



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

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Instagram

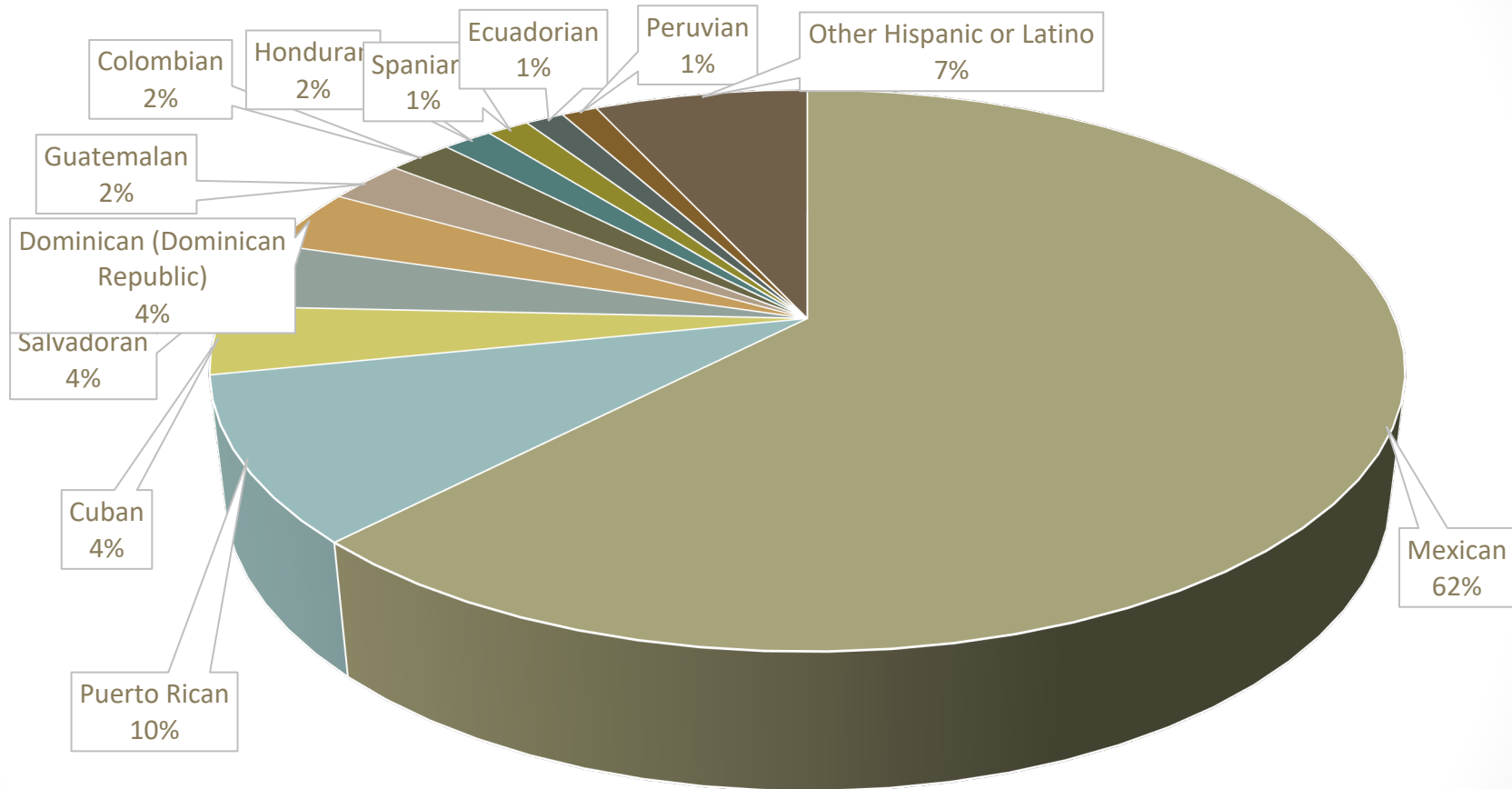
Hispanic and Latinx Population in the US

