



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

COVID-19 and the Latinx Community: Skills to reduce stress, stigma, and substance use

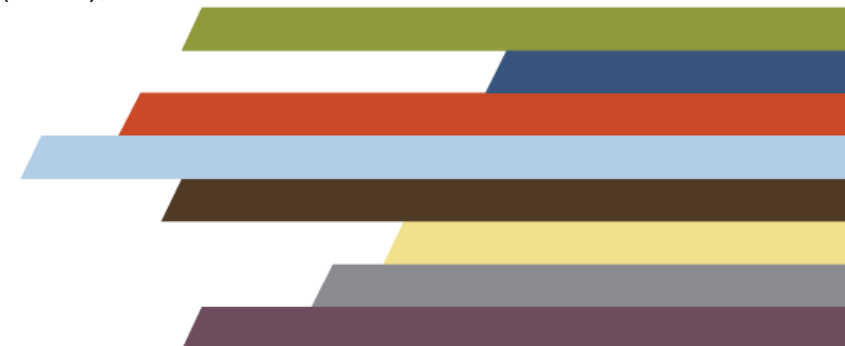
- We will begin the webinar promptly at 02:00 PM (ET)
- Please post your questions by clicking the Q&A icon on your screen. We will answer questions at the end of the webinar, and we will try to answer as many as we possible.
- The webinar is being recorded and we will email all attendees once its ready. Also, a PDF copy of the presentation will be distributed at the same time. We will send an email to all attendees once these materials are ready. In order to view it, you must sign up (provided via link later) to our Juntos/ATTC list.

This webinar was made possible through funding from Grant Number 1H79TI081174.

Disclaimer: The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions or policies of the National Latino Behavioral Health Association (NLBHA), the Center for Substance Abuse Treatment (CSAT), the Center for Substance Abuse Prevention (CSAP), or the Substance Abuse and Mental Health Services Administration (SAMSHA).

National Latino
Behavioral Health Association **NLBHA**

SAMHSA
Substance Abuse and Mental Health
Services Administration





National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

COVID-19 and the Latinx Community: Skills to reduce stress, stigma, and substance use

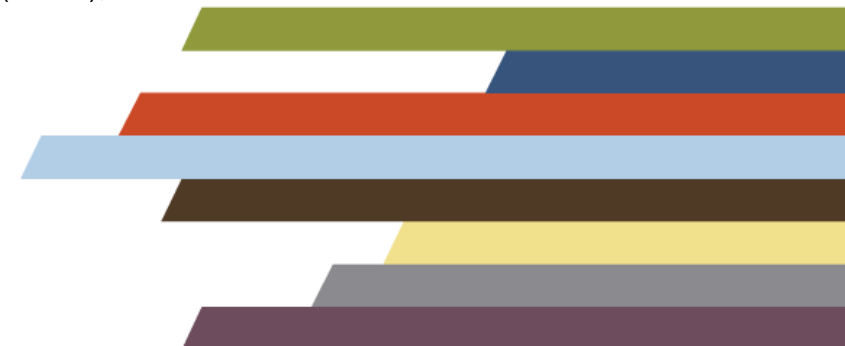
Jessica G. Martinez, MA

This webinar was made possible through funding from Grant Number 1H79TI081174-03 and Grant Number 6U79SP023012-01M001.

Disclaimer: The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions or policies of the National Latino Behavioral Health Association (NLBHA), the Center for Substance Abuse Treatment (CSAT), the Center for Substance Abuse Prevention (CSAP), or the Substance Abuse and Mental Health Services Administration (SAMSHA).

National Latino
Behavioral Health Association **NLBHA**

SAMHSA
Substance Abuse and Mental Health
Services Administration





National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network

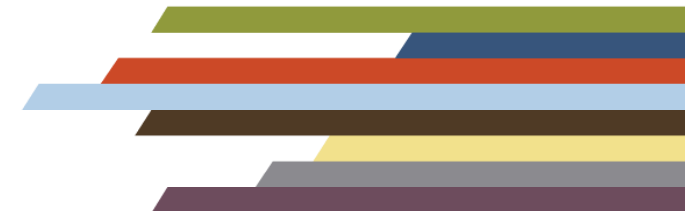
Funded by Substance Abuse and Mental Health Services Administration

HOUSEKEEPING

- PPT Slide Deck
- Q&A Session
 - Question Cards
- Evaluation
 - External Link

National Latino
Behavioral Health Association **NLBHA**

SAMHSA
Substance Abuse and Mental Health
Services Administration





National Hispanic and Latino

ATTC

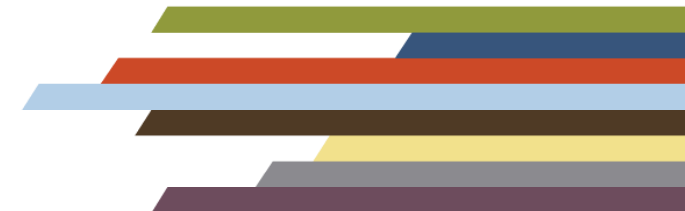
Addiction Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

NLBHA's Mission

The Mission and Goal of The National Latino Behavioral Health Association is to influence national behavioral health policy, eliminate disparities in funding and access to services, and improve the quality of services and treatment outcomes for Latino populations.

National Latino
Behavioral Health Association **NLBHA**





National Hispanic and Latino

ATTCC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Our Objective

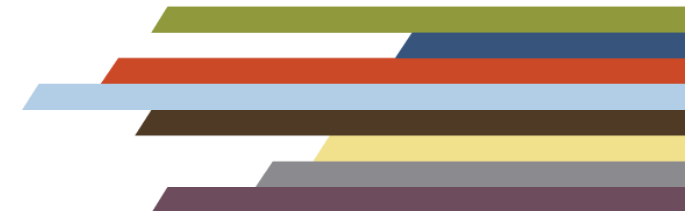
Our Objective is to provide national leadership on mental health and substance abuse concerns of the Latino community. NLBHA's Policy Priorities are:

1. Targeted Capacity Expansion of Mental Health Services for Latinos
2. Latino Behavioral Health Evidenced Based Practices
3. Legislation to increase the number of Counselors/Therapists/Other Behavioral Health Practitioners
4. Funding for Co-Occurring Disorders of Alcohol and Substance Abuse
5. Opioid Crisis in the Latino Community
6. Suicide Prevention



Fredrick Sandoval, MPA
Executive Director
NLBHA

National Latino
Behavioral Health Association **NLBHA**







National Hispanic and Latino

ATTC

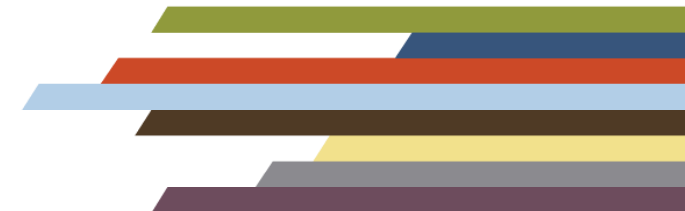
Addiction Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

NH-L ATTC Mission

The mission of the National Hispanic and Latino Addiction Technology Transfer Center is to provide high-quality training and technical assistance to improve the capacity of the workforce serving Hispanic and Latino communities in behavioral health, treatment, and recovery. We disseminate and support the implementation of evidence-based and promising practices to enhance service delivery, promote the growth of a diverse, culturally competent workforce, and bridge access to quality behavioral health services. We are committed to increasing health equity and access to effective culturally and linguistically grounded approaches.

