus on criminals

• Arrests of criminal ‘aliens’ is up nearly 20 percent, reaching nearly 30,500, while arrests of those without criminal convictions is up 60 percent, reaching about 10,800.

• Criminals are still the chief targets, however, ICE said it has reversed the Obama administration’s policy of carving out entire classes of illegal immigrants from any danger of deportation. That’s expanded the potential targets from just a couple million to potentially almost all of the estimated 11 million illegal immigrants now in the U.S.

• “These statistics reflect Trump’s commitment to enforce immigration laws fairly and across the board,” said Thomas Homan, Acting Director of ICE.
Sí luchas puedes perder
Sí no luchas ya has perdido
Barriers to Treatment Experienced among Migrants

• Migrants more likely to experience emotional and physical vulnerabilities related to separation from their social networks, potentially leading to increased substance abuse and sexual risk behaviors.

• Migration is associated with separation from families and communities of origin.

• High stress related to fear of deportation, as well as labor and housing conditions.

• Exposure to alcohol abuse and drug use environments.

• Use of drugs and disconnection from social networks and communities among migrants may lead to more perceived barriers to accessing treatment compared to nonmigrant Mexicans.
Utilization of Mental Health Services is Relatively Low among Blacks, Asians, and Hispanics

Annual average percent utilization by adults of mental health services in the past year, by race/ethnicity and service type, 2008-2012

Source: SAMHSA
http://www.samhsa.gov/data/sites/default/files/MHServicesUseAmongAdults/MHServicesUseAmongAdults.pdf
Barriers and Service Gaps among Latinos leading to More Chronic and Disabling Behavioral Health Conditions

- Lack of understanding about mental health and addictions
- Unaware that services exist or where to receive them
- No insurance coverage
- Stigma (i.e. personal weakness, shame, fear of labels)
- Cultural considerations in approaches to treatment (i.e. seek help from friends, church, sobador, curanderos…)
- Language barriers between consumer and provider
Lack of Treatments in Mexico

- Stigma related to drug use, especially women
- Limited access to health insurance
- Poorly trained staff members
- Scarce treatment options
- Limited specialized programs (e.g., opiate treatment)
- Drug policy reform in Mexico has mandated referral to treatment
- A significant need for research on access to treatment, particularly among vulnerable groups with a high risk of drug use
## Social Determinants of Health

<table>
<thead>
<tr>
<th>Economic Stability</th>
<th>Neighborhood and Physical Environment</th>
<th>Education</th>
<th>Food</th>
<th>Community and Social Context</th>
<th>Health Care System</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment</td>
<td>Housing</td>
<td>Literacy</td>
<td>Hunger</td>
<td>Social integration</td>
<td>Health coverage</td>
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<tr>
<td>Income</td>
<td>Transportation</td>
<td>Language</td>
<td>Access to healthy options</td>
<td>Support systems</td>
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<tr>
<td>Expenses</td>
<td>Safety</td>
<td>Early childhood education</td>
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<td>Community engagement</td>
<td>Provider availability</td>
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<td>Debt</td>
<td>Parks</td>
<td>Vocational training</td>
<td></td>
<td>Discrimination</td>
<td>Provider linguistic and cultural competency</td>
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<tr>
<td>Medical bills</td>
<td>Playgrounds</td>
<td>Higher education</td>
<td></td>
<td></td>
<td>Quality of care</td>
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<tr>
<td>Support</td>
<td>Walkability</td>
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### Health Outcomes
Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations
Systemic Barriers

- Lack of availability of care
- Long wait lists
- Inadequate care
- Poor coordination of care
- Few cultural and linguistically competent providers
- Little expertise on Migrant populations
- Lack of successful provider-consumer engagement
- Prohibitive costs of care
Cultural Considerations for Immigrant Consumers of Behavioral Health Services

• Be familiar with cultural conceptions of health and mental health
• Hire and support bilingual/bicultural behavioral health providers
• Use interpreters who are trained in the mental health field
• Collaborate with health care providers through integrated care
• Infuse traditional health and healing practices
• Use approaches such as psychoeducation and home visits
This world's not going to change unless we're willing to change ourselves

Rigoberta Menchu Tum
Nobel Peace Prize Laureate
1992
The U.S. is currently experiencing a behavioral health (mental health and substance use) workforce shortage.

- Need for an educated and well trained behavioral health workforce stems not only from demand, but high turnover rates, a shortage of professionals, aging workers, and low compensation.

- Workforce needs diversified. There is an immediate need for clinicians who are bilingual, bicultural, culturally sensitive and competent.

- Must train more to serve diverse populations in multiple communities—including underserved communities (racial/ethnic, inner cities, rural, U.S. Mexico Border and frontier).
Breakdown of Psychologists Based on Race and Ethnicity

Source: Racial/Ethnic Composition of Active Psychologists, 2013. Source: 2013 ACS files from U.S. Census Bureau. Note: Totals do not sum to 100 percent due to rounding.
Minority Populations in Higher Education

Administrative leadership positions in higher education including executives and administrative officers such as controllers, division heads, department heads, deans and associate deans- by race and ethnicity:

- 7 percent Black/African American
- 3 percent Hispanic/Latino
- 2 percent Asian American
- 1 percent other race/ethnicity
- 86 percent white

Source: College and University Professional Association for Human Resources (CUPA-HR) 2016.
http://www.cupahr.org/surveys/phe.aspx
Every moment is an organizing opportunity, every person a potential activist, every minute a chance to change the world.

— Dolores Huerta —

- Plot
- Plan
- Strategize
- Mobilize
Movilizandonos por Nuestro Futuro: Strategic Development of a Mental Health Workforce for Latinos

July 9-10, 2009
Sheraton Fisherman's Wharf Hotel
San Francisco, California

Office of Minority Health • U.S. Department of Health and Human Services
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<tr>
<th>Increase</th>
<th>Increase awareness and knowledge about careers in behavioral health</th>
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<td>Support</td>
<td>Support efforts to build a multidisciplinary, diverse, knowledgeable, bilingual and culturally competent student body, faculty and leadership</td>
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<tr>
<td>Provide</td>
<td>Provide educational opportunities</td>
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<tr>
<td>Build</td>
<td>Build pathways to underserved communities</td>
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<tr>
<td>Develop</td>
<td>Develop key relationships and partnerships with community</td>
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Increase and Improve Services Research: Suggestions for Change

- Very little research is available on Migrants.
- Need to know more about successful program interventions
- Examine the role of cultural and linguistic competence as part of treatment
- Learn more about engagement and retention strategies
- Design programs and policies tailored for Latinos, refugees and migrants.
- Call for enhancing collaboration between researchers, policy managers and community stakeholders to determine research needs, develop strategies for expanding access to mental health services and promote the full participation and of the immigrant populations.
Thought Leadership turned into Advanced Competencies

Advanced Social Work Practice Behaviors to Address Behavioral Health Disparities

Funded by: U.S. Department of Health and Human Services Office of Minority Health
Prepared by: National Association of Directors and Directors of Schools of Social Work

Alliant International University California School of Professional Psychology
"We cannot seek achievement for ourselves and forget about progress and prosperity for our community... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own"

- Cesar Chavez
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