Burden of Addiction and Mental Health Disorders within the Latinx Community: Understanding the Latinx Experience in Navigating Addiction Treatment

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Hispanic and Latinx Population in the US

- 60.6 million
  - 18.5 % of current US population

- Up to age 17: 25.2%
  - Foreign Born 5.6%

- Age 18 and older: 16.0%
  - Foreign Born 46.3%

Source: US Census Bureau, 2017 & 2019
Hispanic or Latinx by Country of Origin

Health Uninsured Percentage by Race/Ethnicity United States, 2017

Substance Use Disorders

• Combined 2003 to 2011 data indicate that Hispanics aged 12 or older were more likely than non-Hispanics to have needed substance use treatment in the past year (9.9 vs. 9.2 percent)

• Hispanics who needed substance use treatment were less likely than non-Hispanics to have received treatment at a specialty facility in the past year (9.0 vs. 10.5 percent)

• Among Hispanics needing but not receiving treatment, only 5.6 percent perceived a need for treatment

• The use of Opioids and related deaths continue to disproportionately impact Latinos and Hispanics

• Other drugs (Tobacco, Alcohol, Methamphetamine, Cocaine, Marijuana) continue to be huge Challenges

Source: NSDUH Report
Mental Health

• 15.7% prevalence of mental health disorders among Hispanics and Latinos.

• Common mental health disorders among Latinos are generalized anxiety disorder, depressive disorders, posttraumatic stress disorder, and substance use disorders. Also, Latina high school girls have high rates of suicide attempts.

• As a community, Latinos are less likely to seek mental health treatment due to stigma, discrimination, lack of information, and other factors.

• Lack of access and poor quality of care contribute to disparities.

Source: NAMI, 2019
Immigration

May Represent Two Major Sources of Stress:

1. Family dislocation, fragmentation, and reconstruction.

2. Cultural change for individuals and across generations
Mantra: Addiction and Mental Health Don’t Discriminate!!
Punitive Approaches
Mass Incarceration

1970: 200,000
2020: 2.3 Million

People incarcerated in the USA!!!
And 5-6 Million Individuals on Probation, Parole, House Arrest!
Deliberate Policies

- War On Drugs
- Criminalization of Behaviors
- Powder vs. Crack Cocaine
- Mandatory Minimums
- Voting Rights
- Schools Zones
- 3 Strikes and You're Out
- Massive Prison Construction
- Privatization of Prisons/Jails
- Criminal Offender Records

So Called “Plea Bargains” 2018
- 97% at the Federal level
- 94% State Level

2018
YOUNG MALE INCARCERATION RATES, 2010
(Number of people 25-29 years old incarcerated per 100,000 people in that group)

OPIOID CRISIS
Myopic View of the Problem........

Myopic Solutions that Maintains the Status Quo
In 2017 there was a 8.3% decrease in opioid overdose deaths.

In 2018 and 2019 there was a 4% decrease in opioid overdose deaths.

Between 2015-2017 opioid overdose deaths increased 83% for African Americans and 100% for Latinos/Hispanics.
Strategies, Techniques and Solutions
Latinx and Hispanic: Cultural Elements

- Family or *Familia* (*Familismo*)
- Respect or *Respeto*
- Personal Relationships or *Personalismo*
- Trust or *Confianza*
- Religion, Spirituality or *Espiritualidad*

More “acculturated” Hispanics and Latinx people in the US are expected to have lower mental and physical problems by having more access to services.

However, being born in the US and longer periods of living in the US are associated with increased physical and mental health disorders.
Culturally Informed Treatment

- Involve Family Members
- Show Respect
- Get Personal
- Respect Traditional Healing Approaches
- Encourage the Asking of Questions.
Health Equity

“Behavioral Health Equity is the RIGHT to access quality health care for all populations regardless of the individual’s race, ethnicity, gender, socioeconomic status, sexual orientation, geographical location and social conditions through prevention and treatment of mental health and substance use conditions and disorders.”

SAMHSA
Cultural Humility

“Cultural Humility incorporates a lifelong commitment to self-evaluation and self critique to redressing the power imbalances in the patient-physician dynamic and to developing mutually beneficial and non-paternalistic clinical and advocacy partnerships with communities on behalf of individuals and the defined population.”

Source: Tervalon and Murry-Garcia, 1998
Cultural Proficiency

“A set of congruent behaviors, attitudes and policies that come together in a system, agency or among professionals and enable that system, agency or those professionals to work effectively in cross-cultural situations...”

Source: National Center for Cultural Competency
Not Just Trauma Informed...

..... Social Justice Informed!!
Evidence: All Credible Outcomes Show That...

THERES MORE THAN ONE PATH TO RECOVERY
CRIMINAL JUSTICE
REFORM

Keywords: redemption, victims, advocate, restorative, healing, forgiveness, justice, reconciliation, support, communities.
Current Workforce

Client Population

Diverse Workforce
¡Gracias! - Thank You!