National Latino
Behavioral Health Association **NLBHA**



National Hispanic and Latino Addiction Technology Transfer Center (ATTC) Staff



Pierluigi Mancini, PhD,
Director



Maxine Henry, MSW, MBA
Co-Director



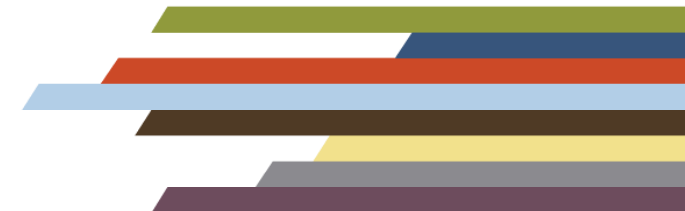
Ruth Yáñez, MSW
Executive Admin. Assistant



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Today's Presenter



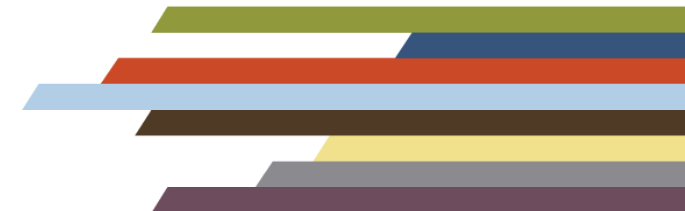
Jessica G. Martinez, MA



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



COVID-19 and the Latinx Community: Skills to reduce stress, stigma, and substance use

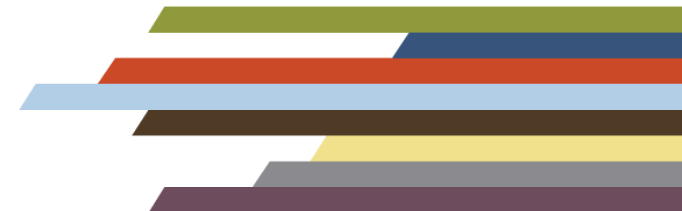
This webinar aims to provide an overview on the stress and stigma Hispanic and Latino communities face in relation to the COVID-19 pandemic and how this has caused an uptick in substance use among individuals. This presentation will provide recent research and information on Latinx stress, substance use and mental health trends, and coping strategies that professionals working with the Latinx community can use to help clients build resiliency.



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Polling Question

Where is everyone from in the US?

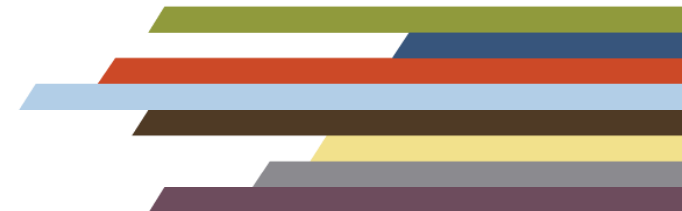
- Northeast
- Southeast
- Southwest
- Northwest
- Midwest
- Caribbean
- Outside of the US



National Hispanic and Latino

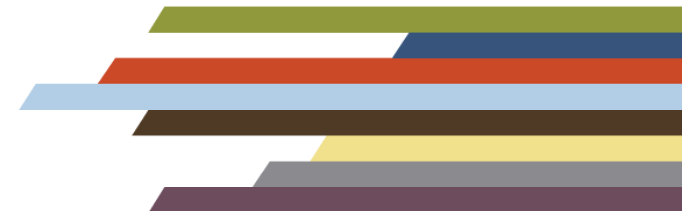
ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



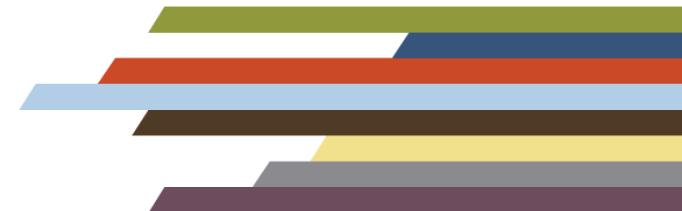
COVID-19

- The entire nation has been affected by the pandemic in various, unprecedented ways
 - Latinx community has been disproportionately affected
- COVID has led to an increase in...
 - Stress
 - Symptoms of anxiety, depression, and other mental health conditions
 - Substance use



COVID-19 & Latino Health¹

- Higher rates of hospitalization
 - 4.1x more likely to require hospitalization as compared to White, Non-Hispanic persons
- Higher death rates
 - CDC reported that 18% of COVID-19 deaths are Latinx
 - 2.8x more likely to die as compared to White, Non-Hispanic persons



COVID-19 & Latino Health²

COVID-19 Cases, Hospitalizations, and Deaths, by Race/Ethnicity

Rate ratios compared to White, Non-Hispanic persons	American Indian or Alaska Native, Non-Hispanic persons	Asian, Non-Hispanic persons	Black or African American, Non-Hispanic persons	Hispanic or Latino persons
Cases ¹	1.8x	0.6x	1.4x	1.7x
Hospitalization ²	4.0x	1.2x	3.7x	4.1x
Death ³	2.6x	1.1x	2.8x	2.8x

Race and ethnicity are risk markers for other underlying conditions that affect health, including socioeconomic status, access to health care, and exposure to the virus related to occupation, e.g., among frontline, essential, and critical infrastructure workers.