- 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

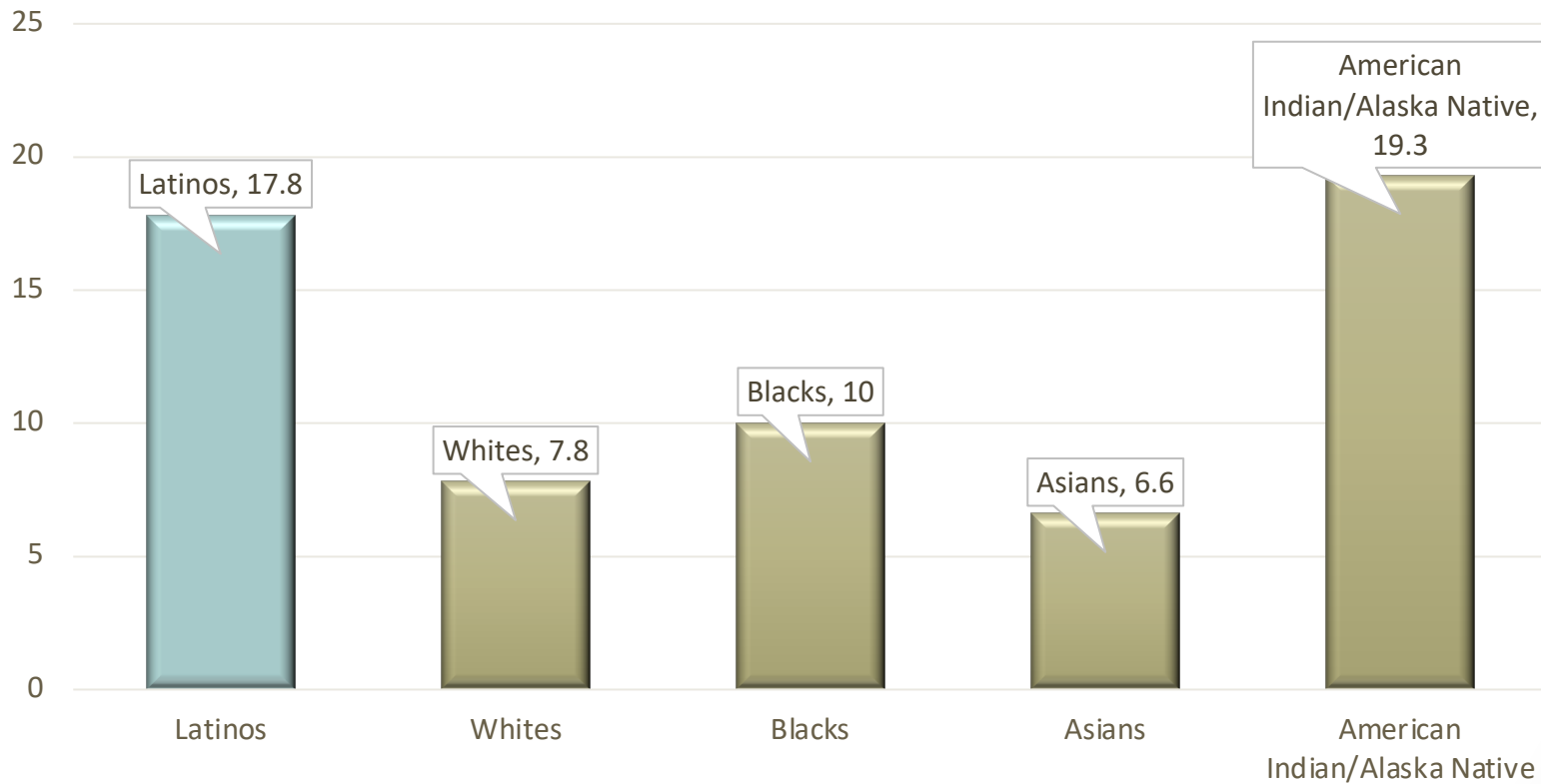


Hispanic or Latinx by Country of Origin



Source: US Census Bureau (2017). 2017 American Community Survey 1- Year Estimates

Health Uninsured Percentage by Race/Ethnicity United States, 2017



Source: U.S. Census Bureau, 2017. American Community Survey 1-Year Estimates.

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

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

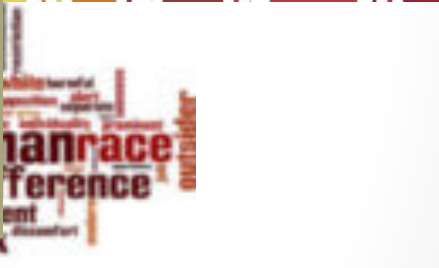


Mantra: Addiction and Mental Health Don't Discriminate!!

(Individuals)



WHM



systems



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
- Schools Zones
- 3 Strikes and You're Out