How to Slow the Spread of COVID-19



Wear a mask



Stay 6 feet apart



Wash your hands



References on back

cdc.gov/coronavirus

CS319360-A 11/30/2020



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

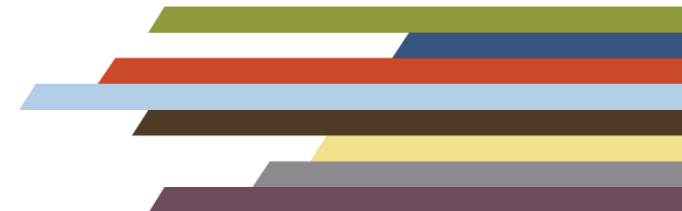
Stress



National Hispanic and Latino

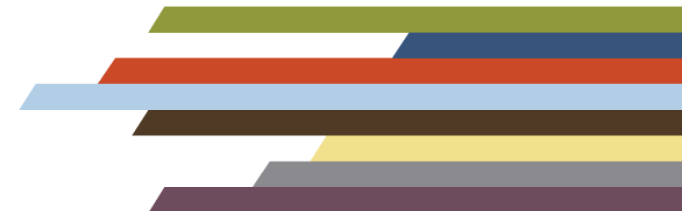
ATTTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



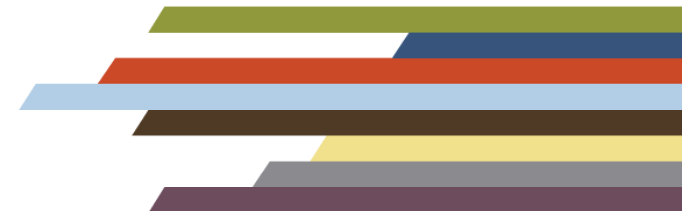
Stress Factors^{[3](#),[14](#)}

- Jeopardizes housing
- Inability to access healthcare in Spanish
- Language barrier
- Lack of education
- Legal status
- **Loss of income/job**
- **Lack of health insurance**



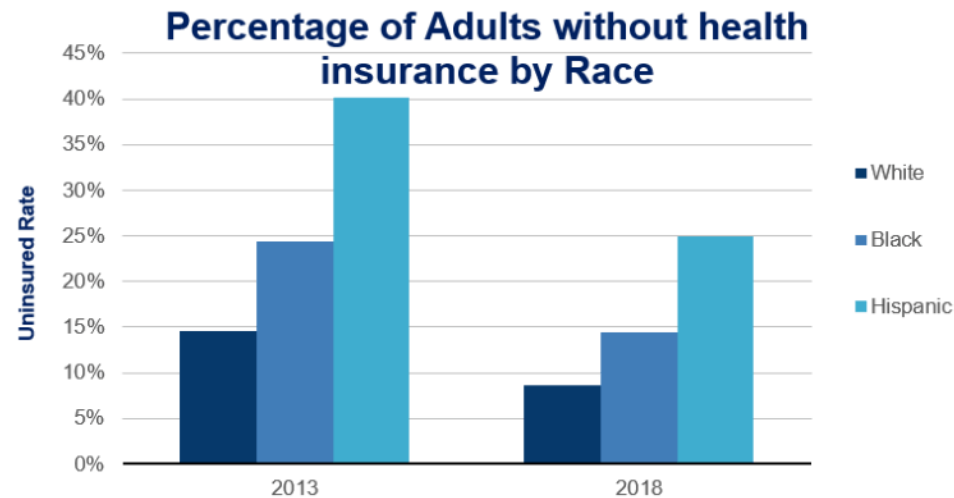
Stress Factors^{3,4}

- Loss of income/job
 - Brookings - March 2020
 - 49% of Latinx surveyed reported they or someone in their household had taken a pay cut or were laid off
 - Pew Research - June 2020
 - 61% of Latinx surveyed reported they or someone in their household lost their job due to the pandemic
 - 70% reported not having an emergency fund



Stress Factors^{5,6}

- Lack of health insurance
 - 1 in 4 Latinos have no health insurance
 - Latinos are still 3x more likely to be uninsured compared to non-Hispanic Whites



Source: American Community Survey Public Use Microdata Sample (ACS PUMS), 2013-2018

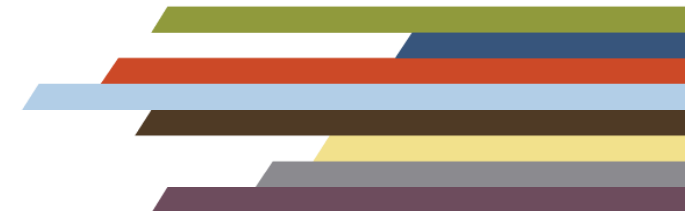
BROOKINGS



National Hispanic and Latino

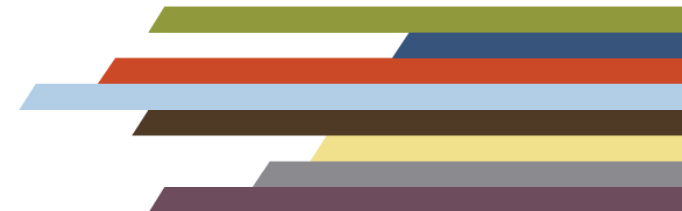
ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Stress Symptoms¹¹

- Worsening of existing mental health issues
- Isolation
- Changes in appetite
- Difficulty sleeping
- Sleeping more than usual
- Restlessness
- Decreased energy or interest
- Physical symptoms (headaches, stomachaches, etc.)
- Increased use of alcohol and/or drugs



Polling Question

How are you feeling today?

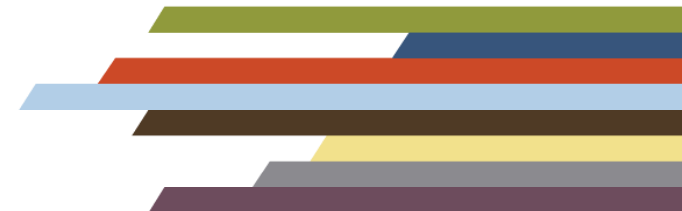
- Happy
- Stressed
- Content
- Worried
- Tired
- Upset



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



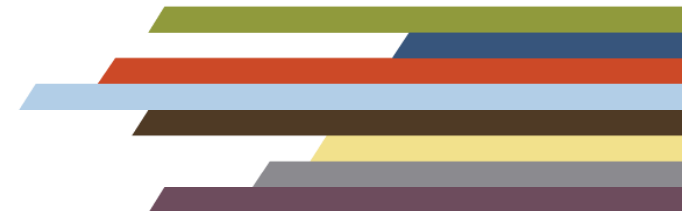
Stigma



National Hispanic and Latino

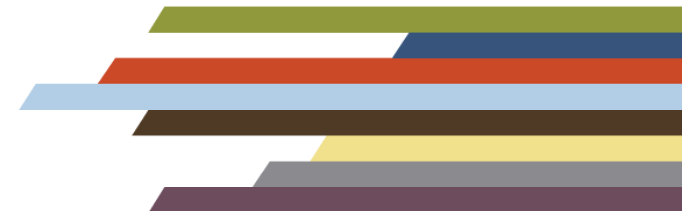
ATTN

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



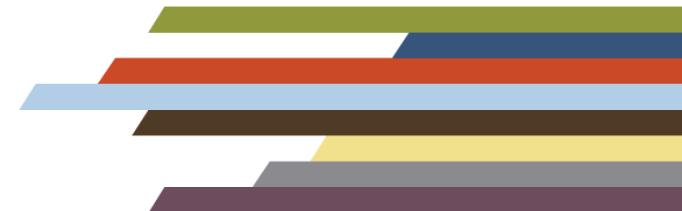
COVID Related Stigma^{[7](#),[8](#),[9](#),[10](#)}

- Testing positive can be a “scarlet A”
- Hesitant to disclose or report testing positive for fear of losing job or being denied other services
- Social stigma
 - Fearful of what family members, community, and colleagues might say or do
 - Example: People have reported being bullied or “ghosted” by friends or acquaintances after testing positive



Stigma & Mental Health^{[7](#),[8](#),[9](#),[10](#)}

- Stigma can deeply affect someone's emotions and mental health
 - Lead to isolation
 - Feelings of abandonment
 - Being ostracized by friends, family, colleagues
 - Feelings of helplessness
 - Discrimination
- Important to keep in mind especially with the Latinx community



From the Field

A counseling intern who completed her internship in 2020, shared her experience and what she noticed:

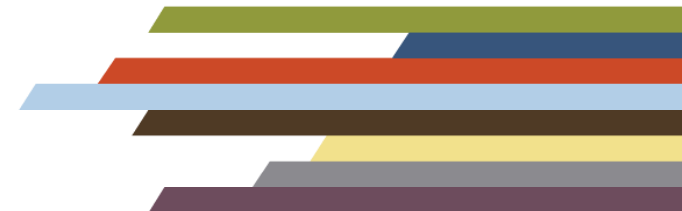
“...transitioning into fully remote, telehealth services were difficult. I witnessed firsthand how my clients, especially Latinx clients, struggled to adjust to the transition...they had difficulty navigating telehealth platforms, they expressed feeling uncomfortable with the transition, and others lacked the privacy to have sessions because they live with many family members...”



National Hispanic and Latino

ATTC

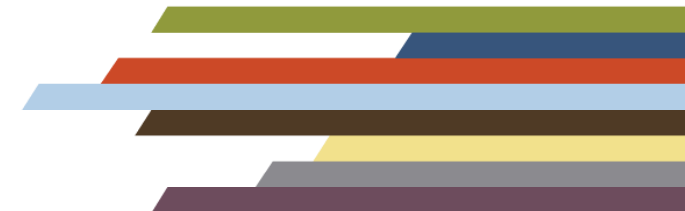
Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Mental Health¹¹

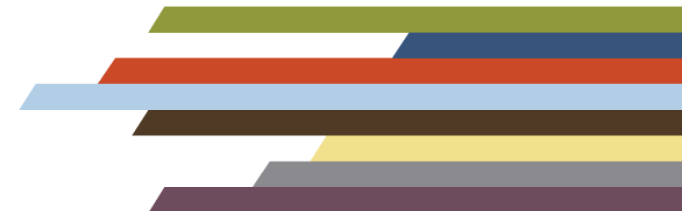
➤ Research is ongoing however, surveys conducted by various organizations and anecdotal evidence show an upward trend in adverse mental health symptoms

- Depression
- Anxiety
- Stress
- Isolation
- Frustration
- Anger
- Worry
- Fear



Mental Health¹²

- CDC conducted survey on mental health, substance use, and suicidal ideation in June 2020
 - **52%** of Latinx surveyed reported at least 1 adverse mental and behavioral health symptom in the past 7 days
- The National Center for Health Statistics also conducted a survey from April - December 2020
 - ~40-45% of Latinx surveyed reported feeling some symptoms of anxiety and/or depression



Mental Health¹²

Indicators of Anxiety or Depression Based on Reported Frequency of Symptoms During Last 7 Days															
Select Indicator															
Symptoms of Anxiety Disorder or Depressive Disorder															
Symptoms of Anxiety Disorder or Depressive Disorder															
Phase Label	Phase 1														
Time Period Label	Apr 23 - May 5		May 7 - May 12		May 14 - May 19		May 21 - May 26		May 28 - June 2		June 4 - June 9		June 11 - June 16		June 18
Group	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent
By Race/Hispanic ethnicity															
Hispanic or Latino	42.7	39.7 - 45.7	40.3	36.6 - 44.0	40.7	38.0 - 43.4	41.5	38.6 - 44.5	38.3	36.2 - 40.4	40.8	38.2 - 43.4	39.6	36.4 - 43.0	42.3
Non-Hispanic Asian, single race	31.9	28.5 - 35.4	29.9	25.7 - 34.4	30.2	27.1 - 33.5	27.6	24.5 - 30.8	34.2	31.6 - 37.0	29.2	25.5 - 33.0	29.9	25.7 - 34.4	27.8
Non-Hispanic black, single race	38.9	36.4 - 41.4	38.8	34.2 - 43.5	39.4	37.2 - 41.6	35.6	32.9 - 38.3	40.5	38.3 - 42.7	40.0	37.1 - 42.9	40.0	37.0 - 43.0	39.1
Non-Hispanic white, single race	33.6	32.7 - 34.4	32.0	31.1 - 32.9	31.3	30.4 - 32.1	32.3	31.4 - 33.3	33.1	32.3 - 33.9	34.0	33.0 - 35.0	34.3	33.3 - 35.3	34.1
Non-Hispanic, other races and multiple races	43.9	39.8 - 48.1	45.9	41.1 - 50.7	37.2	33.3 - 41.2	43.4	39.5 - 47.4	49.6	45.9 - 53.4	48.1	43.6 - 52.7	44.3	40.0 - 48.6	45.1
By Education															
Less than a high school diploma	45.4	40.3 - 50.5	42.5	36.2 - 48.9	40.9	36.2 - 45.8	47.7	43.4 - 52.1	43.9	40.4 - 47.5	44.7	41.2 - 48.2	43.7	39.7 - 47.8	43.6
High school diploma or GED	36.7	35.2 - 38.2	37.8	35.3 - 40.4	37.6	36.0 - 39.3	35.3	33.6 - 37.1	36.7	35.1 - 38.3	36.8	34.7 - 38.8	37.4	35.3 - 39.5	38.1
Some college/Associate's degree	38.5	36.9 - 40.0	36.2	34.6 - 37.9	36.1	34.5 - 37.8	37.6	36.4 - 38.8	38.3	37.2 - 39.4	39.3	37.8 - 40.7	39.3	37.7 - 40.9	39.1
Bachelor's degree or higher	30.7	29.8 - 31.5	27.5	26.3 - 28.7	26.4	25.3 - 27.5	27.0	26.1 - 27.9	29.4	28.5 - 30.3	30.2	29.3 - 31.1	29.4	28.5 - 30.4	29.2
By State															
Alabama	30.3	24.8 - 36.2	30.6	24.1 - 37.7	25.2	20.5 - 30.3	28.8	23.9 - 34.0	37.5	32.6 - 42.6	36.9	32.2 - 41.9	38.1	33.1 - 43.3	38.0
Alaska	31.5	28.8 - 34.4	35.7	30.9 - 40.8	32.7	27.8 - 37.9	36.4	31.5 - 41.4	31.6	27.1 - 36.3	35.2	30.0 - 40.7	36.5	32.1 - 41.1	37.1
Arizona	36.4	32.3 - 40.7	38.4	32.6 - 44.6	32.1	28.0 - 36.3	35.5	31.3 - 39.8	32.6	29.1 - 36.2	36.8	33.2 - 40.5	33.3	27.9 - 39.0	40.1
Arkansas	38.0	33.1 - 43.1	33.0	27.2 - 39.4	35.2	30.9 - 39.7	33.8	28.4 - 39.6	39.0	34.8 - 43.4	38.2	31.9 - 44.7	39.0	32.9 - 45.4	38.2
California	37.4	34.2 - 40.6	34.4	30.4 - 38.6	38.8	35.1 - 42.6	36.2	32.8 - 39.7	38.6	36.3 - 40.8	39.7	37.2 - 42.2	37.9	33.8 - 42.1	39.1

NOTE: All estimates shown meet the NCHS standards of reliability. See Technical Notes below for more information about the content and design of the survey.