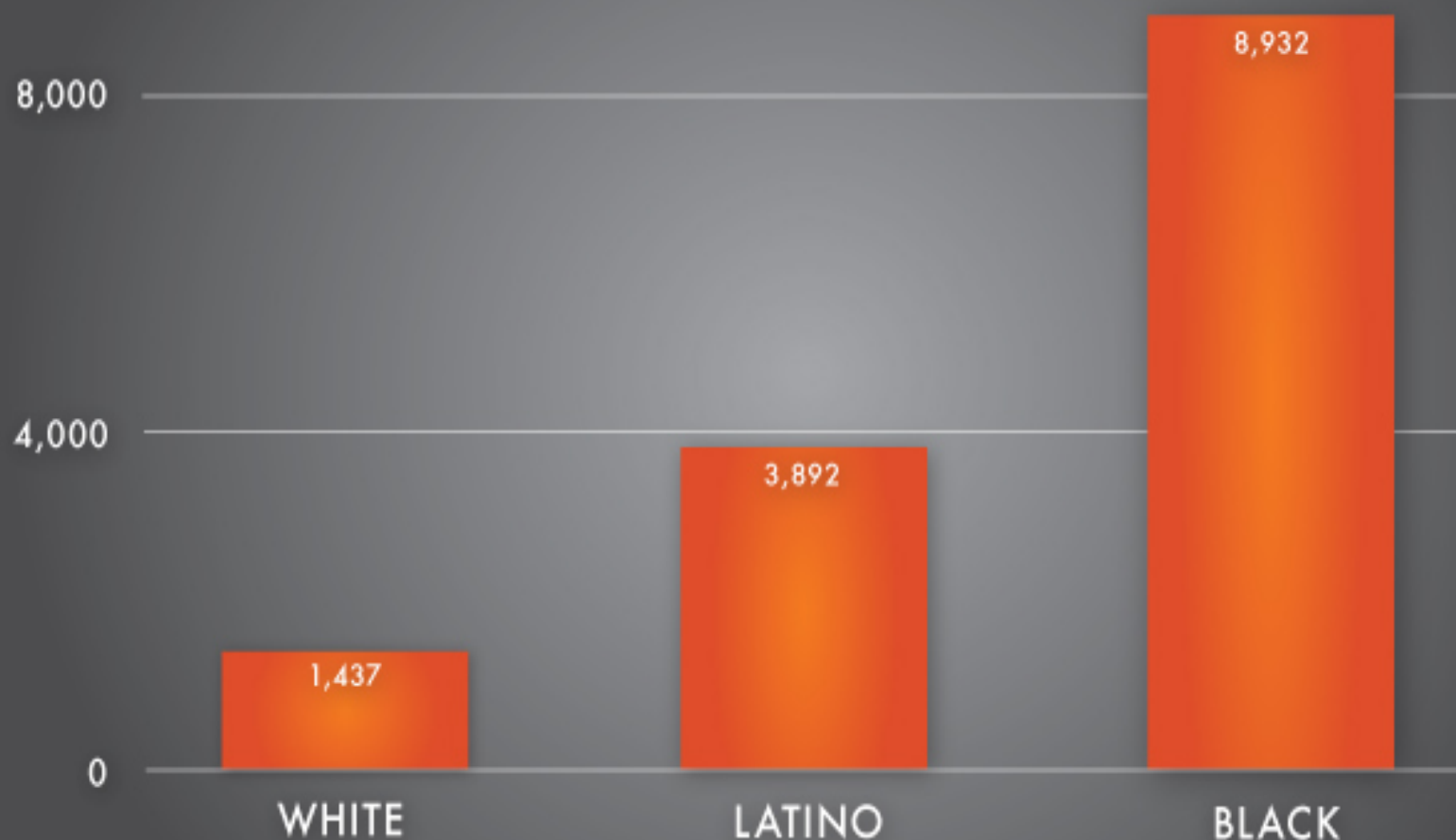
So Called “Plea Bargains” 2018

- 97% at the Federal level
- 94% State Level

- Mandatory Minimums
- Privatization of Prisons/Jails
- Voting Rights
- Criminal Offender Records

YOUNG MALE INCARCERATION RATES, 2010

(Number of people 25-29 years old incarcerated per 100,000 people in that group)



Source: Prepared by the Prison Policy Initiative from Bureau of Justice Statistics, Correctional Population in the United States, 2010, Appendix Table 3.



Health

Myopic View of the Problem.....

Myopic Solutions that Maintains the Status Quo

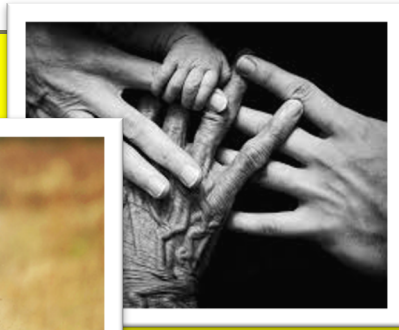


AFFORDABLE HOUSING



Disproportionate Impacts in MA

- 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*

Source: Falicov, 1998; Santiago-Rivera et.al, 2002, Pajewski & Enriquez, 1996 & Bracero, 1998

Immigrant Paradox

- 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

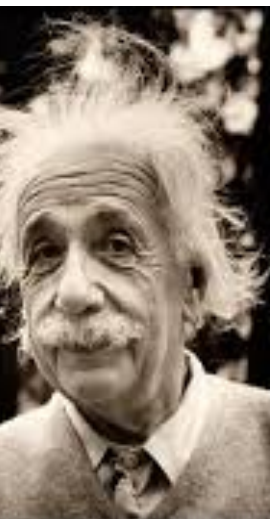


Strength
~~Weakness~~

natural
Strengths
abilities
gifts
Qualities
Core talents

Strengths-Based Engagement and Practice

CREATING EFFECTIVE HELPING RELATIONSHIPS



Everybody is a genius.
But if you judge a fish by its
ability to climb a tree, it will
live its whole life believing
that it is stupid.

—Albert Einstein



We Can Do It!



SOME PEOPLE CAN'T
BELIEVE IN THEMSELVES
UNTIL SOMEONE ELSE
BELIEVES IN THEM
FIRST.

GOOD WILL HUNTING

WWW.LIVEHAPPY.COM

**Evidence: All Credible
Outcomes Show That...**



**THERES MORE
THAN ONE PATH TO
RECOVERY**

CRIMINAL JUSTICE

REFORM



MGN



Current Workforce



Client Population



Diverse Workforce





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iGracias! - Thank You!