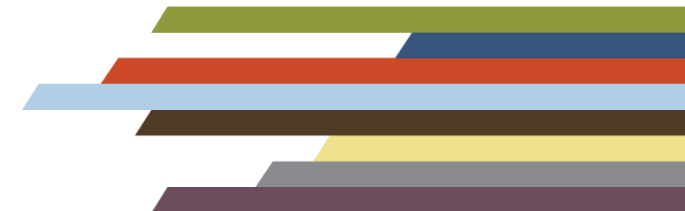
SOURCE: U.S. Census Bureau, Household Pulse Survey, 2020-2021

[Data Table](#)
[National Estimates](#)
[State Estimates](#)


National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Mental Health¹²

Indicators of Anxiety or Depression Based on Reported Frequency of Symptoms During Last 7 Days															
Select Indicator															
Symptoms of Anxiety Disorder or Depressive Disorder															
Phase Label	Phase 2		Phase 3 (Oct 28 - Dec 21)				Break 2		Phase 3 (Jan 6-18)						
Time Period Label	Sep 30 -	Oct 14 - Oct 26	Oct 28 - Nov 9		Nov 11 - Nov 23		Nov 25 - Dec 7		Dec 9 - Dec 21		Dec 22 - Jan 5		Jan 6 - Jan 18		
Group	95% CI	Percent 95% CI	Percent 95% CI	Percent 95% CI	Percent 95% CI	Percent 95% CI	Percent 95% CI	Percent 95% CI	Percent 95% CI	Percent 95% CI	Percent 95% CI	Percent 95% CI	Percent 95% CI	Percent 95% CI	
By Race/Hispanic ethnicity															
Hispanic or Latino	40.9 - 46.1	42.2 39.8 - 44.6	48.0 45.4 - 50.7	48.2 45.6 - 50.8	48.0 45.1 - 50.9	46.3 44.0 - 48.5			42.1 39.9 - 44.3						
Non-Hispanic Asian, single race	26.4 - 32.0	34.3 31.4 - 37.2	32.9 29.0 - 37.1	32.8 29.4 - 36.3	35.0 31.8 - 38.2	33.1 29.5 - 36.8			34.0 31.4 - 36.6						
Non-Hispanic black, single race	37.6 - 41.8	39.8 37.6 - 42.1	45.0 41.9 - 48.2	43.6 40.4 - 46.8	42.5 40.2 - 44.9	48.0 45.3 - 50.7			42.2 39.1 - 45.4						
Non-Hispanic white, single race	35.1 - 36.6	36.1 35.3 - 36.8	39.4 38.6 - 40.2	41.2 40.3 - 42.0	39.6 38.8 - 40.5	40.9 40.0 - 41.7			40.6 39.8 - 41.4						
Non-Hispanic, other races and multiple races	41.9 - 49.5	48.3 45.1 - 51.4	48.5 44.3 - 52.8	52.6 48.4 - 56.8	49.8 46.5 - 53.1	48.9 45.1 - 52.8			50.7 46.6 - 54.8						
By Education															
Less than a high school diploma	39.0 - 47.5	42.3 37.3 - 47.5	43.7 37.9 - 49.5	51.0 45.3 - 56.7	53.0 46.5 - 53.1	49.6 44.9 - 54.2			48.2 43.8 - 52.7						
High school diploma or GED	35.5 - 38.8	37.1 35.5 - 38.9	42.0 40.2 - 43.8	43.0 41.0 - 45.0	42.3 40.2 - 44.4	44.7 42.5 - 46.8			41.1 39.3 - 42.9						
Some college/Associate's degree	39.8 - 42.0	41.9 40.6 - 43.2	44.6 43.3 - 45.9	45.9 44.7 - 47.2	45.0 43.9 - 46.2	45.8 44.8 - 46.8			44.8 43.4 - 46.3						
Bachelor's degree or higher	32.5 - 34.0	33.7 32.9 - 34.4	37.3 36.4 - 38.3	37.5 36.7 - 38.3	35.0 34.2 - 35.8	35.6 34.8 - 36.5			35.9 35.1 - 36.8						
By State															
Alabama	29.6 - 37.8	36.0 32.1 - 40.1	44.8 38.6 - 51.2	43.8 38.6 - 49.0	38.5 31.8 - 45.5	44.0 38.5 - 49.6			42.0 35.7 - 48.5						
Alaska	33.5 - 41.3	38.5 34.4 - 42.8	38.2 33.8 - 42.8	44.6 40.6 - 48.6	42.6 38.3 - 47.0	44.1 39.8 - 48.5			41.5 37.9 - 45.2						
Arizona	33.9 - 41.8	39.8 35.3 - 44.5	40.3 35.2 - 45.6	43.8 39.8 - 47.8	39.8 35.5 - 44.2	43.5 38.8 - 48.3			38.4 35.0 - 41.9						
Arkansas	37.5 - 47.2	38.5 34.1 - 43.0	41.6 36.3 - 47.0	44.2 38.8 - 49.7	41.9 37.5 - 46.5	43.0 38.0 - 48.1			41.1 35.6 - 46.8						
California	40.0 - 44.9	39.9 37.4 - 42.5	43.7 40.1 - 47.4	45.1 41.3 - 49.0	43.2 40.1 - 46.3	45.0 42.1 - 47.9			45.4 42.3 - 48.5						

NOTE: All estimates shown meet the NCHS standards of reliability. See Technical Notes below for more information about the content and design of the survey.
SOURCE: U.S. Census Bureau, Household Pulse Survey, 2020-2021

Data Table

National Estimates

State Estimates



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
 Funded by Substance Abuse and Mental Health Services Administration

Mental Health^{[13](#),[14](#)}

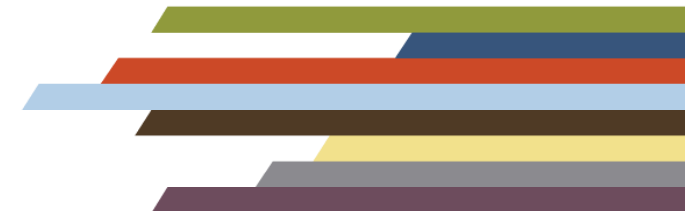
- Low percentage of the Latinx community receive treatment/services
 - 34% receive treatment compared to the US average of 45%
- Services have been greatly decreased due to the pandemic
 - Centers have closed or reduced the amount of people they are able to see
 - Transfer to telehealth
 - Possible barrier
 - Possible lack of privacy to engage



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



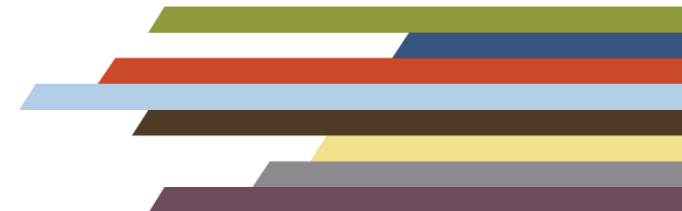
Substance Use



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



From the Field

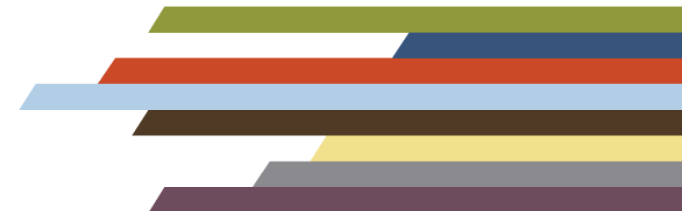
Working at an outpatient program in New Jersey, a clinician remarked that she was seeing an increase in clients self-reporting using alcohol or drugs as early as a couple of weeks into the lockdown. She shared, “A handful of clients have reported that they relapsed or have increased the amount of alcohol or drugs they’ve been using. It’s been a difficult time. The hardest months were March to July when our offices were shut down and we were unable to have any in-person services.”



National Hispanic and Latino

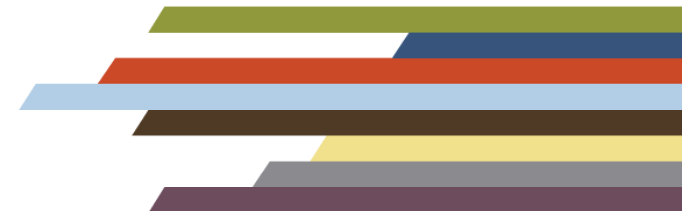
ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Substance Use & COVID-19¹⁶

- COVID-19's influence on substance use trends are still being researched however, preliminary reports as well as anecdotal evidence suggests that substance use is rising due to the pandemic
- Survey conducted by the Addiction Policy Forum
 - 1,079 participants
 - Conducted April – May 2020
 - 4% of respondents stated they overdosed since the pandemic began
 - 20% reported their/their family member's substance use increased

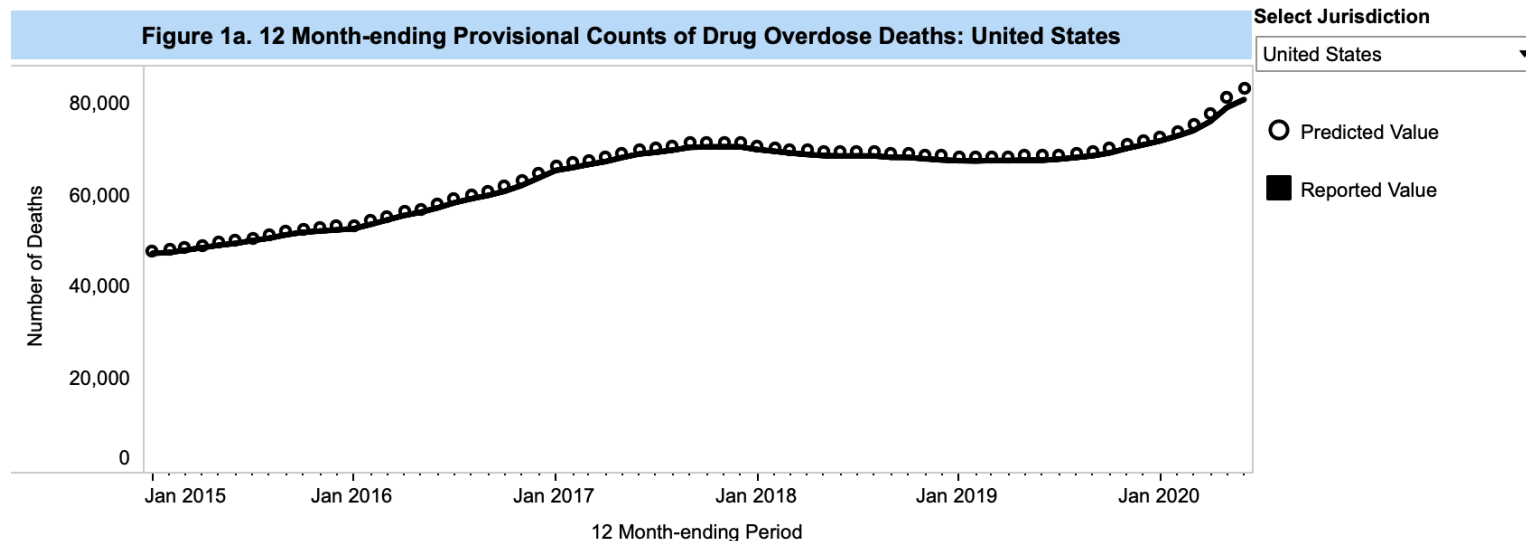


Substance Use¹⁷

- CDC's Provisional Drug Overdose Death Counts
 - March – June 2020 shows a marked increase in drug overdose deaths

12 Month–ending Provisional Number of Drug Overdose Deaths

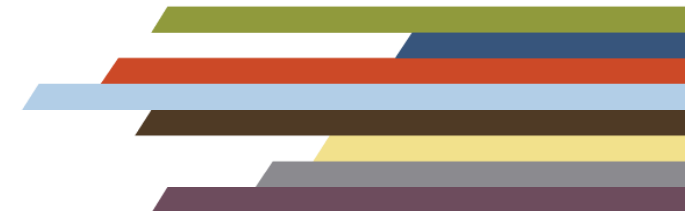
Based on data available for analysis on: 1/3/2021



National Hispanic and Latino

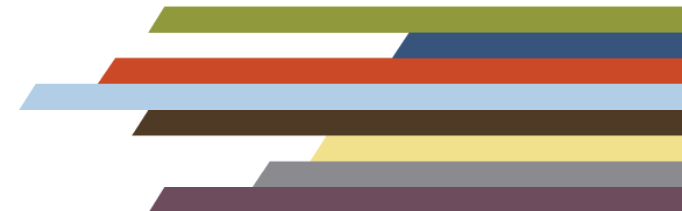
ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Substance Use¹⁸

- Survey of 1,000 Americans (age 18+) show an uptick in substance abuse during the pandemic
 - 55% reported increase in past-month alcohol use
 - 36% reported increase illicit substance use
 - Reasons for increase
 - 53% coping with stress
 - 39% to relieve boredom
 - 32% to address mental health symptoms



Substance Use & Latinx Community*^{[15](#)}

- National Survey on Drug Use and Health 2020
 - 2019: **8.9 million** Latinx adults reported a mental illness and/or substance use disorder
 - 3.7% increase since 2018
 - 2019: **2.1 million** (72.4%) Latinx adults reported struggling with alcohol use
 - **1.8 million** or 3.7% of total Latinx population (ages 12+) reported an opioid use disorder

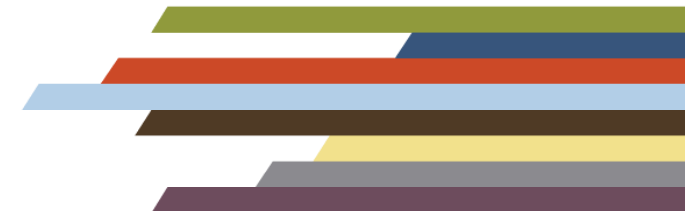
**Pre-COVID*



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Polling Question

Anyone notice an increase in stress, mental health symptoms, and/or substance use in their clients?

-Yes

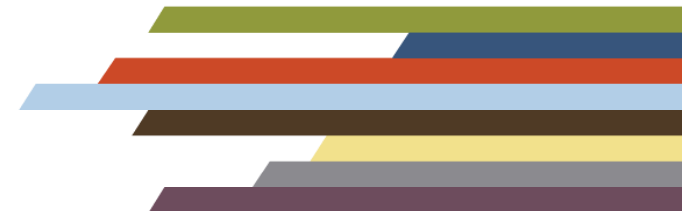
-No



National Hispanic and Latino

ATTTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



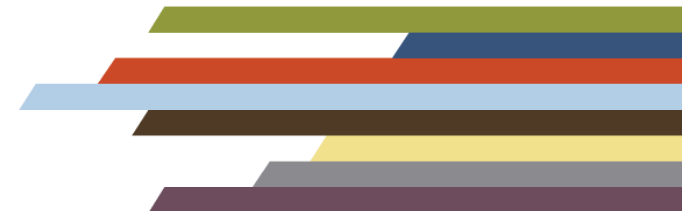
Now what?



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Considerations for working with Latinx community^{[14](#),[20](#)}

➤ Barriers

➤ Language

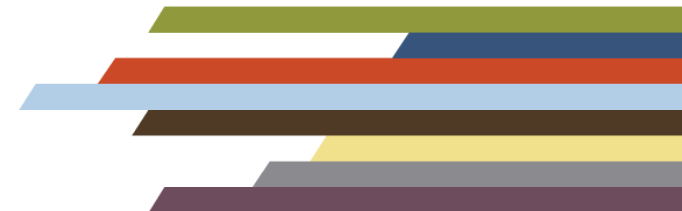
- Lack of resources in Spanish

- Lack of mental health and substance use professionals that speak Spanish

➤ Financial

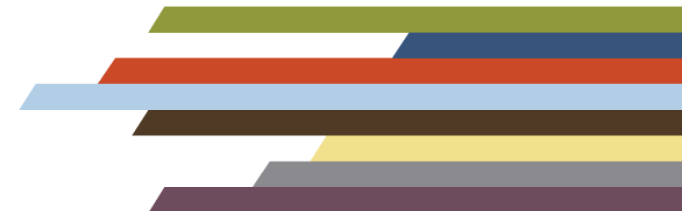
- Unable to pay for treatment

- Lack of health insurance



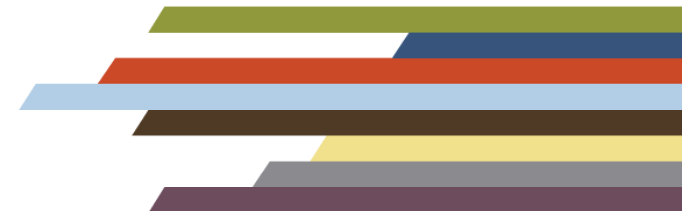
Considerations for working with Latinx community^{[14](#),[20](#)}

- The Latinx community is very family oriented (*familismo*)
 - Family is a big part of the culture
 - Double edge sword
- Stigma
 - Still a lot of stigma surrounding mental health and substance use
 - Reluctance/hesitation to reach out for professional help
- Privacy & Confidentiality
 - Emphasize



Techniques to help Latinx clients understand and reduce stress and stigma²⁰

- Breaking it down...
 - Define triggers and stressors are
 - Who? What? Why?
 - **Internalized**
- It's okay to ask for help!
 - Be mindful that for many in the Latinx community it can be difficult to ask for outside help
 - Validate
 - Empathize
 - **NORMALIZE**



Techniques to help Latinx clients understand and reduce stress and stigma^{[19](#),[20](#)}

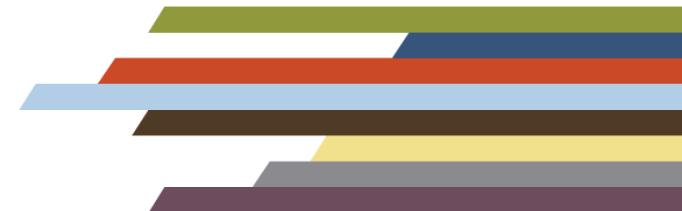
- Adapt
 - Culturally sensitive and evidence-based skills
 - Provide resources in Spanish
 - Address concerns
- Family (*familismo*)
 - Involve (when/if appropriate)
- *Dichos/Refranes*
 - Incorporate colloquial sayings or phrases
 - “*Dime con quien andas y te dire quien eres*”



National Hispanic and Latino

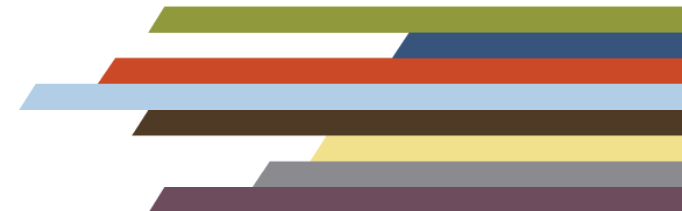
ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Techniques to help Latinx clients understand and reduce stress and stigma^{[19](#),[20](#)}

- Less clinical vocabulary
 - More conversational
 - More relaxed
- Person-centered (*personalismo*)
 - Friendly, warm interactions
- Awareness of your status
 - Counselor = authority figure



What can we do?

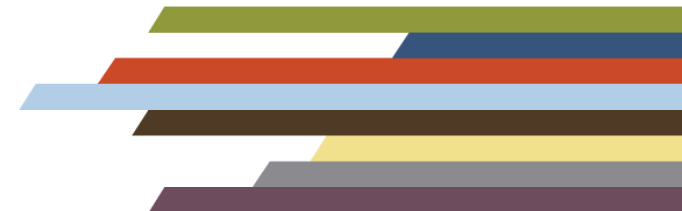
- Advocacy & education!
 - Educate yourself and others
 - Raise awareness
 - Spread the word
- Bridge the gap
 - Help to increase mental health & substance use services to the Latinx community
 - Network with other professionals
 - Research



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Resources

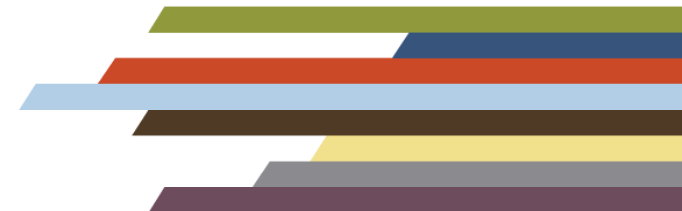
- [League of United Latin American Citizens](#)
- [National Alliance for Hispanic Health](#)
- [American Psychiatric Association – Working with Latino/a and Hispanic Patients](#)
- [Salud America!](#)
- [Mental Health America](#)
- [SAMHSA](#)
- [National Latino Behavioral Health Association](#)
- [National Alliance on Mental Illness](#)



National Hispanic and Latino

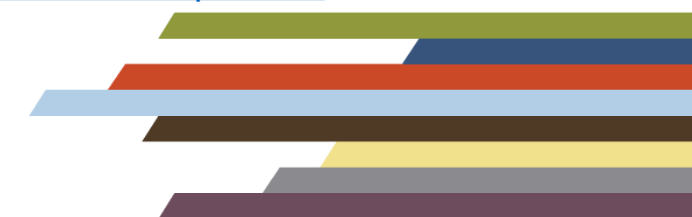
ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



References

1. <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-race-ethnicity.html>
2. <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-race-ethnicity.html>
3. <https://www.pewresearch.org/fact-tank/2020/05/05/financial-and-health-impacts-of-covid-19-vary-widely-by-race-and-ethnicity/>
4. <https://www.brookings.edu/blog/how-we-rise/2020/09/25/latinos-often-lack-access-to-healthcare-and-have-poor-health-outcomes-heres-how-we-can-change-that/>
5. <https://www.pewresearch.org/fact-tank/2020/05/05/financial-and-health-impacts-of-covid-19-vary-widely-by-race-and-ethnicity/>
6. <https://www.brookings.edu/blog/how-we-rise/2020/09/25/latinos-often-lack-access-to-healthcare-and-have-poor-health-outcomes-heres-how-we-can-change-that/>
7. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/reducing-estigma.html>
8. <https://www.jems.com/coronavirus/health-professionals-around-the-world-face-hostility-over-virus-estigma/>
9. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7314449/>
10. <https://www.heart.org/en/news/2020/09/24/they-survived-covid-19-then-faced-estigma>
11. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
12. <https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>
13. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7440121/>
14. <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Hispanic-Latinx>
15. <https://www.samhsa.gov/data/sites/default/files/reports/rpt31101/2019NSDUH-Hispanic/Hispanic%202019%20NSDUH.pdf>
16. <https://www.addictionpolicy.org/post/covid-19-pandemic-impact-on-patients-families-individuals-in-recovery-from-substance-use-disorder>
17. <https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>
18. <https://www.therecoveryvillage.com/drug-addiction/news/drug-alcohol-use-rising-during-covid/>
19. <https://www.psychiatry.org/psychiatrists/cultural-competency/education/best-practice-highlights/working-with-latino-patients>
20. https://health.ucdavis.edu/newsroom/pdf/latino_disparities.pdf



Presenter's Contact Information

Jessica G. Martinez, MA

Email: martinezj67@montclair.edu

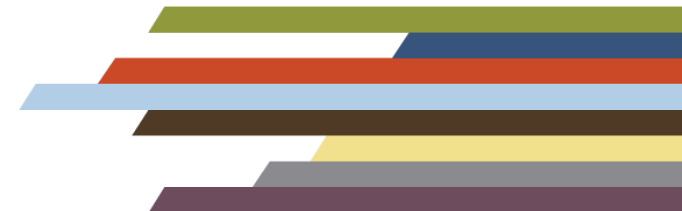
Phone: 201-787-1480



National Hispanic and Latino

ATTTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



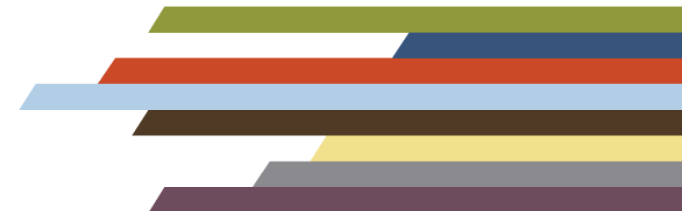
Q & A



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



National Hispanic and Latino ATTC

For more information about the National Hispanic and Latino ATTC and to request training and technical assistance you can reach us at:

www.nlbha.org

<https://attcnetwork.org/centers/national-hispanic-and-latino-attc/home>



Or directly at:

Pierluigi Mancini, PhD, MAC

pierluigi@nlbha.org

678-883-6118

Maxine Henry, MSW, MBA

maxine@nlbha.org

720-607-7897

Ruth Yáñez, MSW

ruth@nlbha.org

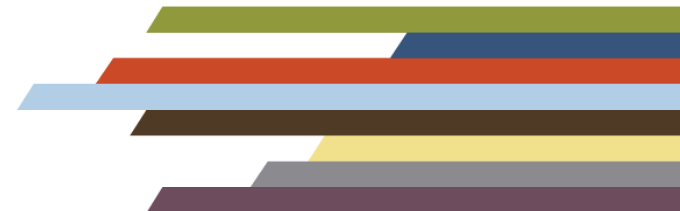
505-554-8440



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Satisfaction Evaluation

Directly after this webinar ends you will be immediately re-directed to an external site to complete the satisfaction evaluation survey.

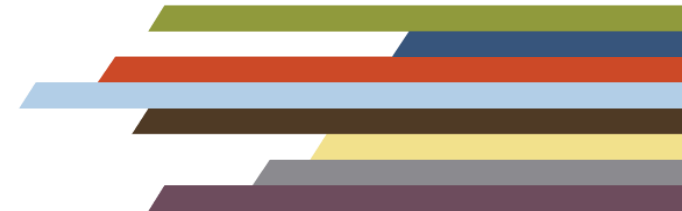
Thank you for attending our presentation.
Gracias por atender a nuestra presentación.
Obrigado por participar desta apresentação.



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration





National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

**Thank you.
¡Gracias!
Obrigado.**

National Latino
Behavioral Health Association **NLBHA**

SAMHSA
Substance Abuse and Mental Health
Services Administration

